



ANTARCTICA POLAR CIRCLE ICE SWIMMING ADVENTURE

Sailing on board ice-strengthened M/V Ocean Victory
18 - 28 February 2024 – 11 days
departing Ushuaia, Argentina

Bookings:

- Ice Swimming must be approved by Expedition leader: Ram Barkai - ram.iceswimming@gmail.com
- Trip booking – please contact Stewart Campbell Expedition online - mail@expeditionsonline.com

ICE SWIMMING ADVENTURES is an amazing adventure into the Antarctica Waters or Arctic Waters or anywhere where there is ICE and uncharted frozen seas, and land are calling us. Anyone is welcome, but the focus is on Ice Swimming and exploring. You will be looked after by the Founder of Ice Swimming [Ram Barkai] and a team of experienced expedition leaders, doctors, and amazing people like yourself. Swimming can be anything from a polar dip to a 1km, you chose. Family, friends, and supporters are welcome. It's a team advent that will change your life forever. On this 11-day inspiring cruise, we explore the Great White Continent's magnificent landscapes, glacial mountains, and incredible wildlife before reaching 66°33' – the Antarctic Circle. As a First-Ever, we are planning to offer our Antarctic Ice Swimming Adventure in the icy waters *to the south of the Polar Circle!* [weather permitting] This region of Antarctica is much more rarely visited and offers majestic, pristine surroundings, 24-hour sunshine and icy waters – perfect for our adventures! Dense pack ice forbids many ordinary vessels from reaching this far south, but with a Polar code 6 and Ice class 1A rating, our vessel moves swiftly and comfortably on an adventure of a lifetime!



Antarctica is a spectacular and amazing place quite apart from our swimming activities. This expedition is equally suitable for swim participants as well as a brilliant adventure holiday for friends or supporters. Aside from the swim event there are of course regular landings to see wildlife, with walking, hiking and zodiac cruising sightseeing, plus options for sea kayaking and photography sessions.

-- Highlights --

- Sub Polar Circle Ice Antarctic Ice Swimming event – 50m, 200m, 500m, 1km - participate or cheer on!
- Meet fellow Frozen ones on an epic adventure
- Enjoy an in-depth, Antarctic expedition with five days of landings
- Cross the Antarctic Polar Circle.
- Close-up encounters with wildlife - penguins, seals and whales
- Antarctica's majestic mountains, ice and scenery
- Educational program from onboard lecturers and specialists
- Options for kayaking and photography excursions.
- Fast, modern and ice strengthened vessel
- Onboard hospitality staff look after your every comfort



-- Overview --

As our voyage begins, we pilot through the calm, gunmetal grey waters and sloping glaciers of the Beagle Channel. Turning southward, our journey begins in earnest, and we enter the Drake Passage. A body of water that marks the intersection of the cold Antarctic with the warmer Atlantic and Pacific Oceans, Drake Passage is known for rollicking conditions and strong westerly winds, called the Roaring Fifties. While this passage may be challenging, you can rest confidently aboard our expedition vessel, Ocean Victory, which is purpose-built with stabilizers, powerful engines, and a patented reclining bow, which ensures stability and comfort in rough sea as well as having very low fuel consumption. The most spirited sailors consider Drake Passage a lifetime achievement, and you will complete the crossing twice!

In the Drake, the excitement builds as Antarctic wildlife comes into view. These nutrient-rich waters lure a wealth of seabirds, albatrosses, and several species of whales. Weather permitting, we catch our first sight of seals and penguins! With widening eyes, we weave through the South Shetland Islands, a pearly necklace of glistening, ice-covered islands and dormant volcanoes. Numerous Zodiac excursions are landfalls are likely. We are constantly on the lookout for whales, sea lions, elephant seals and an unbelievable amount of sea birds and penguins. Our Ice Swimmers onboard also take the chance to make a first, shorter test swim in the chilly waters of the South Shetlands.



Continuing onward, we enjoy the calming silence and alluring beauty of the Antarctic mainland during hikes and Zodiac excursions. Spread in isolation along the coast, we also see manned and unmanned research stations, which we may visit before accomplishing our goal – crossing the Antarctic Circle at 66°33' south. Here, the sun is up for 24-hours a day during the austral summer. The expedition may include visits to sites such as Pleneau and Petermann Islands, Crystal Sound and Fish Island. During our time in Antarctica, we look for a suitable shore-based location to conduct amazing Ice Swimming adventures!



- Day by Day Cruise Itinerary --

18 February 2024: ARRIVAL USHUAIA

Arrive in Ushuaia, Argentina - the world's southernmost town. Explore the quaint city or local countryside. Alternatively, consider a day trip off the beaten path to the raw, natural archipelago of Tierra del Fuego. It's a hiker's paradise with rugged snow-capped mountains, glaciers, flower-filled meadows and boggy quagmires. In the afternoon, we board our ship, Ocean Victory. Our journey begins as we navigate through the calms of Beagle Channel, a strait in the Tierra del Fuego Archipelago.

19-20 February: AT SEA - CROSS DRAKE PASSAGE

In the Drake, the excitement builds as Antarctic wildlife comes into view with our first sight of seals, penguins, and albatrosses. As well as the first icebergs as we approach the South Shetland chain of islands. With the unique X-BOW design, the Ocean Victory will offer you a smoother sailing across the Drake passage than conventional expedition vessels – and with a far less carbon emission.





21-22 February: SOUTH SHETLAND ISLANDS

Over the next two days, we will explore to the sub-Antarctic islands of the South Shetland chain. Projected landfalls could include King George Island; Deception Island, an extinct volcano; Half Moon Island with nesting Wilson's storm petrels and chinstrap penguins. The itinerary and activities over the next few days depend on weather and ice conditions. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings.

23-25 February: ANTARCTIC CONTINENT, POLAR CIRCLE and ICE SWIM

As the white shimmer of Antarctica looms on our horizon, the presence of wildlife multiples by tens of thousands with many species of lively penguins, inquisitive seals, nesting birds and the spray of marine mammals. Wildlife abounds on the Antarctic Peninsula: leopard, fur and Weddell seals of Cuverville Island; humpback whales of Gerlache Strait; Paradise Bay; the dramatic Lemaire Channel's orcas. Explore as far south as possible towards the Antarctic Circle at c. 66 deg 33 minutes south of the Equator. Possible landfall in this wild and seldom visited area could be Pleneau and Petermann Islands, Crystal Sound and Detaille Island.

We will also visit research stations if ice conditions allow us. The itinerary and activities over the next few days depend on weather, swell and ice. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings.



-- ANTARCTIC ICE SWIM --

During our time in Antarctica the expedition team will look for suitable conditions and location – for the first time ever below the Polar Circle – for our Antarctic Ice Swimming adventure. Restricted to experienced, cold-water swimmers*, this will test the resolve and endurance of our brave participants - and is certain to be a thrilling spectator event for all passengers! There will be recognised 250m, 500m, 1 km according to International Ice Swimming Association (IISA) rules. The exact course will depend on local conditions but is planned to be an open-water swim in a protected bay, concluding ashore at a recovery tent. Each swimmer will be accompanied by a Zodiac with expedition and medical staff and will be filmed and timed by expert IISA officials and enter record books. Spectators will be able to observe from the ship, Zodiacs and kayaks, or from ashore.



26-27 February: DEPART ANTARCTICA - AT SEA

We depart Antarctica and spend two days at sea across the Drake Passage. En-route, we cruise past Cape Horn, a legendary maritime landmark. During our time at sea, a variety of activities will be arranged on board, the perfect opportunity to socialize with fellow travellers. We review our adventures both ashore and in the water with an awards ceremony for our brave Ice Swimmers.

28 February 2024: USHUAIA AND DISEMBARK

This morning, arrive back to the calms of the Beagle Channel and Ushuaia, Argentina where our expedition ends.





Per Person Cruise Expedition Prices in USD (ex Ushuaia)

Category F Triple share	\$8490
Category D Twin share	\$10490
Category E Twin share French Balcony Suite	\$10990
Category G Single	\$13490
Category C Balcony Suite	\$11990
Category B2 Balcony Suite	\$13490
Category B1 Balcony Suite	\$16490
Category A Junior Suite	\$17990
Category PS Premium Suite	\$21490

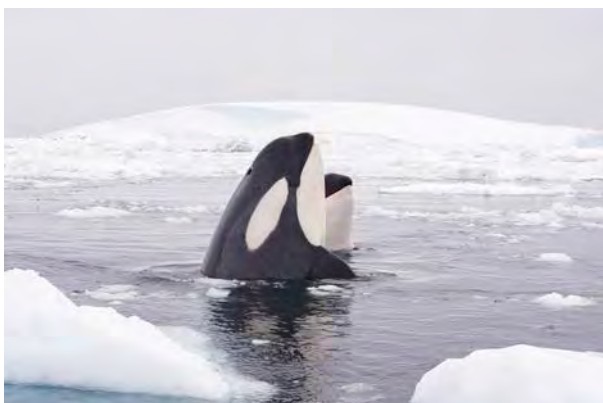
Optional Extras:

Antarctic Ice Swim participants	\$350 [test swim participation is free]
Kayaking	\$250 per outing
Expedition Snowshoeing	\$150 per outing

Ushuaia Beagle Channel swim:

This will require arriving at Ushuaia a couple of days ahead. We are putting together a special land package including accommodation with breakfast, all transfers, and sightseeing.

Pricing for the pre-cruise package to be confirmed shortly. Other pre- and post-cruise extension arrangements also available on request – contact us for details!



Bookings

All booking enquiries and payments are made to Expeditions Online via their website or contact by phone or email. However, any specific swimming-related questions are to be directed to the International Ice Swimming Association.



Payments

Reservations require a 25% deposit at the time you receive a booking confirmation from Expeditions Online. A secure payment link will be sent to you, and this may be paid by major credit card. Balances are due 90 days prior to departure and may be paid by bank transfer. Balance payments may be made by credit card subject to a 2% surcharge.

Cancellations

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received from time of booking to 91 days prior to departure 20 % of the total cruise tariff. From 90 days until departure: 100% of the total cruise tariff. We strongly recommend that you obtain adequate trip cancellation insurance.

Insurance

Adequate trip cancellation insurance is required for this expedition, including emergency medical evacuation and Covid-19 coverage.

Additional Terms, Conditions and Requirements

You travel under the general Terms and Conditions for Expeditions Online as well as the ship operator. Personal information forms will be required to be completed, as well as separate waiver and information forms for swim participants. More information will be sent to you at the time of booking.

Pricing, Sharing and Single Occupancy

Prices shown are per person on a shared basis. If you are travelling alone and wish to share, you will be matched with someone of the same gender and pay only the share rate. Single occupancy is available in dedicated category G sole use cabins or by supplement.

Note about the itinerary and safety:

Please keep in mind, the itinerary and outdoor activities during each voyage are solely dependent on weather and operational conditions to ensure the safety and quality of experience of our guests. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings. The right is reserved to modify the landings and locations visited during a voyage based on weather and local conditions and climate to ensure a safe and delightful experience for all guests and staff. The trip is expeditionary in nature, and thus changes to timings are expected due to the environment we operate in as well as wildlife opportunities and locations.

**Participants in the Antarctic Ice Swim do so under the strict condition that the expedition team or doctor may end any individual's swim early or prevent the event entirely if there are any safety concerns or if the weather conditions are deemed unsuitable.*

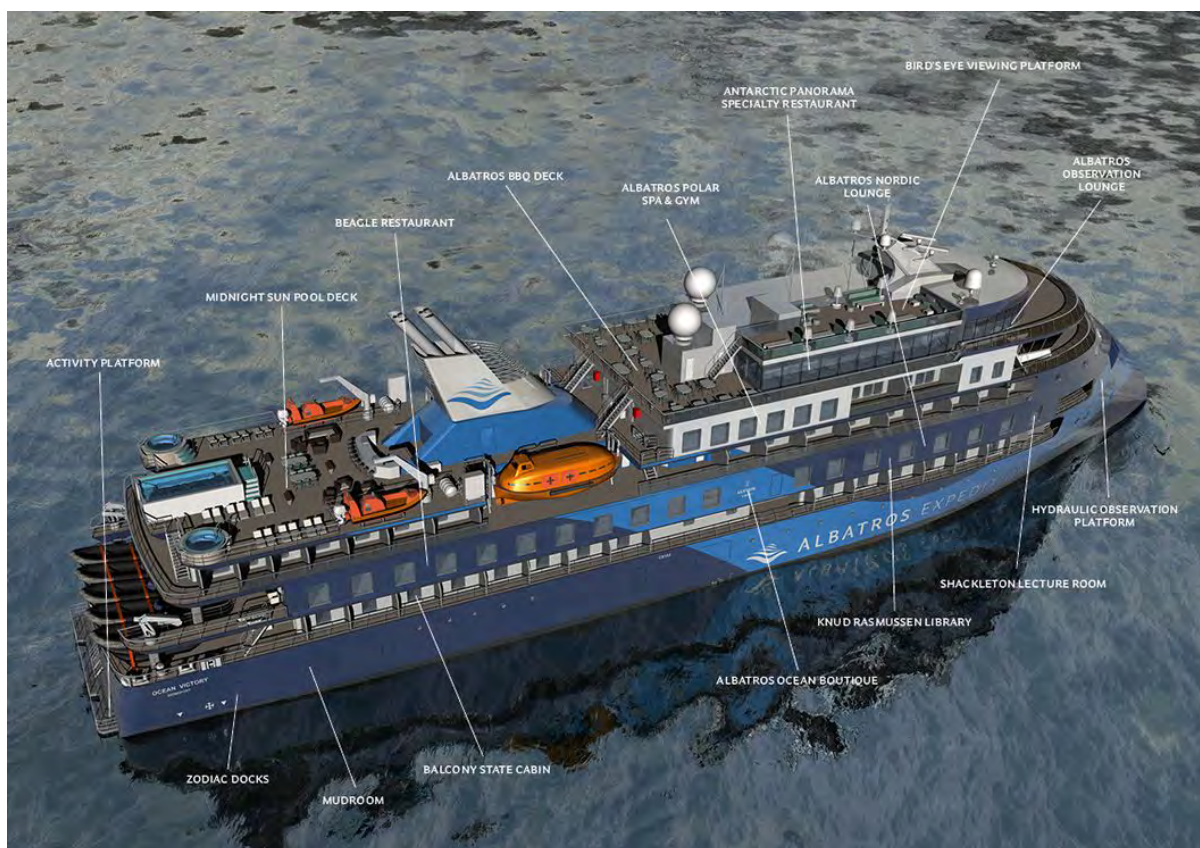
Included

- 11-day cruise onboard Ocean Victory
- Full board on ship; breakfast-lunch-dinner, from dinner on Day 1 to breakfast on last day
- One visit to the specialty restaurant for each passenger; unlimited access to specialty restaurant from premium cabins (PS, A, B1 and B2)
- Free coffee and tea during the voyage
- Port costs, pilot fees, National Park Fees, IAATO fees.
- English speaking expedition team during voyage
- Information briefings and lectures by expedition team in English.
- Parka to keep
- Zodiac transports (ship-to-shore and cruises) and shore landings according to itinerary
- Boots in all assorted sizes, suitable for shore landings
- VIP service included for categories B1, B2, A and Prem. suites; unlimited access to the specialty restaurant, Julius Meinl coffee machine, upgraded toiletries, stocked minibar, wine, and fruit in-room at commencement of cruise, free laundry

Excluded

- International flights to/from Ushuaia
- Any hotel nights/accommodation in Argentina before or after voyages
- travel or cancellation insurance.
- Extra excursions and activities not mentioned in the itinerary.
- Meals other than mentioned.
- Beverages other than tea, coffee, and ice water.
- Tips for crew (approx. 14 USD per person per day).
- Personal expenses
- Spa treatments
- Anything not mentioned in 'Price includes'.
- Kayak Optional excursions 250 USD per outing (to be booked and paid onboard)
- Snow shoeing Optional excursions (if conditions permit) 150 USD per outing





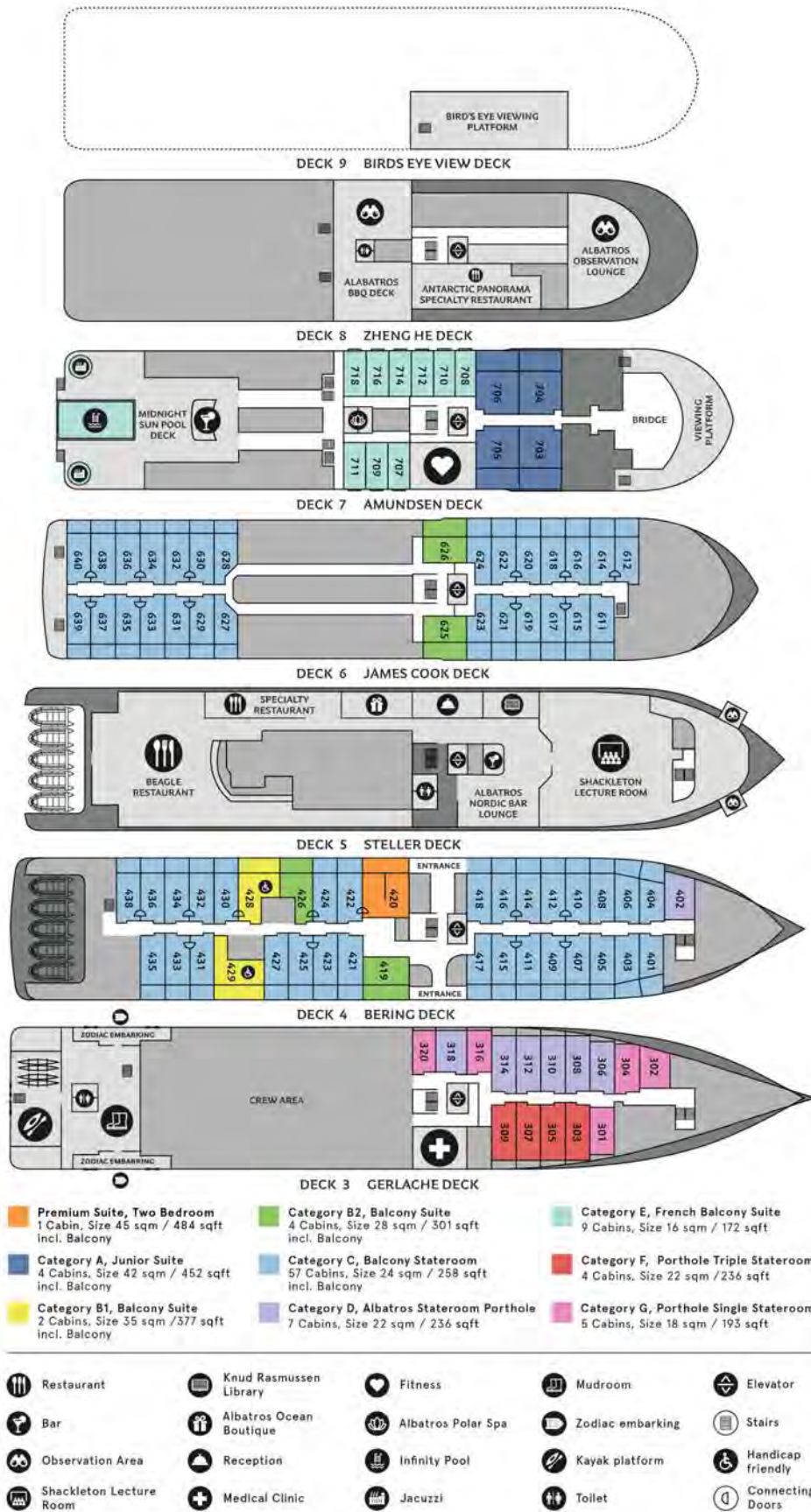
-- Expedition Vessel: M/V OCEAN VICTORY --

The brand-new luxury infinity vessel Ocean Victory is one of the most modern small ship vessels in the world. This stylish cruise ship is ideally suited to small-ship expeditions, with a total of 93 comfortable cabins for guests, all with a view of the ocean, 90% with a balcony, even a suite with a French balcony! Ocean Victory is deployed and dedicated to varied Antarctica voyages.

With the highest Polar code 6 and Ice class 1A, Ocean Victory is the ideal vessel for small-ship cruising due to her sturdy construction and X-BOW® – Infinity class, which provides high stability in rough weather and allows for the smoothest movements on high waves, and a Solas 2012 classification, which facilitates a safe return to port.

Part of a brand-new generation of low energy vessels, with 4 diesel engines and 2 electro engines, all controlled electronically to optimize speed and fuel consumption, the Ocean Victory is environmentally friendly onboard, with the implementation of the Green Initiative Program. Amenities onboard include a Nordic Bar Lounge, Ocean Shop, various restaurants, including an open deck dining facility, and a highly new and modern lecture lounge.

M/V OCEAN VICTORY DECK PLAN



Category F Triple Stateroom (Porthole) 22 m2

There are four Triple staterooms on board Ocean Victory featuring portholes, all with private en-suites. Located on Deck 3, they're close to the mudroom and loading platforms. Triple staterooms are normally with a sofa bed and two twin beds however a double bed can be accommodated.

Category D Twin Stateroom (Porthole) 22 m2

The standard stateroom is close to the Mudroom and has quick access to the zodiac platforms for disembarkation during landings. This is very convenient if you have more limited mobility and would like a short distance to the zodiacs. The standard staterooms all have a double bed or 2 single beds and bathroom. Located on deck 3 except for 1 which is located on deck 4.

Category E French Balcony Suite 16 m2

The French Balcony Suite is a standard stateroom with a French balcony, a double bed, floor-to-ceiling windows and a bathroom. All French Balcony Suites are located on Deck 7.

Category G Single Stateroom (Porthole) 18 m2

Standard single stateroom onboard, located on deck 3. This is a conveniently located stateroom close to the Mudroom which facilitates access to the Zodiacs during embarkation and disembarkation to begin your adventures on the Zodiacs.

Category C Balcony State Stateroom 24 m2

The most abundant type of stateroom, the Balcony State Staterooms are located in decks 4 & 6. They have a private balcony, a double bed or two single beds, a bathroom and a sofa that can be used as a bed for a child if traveling as a family. If you desire to book two staterooms with connecting doors, this is also a possibility under this category.

Category B2 Balcony Suite 28 m2

4 Balcony Suites on board located on deck 4 & 6. The suites feature double or twin beds and a seating area, bathroom and private balcony. The balcony suites can host 2 people.

Category B1 Balcony Suite 35 m2

2 Balcony Suites on board located on Deck 4. The suites feature double or twin beds, a seating area, bathroom and a large private balcony. The balcony suites can host 2 people.

Category A Junior suite 42 m2

The 4 junior suites have a great view from their location high up on the ship on deck 7. The suites feature a double bed or twin beds, sofa bed, seating area, a spacious bathroom and private balcony. The suite can accommodate up to 3 people.

Premium suite 45 m2 – PS

The largest of all the staterooms on board is the Premium Suite. This 2-bedroom suite features a double bed (or twin beds), a sofa bed, table and chair, a balcony and a spacious bathroom. Located on deck. 4.

-- Your Ice Swim Adventure Leaders --

Ram Barkai

Founder and Chair of the International Ice Swimming Association ("IISA"). Also founder of Ice Swimming Adventures. Swimming Expedition Leader and Race Director.

Ram is a veteran extreme cold-water swimmer. Ram swam in Antarctica in 2008 with his Guinness World Record Swim at 70S and in 2014 at -1C with his South African team and in 2018 with the first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles and many more 1km Ice Swims and longer cold-water swims. He swam in the Arctic and Antarctica, Cape Horn, Magellan strait and Beagle channel, Northern Iceland, Scotland and Ireland, Across the Bering Strait and in Siberia mid-winter at -33c air temp. Ram featured in various Discovery, History channel, CNN, Al Jazeera and many other documentaries. Ram's vision is to take Ice Swimming to the Winter Olympic Games.



Michal Starosolski, Ph. D.

Professor Assistance at the Medical University of Silesia

Michal is an Emergency Medicine Specialist, working in Hospital Emergency Department with Trauma Center and in Emergency Medical Services on Ambulance. Since 2015 Michal works with the International Ice Swimming Association in Poland, responsible for the safety of swimmers and rescue issues. He has been a Medical officer during the IISA World Championships, Expeditions on Titicaca Lake, Baltic Sea and a number of Polish Championships in Ice Swimming.

Sam Whelpton

Expedition head of logistics

Sam is an Ironman athlete [woman], an open water and marathon Swimmer. Sam completed various ice swims from the Arctic to Antarctica via Lesotho high mountains. Sam crossed the English Channel in 2018, Lake Malawi, Zanzibar to Tanzania, and many other swims. Sam will take care of any logistics requirement prior to the trip and during. Sam is also in charge of time keeping of the swim events.



Stewart Campbell

Owner and Director of Expeditions Online

Stewart is a former expedition leader of more than 40 voyages to Antarctica and has over 30 years of experience in polar travel, also organising and leading countless expeditions to Svalbard, Greenland and South America. He will be our expedition and travel coordinator to ensure your booking process goes smoothly and you reach Ushuaia safely and ready for your Antarctica and Ice Swimming adventure!