

ANTARCTICA

“Off-the-Beaten-Track”

Featuring the special event

ANTARCTICA

**Ice Swimming Adventures
2019**



Sailing on board ice-strengthened MV Akademik Ioffe
6 - 18 November 2019 – 13 days
leaving from Ushuaia, Argentina



Join us in the Ice!

Following the overwhelming response to our 2018 expedition we are thrilled to now offer a new departure of this exciting **ANTARCTICA ICE SWIMMING** event. Organised with the International Ice Swimming Association ("IISA"), during the trip there will be a special and official 1km recorded ICE swimming event in the icy waters off the Antarctic mainland. The expedition is equally open for swim participants as well as friends or supporters.

This exceptional small-ship Antarctic expedition will explore remote coastlines from south of the Lemaire Channel to the northern tip of the Antarctic Peninsula. Our goal is to enter Antarctic waters prepared to undertake extraordinary outdoor pursuits that will excite, awe and inspire people who revel in the outdoors.

Other adventure options include camping out on the ice amidst the polar landscape, sea kayaking (with or without overnight camping), high alpine ski touring, snowshoeing as well as all regular landings with walking, hiking and zodiac cruising.

The early Antarctic summer landscapes are snow-covered and waterways ice-filled. Millions of penguins are there to breed and the incredible long daylight hours shine upon Antarctica's pristine beauty and wildlife - a paradise for photographers.



HIGHLIGHTS

- An extra-long Antarctic expedition with seven full days of landings.
- Extraordinary Antarctic 1km Ice Swim event (12-16 swimmers) – participate, support or cheer on!
- Variety of adventure options including camping, kayaking, hiking, skiing, snowshoeing and photography excursions.
- Close-up encounters with wildlife - penguins, seals and whales
- Antarctica's majestic mountains, ice and scenery
- Educational program from onboard lecturers and specialists
- Fast, powerful and ice strengthened vessel
- Just 96 passengers – everyone lands at the same time.
- Onboard hospitality staff look after your every comfort



SWIM TEAM LEADERS

Ram Barkai

**Founder and Chair of the International Ice Swimming Association ("IISA").
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 and in 2014 at -1C with his South African team. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles and 12 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.



Dr Sean Gottschalk

Expedition Doctor, Specialist Emergency Physician

Dr Sean has extensive experience in swimming expeditions. He supervised many cold-water swimming events, various Ice Swimming Events and expeditions including Lewis Pugh Everest Swim, IISA SA Lesotho Mountains, Mad Swimmers High Altitude Cold Swim in Chile. He specialized in Trauma, Hypothermia and recovery.



ITINERARY

DAY 1: USHUAIA

Arrive independently to Ushuaia*, the world's southernmost city at the tip of Argentina. Board the vessel this afternoon and become familiar with your home for the next 13 days. In the early evening, we set sail and begin our voyage and charting a course through the Beagle Channel. We cannot help but wonder about the exciting journey ahead of us!

*We do recommend flying in to Ushuaia at least one day early – please contact us for a variety of land extension arrangements in Argentina and/or Chile.

DAYS 2-3: DRAKE PASSAGE

Crossing the Drake Passage, there is so much excitement in the air as we make our way ever closer to the white continent. Guests eagerly soak up the friendly atmosphere onboard, as our numerous Polar experts and educational professionals prepare us for our adventures with presentations and courses on everything Antarctic, from wildlife and history, to first aid and snow safety. Eventually, we will cross the Antarctic Convergence where we notice a distinct drop in temperature as we enter the waters of the Antarctic Ocean. Along the way, we will witness many spectacular sights from icebergs to an array of seabirds and even several whale species some of which are known on occasion to breach from the sea.

DAYS 4-10: ANTARCTIC PENINSULA

In the waterways of the Antarctic Peninsula, we make as much time as possible to explore by inflatable Zodiacs to incorporate our expedition goals and marvel up close at nature's glory. Planned excursions may include Neko Harbour, Wilhelmina Bay and the southerly Petermann Island, where we will observe Weddell, crabeater and elephant seals, skuas and other seabirds as well as a shocking abundance of penguins including some very large colonies of the comical Adélie penguin. Amongst these varied landing sites and extraordinary bays for cruising, we find ourselves delving into our expedition field photography program as well as our hiking, snow shoeing, sea kayaking, and ski touring. Using the weather as our guide, we endeavour to extend ourselves well beyond the standard limits of expedition cruising itineraries!

ANTARCTIC ICE SWIM!

During our time in Antarctica the expedition team will look for a suitable location and weather conditions for our 1km Antarctic Ice Swim. Restricted to experienced, Ice-Swimmers, this unique event will test the resolve and endurance of extremely brave participants - and is certain to be a thrilling spectator event for all passengers! The exact course will depend on local conditions but is planned to be an open-water swim in a protected bay, close-by the ship and a heated recovery room. This will be a recognised 1 km swim according to International Ice Swimming Association (IISA) ICE KM Swim rules. 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 world record books. Spectators will be able to observe from the ship, other Zodiacs and kayaks, or from ashore.



OTHER ADVENTURE OPTIONS

With a flexible hospitality team, we spend maximum time onshore in our chosen environment to meet everybody's expeditionary goals. At a suitable point along the Peninsula we plan to launch our overnight kayaking experience. After packing the kayaks with the necessary gear for our adventure we leave the ship and paddle into our chosen destination. Once we land we expect to spend about 2/3 hours stretching our legs and exploring. Some may ascend to a walk-able summit to take in the views, and massive icebergs in every direction. We also look for a possible campsite and assemble our tents for the wonderful experience of overnight kayak camping in Antarctica. Specifics for the ski touring program will depend on weather and avalanche safety. With our focus on the experience rather than the number of penguins we see, we have the flexibility to take our time to launch our outdoor pursuits in the right area for the required length of duration. We envisage the ability to offer a couple of ski touring options throughout the time in Antarctica.

DAYS 11-12: DRAKE PASSAGE

As we leave this magical place and make our way north, heading again across the Antarctic Convergence and the Drake Passage before rounding Cape Horn, time will be spent sharing and reflecting on the incredible experiences of the last few days. This sailing time is optimal for reviewing your newfound 'field photography' skills and learning more from our onboard presentation staff and educational experts. Relive the some of the exciting events of the voyage such as the ice swim with screenings of videos and picture shows. Sailing up the Beagle Channel, we celebrate the conclusion of our Polar expedition with a special farewell dinner.

DAY 13: USHUAIA

In the early morning, we will arrive back in Ushuaia. It is time to say farewell to your crew and fellow travellers. Guests will be transported to their hotels or to the airport for return flights home.

Note: *As with all voyages, safety is the top priority. For that reason, weather, ice or other conditions may require us to change the itinerary and shore excursions as we go but that is half the fun of Polar exploration. Predictability is a word that has no relevance in this environment.*



Notes for Ice Swimmers:

- The Event is open to all IISA Members who successfully completed an IISA 1KM under 25 min or Ice Mile under 45 min. [COLD and ICE Members]
- Additional administration fee of \$350 for all swim participants to allow for additional logistics costs.
- Swimming places are limited to 16 swimmers, treated on first-come-first-serve basis upon completing the required 20% trip deposit to Expeditions Online as well as submission of application to IISA.
- Media and sponsorship for the trip must be cleared with IISA first, however, we do encourage Swimmers to seek their own sponsorship for their Event.
- Swimmers must be in good health and fitness prior to the event and must submit a doctor-signed IISA Medical Assessment Form and a recent ECG (from July-2019 onwards)
- The swim itself will take place in an open water protected area in the Antarctic Peninsula.
- There will be a test & acclimatising swim of around 200m in one of the days prior to the actual event.
- The expected water temperatures are anywhere between -1.5C to +1C / 29.3F to 33.8F.
- The Event will be held in Open Water Course according to IISA Rules and expected to run in heats of 4 swimmers per heat.
- The water is expected to be calm, and the swimmers will be accompanied by Zodiacs and Kayaks.
- Each swim will take place near the ship and an experienced Ice Swimming Doctor will be present.
- Each swimmer will be accompanied to a recovery area for full heated and supervised recovery.
- Cut off time will be strictly 25 minutes.
- No Guarantee - Swimmers should understand that the ship, its crew and the swimming team will do anything in their power to hold the event. However, Antarctica can be an unpredictable place and swimmers' safety will come first. The expedition leader or doctor may end any individual's swim early and/or prevent the event entirely if there are any safety concerns or if the weather conditions are deemed unsuitable.

Per Person Expedition Costs ex Ushuaia (USD)

Triple with share facilities:	\$7995
Twin semi-private facilities:	\$10395
Twin private facilities:	\$11495
Superior private facilities:	\$12395
Shackleton Suite:	\$14195
One Ocean Suite:	\$16095

BOOK EARLY!

**Early-bird prices apply only until 31 Dec 2018.
From 2019 onwards the price will increase.**

Included

- Voyage and accommodation on board as indicated in the itinerary.
- All meals throughout the voyage aboard the ship including snacks, coffee and tea.
- Free use of onboard expedition rubber boots & wet weather gear (you are welcome to bring your own as well)
- All shore excursions and activities throughout the voyage by Zodiac and guided hikes/walks.
- Expert supervision and guidance for all adventure option activities, such as kayaking, skiing or the Antarctic Ice Swim.
- Educational presentations and leadership by experienced expedition guides, naturalist staff, and hospitality staff.
- Access to on-board multimedia room and download stations
- An emergency-trained English speaking physician
- All miscellaneous service taxes and port charges throughout the program.
- Comprehensive pre-departure material.

Excluded

- Any airfare whether on scheduled or charter flights.
- Pre- and post land arrangements.
- Transfers to the vessel.
- Passport and visa expenses.
- Government arrival and departure taxes.
- Baggage, cancellation and personal insurance (which is strongly recommended).
- Excess baggage charges.
- All items of a personal nature such as additional purchases onboard in the gift shop, laundry, bar, beverage charges and telecommunication/internet or email charges.
- The customary gratuity at the end of the voyages for stewards and other service personnel aboard (guidelines will be provided).

Optional Extra Costs:

Antarctic Ice Swim – \$350 per swim participant
Kayaking - \$795

Ski Touring - \$750

Camping - free of charge

Note: Group sizes for the above are strictly limited!

Bookings

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

Payments

Reservations require a 20% deposit at the time you receive a booking confirmation from Expeditions Online. A payment link will be sent to you and this may be paid by major credit card. Bookings within 120 days of departure require full payment. Balances are due 120 days prior to departure and can be paid by bank transfer. Balance payments may be made by credit card however subject to a 2% surcharge.

Cancellations

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received 120 days or more prior to departure = loss of deposit. If cancellation occurs less than 120 days up to and including the day of departure: 100 % of the total price. If full payment has not yet been received, the full penalty will still apply and any unpaid balance is due immediately.

Insurance

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

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. If desired, Single occupancy is available at 1.5 times the twin share rate (not available in the Triple category), or 2 times the rate for Suites.

Additional Terms, Conditions and Requirements

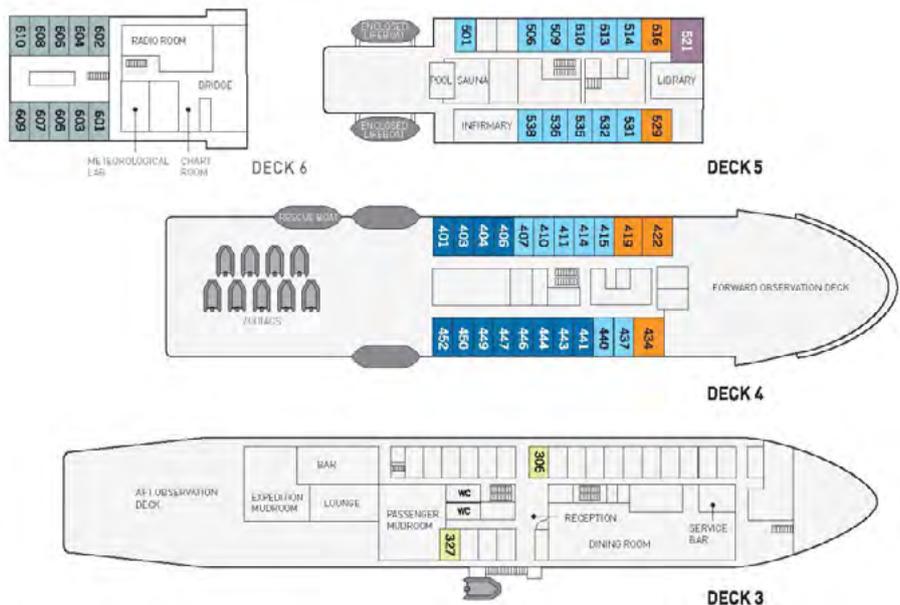
You travel under the general Terms and Conditions for Expeditions Online as well as the ship operator. Personal information forms will be required to be completed, as well as separate waiver and information forms for participants in optional activities such as swimming, kayaking or skiing. More information will be sent to you at the time of booking.

Expedition Vessel: M/V Akademik Ioffe

Designed for polar research, the Akademik Ioffe, also known as the One Ocean Navigator is modern, comfortable, safe and ice-strengthened. From small group sessions to briefings for all passengers, the public spaces onboard the ship are ideally suited for each and every need. A separate bar and lounge, as well as a library provide ideal places to sit and relax or catch up on some reading. A selection of movies and documentaries can also be watched in the lounge. Enjoy the sumptuous meals prepared for you by the culinary team in our dining room, which can host all clients in a single seating with ample room. Other facilities include the theatre style presentation room, gift-shop, fitness room, massage room, sauna and plunge pool.



For more information see www.expeditionsonline.com/vessels/akademik-ioffe.



Suggested Extensions

Buenos Aires 3-night stopover

Buenos Aires, the elegant Capital of Argentina, is one of the largest cities in the world. This 4 day/3 night stopover includes 3-star accommodation with breakfast, return airport transfers, a tour of the city and an evening dinner and Tango show at one of the famed Tango houses. Contact us for details.

Ushuaia 2-night stopover

Ushuaia, the southernmost city in the world is a colourful port, situated on the shores of the Beagle Channel in a bay of incredible beauty. Your stopover (pre or post cruise) includes 2 nights 3-star accommodation with breakfast, one way transfer airport/hotel or vice versa and a tour of the Tierra del Fuego National Park with a ride on 'The Train at the End of the World'. Contact us for details.



El Calafate Glaciers 3-night stopover

In the World Heritage-listed Los Glaciers National Park you will find the active Perito Moreno Glacier, famous worldwide for its features and accessibility and constant activity, contrasted against the greenery of the flora and the woods. Your 3 night El Calafate adventure includes 4-star accommodation with breakfast daily, return airport transfers, full day tour to Perito Moreno Glacier and Los Glaciers National Park entrance fee. Flights are available from Ushuaia. Contact us for details.

All extensions can be customised or combined with other arrangements.

BOOKING ENQUIRIES:



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135 67 Tyresö Sweden
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SWIM-RELATED QUESTIONS:

**International Ice Swimming
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