



Hiking, Antarctic Peninsula



Geologists

Everyone loves a beautiful landscape. But understanding its geology and how it was formed will change your perspective forever.



Photographers

Chat to our expert photographers and learn how to best capture movement and light in the extraordinary destinations we visit.



Historians

Our historians will enrich your expedition experience with incredible stories and unmatched knowledge of the places we visit.



Ornithologists

Will you be lucky enough to spot a snow petrel? Learn from our ornithologists and be inspired to identify the incredible birds you'll see.



Marine Biologists

As you encounter whales, dolphins and other marine species, you can consult our marine biologists for fascinating anecdotes.



Expedition Leaders

In charge of your excursions, these leaders will make sure you get the best opportunities to experience amazing wildlife and landscapes.



Activity Leaders

From kayaking excursions to hiking trips, you can count on our experienced activity leaders to guide you to remote, inaccessible destinations.



Naturalists

Charles Darwin may not be on board, but our experts will give you a new understanding of organisms, habitats and the natural world.



Endless ways to spend your day

There's no such thing as a typical day with Swan Hellenic. We bring you endless possibilities to tailor every moment to your interests and mood, so you'll always have your dream day on board.

Plan your perfect day

6am

Waking comfortably refreshed in your stateroom, early risers can join the team on deck for an early morning breakfast. Breathe in the invigorating Antarctic air as you sip your fresh tea or coffee. What a wonderful way to prepare for the day ahead exploring this icy wilderness.



7am

Early risers have the time to take a fitness class or workout in our gym. Refuel with a light continental or substantial cooked breakfast - a perfect foundation for the action-packed day ahead.

8am

Get ready for another day of Antarctic exploration. Today's adventures might include Zodiac cruising, kayaking through a new frozen world, searching for wildlife or perhaps disembarking and visiting one of the region's remote communities.



12pm

Back on board, you'll have the time to share experiences over lunch, whether snacking in the Club Lounge or savouring something a little more substantial in the Swan Restaurant or Pool Bar & Grill.



2pm

There may be time after lunch for another Zodiac cruise or on-shore activity. Come face to face with impossibly large glaciers and icebergs, sail through ice-choked waterways or learn about the incredible human and natural history that shaped these lands.

4pm

Indulge in our High Seas High Tea or retreat to the comfort of your stateroom for a movie on your flatscreen TV. Sweat it out in our stunning panoramic sauna, take a dip in the pool, take a mindfulness class, or pop to the salon for a relaxing treatment.



6.30pm

Each evening a member of our expert team or a guest lecturer will talk you through the day's highlights. We will then discuss the shore excursion plans for the following day.

7pm

Time to enjoy the pleasures of elegant dining where our chefs have prepared international delights along with wines chosen by our sommelier.



9.30pm

End a perfect day with your favourite drink and a wonderful piano performance. Or head out to the deck for some stargazing under the clear night sky.