

# Worldwide cultural expeditions

2022/2023 sailings



# A new season of cultural exploration

Welcome to a new season of expedition cruising at its finest, where you'll get to choose from the world's most incredible itineraries and explore some of the wildest corners of the planet.

Swan Hellenic has more than seven decades of expertise in undiscovered destinations. And we will provide you with an in-depth look at wildlife, history, anthropology and landscapes – all on board a sophisticated, state-of-the-art expedition ship.

This season, our sailings traverse the globe, from the vast polar regions, to the rich history of the Mediterranean, and the incredible landscapes and wildlife of Africa. It's time to make life-changing discoveries, create unforgettable memories and see what others don't.

We look forward to welcoming you on board.

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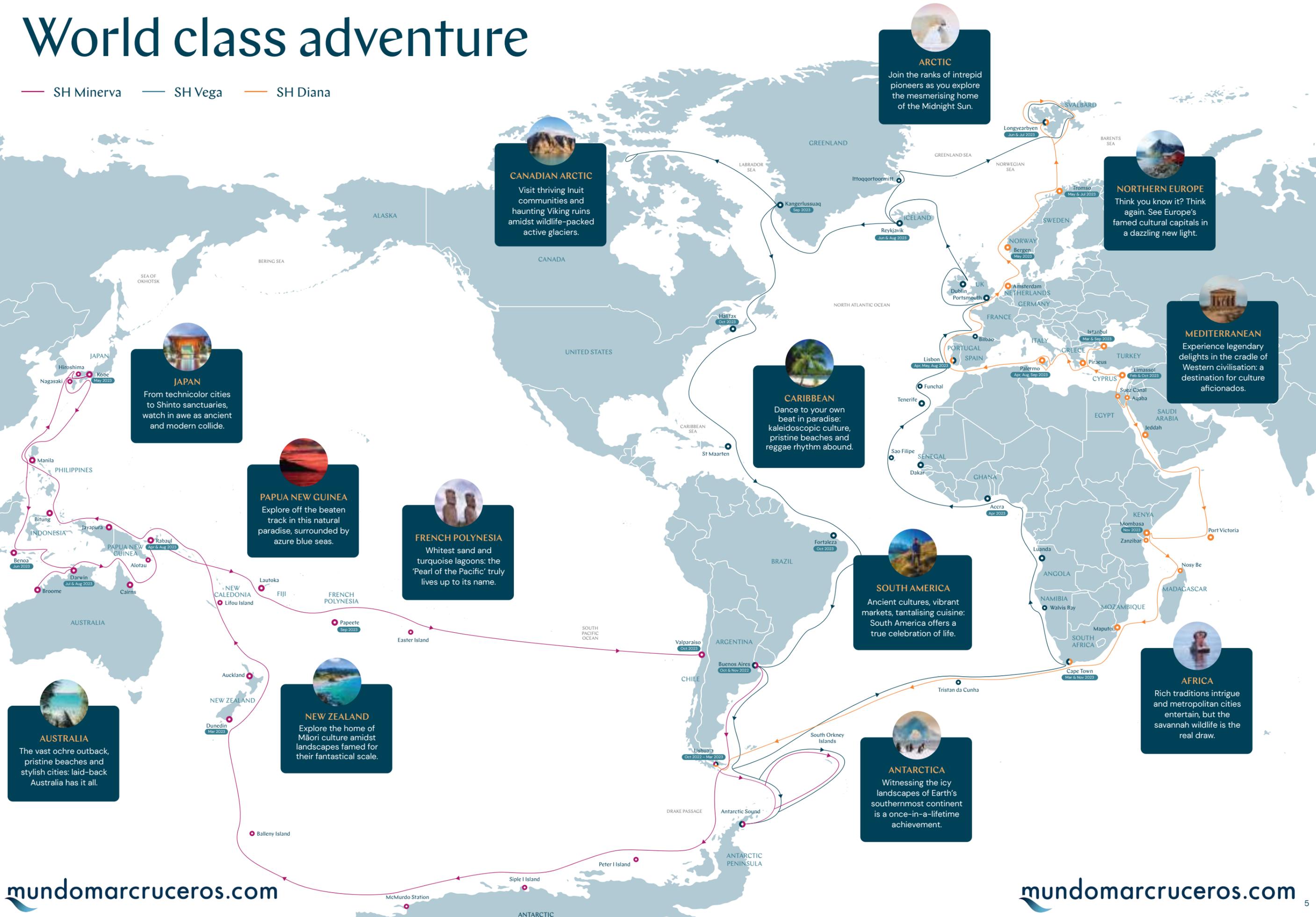
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# World class adventure

— SH Minerva — SH Vega — SH Diana

WHERE WE TRAVEL



**ARCTIC**  
Join the ranks of intrepid pioneers as you explore the mesmerising home of the Midnight Sun.

**CANADIAN ARCTIC**  
Visit thriving Inuit communities and haunting Viking ruins amidst wildlife-packed active glaciers.

**NORTHERN EUROPE**  
Think you know it? Think again. See Europe's famed cultural capitals in a dazzling new light.

**JAPAN**  
From technicolor cities to Shinto sanctuaries, watch in awe as ancient and modern collide.

**CARIBBEAN**  
Dance to your own beat in paradise: kaleidoscopic culture, pristine beaches and reggae rhythm abound.

**MEDITERRANEAN**  
Experience legendary delights in the cradle of Western civilisation: a destination for culture aficionados.

**PAPUA NEW GUINEA**  
Explore off the beaten track in this natural paradise, surrounded by azure blue seas.

**FRENCH POLYNESIA**  
Whitest sand and turquoise lagoons: the 'Pearl of the Pacific' truly lives up to its name.

**SOUTH AMERICA**  
Ancient cultures, vibrant markets, tantalising cuisine: South America offers a true celebration of life.

**AUSTRALIA**  
The vast ochre outback, pristine beaches and stylish cities: laid-back Australia has it all.

**NEW ZEALAND**  
Explore the home of Māori culture amidst landscapes famed for their fantastical scale.

**AFRICA**  
Rich traditions intrigue and metropolitan cities entertain, but the savannah wildlife is the real draw.

**ANTARCTICA**  
Witnessing the icy landscapes of Earth's southernmost continent is a once-in-a-lifetime achievement.

# See what others don't

Some people see things as they are, others look further. Let us take you on a journey that will change the way you see the world. Sail to some of the most incredible, remote destinations on the planet. When you travel with us, the wonders of the world take on a richer hue.

## Over 70 years of cruise expertise

That's how long we've been navigating the world's waters. Swan Hellenic is built on a passion for exploration, a reputation for safety and professionalism of the highest standard.

## Boutique ships

Just you and nature, that's how you'll feel on our 5 star contemporary 'Scandinavian inspired' ships. With open-plan design, panoramic views and a focus on wellness, they're the perfect place to relax, recharge and explore.

## Intuitive service

When it comes to anticipating your needs, no request is too big or too small. To us, personal and unobtrusive service means everything from making sure you're fully equipped for an Arctic excursion to remembering your favourite gin serve when it comes to pre-dinner drinks.

## Enriching cultural expeditions

Once, we travelled to educate – professors, scientists, researchers. Over the years, we've developed a deep knowledge of the world. Today, we use this knowledge to create immersive cultural experiences that take you to the heart of a place.

Elephants enjoying the beach at Loango National Park, Africa

# A culture of care for people and planet

Swan Hellenic has always been passionate about our planet's rich environmental and cultural heritage. It's in our name and nature, it's what inspires us to experience the world's wild unspoilt places and explore its rich and diverse cultures, ancient sites and civilisations.

Tribal dance event,  
Papua New Guinea



## Equality, Diversity & Inclusion

Dynamically inclusive companies and societies are key to sustainable development. As the pioneer of cultural expedition cruising, welcoming adventurers of every age, gender, orientation, nationality and interest to explore worldwide. We promote gender equity and women and girls' empowerment worldwide, and have strong internal policies that ensure our employees enjoy equal opportunities of employment and professional development, irrespective of gender, ethnicity, culture, religion, age, sexual orientation, functional ability and political view.

## Our Focus Areas

Swan Hellenic's sustainability policies are fully compliant with and exceed the cruise industry global standards governing its safety, environmental and labour aspects.

Our sustainability policies, actions and alliances address the complex interlinked challenges our planet faces today and in line with the UN sustainable development goals we decided to focus on the following 6 key areas.

### Responsible Cruising

We are committed to preserving the beauty of the world we explore for future generations, taking urgent and innovative concrete action to reduce our environmental footprint.

### Climate Action

Exploring the globe, we constantly encounter dramatic evidence of global warming and climate change, spurring us on in our resolve to take urgent action that combats their causes and mitigates the effects both in our own operations and worldwide.

### Life in the Water

With our strong seafaring heritage, we are committed to the responsible use of marine resources for sustainable development. This is vital in promoting and conserving the health and biodiversity of the Earth's waters.

### Legacies of the Land

We strive to preserve the natural and cultural landmarks that our expedition cruises explore, promoting and advancing the conservation, restoration and sustainable use of terrestrial ecosystems and historic sites for future generations.

### Thriving Communities

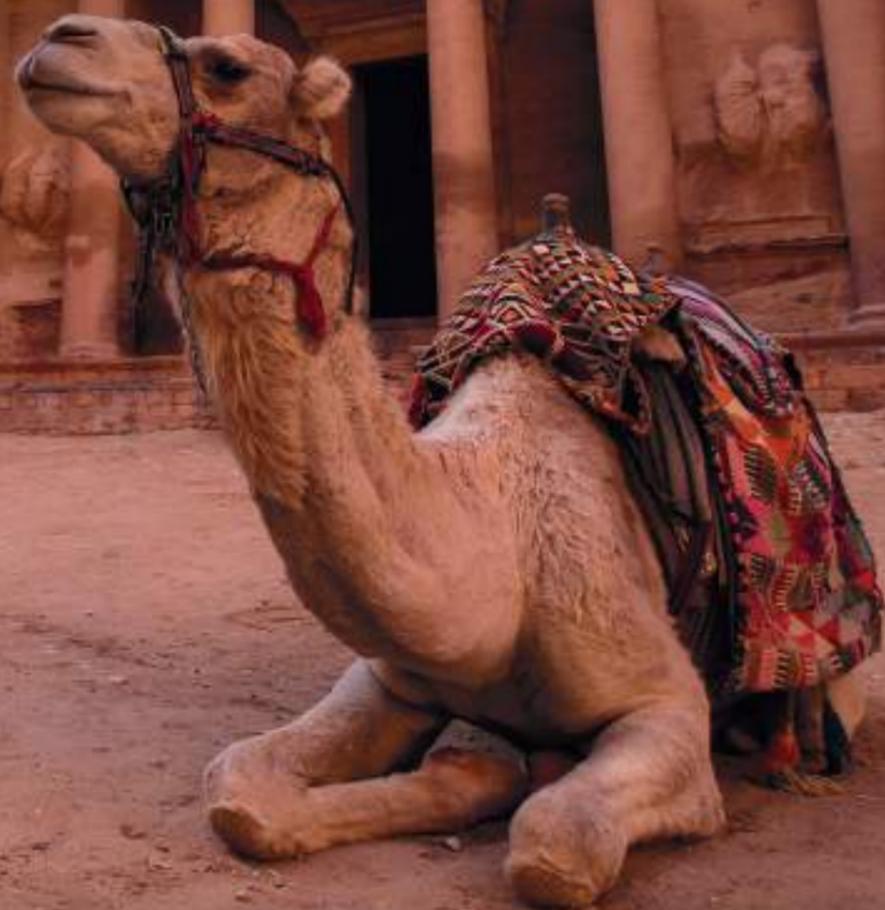
We build strong connections with the communities that host our cultural expedition cruises, respecting their cultural and environmental integrity while partnering with them to generate positive impacts.

### Quality Education

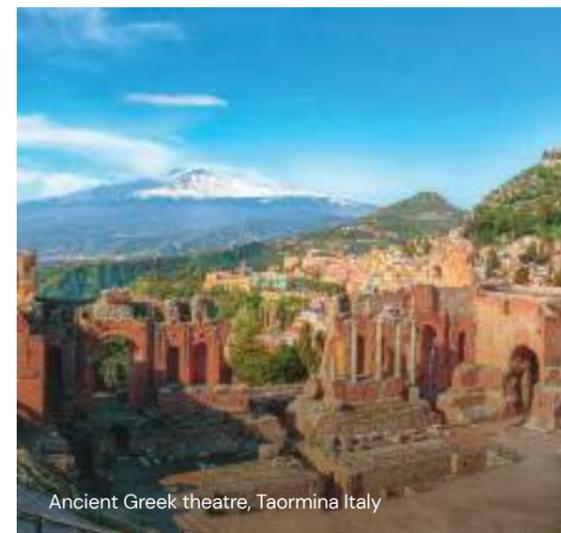
Education and research empower human potential. Proud of our roots in British academia, we work to support regional research initiatives, ensuring access to inclusive and equitable education and providing lifelong learning opportunities for all.

# Exploring with head and heart

Swan Hellenic pioneered cultural expedition cruising in 1954, when we took members of the Hellenic Society around the famous sites of ancient Greece in the company of eminent classicists.



A local taxi in Petra, Jordan



Ancient Greek theatre, Taormina Italy

## Experience

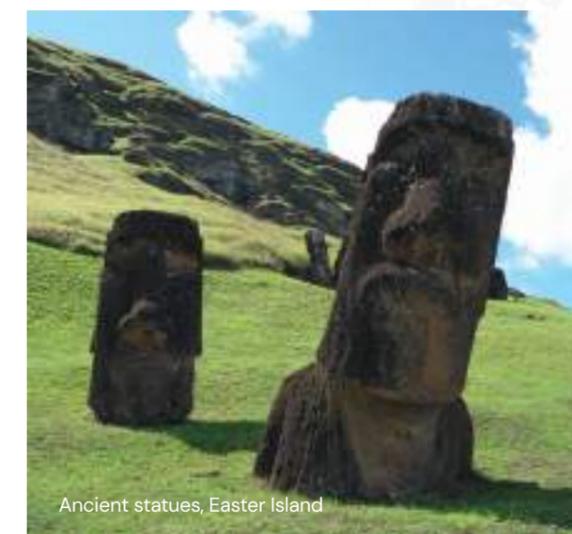
So when you choose Swan Hellenic to see what others don't – you can be sure you'll do so with a full perspective and real insight into the history, cultures, wildlife, flora, geology and geography of the place. Briefings before each disembarkation and recaps afterwards supplement our lectures and talks, stimulating a relaxed social environment that encourages the sharing of experiences.



Swan Hellenic wildlife photography lesson

## Explore

Every Swan Hellenic cruise is the same today, combining geographical exploration with cultural and scientific discovery. We don't just take you to explore the most extraordinary places on earth. We bring you the company of like-minded people and renowned experts, who offer eye-opening lectures and are on hand for informal questions and discussion throughout your cruise.



Ancient statues, Easter Island

## Learn

At the same time, every Swan Hellenic cruise is also full of opportunities for you to develop your creative passions, with professionals on board to support you in photography and more. A library completes the picture, with a multitude of books on every subject, for you to take your interests to another level.

It's the depth of these other dimensions that's unique to Swan Hellenic, making us the first choice of adventurous minds worldwide.

# Exclusive interview with Sue Walsh

Lecturer and accredited bird ringer Sue talks to us about wildlife watching and what to expect on board our ships.



**Experience:** 40 years  
**Specialism:** Naturalist

## What are some of the most extreme locations you've been to watch wildlife?

I have travelled to over 90 countries on all continents. There are so many types of extremes. Geographical extremes would include the remoteness of Antarctica, Kamchatka, the Arctic, the Tien Shan mountains of Kazakhstan, the desert of Sudan and the villages of Wuyuan in China. Climate extremes include the cold of Japan and Canada in Winter, the heat of Ghana, Arizona and United Arab Emirates. Extremes of cultural development include Central Park in New York or the parks of Hong Kong compared to remote settlements in various parts of, for example, Rwanda, Colombia, Nepal or Cambodia.

"I went to buy a bird book and a pair of binoculars – and have not looked back."



Gentoo penguin, Antarctica

## Where did your love for wildlife watching come from?

My love for wildlife started with seeing a bird in Scotland over 40 years ago and wondering what it was. It turned out to be a Chaffinch. I went to buy a bird book and a pair of binoculars – and have not looked back. Over 5000 species of birds later I still travel the world looking for species which are new to me. Working on the ships has widened my interest to cetaceans and other aspects of the natural world.

## What is bird ringing?

Bird ringing (UK) or bird banding (US) is the attachment of a small, individually numbered metal or plastic tag to the leg or wing of a wild bird to enable individual identification. Data is recorded on species, size and condition which generates information on the survival, productivity and movements of birds and contributes to their conservation.

## What's been your favourite wildlife watching experience so far on board our cruises?

A Snow Petrel spent a long time flying round and landing on the ship giving us exceptional views of this beautiful bird. It is one of only three birds that has been seen at the Geographic South Pole and which have the most southerly breeding sites of any bird, inland in Antarctica.

## What's a common misconception about wildlife watching?

People often ask me how seabirds sleep. A common comment about seabirds is 'they are a long way from home'. The sea is their home and they only come to land to breed. Most seabirds sleep on the wing shutting down half their brain at a time or by taking very short naps a few seconds at a time.

## What's a typical lecture like on board our ships?

A typical lecture is about 45 minutes long and is intended to inform and entertain. They are usually held in the lounge on comfortable seats where you can enjoy a drink or snack if you wish. You will learn about the places you will be visiting and what you are likely to see as well as exploring wider topics. You will also get to know more about the expert team on board and have an opportunity to ask them questions.

## Do you have any wildlife watching tips for our guests?

The more time you spend looking the luckier you get!

"I have travelled to over 90 countries on all continents."



Sue's favourite moment on board was seeing a Snow Petrel land on the ship.

# Learn from the best

Renowned in their respective fields, our onboard experts have unparalleled knowledge of the regions we visit.

From historians to naturalists, meteorologists to ornithologists, our friendly experts will offer you incredible insight into the wildlife, history and geology of the places we visit. Tap into their expertise via our extensive lecture programme, or feel free to interact with them throughout your trip. On board our boutique ship, you're likely to grab a coffee with an expert, birdwatch on the deck alongside them, or chat with them over dinner — they're more than happy to share their knowledge with you!



Exploring natural wonders, Antarctica



## Expedition Leaders

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



## 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.



## Polar Meteorologists

Learn more about the atmosphere and weather of the polar regions, and how they affect the global climate system.



## 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.



## Activity leaders

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



## Marine Biologists

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



## Naturalists

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

# Expedition activities

Our expedition activities are once-in-a-lifetime experiences that bring you closer than ever to untouched landscapes and incredible wildlife. Whether by sea or by land, you'll get to go to places unreachable by most, tap into the knowledge of our expert guides, see what others don't and leave with a new perspective of the world.



## Kayaking

Kayaking in the world's most remote destinations will be an adventure to remember. Glide through stunning landscapes and keep an eye out for curious local wildlife as you get rare access to nature's most untouched places.

Do note that kayaking excursions are not included in the price of your Swan Hellenic cruise, so you will need to reserve in advance through your Tour Operator, Travel Agency or Swan Hellenic office.

### Top tips

- Previous kayaking experience is essential
- All equipment will be provided
- Prepare for a 1.5 to 3 hour excursion



## Zodiac

All Swan Hellenic ships carry a fleet of Zodiacs – safe and sturdy inflatable rib boats that can withstand harsh conditions. Operated by a highly trained driver, Zodiacs allow you to explore places that are inaccessible by larger vessels or by land. When you're on an excursion, you'll be fully immersed in spectacular landscapes with the opportunity to see wildlife up close in their natural habitat – an exhilarating experience you won't forget.

### Top tips

- Waterproof clothing is essential for Polar regions
- Sun protection is recommended
- Prepare to ride on a Zodiac for up to 2 hours



Exploring the sea, Indonesia

## Snorkeling

Snorkeling along the world's most pristine coral reef areas will for sure be an experience to remember. Don your mask and fins and glide in the lukewarm waters of remote island groups and atolls in the Indian and Pacific Oceans. Led by our experienced and knowledgeable onboard Marine biologists you will witness some of the richest and best preserved marine environments on our planet.

### Top tips

- Don't forget to put sunblock on the back of your legs
- Wear a T-shirt to protect you from the sun
- Masks and fins are provided on board

## Snowshoeing

Snowshoeing is one of the most thrilling ways to explore places that are hard to reach. You'll get to scale icy landscapes, enjoy stunning views and get a great workout – all in the company of an expert team.

## Hiking

A hiking excursion is the perfect opportunity to step off the ship and explore. You'll be accompanied by an experienced team who will share their knowledge of the landscape and wildlife in front of you.

**HIROSHIMA**  
 Life-affirming energy marks Hiroshima's present, while the Peace Memorial remains a stark reminder of its past.

**RAJA AMPAT ARCHIPELAGO**  
 Cruise through chains of jungle-covered islands where sharks, manta rays and barracudas thrive.

**SEPIK RIVER**  
 Traverse this great, tropical river from Rabaul, where evidence of volcanic activity shapes the landscape.

**BALIEM VALLEY**  
 In this true highlight of Papua New Guinea, age-old beliefs remain woven through everyday life.

**BORA BORA**  
 Whether you want slow-paced paradise, action-packed adventure, or exciting nightlife, Bora Bora always delivers.

**ROBINSON CRUSOE ISLAND**  
 For those with literary interests: Defoe's famous novel was partially inspired by this very island.

**TORRES DEL PAINE NATIONAL PARK**  
 Precipitous granite giants tower over this wildly popular national park's impressively diverse landscape.

**EASTER ISLAND**  
 Embrace the mystery of this tiny island, where the iconic Moai statues stand defiant and proud.

**SOUTH GEORGIA**  
 The world's largest population of king and macaroni penguins call the 'Galapagos of the Poles' home.

**KIMBERLEY**  
 Aboriginal culture runs deep in this explorer's paradise: the most arid and unforgiving frontier of Australia.

**DUSKY & DOUBTFUL SOUND**  
 New Zealand's Fiordland boasts stunning views, with hundreds of cascading waterfalls during the rainy season.

# SH Minerva

On an elegant 5 star 'Scandi-design' boutique ship, immerse yourself in the scenery of a cross-continental voyage. Designed to venture off the beaten path, your expedition ship floats through New Zealand fiords, untouched tropical islands and Japanese landmarks with ease.

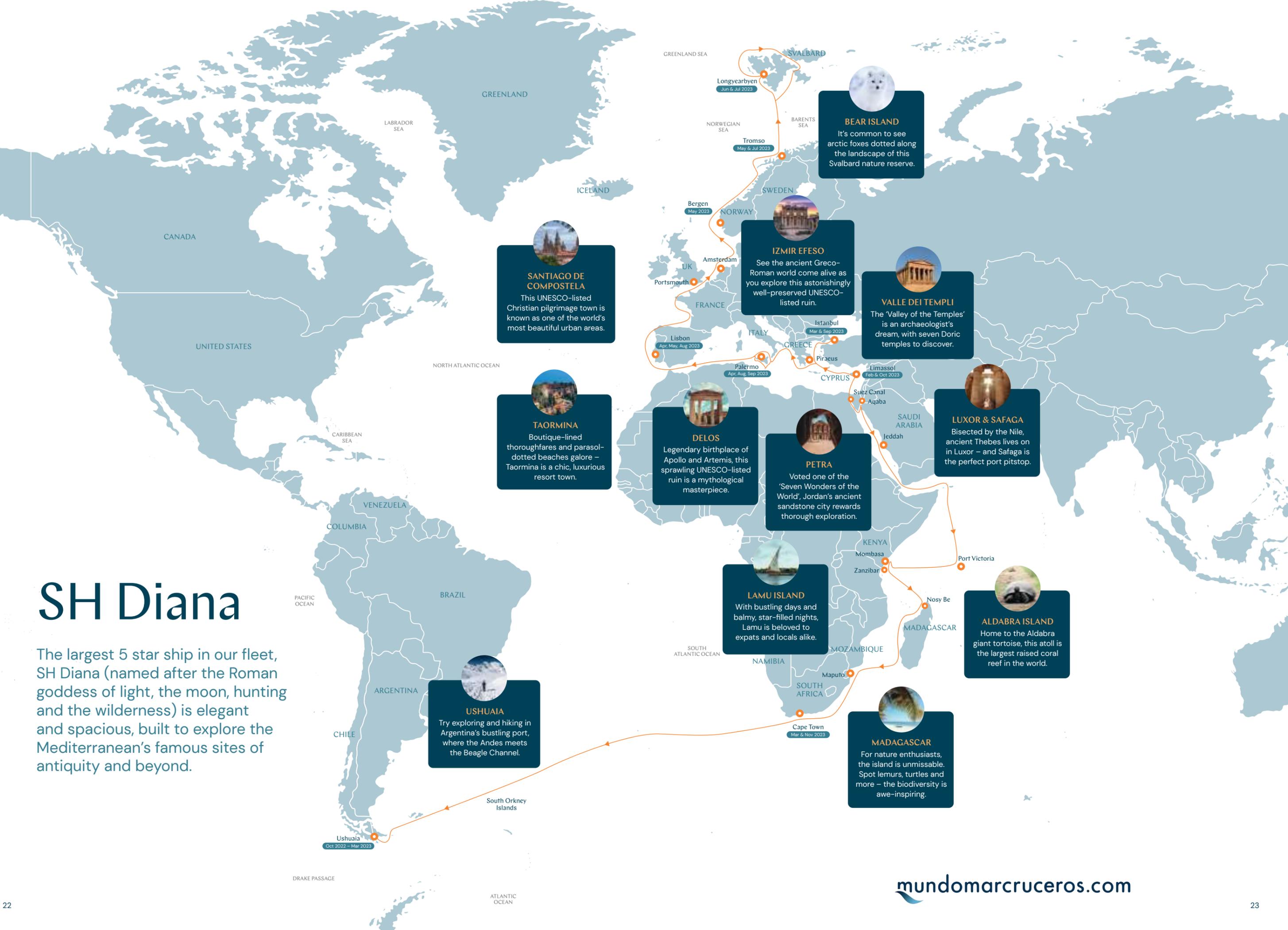
# SH Vega

Named after the first ship to cross the Arctic Northeast Passage, this 5 star elegant Scandi-design boutique ship leaves nothing to be desired. The perfect way to explore the world, from the Arctic and Iceland to Africa and South America.



# SH Diana

The largest 5 star ship in our fleet, SH Diana (named after the Roman goddess of light, the moon, hunting and the wilderness) is elegant and spacious, built to explore the Mediterranean's famous sites of antiquity and beyond.



**USHUAIA**  
 Try exploring and hiking in Argentina's bustling port, where the Andes meets the Beagle Channel.

**TAORMINA**  
 Boutique-lined thoroughfares and parasol-dotted beaches galore – Taormina is a chic, luxurious resort town.

**SANTIAGO DE COMPOSTELA**  
 This UNESCO-listed Christian pilgrimage town is known as one of the world's most beautiful urban areas.

**LAMU ISLAND**  
 With bustling days and balmy, star-filled nights, Lamu is beloved to expats and locals alike.

**DELOS**  
 Legendary birthplace of Apollo and Artemis, this sprawling UNESCO-listed ruin is a mythological masterpiece.

**IZMIR EFESO**  
 See the ancient Greco-Roman world come alive as you explore this astonishingly well-preserved UNESCO-listed ruin.

**MADAGASCAR**  
 For nature enthusiasts, the island is unmissable. Spot lemurs, turtles and more – the biodiversity is awe-inspiring.

**PETRA**  
 Voted one of the 'Seven Wonders of the World', Jordan's ancient sandstone city rewards thorough exploration.

**LUXOR & SAFAGA**  
 Bisected by the Nile, ancient Thebes lives on in Luxor – and Safaga is the perfect port pitstop.

**VALLE DEI TEMPLI**  
 The 'Valley of the Temples' is an archaeologist's dream, with seven Doric temples to discover.

**BEAR ISLAND**  
 It's common to see arctic foxes dotted along the landscape of this Svalbard nature reserve.

# A new class of exploration

Immerse yourself in breathtaking panoramic views, elegant interiors, and sophisticated onboard facilities.



Our fleet of 5-star boutique ships—SH Minerva, SH Vega and the upcoming SH Diana—has taken expedition cruising to new heights. Built in the Helsinki shipyard in Finland, these ships combine the latest in expedition technology with stylish, sophisticated design. Featuring un-intrusive elegant interiors, wide unobstructed views throughout the ship and dedicated expedition facilities for a remarkable travel experience. Explore off-the-beaten-path destinations in style and comfort as you take in the scenery from a panoramic sauna, warm up in an outdoor hot tub, dine in a world-class restaurant, and unwind in an elegant stateroom. This is boutique cruising at its finest.

SH Minerva anchored, Antarctica



Our heated outdoor pool

## SH Minerva

SH Minerva is an elegant, sophisticated expedition ship built to journey through remote polar regions. After another incredible year navigating the icy wilderness of Antarctica, she will explore the Pacific Ocean, Papua New Guinea and Japan.

## SH Vega

SH Vega has the same state-of-the-art ship design as SH Minerva. From crossing the notorious Drake Passage to circumnavigating icebergs, this expedition ship is built to live out your Antarctica dream. SH Vega will then explore the wonders of the west coast of Africa, Europe and Canada en route to the Arctic.



Our Swan Nest



Balcony breakfast

## SH Diana

Arriving in early 2023, SH Diana will be the largest ship in our fleet, with even more spacious accommodation. Going back to our roots, Diana will be sailing to inspiring and inaccessible destinations across the Mediterranean, on to the east coast of Africa towards Cape Town, finishing the season in Ushuaia.

# Boutique cruising at its finest

SH Minerva, SH Vega, and the upcoming SH Diana are sister ships designed to navigate the most inspiring, inaccessible places on earth. All the while offering guests an immersive, 5-star experience.

## SH Minerva & SH Vega

-  120 crew
-  150 guests
-  9 decks

## SH Diana

-  141 crew
-  192 guests
-  9 decks

The interiors are spacious and tasteful, with plush furnishing and dramatic windows that give you unobstructed views of some of the most incredible landscapes in the world. On board, guests can indulge in international cuisine imagined by renowned chefs, unwind in a sophisticated stateroom and make full use of state-of-the-art spa, fitness and expedition facilities.



### The Swan Restaurant

As the main venue for breakfast, lunch and dinner, our 152-seat restaurant serves international and local cuisine focussed on quality regional ingredients from the unique destinations we visit.



### Club Lounge

Vibrant and welcoming, The Club Lounge acts as a hub, combining 24 hour tapas inspired dining with panoramic views of the ocean glittering below.



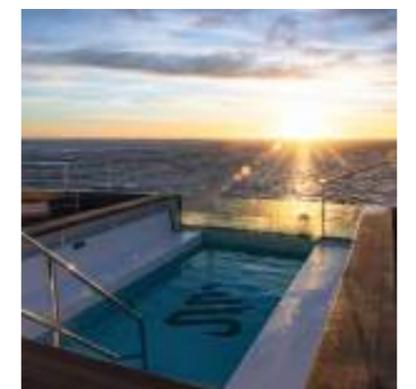
### Sauna With A View

Head to Deck 8 for the best views in the world. After a work out in our state-of-the-art gym, relax in our sauna or Jacuzzi and take in those breathtaking vistas along the way.



### Observation Lounge

After a day of exploration, where better to relax than in the Observation Lounge. Sit back, savour your favourite tippie whilst getting to know your fellow guests.



### Alfresco Dining & Heated Outdoor Pool

On Deck 7, you'll find a heated outside pool along with pool side seating from where you can enjoy stunning scenery.

# Retreat into sophisticated elegance

Relax in the understated elegance of your stateroom or suite; a modern medley of pastel colours, natural textures, hi-tech entertainment and multiple lighting options for every mood, set off by a holographic fireplace to warm the atmosphere. Large windows or floor-to-ceiling balcony doors showcase every incredible landscape as you sail serenely by.

## Your perfect space

Each of our beautifully designed staterooms has everything you need for a pampered stay. Fluffy dressing gowns, a spacious dressing area and ample seating, as well as a well-stocked minibar and a personal safe. The desk in your room is the perfect place to plan the next day's adventures, and glass-enclosed rain showers transform your ensuite into a personal spa.



Onboard stateroom suite. Suite sizes and categories vary by ship.



**Premium Suite**  
49m<sup>2</sup> (528 ft<sup>2</sup>) | Sleeps 4

Premium suites feature a superking bed and separate living room with a soothing flame-effect fireplace a luxurious ensuite bathroom with separate bath tub and walk in shower, spacious walk in wardrobe and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.



**Suite**  
44m<sup>2</sup> (474 ft<sup>2</sup>) | Sleeps 4

Suites feature a superking bed and separate living room with a soothing flame-effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk in shower and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.



**Balcony**  
28m<sup>2</sup> (302 ft<sup>2</sup>) | Sleeps 2/3

Balcony staterooms feature 2 single beds or a double bed bedroom with living room area, a luxurious bathroom and your own private 6m<sup>2</sup> (65ft<sup>2</sup>) balcony.



**Oceanview**  
19m<sup>2</sup> (205 ft<sup>2</sup>) | Sleeps 2

Oceanview staterooms feature 2 single beds or a double bed with living room area and a luxurious bathroom.

# Perfectly paired with adventure

No travel experience is complete without unforgettable dining. Prepare for gastronomic excellence as our world-renowned chefs take you on an international culinary adventure.

At the Swan Restaurant, you can dine at your leisure from breakfast through to dinner and sample some incredible international fusion dishes. For a more casual atmosphere, enjoy a family-style platter in the Club Lounge, or a few late night drinks in the Observation Lounge. Or take full advantage of our 24-hour room service and indulge in a tempting menu in your elegant stateroom.

## Every taste adds to the story

No matter the time or day, you'll find unique culinary experiences, excellently designed and prepared by top chefs with personal service to match at our various dining venues onboard.



### Swan Restaurant

Every evening, this stunning restaurant transforms into a gourmet venue serving the sublime creations of our award-winning consultant chefs, taking guests on a parallel voyage of extraordinary flavours and contrasts. Discover creative Asian and Italian fusion cuisine, or enjoy inventive French and International classics.



### Club Lounge

Vibrant and welcoming, the Club Lounge acts as a hub for relaxed get-togethers onboard, 24 hours a day. Freshly baked pastries and coffee, tapas-style dining and freshly made pizza are the perfect accompaniment to a panoramic view of the ocean glittering below from the adjoining Pool Bar & Grill.



### Afternoon Tea

Enjoy a British tradition onboard. Our afternoon tea is a glamorous and contemporary progression of savoury bites, finger sandwiches and scones followed by colourful tarts and desserts – all paired with a selection of international teas or a cold glass of champagne.



### Room Service

No matter what time of day, our carefully curated in-room menu gives you a relaxing yet tasty experience in the comfort of your own stateroom. From healthy breakfasts, luscious lunches and divine dinners to late-night snacks, there's always something ready to tempt you.

## Our Culinary Team

Our trio of top chefs have come together to create a unique gastronomic experience, with creative Italian and Asian fusion dishes and varied menus of exceptional quality and diversity.



**Avhier Singh**  
Executive Chef

Avhier has extensive experience as an executive chef. He spent more than ten years working in prestigious cruise ships, rising through the ranks and mastering unique cuisines and cooking techniques from around the world.



**Andrea Ribaldone**  
Consultant Chef

Andrea is an influential Italian chef with many achievements including earning 3 Michelin Stars for 3 different restaurants, and launching a series of highly successful and innovative dining concepts and venues.



**Sang Keun Oh**  
Consultant Chef

With unrivalled experience of Japanese and French cuisine, Chef Sang Keun Oh brings a fresh perspective to the table. He has two AA Rosettes, and was Executive chef at many acclaimed restaurants including his own, Hibiki.

# It's all in the details

Swan Hellenic is all about personal service and genuine hospitality. Our warm and welcoming crew aim to please and want nothing more than to give you the best experience possible.

No task is too big or too small: need a double espresso to get you going in the morning? Noted. Prefer your bed made up a certain way? We'll look after it. Absorbed by the views or the conversation at dinner? We'll take care of everything else. We've been in the business a long time and take pride in our caring, thoughtful approach. If there's anything we can do to improve your time on board, let us know.



Cocktails on demand

We have over 120 dedicated staff at your service





# 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 onboard.

Plan your perfect day

## 6am

Waking comfortably refreshed to the panoramic views from your stateroom, early risers can join the expedition team on deck to observe marine wildlife and spectacular scenery with a tea or coffee and selection of pastries and fresh fruit.



## 7am

Early risers have the time to take a fitness class or workout in our gym followed by a light continental or substantial cooked breakfast as fuel for the action packed day ahead.

## 8am

Make your way down to Basecamp – our concierge-managed changing room, where you kit up for your expeditions. You'll be briefed before you head out in small groups, each with an expert guide. Enjoy a morning of bird- or wildlife-watching, hiking or a photography workshop.



## 12pm

Back onboard, 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

After lunch, take another expedition, boarding a zodiac tour to get up close with penguins, seals and incredible glaciers or join one of our workshops on cloud observations or analyse water samples in our citizen science laboratory.

## 4pm

Delight 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

Every evening our expedition team or guest lecturer chat through the highlights of the day. Our expedition team will then chat you through tomorrow's planned expeditions.

## 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

Round off your day with your favourite drink whilst enjoying a piano performance or on deck, stargazing under crystal clear skies.



# Making travel effortless

When the details are taken care of, you can focus on making the most of your expedition. So we've included all the little details in the price of your cruise fare. No hidden extras or surprise gratuity bills at the end of your holiday – you can be comfortable we've thought of the little things, so you don't have to.



Gentoo penguin shore excursion, Antarctica

WHATS INCLUDED	CRUISING TO	
	ANTARCTICA	REST OF THE WORLD
Return regional flights from Buenos Aires to Ushuaia (except those cruises starting in Buenos Aires or ending in Dunedin and Cape Town)	✓	
Return regional flights to the port of embarkation and/or disembarkation (*where specified)		✓*
Group return transfers from the airport to the cruise port (via our included accommodation where applicable)	✓	✓
One night pre-cruise accommodation with breakfast in a 4/5-star hotel or onboard (*unless otherwise stated)	✓	✓*
All meals on board	✓	✓
Onboard accommodation in a stateroom selected category	✓	✓
Coffee, tea, soft drinks and selected alcoholic beverages available 24-hours per day	✓	✓
Lecture programmes by our experienced expedition team and guest speakers	✓	✓
Selected expedition activities led by our expedition team	✓	✓
One selected shore excursion per port of call		✓
Branded Swan Hellenic expedition parka and use of rubber boots in Polar Regions	✓	✓
Standard WiFi	✓	✓
Onboard gratuities & port taxes	✓	✓

## Enhance your experience

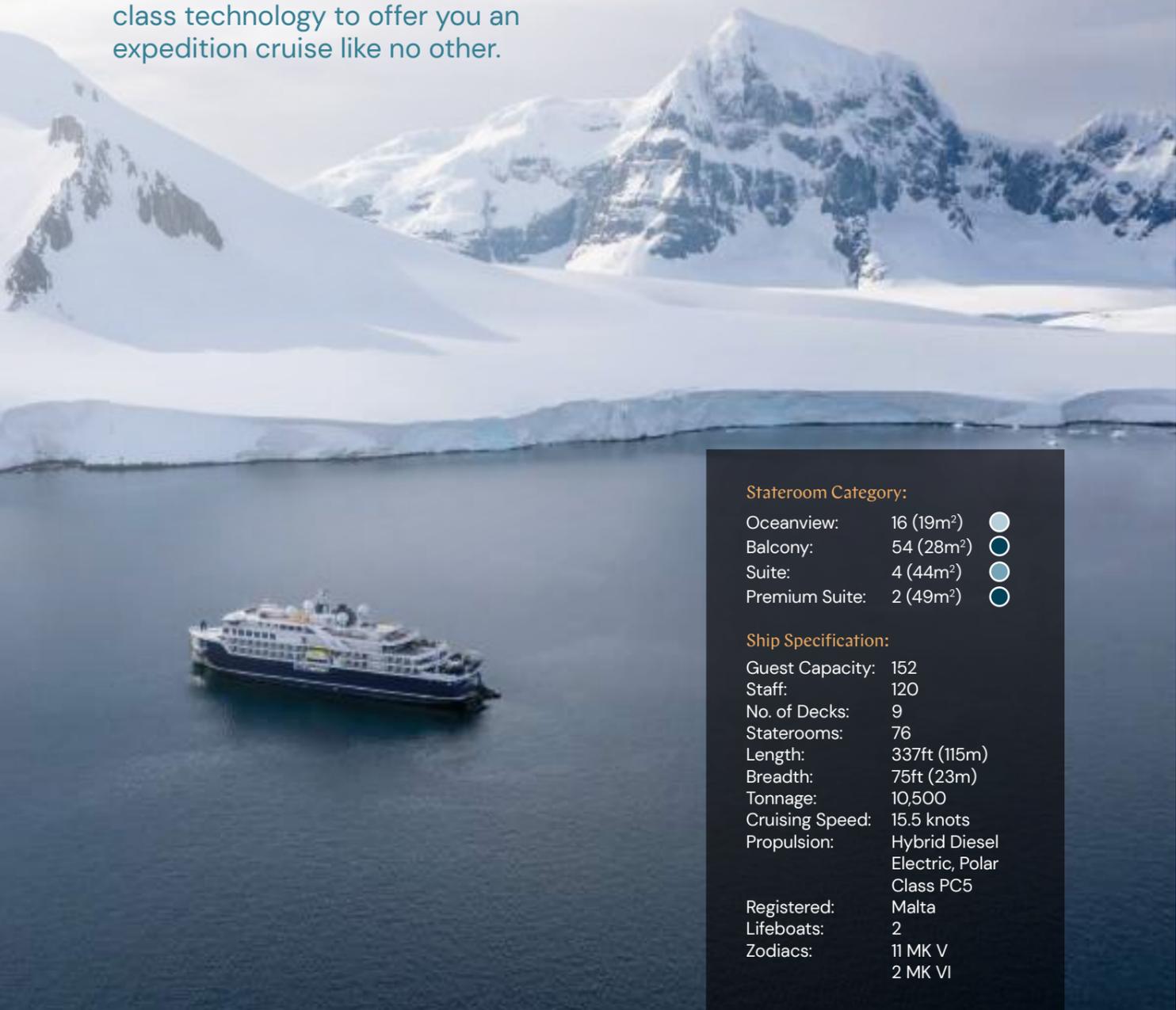
We also offer some optional extras that are not included in the price of your holiday:

- Air fares (unless otherwise stated)
- Travel insurance
- Optional land programs and hotel accommodation pre or post cruise
- Kayak and private zodiac tours in the expedition areas
- Premium and private shore excursions
- Premium alcoholic beverages
- Spa & beauty treatments
- Laundry services
- Retail shop purchases

Beverages served daily. \*Standard WiFi is included in the cost of your cruise. Premium WiFi is also available onboard for a fee.

# SH Minerva & SH Vega

Our elegant 5-star ships offer a boutique home-from-home, with chic Scandinavian-inspired design perfectly paired with world-class technology to offer you an expedition cruise like no other.

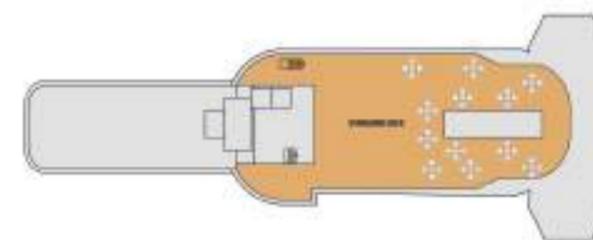


**Stateroom Category:**

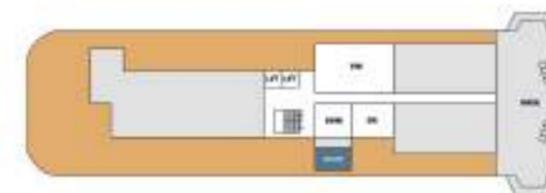
- Oceanview: 16 (19m<sup>2</sup>) ●
- Balcony: 54 (28m<sup>2</sup>) ●●
- Suite: 4 (44m<sup>2</sup>) ●●●
- Premium Suite: 2 (49m<sup>2</sup>) ●●●●

**Ship Specification:**

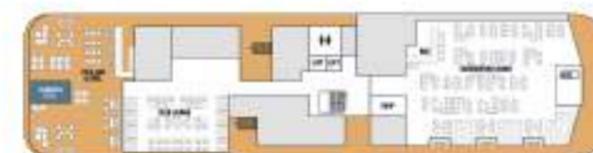
- Guest Capacity: 152
- Staff: 120
- No. of Decks: 9
- Staterooms: 76
- Length: 337ft (115m)
- Breadth: 75ft (23m)
- Tonnage: 10,500
- Cruising Speed: 15.5 knots
- Propulsion: Hybrid Diesel  
Electric, Polar  
Class PC5
- Registered: Malta
- Lifeboats: 2
- Zodiacs: 11 MK V  
2 MK VI



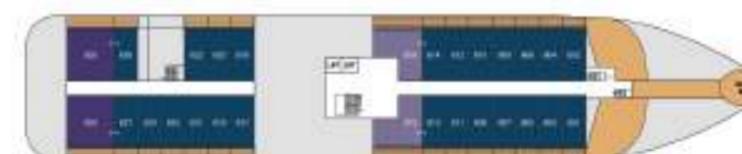
**Deck 9**  
Stargazing Deck



**Deck 8**  
Gym  
Sauna  
Jacuzzi  
Spa  
Bridge



**Deck 7**  
Shop  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Observation Lounge



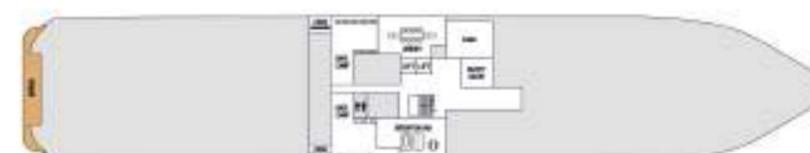
**Deck 6**  
Premium Suites  
Suites  
Balcony Staterooms  
Swan's Nest



**Deck 5**  
Balcony Staterooms  
Suites



**Deck 4**  
Reception  
Laundrette  
Swan Restaurant  
Oceanview Staterooms



**Deck 3**  
Clinic  
Library  
Basecamp  
Beauty Salon  
Expedition Lab

# SH Diana

SH Diana been specially designed for worldwide cruising to explore the most inspiring and inaccessible places on earth.

Building on the outstanding amenities of her sister ships, she adds a dedicated Events Room next to the Observation Lounge, a Private Dining Room for special occasions, and two tenders which bring guests a comfortable alternative to Zodiacs for expedition landings. A Polar Class 6 ice-strengthened hull combines with extra-large stabilisers to make your journey as comfortable as possible.

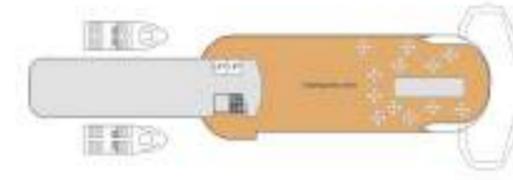
## Stateroom Category:

Oceanview:	20 (20 m <sup>2</sup> )	●
Balcony:	66 (28 m <sup>2</sup> )	●
Junior Suite:	4 (35 m <sup>2</sup> )	●
Suite:	4 (44 m <sup>2</sup> )	●
Premium Suite:	2 (47 m <sup>2</sup> )	●

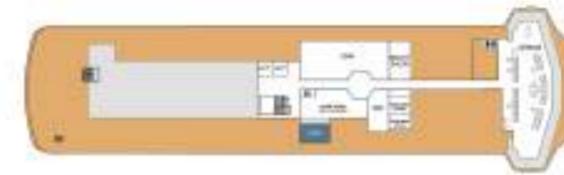
## Ship Specification:

Guest Capacity:	192
Staff:	141
No. of Decks:	9
Staterooms:	96
Length:	410 ft (125 m)
Breadth:	75 ft (23 m)
Tonnage:	12,100 GRT
Cruising Speed:	14.5 knots
Propulsion:	Hybrid Diesel Electric, Polar Class PC6
Registered:	Malta
Lifeboats:	2
Tender:	2
Zodiacs:	13 MK V 2 MK VI

Accessible Staterooms: 419 (Deck 4),  
635 (Deck 6)



Deck 9  
Stargazing Deck



Deck 8  
Gym  
Sauna  
Jacuzzi  
Spa  
Beauty Salon  
Bridge



Deck 7  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Events Room  
Observation Lounge



Deck 6  
Premium Suites  
Suites  
Junior Suites  
Balcony Staterooms  
Swan's Nest



Deck 5  
Balcony Staterooms  
Junior Suites  
Suites



Deck 4  
Swan Restaurant  
Reception  
Oceanview Staterooms  
Launderette



Deck 3  
Marina Deck  
Zodiac Boarding  
Basecamp  
Library  
Expedition Lab  
Clinic  
Laundry

# Where to find us?

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Ancient temple, Japan



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