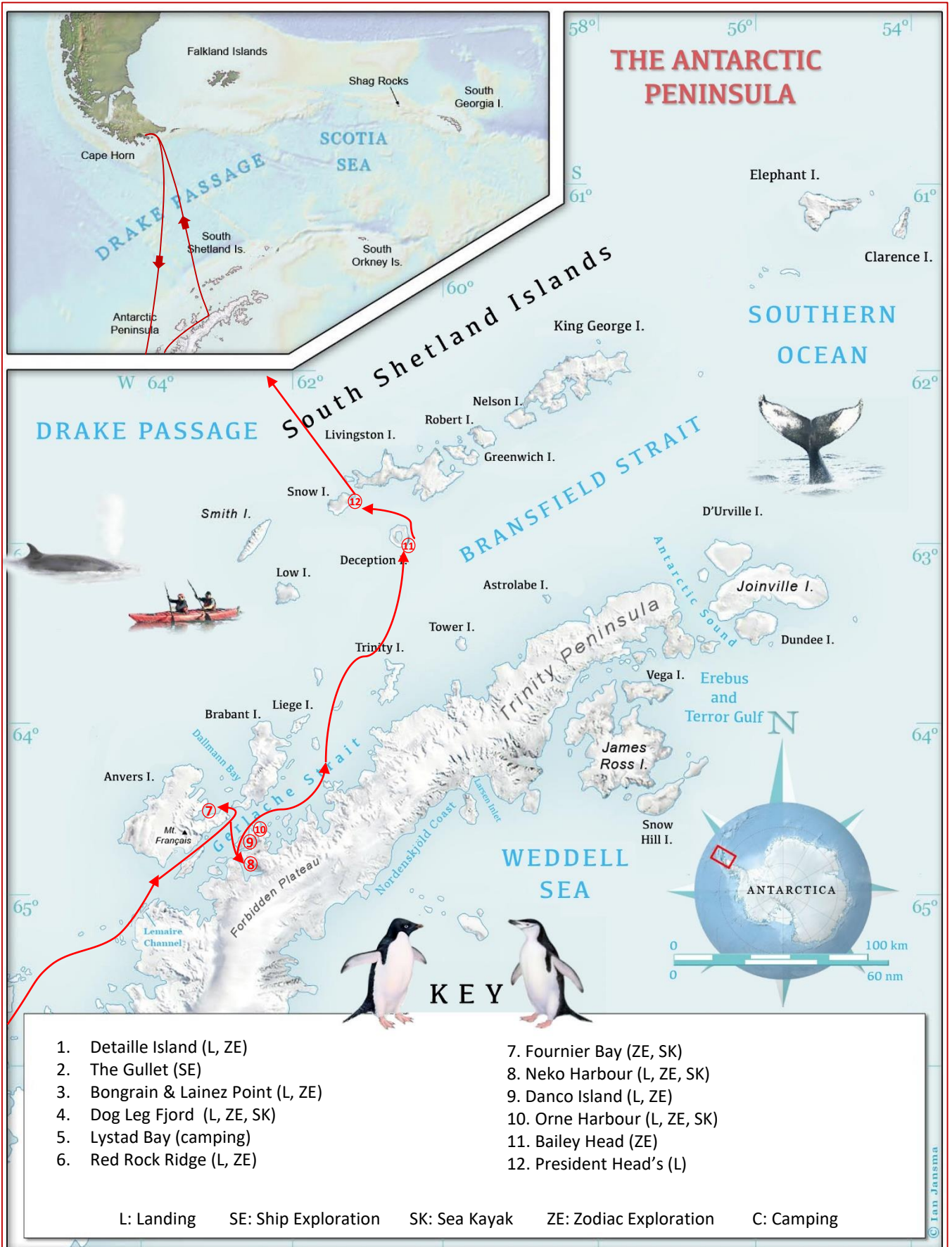


Quest for the Antarctic Circle

9th February 2026 – 21st February 2026



Quest for the Antarctic Circle

9th February 2026 – 21st February 2026



Sarah Keenan Expedition Leader Canada



Sarah grew up on the islands of the Pacific Northwest and now resides on Vancouver Island, where she has dedicated over a decade to working in eco-tourism on the ocean and in the mountains of British Columbia. She began her career as a snowshoe guide, seeking new challenges that eventually led her to captain whale-watching vessels. Along the way, she earned her 60-ton Master's Limited ticket, enabling her to teach boat handling skills to her colleagues.

With a passion for exploring both snow-capped mountains and remote ocean wildernesses, Sarah turned her attention to Antarctica. After earning certifications in Advanced first aid, sea kayaking, and crevasse/avalanche rescue, she joined the G Adventures Expedition team as a kayak guide, mariner, and marine naturalist. That same year, she became one of the first-ever whale-watching captains to operate in the Graveyard of the Pacific, the treacherous waters between Bamfield and Cape Flattery where her work focused on facilitating research, conservation, and encounters with a variety of whale species. Her summers navigating these challenging seas were complemented by winters in Antarctica, both places satisfying her love of marine wildlife and ocean exploration.

Through her work, Sarah aims to support science, educate travelers, and mentor the next generation of guides. As the founder of Rogue Wave Expedition Academy, she now provides training, certification, and mentorship to those seeking careers in expedition guiding. Sarah's vision for Rogue Wave is to provide aspiring guides with the tools they need to explore the world's most remote regions as skilled and environmentally responsible expedition guides. www.roguewaveacademy.com

Meru Ferrari

Assistant Expedition Leader

Argentina



Meru was born in 1990 in the quiet neighborhood of Parque Patricios, Buenos Aires. She pursued a degree in Tourism and was awarded a United Nations scholarship to specialize in Disaster Risk Reduction and Sustainable Development.

With over 14 years of experience in the tourism industry, Meru's career spans roles with the Argentinean Tourism Board, operations management, guiding local tours in Buenos Aires, and leading adventures across South America. Her passion for exploration led her to work with

Antarctic expedition ships, where she initially focused on operational logistics before embracing her love for the polar regions by joining expeditions as an onboard guide.

Meru is deeply passionate about history, nature, and conservation. She thrives in the outdoors, particularly in Patagonia, which she fondly calls her “paradise on Earth.” When she's not guiding, you'll find her rock climbing or hiking in mountain regions. Her Italian heritage shines through in her love of pasta, and when discussing her favorite topics—especially the Polar regions—she may throw in a few animated hand gestures!

Today, Meru splits her time between guiding Antarctic and consulting on community-based and sustainable tourism projects in Argentina, and rock climbing wherever mountains call her. She believes in the power of connection to nature, convinced that people can only protect what they love. By sharing her experiences in these pristine environments, she hopes to inspire you to love and help protect them by becoming a steward of these places.

Storm Simpson
England/Canada
Expedition Co-ordinator



Storm (yes, that really is her name) hails from Lancaster in the north of England. Eight years ago, she seized the opportunity to move to Canada—and hasn't looked back.

Her career has taken her to some of the most spectacular and remote places on Earth- from guiding G Adventure tours across the Canadian Rockies, spending time in Aotearoa (New Zealand) as a Glacier Guide on the iconic Fox Glacier to coordinated logistics at a scientific research station in remote British Columbia, spending seven months off-grid monitoring wild Pacific salmon.

Storm loves sharing wild places across the world with guests, inspiring a love for adventure and helping them create unforgettable memories. A proud Antarctica Ambassador, she's passionate about connecting guests to the polar regions through understanding, respect, and a sense of stewardship for these remote and fragile environments. Whether on a glacier, in the mountains, or at the edge of the map, she thrives on helping guests experience the wonder and adventure of true expedition travel.

In her spare time, you will find her in the mountains that surround her home of Canmore, Alberta either climbing, hiking or snowboarding. If not there though, she will be curled up in front of the fire, bar of chocolate in hand, binge watching her all-time favorite Gilmore Girls.

Instagram: @stormelsimpson

Sofia Green

Photographer In Residence

Ecuador



Sofía Green is a marine biologist from Ecuador specializing in conservation and ecology, with a focus on whale shark behaviour and ecology. She holds a master's degree in marine Biological Resources from Ghent University, where she concentrated on Conservation and Ecology. She calls the Galapagos Islands home, where she has been actively working towards shark research and ocean conservation as part of the Galapagos Whale Shark Project.

Sofía's professional experience is diverse and includes working as a naturalist and SCUBA dive guide in the Galapagos Islands where she provides scientific and environmental education while expanding citizen science projects. She is also dedicated to environmental education, leading programs for the local youth. Her work has been featured in webinars, conferences, and documentaries, where she shares her commitment to marine conservation and education.

In addition to her scientific endeavors, Sofía is a skilled wildlife photographer, contributing to various expeditions, hoping to share the beauty and rawness of the wild world, as well as human impacts on it to connect people with nature and create a shift in perspectives.

She began working as a polar guide in 2024 as a way to continue with environmental education during these life changing voyages, connecting guests to these remote locations and their day to day lives.

Anastasiia Ezhova
Historian
Russia



Anastasiia grew up in Saint Petersburg, Russia, where her love for adventure was sparked by books about faraway lands and cultures. Despite graduating with honors in Statistics from St. Petersburg University of Finance and Economics, her passion for exploration never waned. She began her tourism career guiding tours and managing a hostel in her hometown before embarking on a journey that led her across the world.

Since 2015, Anastasiia has been working as an expedition guide in Antarctica while living in southern Patagonia, including Punta Arenas, Chile, and Ushuaia, Argentina. Currently, she is studying tourism in Ushuaia and pursuing a diploma in Antarctic Law and Antarctic Studies, further deepening her connection to the region she loves. She takes great joy in sharing her knowledge of Patagonia and Antarctica's history and wilderness with others.

Her travels have taken her to over 50 countries, where she's hitchhiked across Latin America, climbed volcanoes in Central America, hiked the Peruvian Andes, and sailed around Tierra del Fuego. When not guiding expeditions, Anastasiia enjoys trekking, kayaking, skiing, and playing chess. She speaks English, Spanish, Russian, Portuguese and a bit of French.

Pepper Cook

Geologist

United States of America



At 35, Pepper has spent over seven years living and working at the ends of the Earth. With experience as both a polar guide and a science support specialist, she has split her career between expedition ships and research stations in the high latitudes.

She has wintered at McMurdo Station, worked at New Zealand's Scott Base, supported deep-field science on the "Doomsday Glacier", aka Thwaites Glacier on the West Antarctic Ice Sheet, and spent time collaborating at Italy's Mario Zucchelli Station.

When she isn't guiding in Antarctica, Pepper works as a Science Technician on the Greenland Ice Cap at Summit Station, where she helps facilitate atmospheric and climate research at one of the most remote year-round field bases on the planet.

Her career reflects a passion for connecting people with polar environments, and she thrives on sharing the stories of the landscapes, wildlife, and science that define Earth's frozen frontiers.

Eric Wong

Camping Master

Hong Kong



Eric Wong is an alpinist and documentary photographer from Hong Kong who specialises in landscape, mountaineering and wildlife photography in the Alps, Himalaya and Polar region.

In 2016, he became the first foreigner graduated in the Khumbu climbing centre and qualified as professional ice climber with other local Sherpa climbers. In 2017 he started his climbing projects in various mountain ranges. During

2017 and 2018, he successfully completed several remarkable projects which included Eiger, Matterhorn and Grand Jorasses in the Alps, speed ascent North America highest peak, Denali (6190m); solo climb Winter Fuji (3778m); solo climb Winter Island Peak (6189m); and solo climb Ama Dablam (6812m).

In 2019, Eric started his Polar guide career with Expedition. As a polar guide works in both the Arctic and Antarctica area, the role requires plenty of outdoor expertise including kayaking, zodiac driving, hiking, and coordinating camping activities for guests .

Also as an documentary photographer, Eric's works has been published in National Geographic, Leica Fotografie International Gallery Master Shot and several lifestyle travel magazines.

Matt Burnaby **Marine Mammals Specialist** **Canada**



Matt has spent his entire life seeking nature, since before any consideration of making it his career. An obsessive passion for knowledge about the natural world led him to begin working for local marine biologists at the age of 15. This gave him the idea to create education programs that connected aspiring youth with local scientists using it as a new model for alternative high school curriculum in the Southern Gulf Islands.

Since that time, he has worked numerous eco-tourism, education and research programs including tracking whales through the foggy Pacific Graveyard and seeking Kermode/Spirit Bears deep in the Great Bear Rainforest all the way to alpine snowmobile guiding near Whistler/Blackcomb mountains. He attributes his quirky personality to some years where he may have spent more time on the ocean with whales and seals than other human beings.

In 2010, Matt had his 20th birthday sailing to Antarctica for his first season onboard MS Expedition where he feels his passion for adventure, education and marine wildlife can be satisfied all at once.

As the founder and instructor for Rogue Wave Expedition Academy, he hopes to channel 20 years of experience into aspiring guides who hope to make a career as mariners and educators in the Expedition Cruise Industry.



Joy Le Pesquer
Naturalist
French-Cuban



Of French-Cuban origin, Joy lived in France but does not stay in one place! Graduating in anthropology and specializing on cultural and environmental dynamics, she is passionate about science, people and poetry. While working in the Amazonian Park of Guyana Joy lived immersed in the Amazonian rainforest for a year with the Teko and Wayampi Amerindians peoples on the banks of the Oyapock but also with the Shipibo of Peru for two months during a trip.

Finding her balance in movement and discovery, she is now a qualified sailor which has allowed her for example to cross the North Atlantic

on a race boat from the USA to France. It's with a deep desire to share and wonder that she is now prepared and excited to explore the South Pole.

Martin Narvaez

Kayak Guide

Ecuador



Martín Narvález is a marine biologist, expedition guide, and photographer based in the Galapagos Islands. With a specialized focus on cetaceans and marine wildlife interpretation, Martín combines scientific expertise with a passion for visual storytelling to connect guests with the world's wildest environments.

Martín holds a Bachelor of Applied Science in Biology from the Universidad San Francisco de Quito.

His research career has taken him from the tropical waters of Hawaii to the Galapagos Marine Reserve, where he currently serves as a Research Associate for the Cetacea Galapagos Program. In this role, Martín leads a citizen science network, monitoring the population dynamics of whales and dolphins across the archipelago.

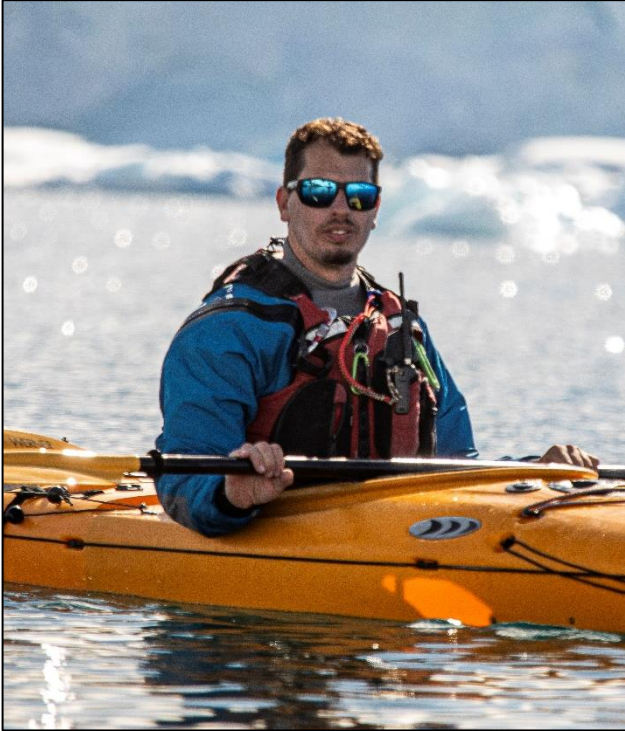
As an expedition guide, Martín is at home in remote and dynamic environments. He has worked in outdoor education in Galapagos and as a photographer for whitewater rafting and kayaking expeditions in the Andes and Amazon.

When not scanning the horizon for wildlife, Martín is an avid waterman and content creator. He is a certified PADI Divemaster, AIDA Level II freediver, UAVs pilot and Zodiac driver.

Mauricio Martinez

Kayak Master

Argentina



Born and raised in Rosario, on the banks of the majestic Paraná River, Mauricio's connection with nature began early. The river was his playground, and it sparked a lifelong love for the outdoors. At just 12 years old, he received his first kayak as a birthday gift, and from that day on, he was hooked. Since then, Mauricio has paddled countless waterways.

His passion for adventure led him to become a licensed kayak guide in 2015. But even before that, another world had caught his attention, the one beneath the surface. After his first dive in 2013, he discovered a new

dimension of exploration and earned his Dive Master certification two years later.

Mauricio has spent summers guiding kayak, trekking, and 4x4 tours amid the glaciers of El Calafate and Chalten in Patagonia, and winters diving in North Patagonia, Brazil, and Colombia. In 2018, his compass pointed north again, this time to Iguazú Falls. What began as a one-year plan soon became home. Today, he works as a Tour guide and naturalist in the heart of the Atlantic Rainforest, still filled with awe every time he steps into the jungle.

When he's not guiding, you'll likely find him chasing another adventure, snowboarding, trekking, mountain or road biking, kayaking, diving, or capturing the beauty of it all through his lens. Above all, Mauricio is a true lover of nature and motion — always outdoors, always exploring.

Vanessa Tse

Camping Assistant

Hong Kong



Vanessa has been working in the field of environmental education for over 12 years since her graduation from the University of Essex with a degree in Ecology.

From guiding school and public educational programs in Hong Kong's one and only theme park with animal exhibits, to leading ecotours showing people the lesser-known beautiful side of Hong Kong's nature, Vanessa is always passionate to share her expertise and love of nature to her participants.

She strongly believes that one would not start appreciating thus conserving the nature until they first have the chance to build connections with it. Therefore, Vanessa is dedicated to creating an enjoyable experience to her participants while promoting respectful practices in nature when guiding ecotours.

In her spare time, Vanessa enjoys hiking a lot, not only in her hometown, but also different countries like Japan, the United Kingdom, New Zealand, Norway, etc.

Devi Rouse

Naturalist

United States of America



I was born and raised in Ohio, but I have spent nearly 15 years immersing myself in the stunning landscapes of Chile. I now reside in Punta Arenas, just a four-hour flight south of Santiago or an 8 to 10-hour bus ride to Ushuaia. This last decade for me has been dedicated to living and working amidst the rugged beauty of Patagonia, where I have served as a Lead Expedition Guide and Porter. My expertise is centered on navigating the “Eighth Wonder of the World”, Torres del Paine, and the vast Southern Patagonian Ice Field, which means everything from 11-day camping and trekking expeditions to just one full-day adventure.

To balance the cold environments, I occasionally work as a trekking and bike guide in San Pedro de Atacama, the driest non-polar desert in the world, which offers a different but equally stunning terrain. Over the years, I have accumulated more than a decade of hands-on experience leading adventures in some of the world’s most remote and spectacular regions.

Now, I am embarking on an exciting new chapter of my life—shifting from mountain expeditions to lake and sea expeditions. Since 2025, I am currently in my second season guiding as a *General Naturalist + Zodiac Driver* in the Great Lakes, Chilean Fjords, Falklands, South Georgia, and Antarctica. I am also a proud member of the Antarctic Ambassadors Program, I have completed various PTGA assessments and actively participate in citizen science projects such as eBird, CloudObserver, iNaturalist, and FjordPhyto.

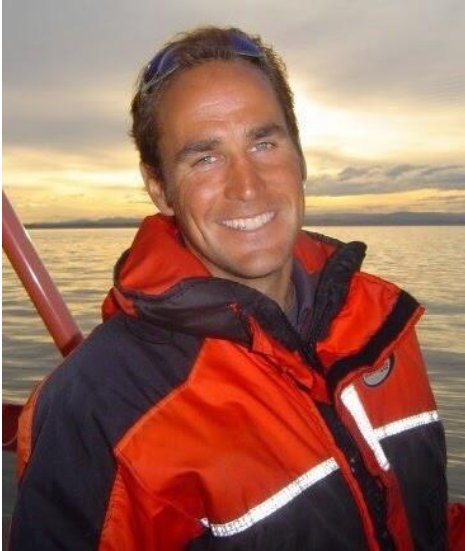
While I do not have formal scientific training, I have taken courses in ornithology, geology, and glaciology. My passion for nature is profound, and I love sharing my knowledge with guests, which I believe gives a deeper appreciation for the environments we visit or live in.

Throughout my career, I have led a diverse array of adventures beyond just mountain expeditions, including biking, city walking tours, stand-up paddleboarding, and even horseback riding. My multifaceted experience has deepened my appreciation for nature, and hopefully my enthusiasm for the natural world continues to inspire those I have the pleasure to guide. Whether on land or at sea, I am committed to creating memorable, educational experiences that connect people with the extraordinary environments I am privileged to work in and explore.

Brad Mason

Naturalist

Canada



For the past 20 years, Brad has dedicated his professional life to the Whale Watching Industry as a Zodiac Skipper, 60 Tonne Captain, Naturalist and Operations Manager. He is an active member of the Pacific Whale Watch Association and helps promote environmental stewardship and the protection of whales and their habitat. He also can be found leading expeditions in the coastal waters of British Columbia. Whether it's exploring the Great Bear Rain Forest looking for the elusive Spirit Bears and other wildlife or visiting the many cultural sites of Haida Gwaii and Gwaii Haanas National Park, Brad is happiest when he is on a boat.

He is a graduate of Westcoast Adventure College having completed the Level II Adventure Tourism Program. Brad also shares his expertise as a part time Instructor there, teaching a small vessel operator course and assisting in the sailing program.

Having grown up in Northwestern Ontario, Brad has always had a love for the outdoors and a passion for adventure. With a strong connection to the marine environment, he actively promotes environmental awareness, and has a genuine appreciation for wildlife and cultural diversity. It only seems natural that Brad would find himself drawn to the pristine beauty of Antarctica.

Blaise Guld **Musician** **United States of America**



Blaise Guld has always had an affinity for nature, wilderness and the unknown and is proud to be a guide to some of the most remote regions of the world. With over half a decade's experience as a Zodiac-driving naturalist in Polar Regions, Blaise is ready to take on any adventure.

Based out of San Diego, California, Blaise is a full-time professional musician when he is not sailing. Drawing on his experiences from working in

both Antarctica and the Arctic, he has even written a few polar-themed songs. Who doesn't love a good shanty at sea??

Blaise believes in treating the environment with the respect that builds on a healthy relationship with nature and the wildlife that inhabits it; and, that by inspiring world citizens who have travelled to Antarctica to leave as "ambassadors", they will help to ensure its pristine beauty for generations to come.

Blaise also loves hiking, all things weird and unusual, and the sounds of the wild outdoors.

John Kernan

Ornithologist

United States of America



John Kernan has been working in the expedition cruise industry for the past 32 years as a lecturer, naturalist, Zodiac driver, and expedition leader. He has led trips to all seven continents and over one hundred countries, with a keen focus on the polar and tropical regions. Since 1991 he has traveled the high Arctic during the northern summer, splitting time equally between the North Pacific (Alaska and Siberia) and the North Atlantic (Svalbard and Greenland). During the austral summer months, he makes his way deep south to Antarctica, where he recently completed his 250th trip (but who's counting) to the great white

continent.

He graduated from Humboldt State University in 1989 with a BS double major in Marine Biology and Zoology. He focused graduate work on invertebrates of the Pacific Northwest while working as a docent at the California Academy of Science's Steinhart Aquarium in San Francisco. While traveling with the organization as a guide and lecturer he found his natural calling as an expedition staff member. In his spare time he enjoys birding, botany, astronomy, invertebrate zoology, photography, writing, backpacking, scuba diving, and skiing. He currently makes his home in the San Francisco Bay Area.

Brandon Kleyn

Naturalist

South Africa



Born and raised in the vibrant and coastal city of Cape Town, South Africa, Brandon developed a deep connection to nature and from an early age. Growing up surrounded by the region's remarkable coastline, diverse wildlife and dramatic landscapes fostered a lifelong passion for the natural world and exploration. With nearly two decades of luxury hospitality and guiding experience in remote and challenging environments, Brandon has dedicated his career to sharing these environments and their stories with others.

Brandon has an academic background as a high school teacher, specializing in Social Science, with a focus on geography and African history. He began his professional career as a high school teacher, where he cultivated a passion for education and story telling. In 2018, Brandon transitioned to a life at sea, beginning in the expedition industry as a kayak guide and general naturalist. A qualified Lead Kayak Guide, Bear Guard and Wilderness First Responder he brings a strong foundation in safety, leadership and guest experience. His academic background, combined with his guiding experience, allows him to create meaningful and engaging experiences for guests all around the world.

Today, Brandon leads expeditions to some of the worlds most remote and captivating regions, including Antarctica and South Georgia in the southern summer, the Arctic in the northern summer specializing in Greenland and Svalbard, as well as the wild and untamed coastlines of West and East Africa. He is passionate about connecting guests with these extraordinary places, sharing both the natural beauty and the rich history that make each destination unique.

When not at sea, Brandon can be found overlanding across Southern Africa in his beloved old Land Rover Defender, which he has carefully built into the ultimate offroad adventure vehicle. When not overlanding, he enjoys camping, hiking and exploring the renowned wine regions of the Cape, always seeking new ways to experience and appreciate the natural world.



Your Expedition Journal

Quest for the Antarctic Circle
Feb 9th - 21st, 2026

Ushuaia & Beagle Channel (Welcome Onboard)

Monday, 9th February 2026

Friends, fellow travelers, curiosity seekers, and wildlife lovers, you are in for the trip of a lifetime. You chose wisely by coming with us on our beautiful red ship, the *MS Expedition*. She is tough yet small enough to access most anywhere on the Antarctic Peninsula. Your first day onboard, you will get lost exploring the ship. You will have many questions, but we will answer them all. Tonight we will be sailing through the Beagle Channel on our way to the famed *Drake Passage*. The excitement and suspense are palpable, the sense of adventure, shared by all.



But first thing is first, safety.

So before we can set sail, all must attend our mandatory safety briefing and lifeboat drill. That way, in the unlikely event of a real emergency, you will know exactly where your lifeboat is, and you'll be glad to know we have space for double our actual capacity.

Following this, we had a few introductions, including our Hotel Manager, Joseph Mascarenhas, and Expedition Leader, Sarah Keenan. We, the staff, also introduced ourselves in all of our quirkiness. It is plain to see that we have the most fun here at G Adventures.

There was much hustle and bustle in the evening surrounding our parka and boot party. The good thing is, everyone looks great in red.

After a most excellent buffet dinner prepared by our galley team, Mau and Martin summoned our sea-kayakers to the library for their initiation ritual, which I can only imagine involves fair weather-incantations, chanting and oath-swearing.

A slight snag in our plans had us turn around in the Beagle Channel and head back to port. The mystery surrounding said event only adds to the intrigue of any expedition-style voyage. Nevertheless, we were back underway after just a few hours, and it already feels like a dream. Our dream, our story.

Submitted by: Blaise Guld, Musician.

Photos by Sofia Green, Photographer: a) View of Ushuaia from the *MS Expedition*, b) Pepper Shows Us How to Properly don a Lifejacket.

At Sea (Bound for Antarctica)

Tuesday, 10th February 2026



Sailing takes us away. Our first full day at sea was met with ocean swells and seabirds. The Drake Passage is where the Atlantic and Pacific Oceans meet above the Southern Ocean. The surge of water and high winds through the area can cause sea turbulence, adding to the "Drake Shake." Luckily, we've had a relatively mild Drake today, averaging 2-4 meter waves with, perhaps, a few minor rogue waves here and there.

Overall, it was a fruitful day for education and wildlife. John was the opening act this morning with his talk about seabirds of the Southern Ocean. Everything from Giant Petrels and the great albatrosses, down to the Wilson's Storm-petrels and Snowy Sheathbills, all birds matter!

Probably the most important contributor to the Antarctic ecosystem, however, is ice. Ice keeps Antarctica cold and reflects solar radiation back into space. Sea ice reflects approximately 50-70% of this energy, while snow-covered ice can reflect up to 90%, which cools the Earth's surface and helps regulate global climate. Also, sea ice, in particular, is responsible for the food web that exists in Antarctica. Phytoplankton such as diatoms form on the underside of (and within) sea ice in the springtime, which then becomes food for Antarctic krill and other zooplankton. That krill is then eaten by most of the marine mammals and birds down here as well. So thanks to the morning's talk by Pepper Cook (our onboard ice expert), we can begin to unpack the mysteries of the ice, including why it sometimes appears so blue.

It was a jam-packed afternoon filled with kayak meetings, wildlife watches, a camping briefing and a couple more exciting lectures. First up, we heard from Matt Burnaby about many of our favorite creatures, the whales! Whether they are toothed like the Killer Whales or have baleen like the Humpback Whales, I think most of us are in love with any kind of cetacean that we may encounter.



Anastasiia had everyone fixated on the *heroic age* of Antarctica exploration, featuring some of the first men to sight, chart and explore the "great white continent." Some for glory, and some for science, but all in the name of discovery. It may not occur to everyone, but, in many ways, we too are explorers of the modern age. After all, this is an expedition, not a cruise!

And finally, any successful voyage should begin with cooperation and getting to know our fellow shipmates, which is why we held an "icebreaker" event in the lounge just after dinner. With so many different countries and cultures joining together, it was such a pleasure to get a chance to learn a little more about each other before we travel to (what I call) the heartbeat of planet Earth.

Submitted by: Blaise Guld, Musician.

Photos by Sofia Green, Photographer: a) Wandering Albatross, b) John Kernan's Wildlife Watch.

At Sea (Drake Shake)

Wednesday, 11th February 2026

You really can't say you've been to Antarctica until you've survived the full Drake Shake - trust me, it's an experience! The ocean throws everything it's got at you, and no matter how seasoned you are, there's always that moment when the seasickness may creep up on you now and again. It's perfectly okay to have been seasick; it happens to even the bravest of us. Once you've weathered the storm, you gain a new respect for explorers of the past and a pretty good story to tell as well.

By the second night, I noticed everyone has become super eager and practically bouncing with anticipation to reach Antarctica. The excitement is contagious! Today's lectures were fantastic, full of fascinating facts and inspiring stories. And wasn't Blaise's concert just incredible? The guy has the natural charisma of a rock star and the magic to hold the attention of the entire room in the palm of his hand. Weren't the group of Pintado Petrels following the ship for a while just beautiful? It is moments like these that remind us why we're here - to experience the awe and wonder of this incredible journey.

I know I know, the rocking, the rolling, the endless horizon - time seems to stretch endlessly when your stomach is doing flips. But let's be honest: after everything we're about to go through in the following days, tonight might feel like an eternity away. Still, the promise of Antarctica keeps us all going; at this point we also have little choice in the matter. Tomorrow, we hope to be crossing the Antarctic Circle and leaving the worst of the seas behind us. It's a milestone, and we're all eager to see what's next.



So, let's keep our fingers, toes, and everything in between crossed for good weather. This trip is about the adventure, after all. So here's to calm seas, clear skies, and unforgettable memories. We're in this together, and I have no doubt that when we finally step onto the icy continent, it'll be worth every wave, every wobble, and every seasick moment. Here's to making it through the Drake Shake and into the icy wonderland ahead!

Submitted by: Devi Rouse, General Naturalist.
Photos: a) Blaise's concert, b) Pintado Petrel.

Detaille Island & the Gullet

Thursday, 12th February 2026

After two sea days at the Drake passage this morning we finally had the first views of icebergs, glaciers and a few spines of rugged Antarctic Peninsula mountains. As we continued our way south, we crossed the Antarctic Circle (66.5 degrees south latitude) at 11:50 a.m. (local time). We enjoyed this very special moment on the back deck with a toast, accompanied by a couple of songs played by our musician Blaise.



After lunch, we were ready for our first landing in Antarctica on Detaille Island, which is a small island just north of Adelaide Island. British Antarctic Survey Base 'W' is a highlight of the visit to this island; it feels like a time machine as the base was abandoned in 1959 so suddenly that everything was left behind.



The original function of this base was to study and investigate the geology and meteorology of the Antarctic Peninsula and to undertake a geodetic survey of the region. It was occupied only for three years from 1956 to 1959 and evacuated when the sea ice conditions made it impossible for a supply ship to approach the base.

On this afternoon we also had our first Zodiac exploration during which we enjoyed magnificent icebergs, a generous scattering of Weddell Seals and our first encounter with Adelie Penguins.

All on board, we continued our southward journey to the Gullet. The decision was made to go through its narrowest part – the Gunnel, which captivated everyone on the bow by its topography and incredible scenery all around. Not to mention that on the approach to the channel we had the unbelievable luck to observe a group of Killer Whales.



An amazing sunset while cruising among icebergs, enjoying the scenery and the reflections in the calm waters below the Antarctic Circle made an excellent ending to our first day in Antarctica!

Submitted by: Anastasiia Ezhova, Historian.

Photos: a) Celebration for the crossing of the Antarctic Circle, b) British Base 'W' on Detaille Island, c) Going through the Gunnel.

Bongrain Pt. & Lainez Pt., Dog Leg Fjord & Camping

Friday, 13th February 2026

Fresh off our first day, the bar was set pretty high. Not to be outdone, it was decided that for our morning operation we would try a double-landing excursion. A tricky feat but well worth it. We managed to do simultaneous landings at both Bongrain Point and Lainez Point, both with their own rewards. At Bongrain, we were able to visit our first penguin colony. This Adelie Penguin colony had lots of action. From molting penguins to chicks still chasing the parents around for one last feed, the antics of these penguins kept us interested and entertained.



At Lainez Pt, we were greeted by a few Antarctic Fur Seals lounging on the beach. We were also able to venture up and onto an actual glacier and do a hike up to some beautiful views of the surrounding area. Some of the Expedition team were able to hone their skills by conducting some crevasse rescue training

In the afternoon we went out in the true spirit of Antarctic exploration and explored an area we had not been before. Reconnaissance within the expedition cruise industry has become increasingly difficult. During the industry's early days almost all excursions were just that - reconnaissance. Currently, most tourists to remote locations desire "expedition" on paper alone. The bulk want a canned experience, complete with a laundry list of location specifics. Today, we were going "old school." Within this remote site, we were able to do some Zodiac exploration while the kayakers paddled in amongst the brash ice of Dog Leg Fjord. While exploring, we were able to find three different species of seals. A trifecta if you will, of Crabeater, Weddell and Leopard Seals all spotted in different areas on different ice floes.

For those who wanted to stretch their legs, we also accomplished the first ever landing here by the *MS Expedition* and found a new route up to a beautiful vista overlooking the glacier. This was also to be one of the few times we are able to set foot on the mainland of Antarctica.



In the evening for our campers, things got a little spicy. Up until now we had been spoiled with calm seas and low winds. Well that changed as evening approached. The winds picked up and the intrepid campers were introduced to a moving gangway and a wet and bumpy ride to shore. Setting up a tent in 25 knot winds can be a challenge, and many of the campers won't soon forget their Antarctic camping experience.

All in all, another beautiful day in Antarctica.

Submitted by: Brad Mason, Naturalist.

Photos: a) Young Adelie chicks chasing off some Brown Skuas, b) Zodiacs on the beach at Dog Leg Fjord.

Polar Plunge & Red Rock Ridge

Saturday, 14th February 2026

The morning began bright and early as we picked up the campers from a wild and windy night of true polar camping, and welcomed them home with in a warm ship with delicious hot chocolate. As the campers rested, the rest of the ship enjoyed a ship cruise and wildlife watch surrounded by beautiful scenery and Humpback Whale blows and flukes.

The day was absolutely gorgeous, with low wind chill and icy waters, which led to one of the most awaited activities of the trip... the polar plunge! Over half the ship contracted the rare polar virus “Compulsive Immersion Syndrome,” and filled with madness, flung themselves off the ship into frigid cold waters. Some shipmates decided it was the best spectator sport and devised a scoring system, holding scoring cards out for every jump, standing from a deck above.



The afternoon was just as exciting as the ship arrive to our furthest south location for the trip, Red Rock Ridge in Marguerite Bay at 68° 16' S, a stunning site with an impressive mountain ridge that towered over an Adelie Penguin colony. At the site we were able to see the young Adelie chicks chasing their parents for food, fend off predators like Brown Skuas, and watch adults undergo their catastrophic molt. We also saw plenty of Weddell Seals and a young Crabeater Seal taking naps on land after busy days in the water, Imperial Shags

nesting on a nearby rocky outcrop, a Skua chick, and stunning views of the ridge and the icebergs surrounding the site.

Upon time to leave, the weather changed, heavy fog descended over everyone, sea swell increased, and large snowflakes began to descend. The return to the ship was an exciting adventure as our brave Zodiac drivers maneuvered around the waves and brought us all home safely.



To celebrate the day of love, the night ended with a fun gameshow of “Majority Rules” filled with energy and laughter, drawing everyone aboard the ship closer together as we continued to venture these Antarctic waters.

Submitted by: Sofia Green, Photographer.

Photos: a) Red Rock Ridge, b) Adelie Penguins reacting to an incoming Skua, c) A snowy ride back to the ship.

At Sea (Northbound)

Sunday, 15th February 2026

Today marked a significant transition in our journey as we began our full day of navigation northbound on the outside (to the west) of Crystal Sound. As we watched the icy horizon fade into the distance, we had ample time to reflect on the immense privilege of the past few days. We spent three absolutely amazing days exploring south of the Antarctic Circle, blessed with exceptionally nice weather that made every landing and Zodiac exploration feel like a dream. Now, as we make our way north along the Antarctic Peninsula, the ocean is gently reminding us of where we are, treating us to some slight movement and a rhythmic rolling on the ship that has become the soothing soundtrack of our transit.



We took full advantage of our time at sea with a packed and incredibly engaging lecture program. The day kicked off with a presentation by our ornithologist, John, who brought to our attention a focus upon lifeforms (both terrestrial and marine) that often go unnoticed and yet are essential to the ecological health of Antarctica's trophic pyramids. This was followed by a high-energy power hour led by our glaciologist, Pepper, who captivated us with a presentation exploring the unique climatic events that govern the extreme environments of the poles. Next, our naturalist Devi then took the stage to discuss the absolute lifeblood of this entire ecosystem, delivering a fascinating look into the biology and ecology of krill. We finished our power hour shifting from natural sciences to the human footprint on the white continent. Naturalist Martin guided us through a comprehensive lecture on the human exploitation history of the region. He carefully traced the timeline from the early eras of heavy exploitation to the modern era of conservation and the protection of Antarctica and the Southern Ocean.

Following this historical journey, historian Anastasiia shared a powerful and inspiring presentation dedicated to the women in Antarctica, shedding light on the vital, courageous, and often underrepresented roles they have played in the exploration and scientific understanding of the continent. Later, marine mammal expert Matt shared his deep knowledge about the diverse seals of the Southern Ocean. We learned about their remarkable physiological adaptations and how they manage to thrive in such an unforgiving habitat.

After a delicious dinner prepared by our galley team, we gathered in the expedition lounge one more time to listen to Sofi. Besides working as a photographer and guide in Antarctica, she is the principal scientist of the Galapagos Whale Shark Project, which is one of the projects supported by Planeterra and the Ocean Health Fund. Sofi shared details and the latest updates of her research in the Galapagos before presenting the documentary "Galapagos: Secrets of Ocean Giants."



Submitted by: Martin Narvaez, Naturalist.

Photos: a) Captain Tino commanding the ship from the bridge, b) Naturalist Sofi giving her presentation about the Galapagos Whale Shark Project.

Fournier Bay & Neko Harbor

Monday, 16th February 2026



After a full day at sea repositioning the ship everyone was looking forward to our morning excursion. The excitement level increased 10-fold on our approach into Fournier Bay as multiple blows could be seen from all quarters of our vessel. Fournier Bay is a favorite amongst the Expedition team as it is a great place to view whales from Zodiacs, and today was no exception. We dropped all of our Zodiacs in anticipation of a great morning out on the water. The views of the bay are extraordinary on their own, but when you add over 20 - 30 Humpbacks feeding in the area it really becomes something special. We saw all different types of behaviors,

from resting whales to bubble net feeding. For the lucky few, some even witnessed a few pectoral fin slaps and full on breaches. It wasn't just magical for the Zodiac excursion; the kayakers were treated to a memorable paddle amongst these great leviathans of the sea.

For our citizen science program onboard, this was a great opportunity to photograph the many flukes of the humpbacks and upload them to our Happy Whale account to see if they had been sighted before or if they were new to science. The morning passed very quickly and there was a buzz of excitement around the tables at lunchtime, many discussing the various sightings of these beautiful animals.

After lunch we repositioned into Anvard bay and Neko Harbour, another favorite spot amongst the team. Here we were able to go ashore and view Gentoo Penguins from up close. The beach in this area is full of activity with many penguins coming and going as well as a lot of fledging chicks learning to swim for the first time. The beach can also be a dangerous place with the nearby glaciers calving and causing mini tsunamis along the beach. It is for this reason that we are rushed up onto the gentle slope above the beach to watch the many penguins on their penguin highways going to and fro from their colony. For those that wanted to stretch their legs a little more. A hiking route was flagged to a beautiful viewpoint overlooking the Gentoo colony and glacier located below. The kayakers were also treated to another beautiful paddle in the calm waters of the bay.



Now if all this excitement wasn't enough, while we were enjoying our time off the ship. The galley team and chefs were busy organizing a surprise for everyone. An outside BBQ on the back deck with the best view in the known universe today.

Submitted by: Brad Mason, Naturalist.

Photos: a) Humpback Whales in Fournier Bay, photo by Martin Narvaez, b) View from the beach at Neko Harbor.

Danco Is. & Orne Harbor

Tuesday, 17th February 2026

We woke up en route to Danco Island, escaping the storm. The weather was changeable, but good enough for us to operate and continue with our plans for the morning.

It was an incredible daybreak surrounded by Gentoo Penguins on the island, with lots of activity in the colony as adults busied themselves feeding the chicks. Also, on our Zodiac tour before returning to the ship, we spotted a Leopard Seal resting on the ice. Its tranquility allowed us to appreciate it in all its splendor as it rested.

In the afternoon, we repositioned ourselves to Orne Harbour, where once again the weather was calmer than we had expected. Those who managed to reach the summit of Orne were able to admire how intrepid these little chinstrap penguins are, breeding at such high altitudes to raise their young. Those of us who went kayaking with me were once again surprised by humpback whales swimming around us. We spotted chinstraps swimming in the water, and the wind picked up, making our return to the boat a bit more fun and exciting than previous times.



In the evening, we enjoyed an incredible show - an amusing rendition of Antarctic Bluff, performed by various Antarctic animals and characters. Unusual, polar-centric words, colloquially used by expedition staff, explorers, base personnel and the like are put forth; the panel then gives a trio of definitions, and guests determine who is giving the accurate explanation. The panel aims for scores of zeroes across the board by participants.

Submitted by: Mauricio Martinez, Kayak Master.

Photos: a) Chinstrap Penguins at Danco Island, by Sofia Green, Photographer, b) Leopard Seal near an iceberg in the Errera Channel proximate to Danco Island, by Sophia Green, c) Evening entertainment of Antarctic Bluff in the ship's lounge, by MM.

Baily Head & President Head

Wednesday, February 18th 2026



WOW, what an absolutely incredible day. We saw and did so many things it's difficult to capture them all without leaving anything out! But here we go; let's try.

In the morning we listened to our announcement from our expedition leader, Sarah, who let us know the weather and swell conditions and that our landing would take some extra time to scout due to the difficulty of getting the Zodiacs past the often dangerous breaking waves at Baily Head on the outside of Deception Island. Sarah is a master risk-assessor, and several guides went with her to assist as she determined the conditions on the beach. Everyone was immediately unanimous in the consensus that the landing was too dangerous - there were huge waves crashing into the Zodiac as the guides attempted to stop it being swept out to sea!

It was decided for safety reasons that we would instead do a Zodiac exploration around the side of the landing, which thrilled many of the guides who had never gotten the chance to explore around that side. We started out cruising past the site where we had attempted to land and saw incredible sights - so many Chinstrap Penguins and also many Antarctic Fur Seals crowding the beach, and swimming in the water. The fur seals are particularly magical to watch in the water, swimming and playing like mermaids. We fearlessly cruised around the jagged cliffs past the original intended landing site and were treated to gigantic stone columns out at sea with occasional whale blows here and there. Around the corner was an absolute paradise...a massive Chinstrap colony with many Antarctic Fur Seals continuing their antics.

We reluctantly returned to the ship for lunch and to reposition to President Head for the afternoon. After a delicious lunch and a short nap for many of us, we got dressed for an adventure at President Head. This landing was extra fun, as it was organized so that the pickup and drop off sites were different, with a hike in between. Guides were spaced out along the hike according to specialty, with one special visit being "John's Garden", where John was positioned in a gorgeous garden of moss, lichens and the great white continent's two vascular plant species with stone rising up behind him. He told us all about what was growing in the area, and we learned many interesting facts about the local flora and fauna from him and the rest of the guides.

We made it back to the ship, but the fun was not over yet! We had yet another amazing dinner prepared by Chef Tony and his team, and then it was time to head to the Expedition Lounge for a rousing performance by our onboard musician Blaise, followed by the ship's band The Monkey Eating Eagles. The evening turned a little rowdy afterwards as we progressed into another night of Karaoke. A fitting end to an amazing day of adventure!



Submitted by: Pepper Cook, Citizen Science Coordinator.
Photos by: Joy Le Pesquer, General Naturalist, a) Bailey Head, b) Southern Elephant Seals at President Head.

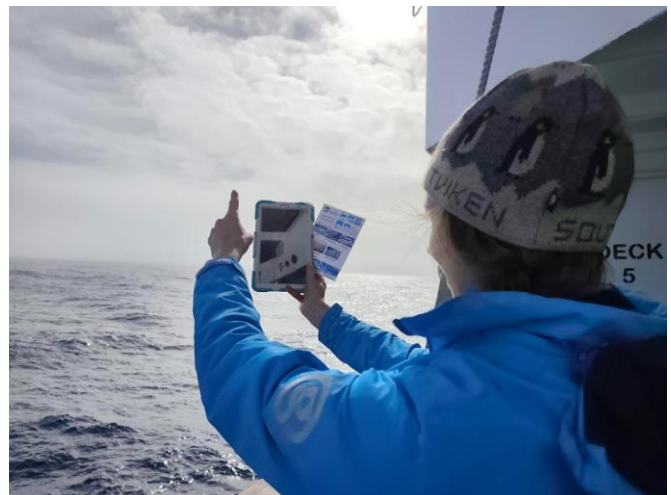
At Sea (Drake Passage)

Thursday, 19th February 2026

We awoke this morning to our relief that the Drake Passage was treating us much more gently this time around. First up we got a special treat: a tiny sleep in, breakfast was an hour later today! We felt so good that we had plenty of enthusiasm and energy to attend the first lecture of the day, by John on the topic of Seabirds of the Southern Ocean, the second part of a two-part lecture series. He invited us later to pop to the outside decks for a seabird survey on the very birds that he had just educated us about...but more on that later!

We had a tiny break between lectures, then it was back to the lounge to listen to Pepper's talk about her time working in Science Support at Scott Base Research Station, the New Zealand Antarctic station. She told us many hilarious stories about guiding science teams in Antarctica, including one unfortunate instance where a helicopter pilot was not so lucky when he went to grab an Emperor Penguin and it ended up teaching him a lesson he won't soon forget...

This took us into lunch, where we saw many more smiling faces than we did heading North to South, probably because the waves are much more forgiving this time around. After lunch it was time to help support science, as it was our turn to head outside once more to complete several important data-gathering endeavors for Citizen Science. First we assisted John in a Seabird Survey where we saw one Wandering Albatross, and one Wilson's Storm-petrel (the largest and the smallest of Antarctic seabirds respectively). But our work was not done yet! As soon as we had finished, there was a satellite flyover from NASA, and it was time to do a cloud survey and weather observation on the Globe Observer app assisted by Pepper and Joy. We had a great time learning about different types of clouds - this time the atmosphere was moody as a low blanket of fog had enveloped us during the day. We submitted our data, so now we are basically Astronauts and can put that on our resume when we get home.



Later in the afternoon we enjoyed a discussion/lecture from our historian Anastasia about the Antarctic Treaty. We learned a lot about the Treaty and the countries that participate in it, and how and why we should protect Antarctica.

We went to another lovely sit down dinner where several of us made comments about how much we'll dread being in charge of the cooking once more when we return home. After dinner it was time to head back to the lounge to test our Antarctic knowledge with John our Ornithologist, as he subjected us to his infamous Quiz. We did pretty good! And thus concludes another incredible day on the little red ship at sea on the way home from Antarctica.

Submitted by: Joy Le Pesquer, General Naturalist.

Photo: Pepper pointing out clouds during the survey.

At Sea (Drake Passage & Beagle Channel)

Friday, 20th February 2026

The day began on a much more benevolent note than the previous one had ended, one marked by feeling like beans in a maraca – under partly cloudy skies and over gently rolling seas stroked by brisk winds. It was a not-altogether-unexpected departure from our days and nights in Antarctica. The infamous Drake Passage had lashed us heading south and again steaming north. In between had been days' sublime and calm. In the lee of Cape Horn, off the west, calmer seas were the norm once again as we neared the Beagle Channel.

After breakfast, the day continued with closing presentations. They began with our historian, Anastasiia, wrapping up the voyage's educational component with a presentation of early life in the "Land of Fire." Pepper (with a minor contribution from John and a major one from Martin) followed with a Citizen science wrap-up. After lunch, Storm Simpson's disembarkation briefing aimed at aiding us in transitioning back to "normal" life. Final cloud and wildlife surveys completed voyage contributions to our citizen science programs.

Finally, the Captain's Farewell cocktail party, auction, voyage slideshow by our photographer Sophie Green and unforgettable music night by our musician Blaise Guld brought our incredible journey to a heartfelt close.

The transit north across the Drake Passage from Antarctica to South America is such a striking contrast to the initial sail south, which is marked by giddy anticipation of sights yet unseen. Heading to Ushuaia, we are satiated from our 13-day adventure. From the amazing sights of albatrosses on the wing to rafts of Pintado Petrels following our vessel, from reposing Southern Elephant Seals to stately icebergs, from rugged, ice-covered mountains and windless seascapes coifed in rinsed blue to encounters with Weddell and Leopard Seals,



and from the crisp scent of cool Antarctic air to the pungent smell of penguins, our senses have been filled to their limits. Today, the ship's manifest contains the same list of names as when she set forth from Ushuaia, yet the ship seems filled with people utterly different from those who departed. This experience has changed us; our past selves are now strangers, and the strangers we met when we first boarded the ship are now our kin. Blown by the winds we met each other by chance and became a random gathering of souls who will likely never meet again. For a short time, we all shared in a single adventure that had a life of its own. Like icebergs, no two adventures are identical. Sadly, also like icebergs, adventures have to come to their end, slowly breaking up into smaller parts and melting away until they are only memories. Too soon now, we will melt back into our former lives, but forever more will the spectacle of Antarctica be a part of us.

Submitted by: John Kernan, Biologist.
Photo: Moon and iceberg.



DAILY PROGRAM – WELCOME ONBOARD

Monday 9th February 2026

16:00

Guest Embarkation

17:00

Mandatory safety briefing & lifeboat drill

Expedition lounge (Deck 4)

17:40

Welcome Briefing & Introduction to the voyage

Expedition Lounge (Deck 4)

After

MS Expedition departs

Dinner

Parka Party & Boots Exchange *Expedition lounge (Deck 4)*

Mandatory Kayak briefing *in the library (Deck 5 Aft)*

-Please listen to announcements-

Meal Times

Welcome Snacks

16:00 - 17:00

Expedition Lounge (Deck 4)

Dinner

19:15

Dining room (Deck 4, Aft)

Tea & Coffee

24 hrs self service

Expedition Lounge (Deck 4)

Reception hours

07:30 - 13:30

16:30 - 21:00

*On behalf of G Adventures, Captain Tino Borovina and the entire crew, we extend a very warm welcome to you aboard **G Expedition**.*



DAILY PROGRAM – At Sea – Bound for Antarctica

Tuesday 10th February 2026

- 09:00** Join your ornithologist **John** for his lecture on ‘**Sea Birds of the Southern Ocean**’ in the *Expedition Lounge*
- 10:00** **Kayaker group 1**, meet **Mauricio & Martín** in the *library (Deck 5 aft)*
- 10:10** **Wildlife Watching & Binocular Workshop**: Join the **Expedition team** in search of wildlife on the *outside Deck 5 aft*
- 11:00** Join **Pepper** for her lecture on ‘**All Things Ice!**’ to learn more about why ice is so blue, and how glacial features such as crevasses are formed (and how to avoid them!)

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Tea & Coffee

24 hrs self service

Reception hours

07:30 - 13:30

16:30 - 21:00

Once a journey is designed, equipped and put in process, a new factor enters and takes over.

A trip, a safari, an exploration, is an entity, different from all other journeys.

It has personality, temperament, individuality, uniqueness. A journey is a person in itself;

no two are alike. And all plans, safeguards, policing and coercion are fruitless. We find

after years of struggle that we do not take a trip; a trip takes us. John Steinbeck



DAILY PROGRAM – At Sea – Bound for Antarctica

Tuesday 10th February 2026



- 13:00** Kayakers, group 2 meet **Mauricio & Martín** in the *library*
- 14:00** **Mandatory Camping briefing** with **Eric & Vanessa** in the *Lounge*
- 15:00** Presentation: **‘Wildlife and Expedition Photography; From Exposure to Expression’** by **Sofi**
- 16:00** **Wildlife Watch:** Join the Expedition team out on *Deck 5 aft*
&
Safety Meeting for kayakers. Meet **Mauricio & Martín** in the *library*
- 16:45** Join your historian **Anastasiia** for her lecture on **‘The Heroic Age- An introduction to the Heroic Age of Antarctic Exploration ’**
- 18:00** Join Captain **Tino Borovina** and the Expedition team *in the lounge* for the **Captain’s Welcome Cocktail.**
- After Dinner** Get to know your fellow travelers with an **Icebreaker** game in the *Expedition Lounge.*

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Tea & Coffee

24 hrs self service

Reception hours

07:30 - 13:30

16:30 - 21:00



DAILY PROGRAM – At Sea – Antarctica Bound

Wednesday 11th February 2026

Expedition morning

09:15

Join your ornithologist **John** for his lecture '**An Introduction to Penguins**' in the *Expedition Lounge*

10:45

Join your Marine Mammal Specialist **Matt** in the *Expedition Lounge* for his lecture '**Introduction to Cetaceans of the Antarctic Peninsular**'

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Tea & Coffee

24 hrs self service

Reception hours

07:30 - 13:30

16:30 - 21:00

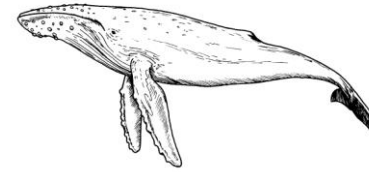
DRAKE PASSAGE

Feared by many, the 1,000 km (600 miles)-wide waterway connects the Atlantic and Pacific oceans between Cape Horn and the South Shetland Islands. Though bearing the name of the famous English seaman and global circumnavigator Sir Francis Drake, the passage was first traversed in 1616 by a Flemish expedition led by Willem Schouten.



DAILY PROGRAM – At Sea – Antarctica Bound

Wednesday 11th February 2026



Expedition afternoon

13:15

Mandatory IAATO & Zodiac Briefing in the *Expedition Lounge*.
Bring your white Passengers Card. *Attendance will be taken!*

Mandatory Bio-Security Check in the *lounge*

Followed by

Bring your **boots**, all **outer layers** (such as waterproof pants, gloves, hats), **backpacks** (empty!), tripods, walking sticks etc;
Do **NOT** bring any new items that you have not yet worn.

18:15

Join the Expedition team *in the lounge* for our **Recap and Briefing**.

After
dinner

Join us back in *the Expedition Lounge* for some live music with our onboard musician **Blaise** to celebrate our impending arrival to Antarctica!

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Message from the Purser

*To ensure a smooth check-out process, please register your credit card at the **Reception**.*

This step will help simplify and expedite your check-out at the end of the trip.



DAILY PROGRAM – Detaille Island & The Gullet

Thursday 12th February 2026



Expedition morning

~ TBA

Wildlife Watch: Join the Expedition team *out on deck* for wildlife watching.

As we make our way further south, we will make the crossing of **the Antarctic Circle!** Listen out for announcements as we call everyone out on deck for a celebratory toast!

DETAILLE ISLAND lies in Lallemand Fjord off Crystal Sound, on the Loubet Coast, east of Adelaide Island. The hut at this site is the British Antarctic Survey's Station W, which was evacuated in 1959 when sea ice and weather made relief by ship impossible. At this time, base personnel closed the station and transferred to Station Y at Horseshoe Island. Research undertaken at Detaille Island site had focused on surveying, geology and meteorology. The hut was cleaned up by BAS in 1996/7.

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:14

Sunset:

22:11



DAILY PROGRAM – Detaille Island & The Gullet

Thursday 12th February 2026



Expedition afternoon

~14:00 Dependent on weather, wind, sea and wildlife conditions, we hope to land on and zodiac explore around **Detaille Island**.

The **Albatross** Zodiac will be called first, followed by the groups Gentoo, Humpback, & Leopard

18:15 Join us in the *Expedition Lounge* for a **Briefing** in preparation of our day tomorrow

After dinner This evening, we will attempt to pass through the infamous area around **The Gullet**. If conditions permit, join us out on deck!

THE GULLET is a dramatic, narrow channel slicing between Adelaide Island and the Antarctic Peninsula, connecting Hanusse Bay with Laubeuf Fjord. First hinted at on charts by JB. Charcot's French Antarctic Expedition in 1909, it was explored in the 1930s and finally surveyed and named in 1948—an apt title for one of Antarctica's most striking natural waterways.

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:14

Sunset:

22:11



DAILY PROGRAM – Bongrain Pt, Lainez Pt & Dogs Leg Fjord

Friday 13th February 2026

Expedition morning

~ 08:00

Dependent on weather, wind, sea and wildlife conditions, we hope to land on both **Bongrain Point & Lainez Point**.

The **Gentoo** Zodiac Group will be called **first**, followed by the groups Humpback, Leopard & Albatross. Zodiac exploring only will be called down **last**.

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:16

Sunset:

22:07

Bongrain Point is a headland which forms the south side of the entrance to Dalgliesh Bay on the west side of Pourquoi Pas Island, off the west coast of Graham Land. It was surveyed in 1936 by the British Graham Land Expedition under John Rymill, and re-surveyed in 1948 by the Falkland Islands Dependencies Survey, who named the point for Maurice Bongrain, surveyor and First Officer of the Pourquoi Pas, the ship of the French Antarctic Expedition, 1908-10, who was responsible for the first surveys of the area.



DAILY PROGRAM – Bongrain Pt, Lainez Pt & Dogs Leg Fjord

Friday 13th February 2026

Expedition afternoon

~ 14:00

Dependent on weather, wind, sea and wildlife conditions, we hope to zodiac explore around **Dogs Leg Fjord!**

The **Humpback** Zodiac Group will be called **first**, followed by the groups Leopard, Albatross & Gentoo

18:00

Recap & Briefing all about our following day in the *Expedition Lounge*

After
dinner

If conditions permit, we hope to go **CAMPING** at **Lystad Bay!**

Campers, please make your way to the dinner promptly at 18:30 and then listen for disembarkation announcements. **Movie Night!**

For those of you staying on the ship, join us *in the lounge* to see the great and fun Antarctic classic **'Happy Feet'**

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:16

Sunset:

22:07

DOGS LEG FJORD is an inlet 6 nautical miles (11 km) long in an east-west direction and 1.5 nautical miles (3 km) wide, lying south of German Peninsula, directly east of Ridge Island and opening on Bourgeois Fjord, along the Fallières Coast on the west side of Graham Land, Antarctica. It was discovered by the British Graham Land Expedition, 1934-37, under John Rymill, and so named because of its shape.



DAILY PROGRAM – Polar Plunge & Red Rock Ridge

Saturday 14th February 2026

Expedition morning



TBA

Wildlife Watch: Join the Expedition team out on deck for wildlife watching.

Join us on the gangway for the *Polar Plunge!* Fling yourself into the frigid southern ocean – if you dare. Listen for announcements and come prepared to swim. Towels **will be provided** at both gangways.



RED ROCK RIDGE: is a striking red-hued rocky ridge on the west coast of the Antarctic Peninsula, near Rymill Bay and Neny Fjord. First sighted by Jean-Baptiste Charcot's French Antarctic Expedition in 1909 and surveyed in the 1930s, it stands out for its color and rugged terrain. The site is home to a thriving Adélie penguin colony, offering excellent opportunities to observe nesting, feeding, and classic penguin behavior against a dramatic continental backdrop.

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Valentines Dinner

19:00

Sunrise:

05:22

Sunset:

22:10



DAILY PROGRAM – Polar Plunge & Red Rock Ridge

Saturday 14th February 2026



Expedition afternoon

Dependent on weather, wind, sea and wildlife conditions, we hope to land and zodiac explore **Red Rock Ridge**.

~ 14:00

The **Leopard** Zodiac Group will be called **first**, followed by the groups Albatross, Gentoo & Humpback. Zodiac exploring only group will be going out last.

18:15

Join us in the *Expedition Lounge* for **Recap & Briefing** and learn all about our plans for tomorrow!

After dinner

Come spend the evening with some of the **Expedition Team** for a Valentine's Day-themed game of Majority Rules, full of love, laughs and a most likely, a little bit of chaos!



Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Valentines Dinner

19:00

Sunrise:

05:22

Sunset:

22:10



DAILY PROGRAM – Our transit North begins!

Sunday 15th February 2026

09:30

Join **John** in the *Expedition Lounge* for his talk “**Life Underfoot**” as we learn more about Lichens, Mites, Water Bears, & other micro life in Antarctica.

11:00

Power Hour! Come join us in the *Lounge* for our **Power Hour**, where we will have a host of micro-lectures brought to you by a variety of our Ologists



Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Sunrise:

05:22

Sunset:

22:10



DAILY PROGRAM – Our transit North begins!

Sunday 15th February 2026

13:30

Join your historian Anastasiia for her lecture “Ice Queens – Women in Antarctica.”

15:00

Wildlife Watch: If conditions permit, join the Expedition team *out on deck* for wildlife watching.

16:30

Join your Marine Mammal Specialist **Matt** in the *Expedition Lounge* for his lecture ‘Introduction to Pinnipeds of the Antarctic Peninsular’

18:15

Join us in the *Expedition Lounge* for **Recap & Briefing** and learn all about our plans for tomorrow!

After dinner

Join **Sofi** in the *Expedition lounge* for a screening of “Galapagos: Secrets of the Ocean Giants” and learn about whale sharks, how we study them, and why it’s important to protect them, with a mini-introduction and Q&A from **Sofi**

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Sunrise:

05:22

Sunset:

22:10



DAILY PROGRAM – Fournier Bay & Neko Harbour

Monday 16th February 2026

Expedition morning

~ 8:00

Dependent on weather, wind, sea and wildlife conditions, we hope to zodiac explore around **Fournier Bay**. The **Albatross** Zodiac Group will be called **first**, followed by the groups Gentoo, Humpback & Leopard.

Fournier Bay (64°31'S 63°6'W) is a bay 8 nautical miles (15 km) long and 3 nautical miles (6 km) wide, indenting the northeast coast of Anvers Island immediately west of Briggs Peninsula and south of Dralpa Point, in the Palmer Archipelago, Antarctica. Its head is fed by Rhesus, Thamyris, Kleptuza and Altimir Glaciers. The bay was probably first seen by a German expedition, 1873-74, under Eduard Dallmann. It was charted by the French Antarctic Expedition, 1903-05, under Jean-Baptiste Charcot, and named by him for Vice Admiral Ernest Fournier of the French Navy.

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:25

Sunset:

21:22



DAILY PROGRAM – Fournier Bay & Neko Harbour

Monday 16th February 2026

Expedition afternoon

~ 14:00

Dependent on weather, wind, sea and wildlife conditions, we hope to land and zodiac explore **Neko Harbour**. The **Gentoo** Zodiac Group will be called **first**, followed by the groups Humpback, Leopard & Albatross. Zodiac exploring only group will be going out last.

18:00

Briefing & Recap of our following day in the *Expedition Lounge*.

After dinner

Join us back in the *Expedition Lounge* for some live music with our onboard musician **Blaise!**

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

18:30

Sunrise:

05:25

Sunset:

21:22

Neko Harbour lies on the eastern shore of Andvord Bay, approximately 11 km (7 mi) south of the Errera Channel. It was discovered by Gerlache during his Belgian Antarctic expedition (1897-1899). It is named for the floating whale factory ship, Neko, which often used this bay. Neko operated between 1911-1912 and 1923-1924 in the South Shetlands and Antarctic Peninsula. This site is a mainland landing and home to approximately 500 breeding pairs of Gentoo penguins, some of which nest around the foundations of an Argentinean refuge hut. Weddell seals may also be seen hauled-out on the cobblestone beach.



DAILY PROGRAM – Danco Is. & Orne Harbour

Tuesday 17th February 2026

Expedition morning

~ 8:00

Dependent on weather, wind, sea and wildlife conditions, we hope to land and zodiac explore **Danco Island**. The **Humpback** Zodiac Group will be called **first**, followed by the groups Leopard, Albatross & Gentoo. Zodiac exploring only will be going out last.



***HAPPY LUNAR NEW YEAR
FROM ALL ONBOARD THE MS
EXPEDITION***



Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

19:00

Sunrise:

05:28

Sunset:

21:10



DAILY PROGRAM – Danco Is. & Orne Harbour

Tuesday 17th February 2026

Expedition afternoon

~ 14:00

Dependent on weather, wind, sea and wildlife conditions, we hope to land & zodiac explore **Orne Harbour**. The **Leopard** Zodiac Group will be called **first**, followed by the groups Albatross, Gentoo & Humpback.

18:15

Join us in the *Expedition Lounge* for **Recap & Briefing** and learn all about our plans for tomorrow!

After dinner **SPECIAL EVENT!**

Think you can read the **Expedition Team**? Who's telling the truth... and who's boldly bluffing? Come join us for a game of **Antarctic Bluff**, where trust melts faster than sea ice.

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

19:00

Sunrise:

05:28

Sunset:

21:10



DAILY PROGRAM – Baily Head & Presidents Head

Wednesday 18th February 2026

Expedition morning

~8:00

Depending on wind, weather, and wildlife conditions we intend to land at **Baily Head**. The **Albatross** Zodiac Group will be called **first**, followed by the groups Gentoo, Humpback & Leopard. Zodiac Explorers will be called last.



Baily Head lies on the southeastern extremity of Deception Island. It consists of a natural amphitheater within a 168 m (550 ft) high rocky headland. Baily Head is home to one of the largest Chinstrap penguin colonies on the Antarctic Peninsula. Population size was estimated at over 100,000 breeding pairs in 1989 but numbers were thought to have declined by 1996. It is notoriously difficult to land at Baily Head due to the topography of the beach and typically large swell, consequently, weather conditions will play significant role in what we can achieve at this site.

Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

19:00

Sunrise:

05:28

Sunset:

21:10



DAILY PROGRAM – Baily Head & Presidents Head

Wednesday 18th February 2026

Expedition afternoon

~14:00

Depending on wind, weather, and wildlife conditions we intend to land at **Presidents Head**. The **Gentoo** Zodiac Group will be called **first**, followed by the groups Humpback, Leopard & Albatross. Listen out for updates!

18:15

Join us in the *Expedition Lounge* for **Recap & Briefing** and learn all about our plans for tomorrow and what the Drake holds!

After dinner

Join us back in the *Expedition Lounge* for some live music with our onboard musician **Blaise**, and some **very special guests!**



Meal Times

Breakfast

07:00 - 08:00

Lunch

12:00-13:00

Dinner

19:00

LAST LAUNDRY

Please submit your last laundry by 18:45 **TODAY**, 18th February.

PROCEDURES FOR CLOSING YOUR ONBOARD ACCOUNTS

IF YOU ARE PAYING YOUR ACCOUNT BY CREDIT CARD

- SUNDAY: 20 FEBRUARY 2026
 - ❖ A final breakdown of your statement of account will be delivered to your cabin after dinner. There is no need to visit the reception desk to settle your onboard account unless you have any queries regarding the charges.
 - ❖ All registered credit and debit cards will be charged automatically around 21:00 hrs, and your onboard accounts will be closed after that time.
 - ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.
- **PRE-ORDER DRINKS for Credit Card Holders:** Please approach our bartenders during lunch or dinner time in the dining room on February 20 if you intend to have drinks that will be consumed on the last day in the bar.
- **If you wish to add the tips to your credit/debit card, kindly fill in the credit card slip that is sent to your cabin and drop this in the CREDIT CARD TIP BOX at the reception desk no later than 17:00 hrs on February 20.**

GRATUITIES/TIPS: The industry recommendation is **\$10 to \$15 per person per day**.
Tips will be divided equally between the hotel crew and expedition team members on board.

IF YOU ARE PAYING YOUR ACCOUNT WITH CASH

➤ SUNDAY: 20 FEBRUARY 2026

- ❖ If you wish to settle your final accounts with cash, kindly proceed to the reception desk from 10:00 hrs until 18:00 hrs.
- ❖ All cash payments for onboard accounts will be closed afterward. If you wish to purchase at the bar after 21:00 hrs, please be aware that payments will only be accepted in USD currency.
- ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.

- **If you wish to pay the tips in cash, envelopes are available at the reception desk and drop the envelope in the **CASH TIP BOX**.**

GRATUITIES/TIPS: *The industry recommendation is \$10 to \$15 per person per day.*

Tips will be divided equally between the hotel crew and expedition team members on board.

- **Currencies accepted for exchange into USD are GBP, EURO, AUS\$, and CAD\$.**



DAILY PROGRAM – Drake Passage, bound for Ushuaia

Thursday 19th February 2026

Expedition morning

09:15

Join **John** for his much-anticipated talk “**Sea Birds of the Southern Ocean – PART TWO**” as we learn even more about the birds that called the southern ocean their roaming ground

11:00

Join **Pepper** for her talk “**Science at Scotts Base**” and hear more about the work and daily life at one of Antarctica's scientific bases.

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Gentle Reminder from the hotel team:

*Please keep your
Safety Deposit Box
open on
disembarkation day,
21 February 2026*

Drake Passage

Sir Francis Drake was born in Devon, and at the age of 13, he began traveling to the West Indies. Between 1577 – 1580 he sailed around the world – the first Englishman to do so – looting Spanish ships and creating nautical charts of the new territories he navigated. On September 6th, 1577, Drake completed his pass through the Magellanic Straits, however the next day he was caught in a big storm that pushed his ship, The Golden Hind, below 57 degrees’ latitude south. It was here that he found the meeting of the Pacific and Atlantic Oceans, the turbulent area that is now known as the “Drake Passage”. This also proved that Tierra del Fuego was not a part of “Terra Australis Incognita”, a fact that the cartographers of those days had refused to accept for a long time.



DAILY PROGRAM – Drake Passage, bound for Ushuaia

Thursday 19th February 2026

Expedition afternoon

14:30

Join us *out on deck* as we have high chances for spotting seabirds and being able to complete a survey on *Ebird* as well as a *Globe Cloude Observation* as there will be a satellite fly over. Come and take part in a **Citizen science session!**

16:30

Join your historian **Anastasiia** in the *Expedition Lounge* for her talk '**The Antarctic Treaty**'. Come to learn and discuss more about the most unique agreement between the nations and why we should protect Antarctica.

18:15

Recap & Briefing of our following day in the *Expedition Lounge*.

After dinner

Join **John** in the *Expedition lounge* for your end of voyage exam, come in teams, come alone and test your knowledge in our **Antarctic Quiz**

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00-13:00

Dinner

19:00

Gentle Reminder from the hotel team:

*Please keep your
Safety Deposit Box
open on
disembarkation day,
21 February 2026*

PROCEDURES FOR CLOSING YOUR ONBOARD ACCOUNTS

IF YOU ARE PAYING YOUR ACCOUNT BY CREDIT CARD

- FRIDAY: 20 FEBRUARY 2026
 - ❖ A final breakdown of your statement of account will be delivered to your cabin after dinner. There is no need to visit the reception desk to settle your onboard account unless you have any queries regarding the charges.
 - ❖ All registered credit and debit cards will be charged automatically around 21:00 hrs, and your onboard accounts will be closed after that time.
 - ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.
- **PRE-ORDER DRINKS for Credit Card Holders:** Please approach our bartenders during lunch or dinner time in the dining room on February 20 if you intend to have drinks that will be consumed on the last day in the bar.
- **If you wish to add the tips to your credit/debit card, kindly fill in the credit card slip that is sent to your cabin and drop this in the CREDIT CARD TIP BOX at the reception desk no later than 17:00 hrs on February 20.**

GRATUITIES/TIPS: The industry recommendation is **\$10 to \$15 per person per day**.
Tips will be divided equally between the hotel crew and expedition team members on board.

IF YOU ARE PAYING YOUR ACCOUNT WITH CASH

➤ FRIDAY: 20 FEBRUARY 2026

- ❖ If you wish to settle your final accounts with cash, kindly proceed to the reception desk from 10:00 hrs until 18:00 hrs.
- ❖ All cash payments for onboard accounts will be closed afterward. If you wish to purchase at the bar after 21:00 hrs, please be aware that payments will only be accepted in USD currency.
- ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.

- **If you wish to pay the tips in cash, envelopes are available at the reception desk and drop the envelope in the **CASH TIP BOX**.**

GRATUITIES/TIPS: The industry recommendation is **\$10 to \$15** per person per day.

Tips will be divided equally between the hotel crew and expedition team members on board.

- **Currencies accepted for exchange into USD are GBP, EURO, AUS\$, and CAD\$.**



DAILY PROGRAM – Drake Passage, Beagle Channel & Ushuaia

Friday 20th February 2026

Expedition morning



09:30

Join your historian **Anastasiia** in the *Expedition Lounge* for her talk ‘**Tierra del Fuego; Life at the end of the world**’.

11:00

Citizen Science Wrap-up! Join **Pepper** in the *Expedition Lounge* for recap on all the scientific projects we’ve contributed to during our voyage.

Meal Times

Breakfast

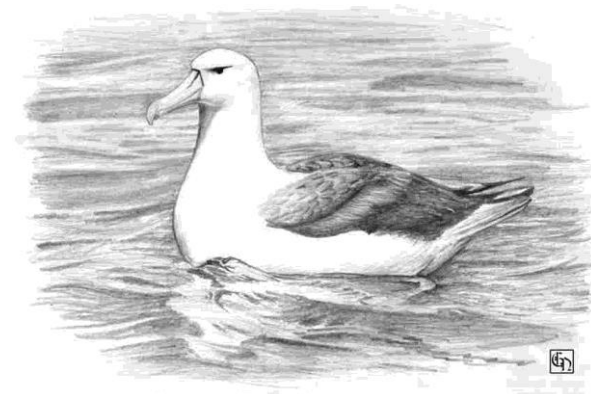
08:00 - 09:00

Lunch

12:00 - 13:00

Dinner

19:00



“I must go down to the seas again to the lonely seas and the sky, and all I ask is a square-rigged ship and a star to steer her by, and the wheel’s kick and the winds song and the white sail’s shaking, and the grey mist on the sea’s face and a grey dawn breaking.” - John Masefield (Sea Fever)



DAILY PROGRAM – Drake Passage, Beagle Channel & Ushuaia

Friday 20th February 2026

Expedition afternoon

13:30

Disembarkation Briefing: Join **Storm** in the *Expedition Lounge*.
It is recommended that at least 1 person per traveling party attends!

15:00

As we enter the **Beagle channel**, please join us *out on deck* as we have high chances for spotting seabirds and marine mammals and come take part in a **Citizen science session**. Join us on the *outside decks* for a **Cloud Observation and Bird & Marine mammal survey**

16:00

Ripple hour! The Earth and its people are facing severe challenges, but we have hope for the future. Join your **Expedition team** in the *Lounge* on this open conversation.

17:30

Join our Captain **Tino Borovina** in the *Expedition Lounge* for the **Captain's Farewell**, followed by the End of Voyage Recap, **Auction** and the **Slideshow** with the Expedition Team.

After dinner

Celebrate our incredible voyage with **live music** from **Blaise**! Let's toast to an unforgettable journey & lifelong memories!

Meal Times

Breakfast

08:00 - 09:00

Lunch

12:00 - 13:00

Dinner

19:00



PROCEDURES FOR CLOSING YOUR ONBOARD ACCOUNTS

IF YOU ARE PAYING YOUR ACCOUNT BY CREDIT CARD

- FRIDAY: 20 FEBRUARY 2026
 - ❖ A final breakdown of your statement of account will be delivered to your cabin after dinner. There is no need to visit the reception desk to settle your onboard account unless you have any queries regarding the charges.
 - ❖ All registered credit and debit cards will be charged automatically around 21:00 hrs, and your onboard accounts will be closed after that time.
 - ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.
- **PRE-ORDER DRINKS for Credit Card Holders:** Please approach our bartenders during lunch or dinner time in the dining room on February 20 if you intend to have drinks that will be consumed on the last day in the bar.
- **If you wish to add the tips to your credit/debit card, kindly fill in the credit card slip that is sent to your cabin and drop this in the CREDIT CARD TIP BOX at the reception desk no later than 17:00 hrs on February 20.**

GRATUITIES/TIPS: The industry recommendation is **\$10 to \$15 per person per day**.
Tips will be divided equally between the hotel crew and expedition team members on board.

IF YOU ARE PAYING YOUR ACCOUNT WITH CASH

➤ FRIDAY: 20 FEBRUARY 2026

- ❖ If you wish to settle your final accounts with cash, kindly proceed to the reception desk from 10:00 hrs until 18:00 hrs.
- ❖ All cash payments for onboard accounts will be closed afterward. If you wish to purchase at the bar after 21:00 hrs, please be aware that payments will only be accepted in USD currency.
- ❖ Last call to purchase at the Gift Shop will be around 14:00 hrs. The Bar will be the only outlet open on the last day for any purchases.

- **If you wish to pay the tips in cash, envelopes are available at the reception desk and drop the envelope in the **CASH TIP BOX**.**

GRATUITIES/TIPS: The industry recommendation is **\$10 to \$15** per person per day.

Tips will be divided equally between the hotel crew and expedition team members on board.

- **Currencies accepted for exchange into USD are GBP, EURO, AUS\$, and CAD\$.**



DAILY PROGRAM – Ushuaia, Argentina

Saturday 21st February 2026

Until 07:15 PLEASE LEAVE YOUR LUGGAGE OUTSIDE YOUR CABIN

During breakfast, we will carry your luggage outside to the pier for you. Please keep your **hand luggage** inside your cabin.

After breakfast, please listen for the **disembarkation announcement**.

Disembarkation will be on *Deck 4 (by reception)*.

On behalf of G Adventures, the entire crew of the G Expedition thank you for a wonderful voyage.

We hope your time aboard has brought new knowledge, friendships, and lasting memories. Safe travels on your next adventure, and we look forward to welcoming you back on another G Adventures trip soon!

Meal Times

Breakfast

06:45 – 7:45

Gentle Reminder from the hotel team:

Please keep your Safety Deposit Box open on when you disembark



DAILY PROGRAM – Ushuaia, Argentina

Saturday 21st February 2026

DISEMBARKATION PROCEDURE

Please swipe out with your white card, identify your luggage on the port & make sure it gets on to the bus with you!

- 08:00** **RED RIBBONS:** Guests flying out on *AR1893 at 10:30, AR1881 at 11:30, AR1895 at 12:30*
BUS 1 will take you directly to the airport.
- 08:10** **DARK GREEN RIBBONS :** Guests flying out on *AR1883 at 13:30, FO5031 at 13:40 and AR1885 at 14:30*
BUS 2 will take you to the port parking area. Meet back at **11:30** for your transfer to the airport.
- 08:20** **BLACK RIBBONS:** Guests flying out on *AR1897 at 16:30*
BUS 3 will take you to the luggage storage. Please meet back at this point at **14:20** for your transfer to the airport.
VIOLET RIBBONS Guests flying out on *AR1879 at 17:50 FO5033 at 18:30 AR1887 at 18:50*
BUS 3 will take you to the luggage storage. Please meet back at this point at **15:30** for your transfer to the airport.
PINK RIBBONS Guests flying out on *AR1871 at 22:30*
BUS 3 will take you to the luggage storage. Please meet back at this point at **17:45** for your transfer to the airport.
- 08:30** **WHITE RIBBONS:** Guests flying out on *AR1875 at 19:55*
BUS 4 will take you to the luggage storage. Please meet back at this point at **17:45** for your transfer to the airport.
NO RIBBONS: Guests staying after the 21st February and have made your own arrangements. **Bus 4.** Will take you to the port parking area near a taxi rank.
BLUE RIBBONS: Guest staying at **Las Lengas Hotel** and **Hotel Albatross**
BUS 4 will take you to your hotel.



Where to download them from?

The Trip Log documents will be available after you leave the ship.

To access them, please visit the following site:

<https://www.gadventures.com/marine/triplog-login/>

Use the following credentials to log in your Trip Log:

- Username: XVQCSX260208
- Password: expedition10





Quest for the Antarctic Circle

9th-21st of February, 2026











A woman in a dark jacket and light-colored pants stands on the left side of the stage, holding a microphone and gesturing towards the projection screen. She appears to be presenting the information shown on the screen.

An audience of people is seated in the foreground, looking towards the screen. The setting is a well-lit lecture hall or conference room with a wooden ceiling and recessed lighting.

































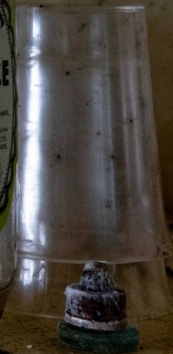


















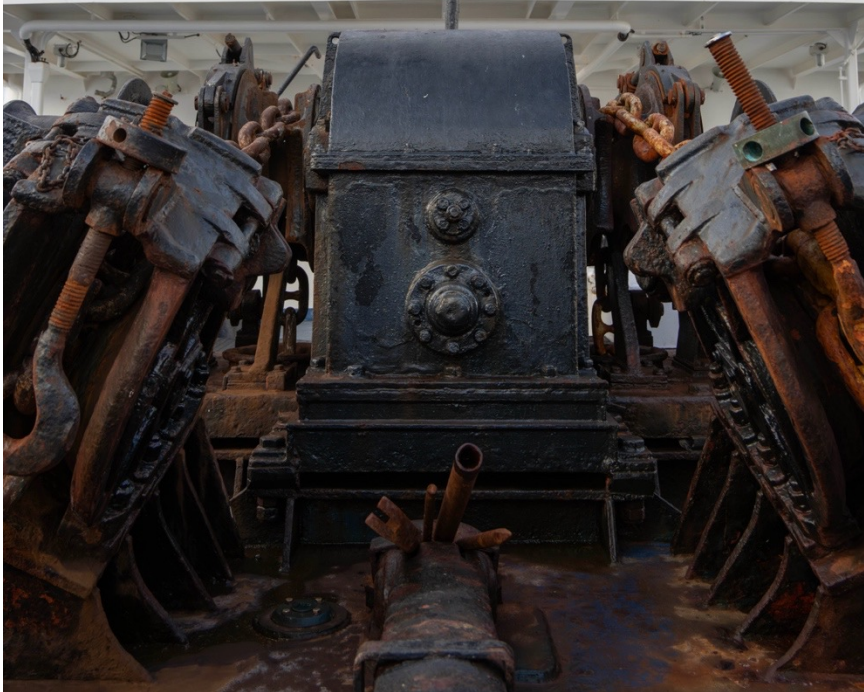




































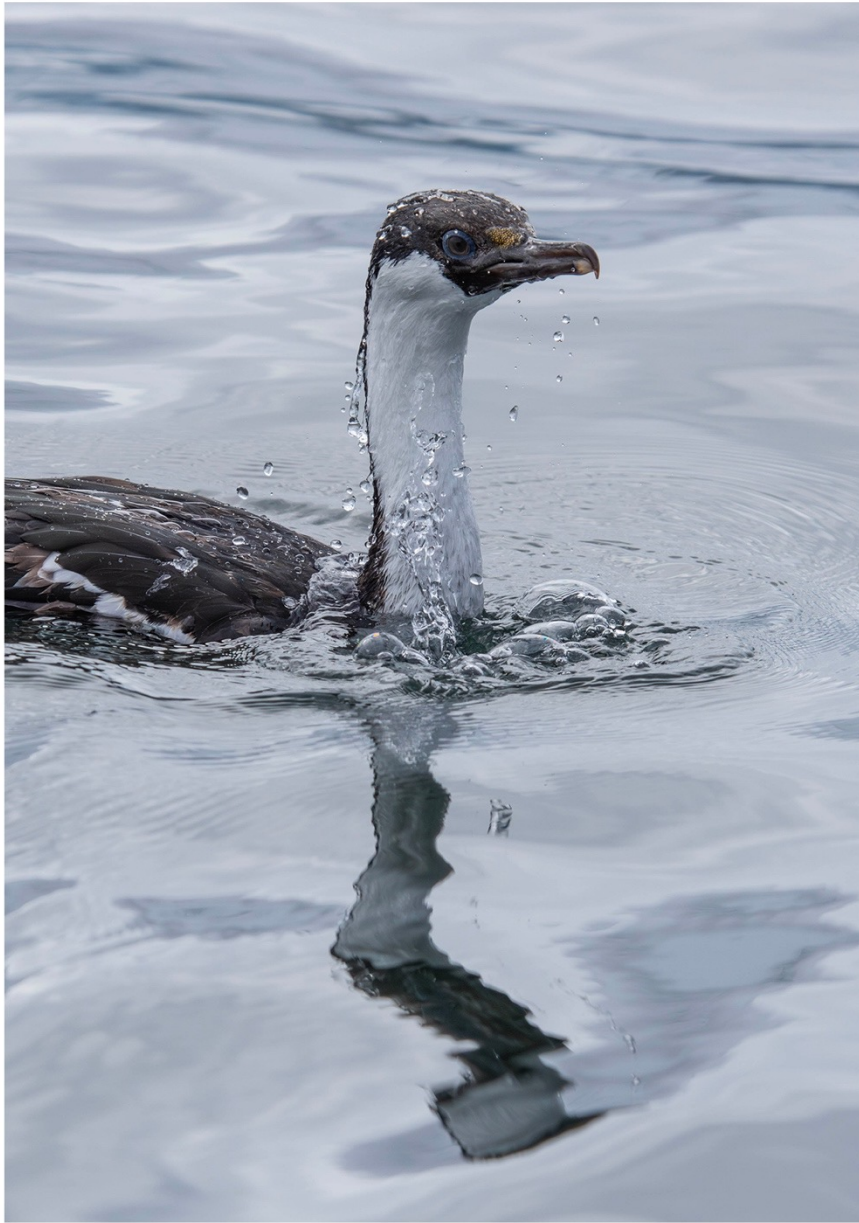










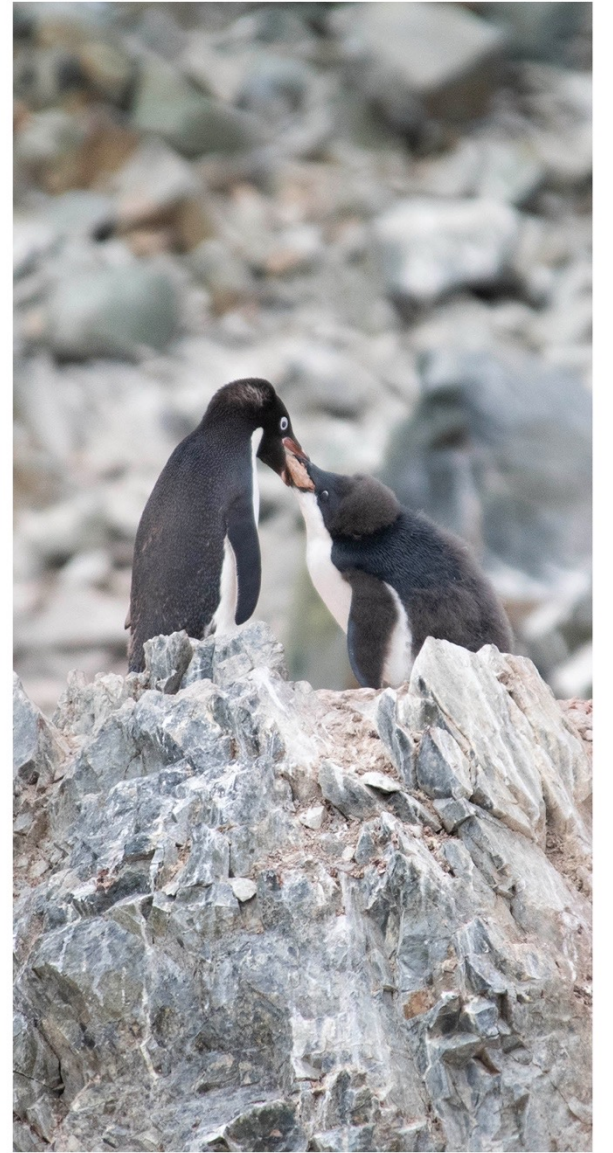












































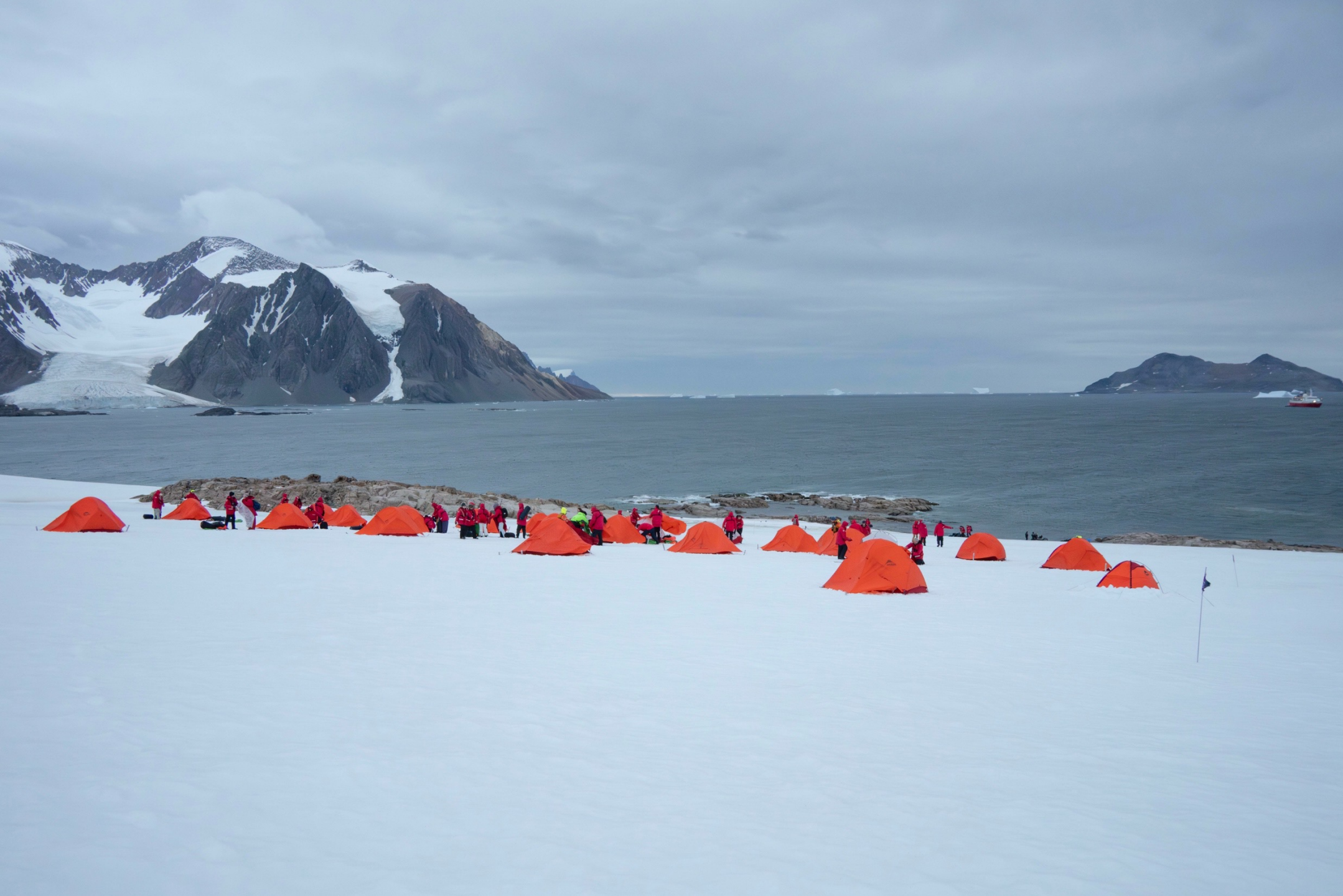
































































































































Congratulations to our newly engaged couples!



Congratulations to our newly engaged couples!





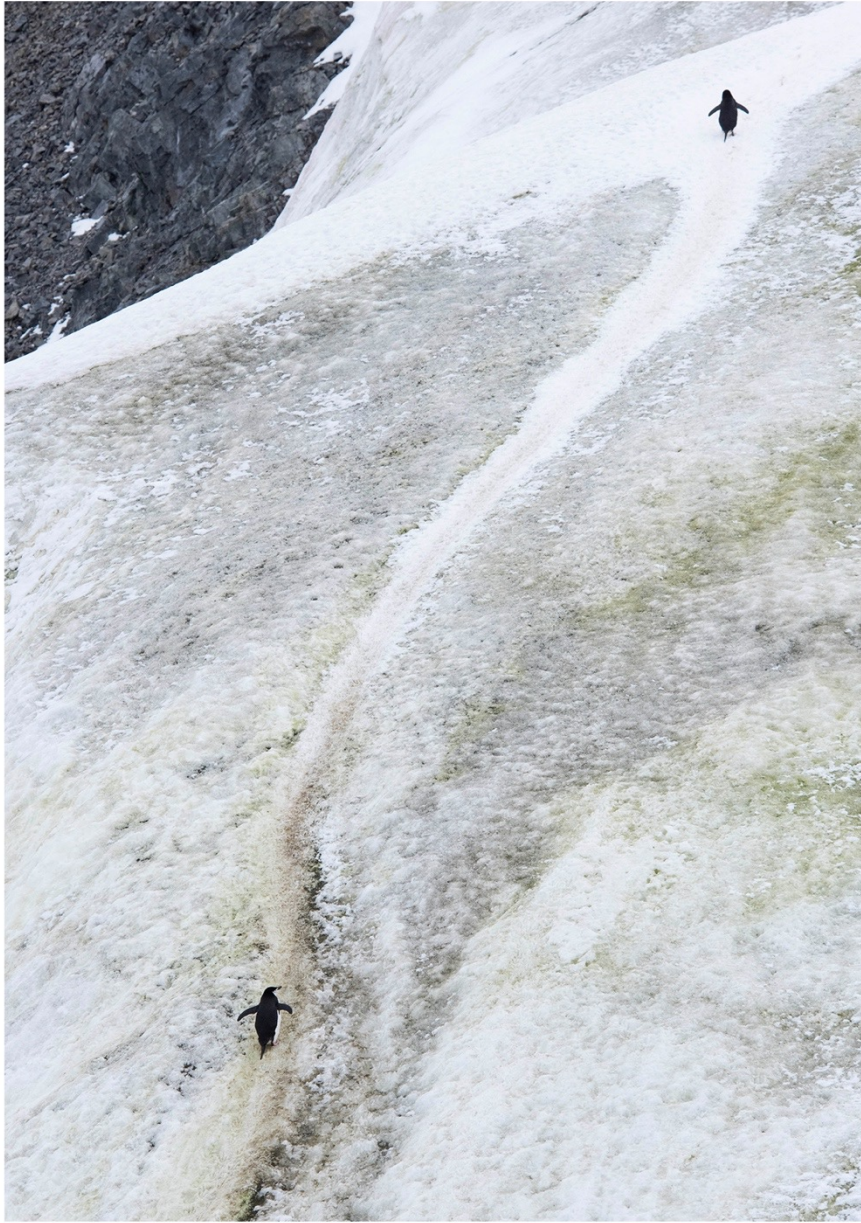






12 days apart...











@
expedition

JOE
Head Brewer

AUCOR
NARANJA
MIXED FRUIT
NATURAL
ORANGE JUICE
100% NATURAL







DEGOMBLE



DEGOMBLE

emergence.















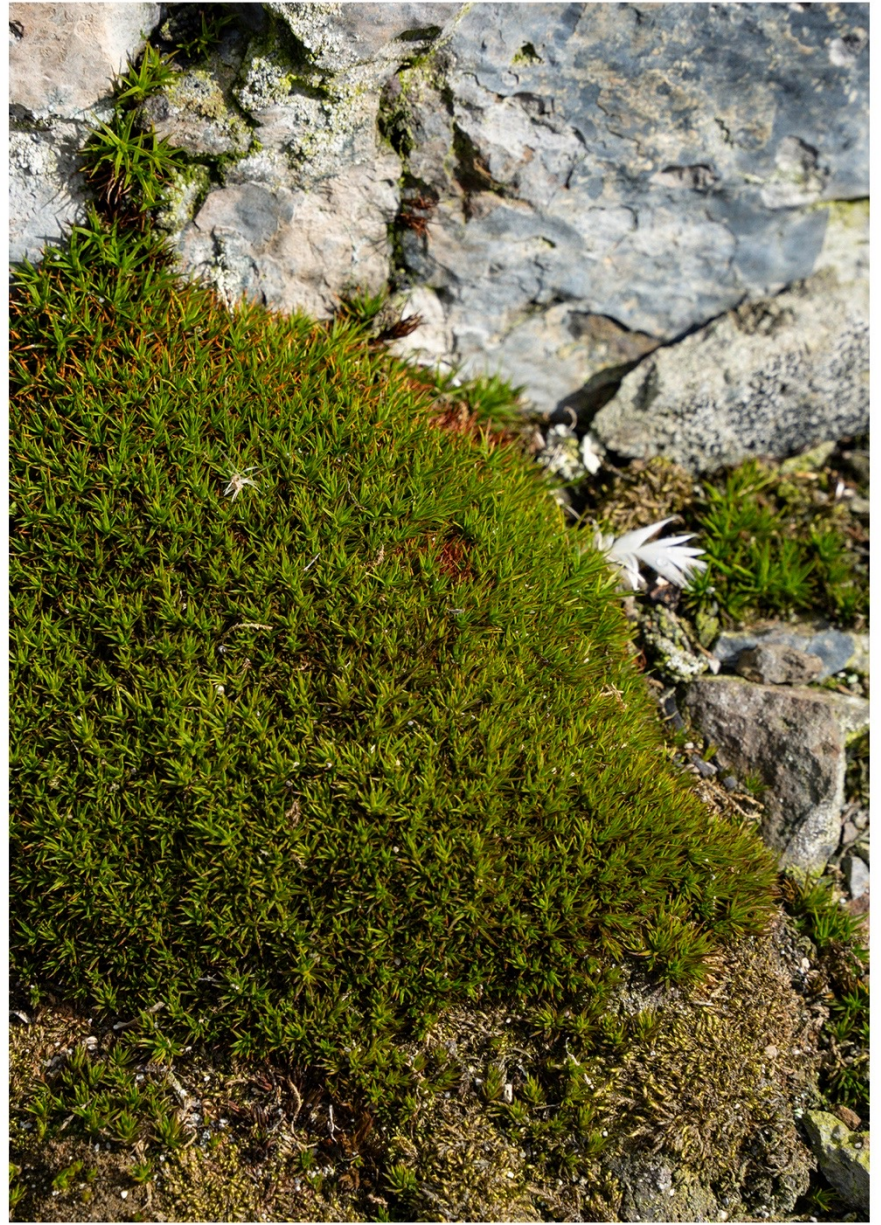
























19-02-2008 20:15:28 Thu

S 58°49.216'
W 67°15.257'
13.1 003 20:16:13

FOR BRIDGE ONLY
PLEASE DO NOT TOUCH





You are the voice of nature.



Cheers to the adventure of a lifetime!



@sofiverdeazul

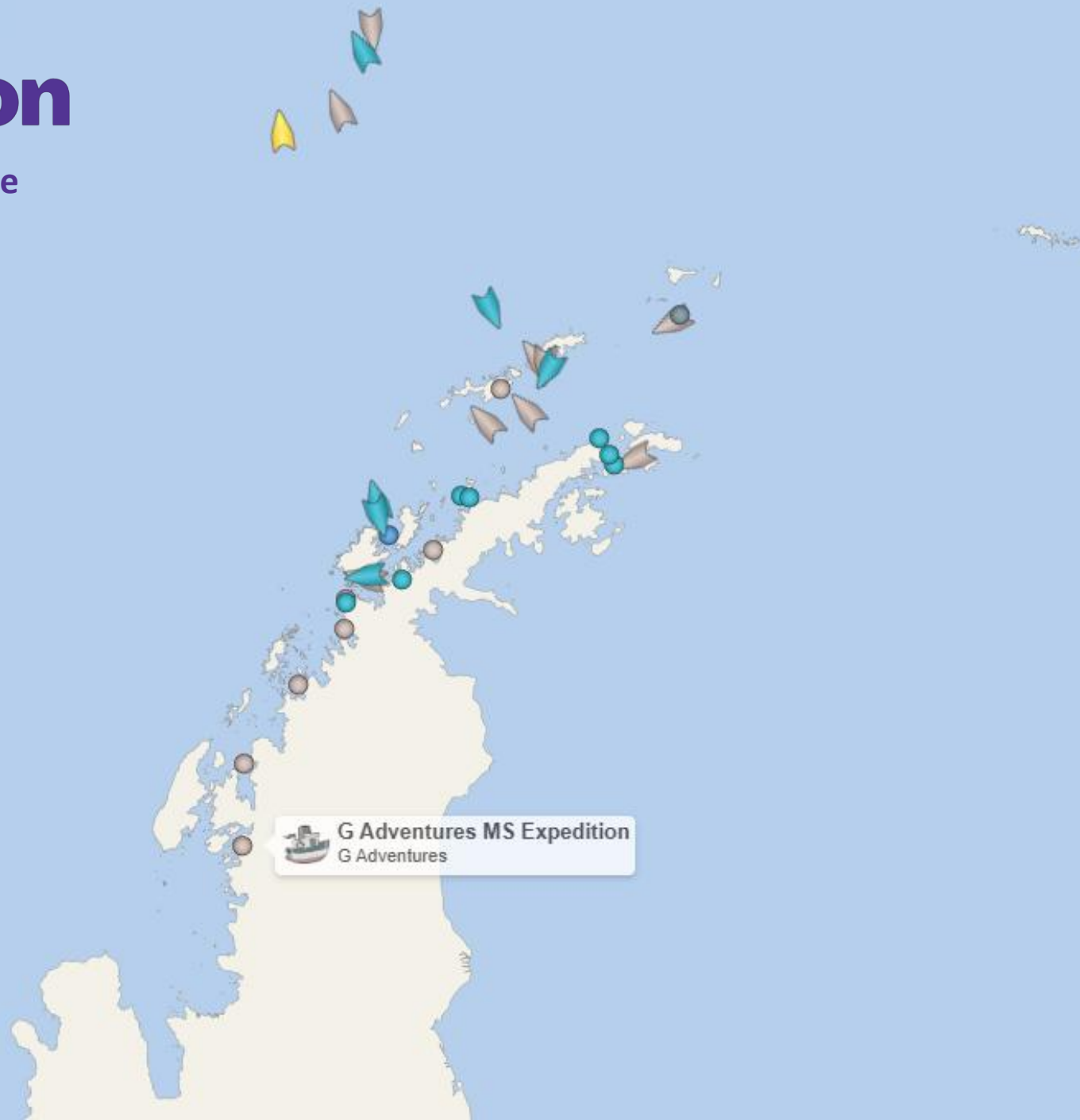


sgreenitu@gmail.com



Expedition

Southernmost ship in the
Antarctic Peninsula.
February 13, 2026



G Adventures MS Expedition
G Adventures

Lat: -67.64268 Lon: -66.77490
S 67° 38' 34" W 66° 46' 30"

100 mi



Quest for the Antarctic Circle February 9 th 2026 – February 21 st 2026				Total Distance: 2252 Nautical Miles	
				Captain: Tino Borovina	Exp. Leader: Sarah Keenan
Date	Site	Position	Weather	Activity	Details & Comments
02/09/26	Ushuaia	54°53'06" S 67°52'30" W	Sky: Cloudy Winds: NNW Beaufort 5 ; Sea: SMOOTH Temp: 15 °C	B	Embarking guests and pulling away from the pier. Passage through the Beagle Channel
02/10/26	At Sea, Drake Passage*	56°20'4" S 66°32'3" W	Sky: Overcast Winds: WNW Beaufort 5 ; Sea: 3-5 m swell Temp: 11 °C	S	Calm passage through the Beagle Channel Bumpy seas and sea sickness meds Lectures during the day
02/11/26	At Sea, Drake Passage*	61°12'4" S 67°32'6" W	Sky: Overcast Winds: SSW Beaufort 5 ; Sea: 3 m swell Temp: 4 °C	S	More Lectures Calming Drake as we got closer to Antarctica
02/12/26	Detaille Island	66°51'6" S 67°08'6" W	Sky: Cloudy Winds: Light Beaufort 1 ; Sea: Calm Temp :4 °C	L, ZE	Cross the Antarctic circle at 11:50 am local time Visit to historic British Base W Adelie penguin colony, weddell seals by the landing Big ice bergs and bergy bits
	The Gullet	67°09'6" S 67°36'2" W	Sky: Partly Cloudy Winds: Light Beaufort 0 ; Sea: Calm Temp: 5 °C	SE	Big group of Type B Killer whales at the entrance Scenic cruise through the narrow channel. Beautiful, calm conditions
02/13/26	Bongrain Island & Lainez Point	67°42'8" S 67°44'5" W	Sky: Overcast Winds: S Beaufort 2 ; Sea: Smooth Temp: 5 °C	L, ZE	Visit to an adelie penguin colony Walk on glacier to beautiful vista Antarctic fur seals at landing
	Dog Leg Fjord	67°42'9" S 66°53'6" W	Sky: Cloudy Winds: Light Beaufort 1 ; Sea: Smooth Temp: 5 °C	L, ZE,SK	Kayaking amongst the brash ice. Explored a new landing sight Trifecta of seals: weddell, crabeater and leopard
	Lystad Bay, Horseshoe Island	67°49'9" S 67°13'6" W	Sky: Overcast Winds: NNE Beaufort 6 ; Sea: 1 m Temp:3 °C	C	Wind picked up in the evening made for an exciting and bumpy ride to the landing site Setting up a tent in 20 knot winds Experience a night spent out in the wild of Antarctica



02/14/26	Polar Plunge/ Millerand Island	68°11'5" S 67°12'2" W	Sky: Cloudy Winds: Light Beaufort 1 ; Sea: Smooth Temp: 6 °C	PP	Nice polar dip below the Antarctic circle Water temp was -1.5 °C
	Red Rock Ridge	68°16'9" S 67°13'2" W	Sky: Overcast Winds: Light Beaufort ; Sea: 1.5 m confused Temp: 6 °C	L, ZE	Crazy winds and rolling seas made this visit to a large Adelie penguin colony extra exciting.
02/15/26	At Sea*	65°31'9" S 66°21'8" W	Sky: Overcast-rain Winds: NE Beaufort 8 ; Sea: 3 m swell Temp: 3 °C	S	Repositioning the ship north towards the Peninsula Educational lectures throughout the day
02/16/26	Fournier Bay	64°30'5" S 63°06'0" W	Sky: Overcast Winds: SSE Beaufort 2 ; Sea: Smooth Temp: 4 °C	ZE	Amazing humpback whale watching from the zodiacs. Lots of activity, including breaching and bubble net feeding
	Neko Harbour	64°50'6" S 62°32'3" W	Sky: Overcast Winds: Light Beaufort 1 ; Sea: Calm Temp: 7 °C	L,ZE,SK	Visit to a very active Gentoo colony Hike up to beautiful viewpoint above the glacier Sea kayaking around Anvord bay amongst the ice BBQ on back deck
02/17/26	Danco Island	64°44'1" S 62°36'35" W	Sky: Cloudy Winds: N Beaufort 4 ; Sea: Smooth Temp: 5 °C	L, ZE	Visit to Gentoo penguin colony with a hike up to a nice view of the Errera Channel. Very playful and curious leopard seals
	Orne Harbour	64°37'7" S 62°32'5" W	Sky: Overcast Winds: ENE Beaufort 4 ; Sea: Smooth Temp: 5 °C	L,ZE,SK	A hike up the steep slopes beneath Spigot Peak, where Chinstrap penguins nest on the craggy ridge. Humpback whales in the bay. Nice paddle around the bay
02/18/26	Baily Head, Deception Island	62°57'6" S 60°29'5" W	Sky: Cloudy Winds: NW Beaufort 3 ; Sea: 1 m Temp: 6 °C	ZE	Zodiac exploration along the black sandy beach and craggy cliffs and bays Huge chinstrap penguin colony Many Antarctic fur seals, giant petrels along the beach
	President head, Snow Island	62°44'6" S 61°12'0" W	Sky: Overcast Winds: NE Beaufort 4 ; Sea: 1 m Temp: 7 °C	L	Wallows of elephant seals doing their catastrophic moult Giant petrels nesting Chinstrap and Gentoo penguins along the walk



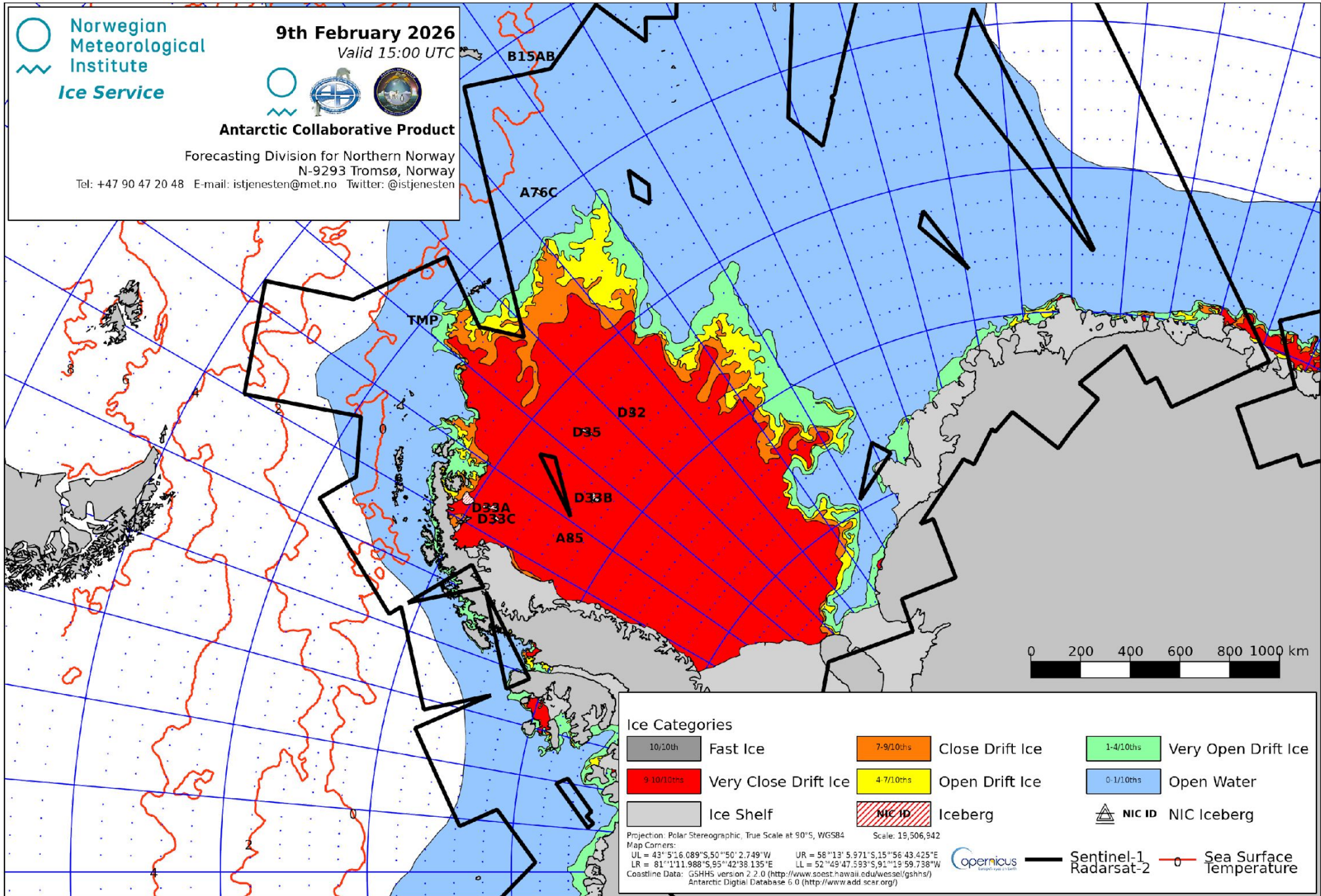
02/19/26	At Sea, Drake Passage*	60°24'0" S 65°57'0" W	Sky: Overcast Winds: ENE Beaufort 7 ; Sea: 3 m Temp: 5 °C	S	Drake lake to Drake shake in the evening Citizen science - Bird and cloud observation Educational lectures during the day
02/20/26	At Sea, Drake Passage*	55°14'5" S 66°20'38" W	Sky: Clear Winds: NW Beaufort 4; Sea: slight Temp: 11 °C	S	Educational lectures during the day Entered the beagle channel Sei whales, sea lions and many birds
02/21/26	Ushuaia, Argentina	56°20'4" S 66°32'3" W	Sky: Overcast light rain Winds: NNE Beaufort 3 ; Sea: Calm Temp: 11 °C	B	Disembarkation of guests

Key to Abbreviations

Beaufort Scale (wind/wave height): **0** = calm; **1** = 1-3kts/0m; **2** = 4-6kts/0.1m; **3** = 7-10kts/0.4m; **4** = 11-16kts/1.0m; **5** = 17-21kts/2.0m; **6** = 22-27kts/3.0m; **7** = 28-33kts/4.0m; **8** = 34-40kts/5.5m (Gale); **9** = 41-47kts/7.0m; **10** = 48-55kts/9.0m (Storm); **11** = 56-63kts/11.5m; **12** = 64kts+/14m+ (Hurricane)

Activities: **L** = Landing, **B** = Berth Alongside, **S** = Sea Day, **C** = Camping, **ZE** = Zodiac Exploration, **SE** = Ship Exploration, **SK** = Sea Kayaking, **PP** = Polar Plunge
(* Sea day positions @ local noon)





Ice Categories

10/10ths	Fast Ice	7-9/10ths	Close Drift Ice	1-4/10ths	Very Open Drift Ice
9-10/10ths	Very Close Drift Ice	4-7/10ths	Open Drift Ice	0-1/10ths	Open Water
	Ice Shelf	NIC ID	Iceberg		NIC ID

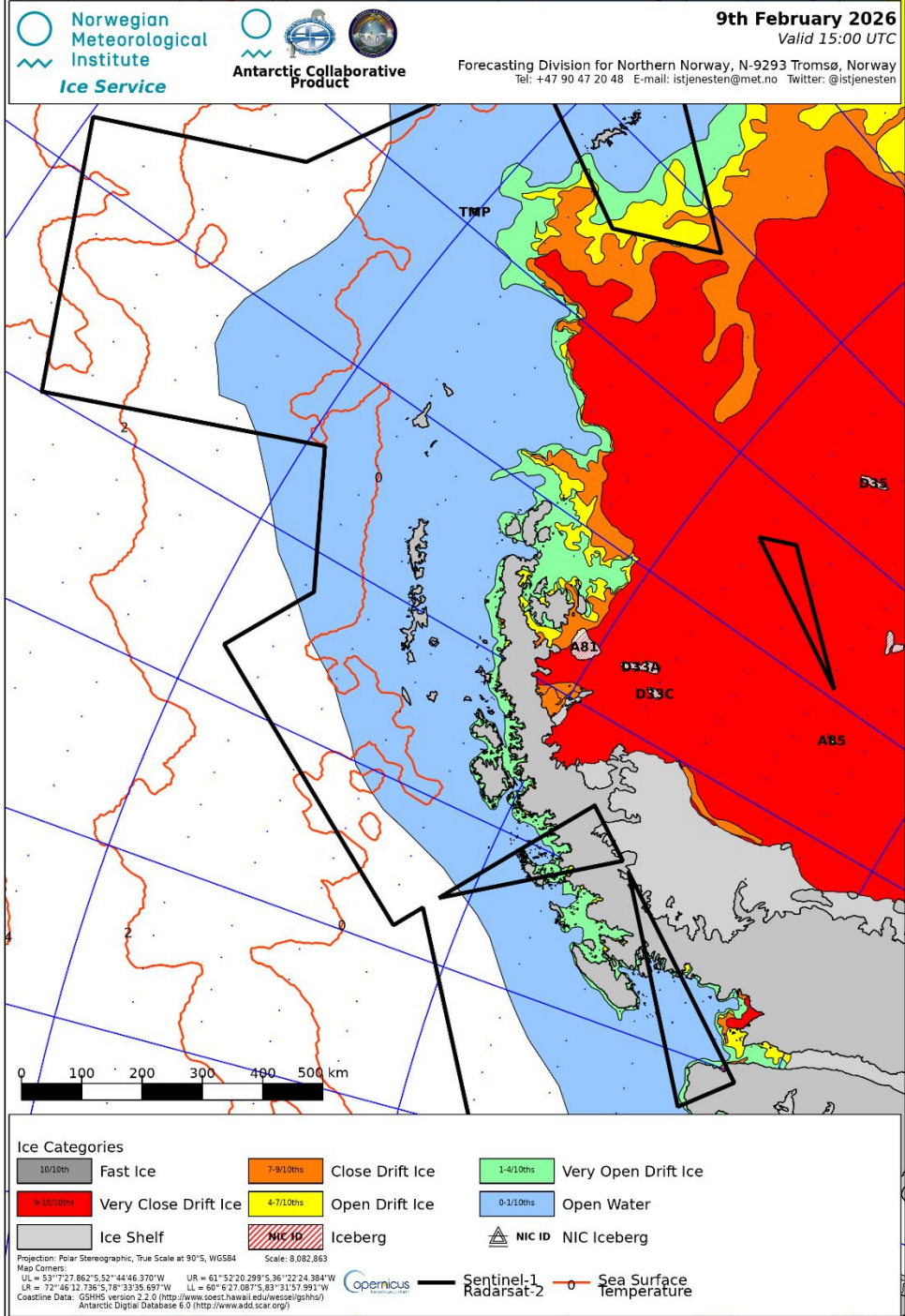
Projection: Polar Stereographic, True Scale at 90°S, WGS84
 Map Corners:
 UL = 43° 5' 16.089" S, 50° 2' 7.49" W UR = 56° 13' 5.971" S, 15° 56' 43.425" E
 LR = 81° 11' 11.988" S, 95° 42' 38.135" E LL = 52° 49' 47.593" S, 91° 15' 59.738" W
 Coastline Data: GSHHS vers on 2.2.0 (<http://www.soest.hawaii.edu/wessel/gshhs/>)
 Antarctic Digital Database 6.0 (<http://www.add.scar.org/>)



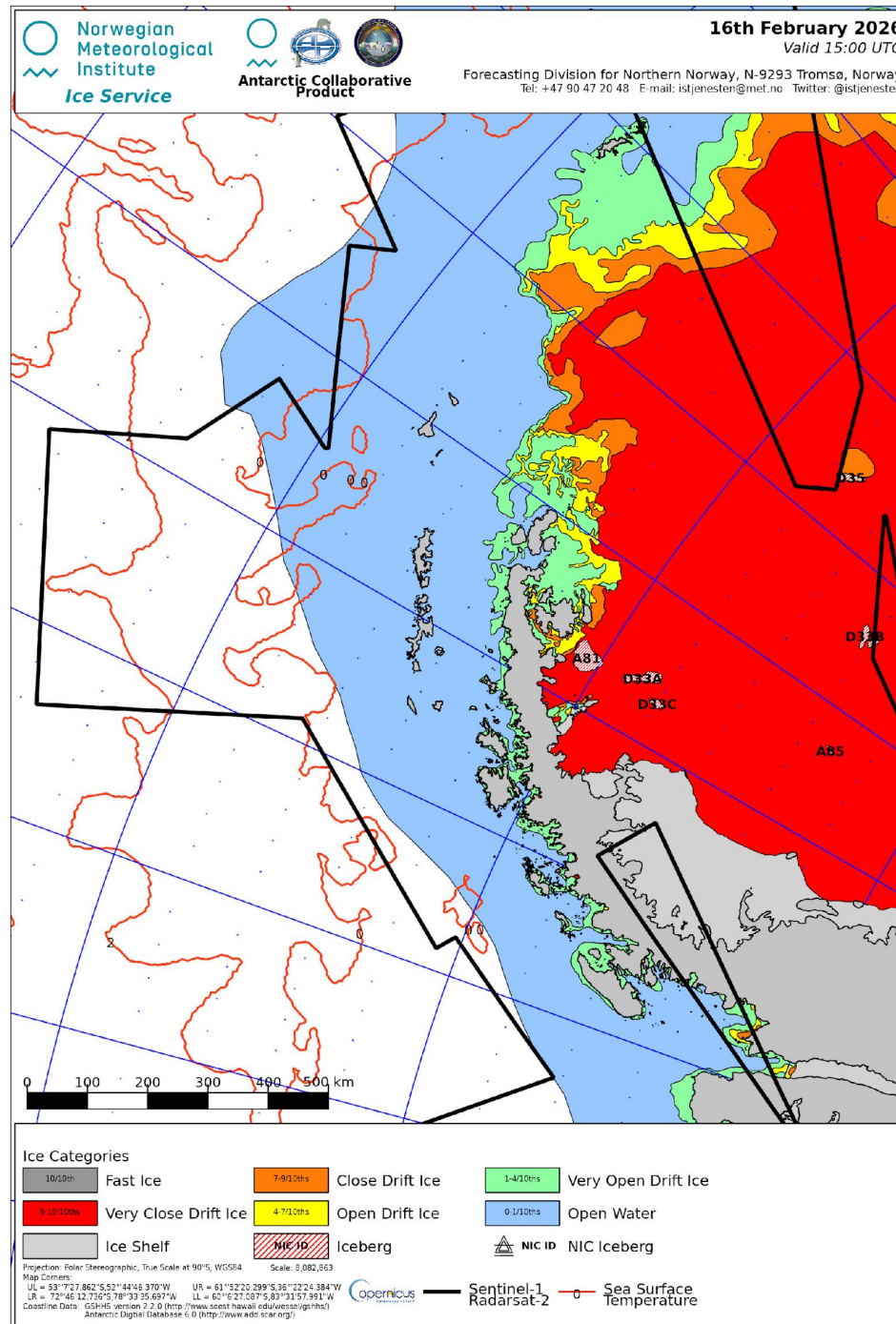
Sentinel-1
Radarsat-2

Sea Surface Temperature

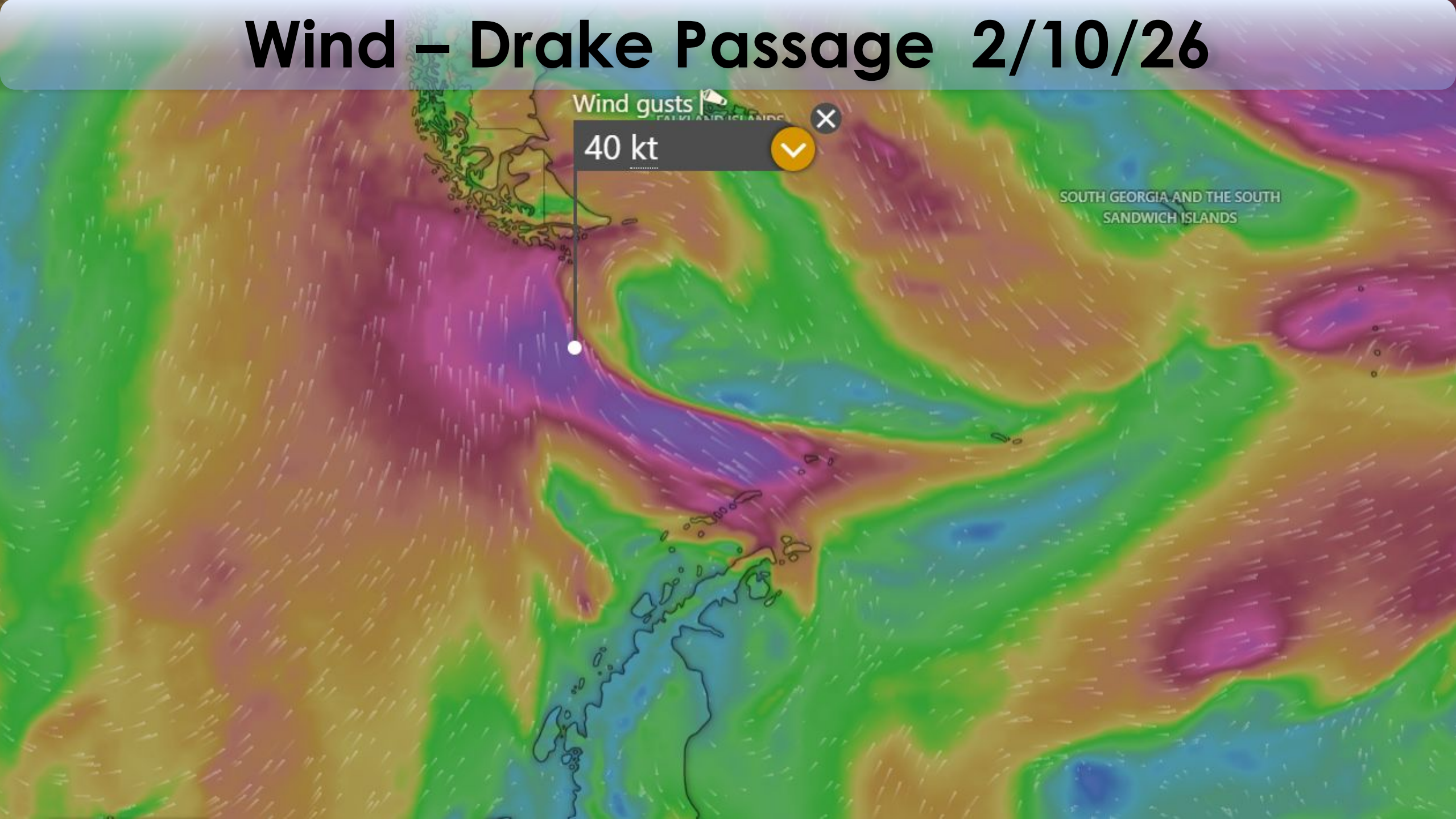
Ice chart valid 2/9/26- 2/16/2026



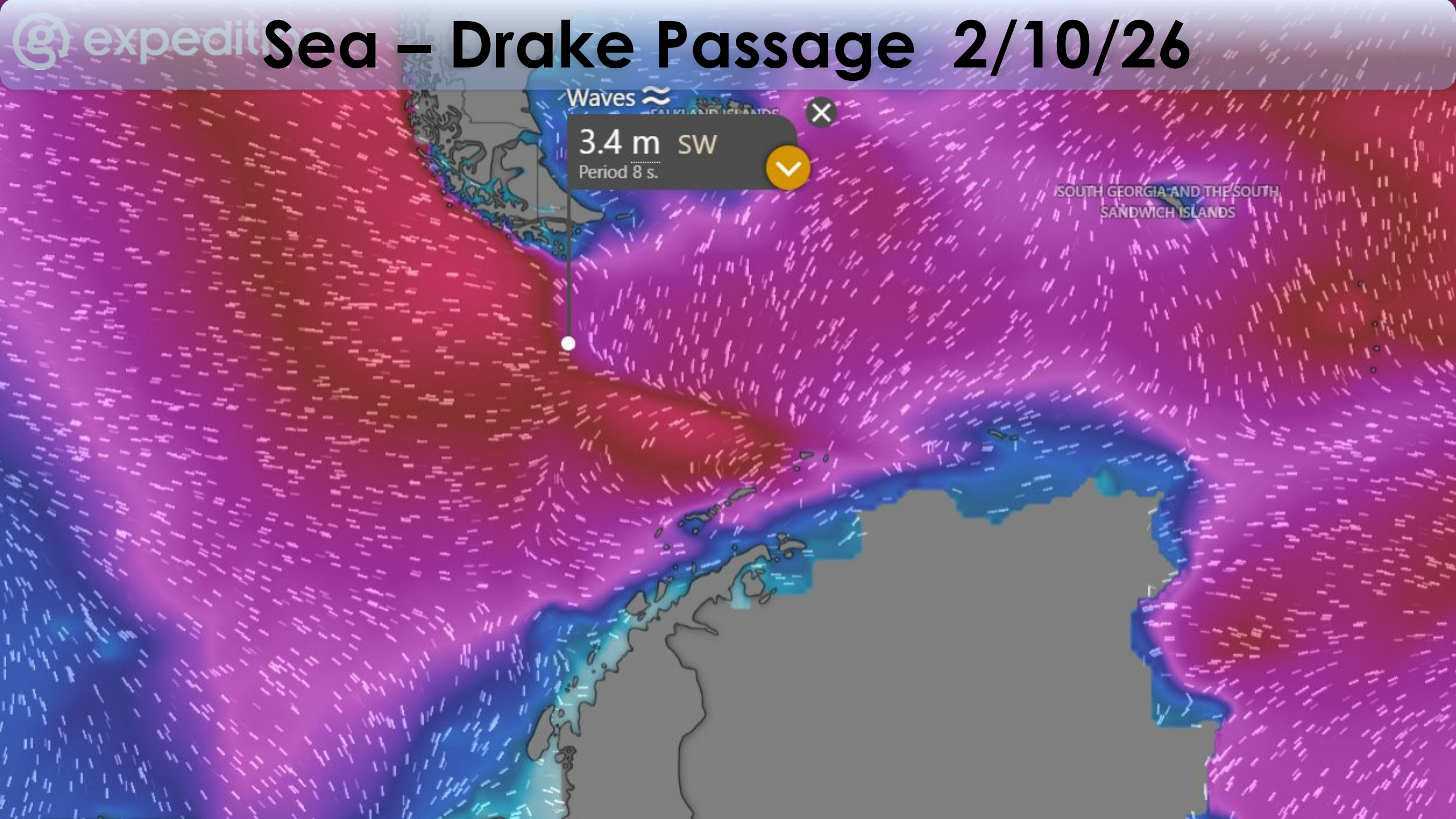
Ice chart valid 2/16/26- 2/20/2026



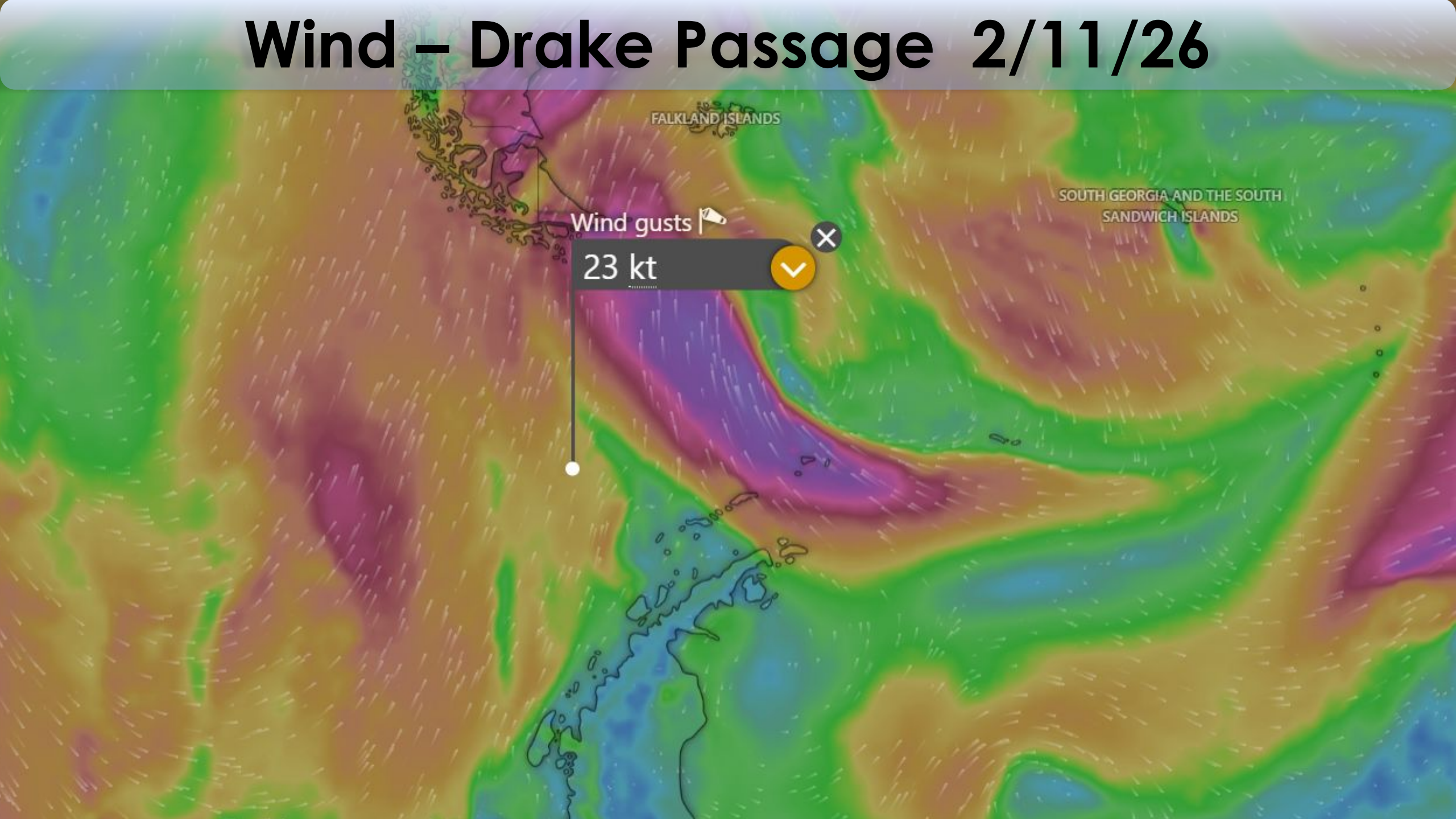
Wind – Drake Passage 2/10/26



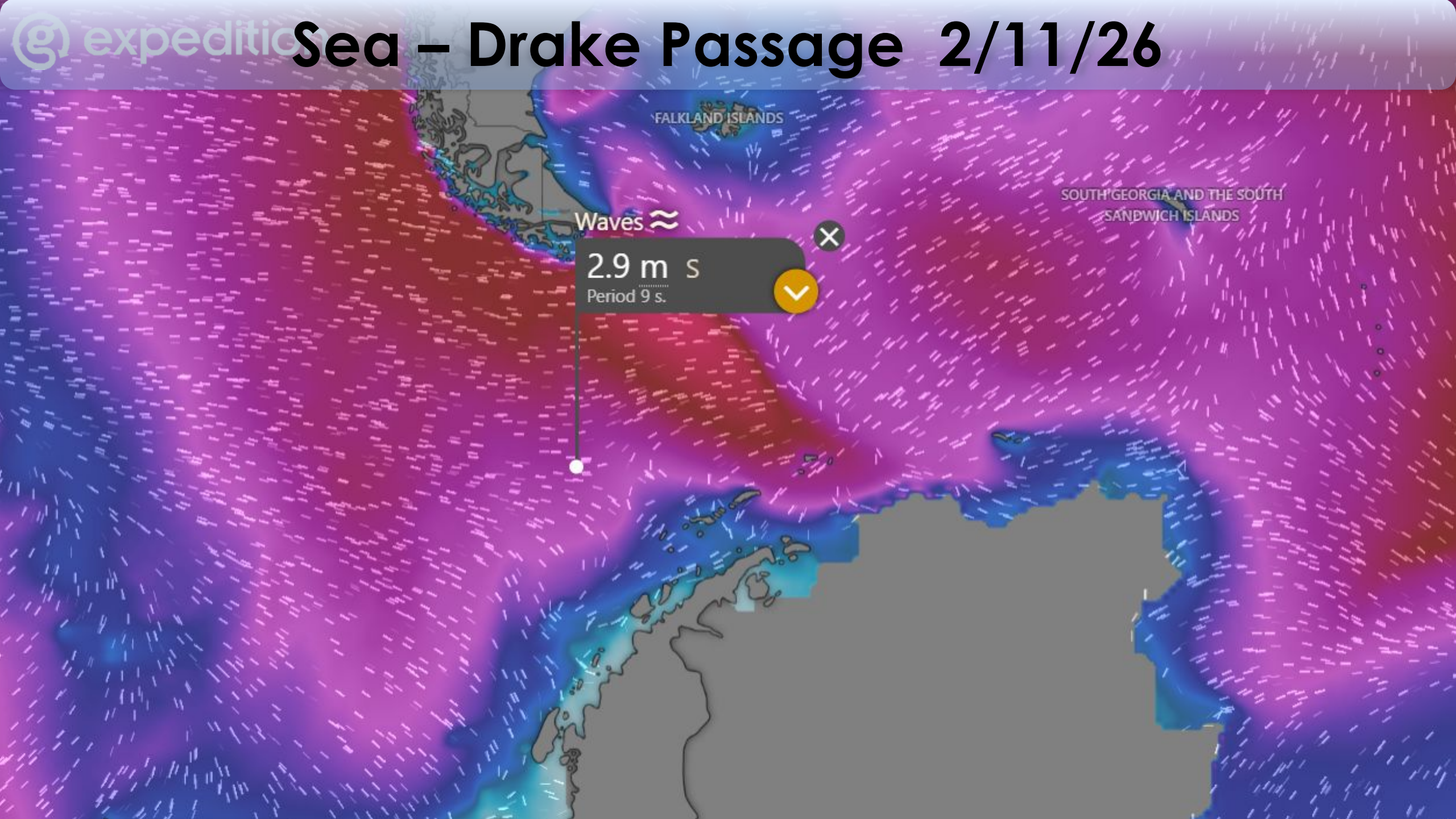
Sea - Drake Passage 2/10/26



Wind – Drake Passage 2/11/26



Sea - Drake Passage 2/11/26



FALKLAND ISLANDS

SOUTH GEORGIA AND THE SOUTH SANDWICH ISLANDS

Waves ≈

2.9 m s

Period 9 s.



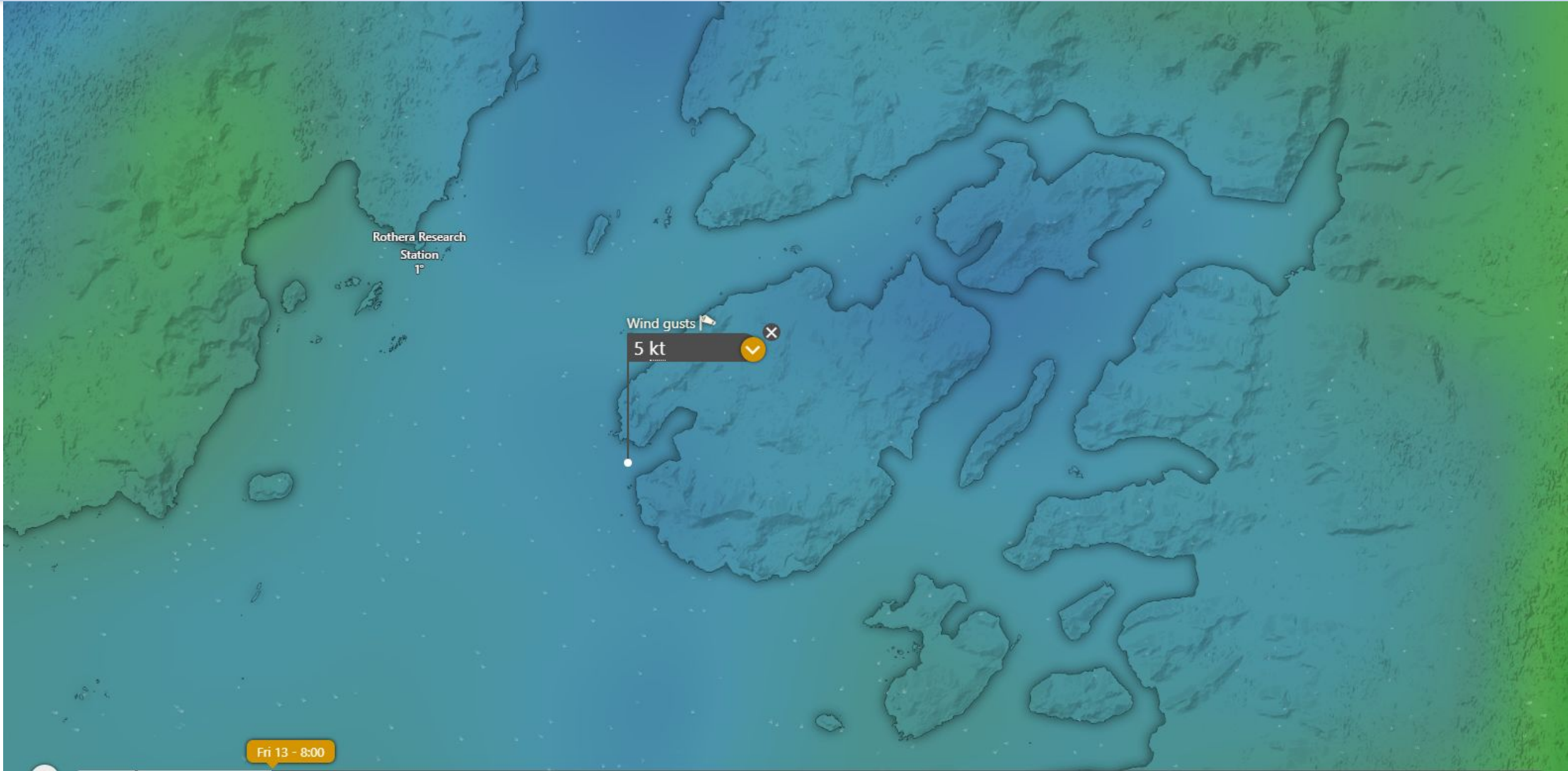
Weather 2/12/26

Wind gusts 

4 kt



Weather 2/13/26



Rothera Research Station

Wind gusts
5 kt

Fri 13 - 8:00



Thursday 12

Friday 13

Sat 14

Sun 15

Mon 16

Tue 17

Wed 18

Thu 19

Fri 20

Sat 21

Sun 22

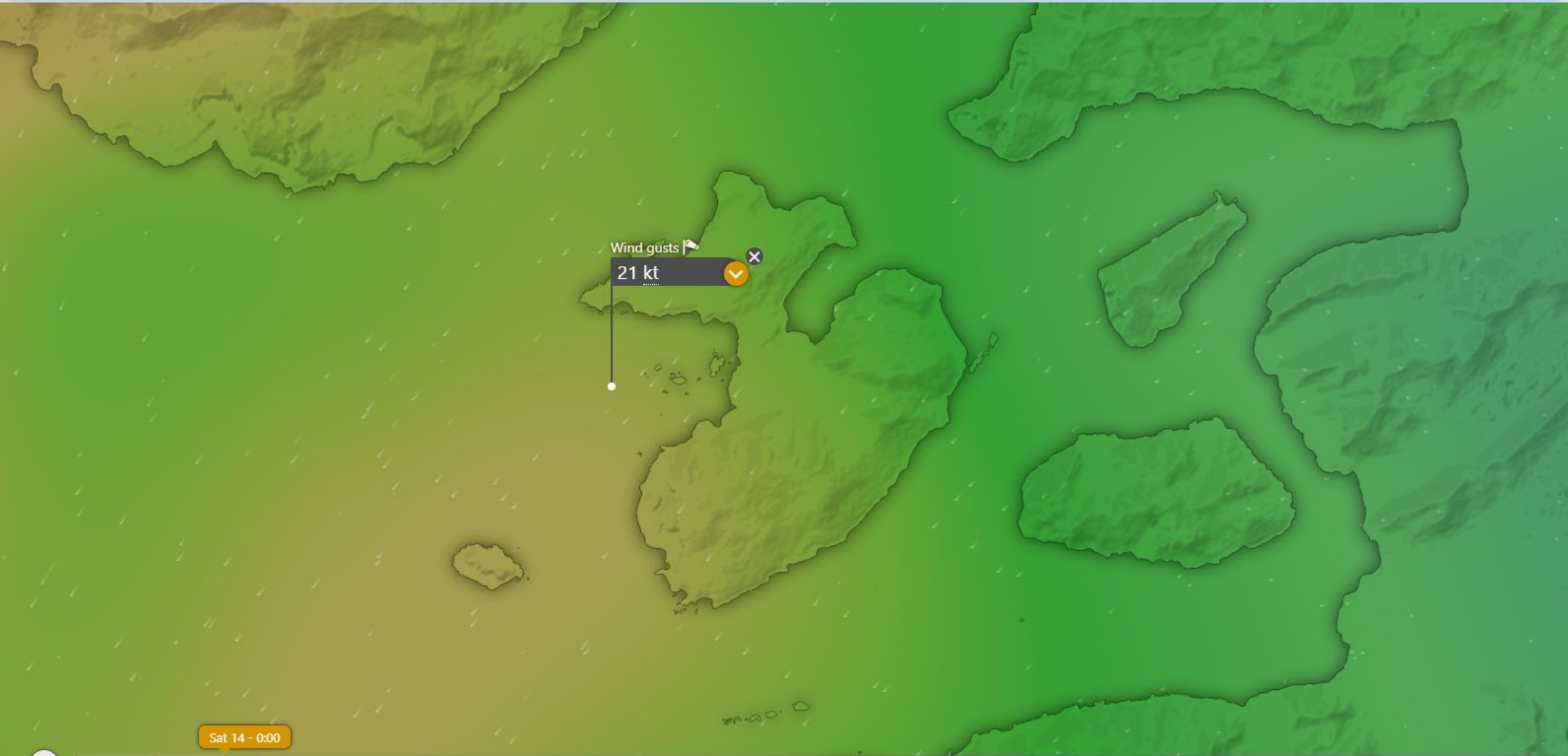
Mon 23

Tue 24

Wed 25

Thu 26

Weather 2/14/26



Friday 13

Saturday 14

Sun 15

Mon 16

Tue 17

Wed 18

Thu 19

Fri 20

Sat 21

Sun 22

Mon 23

Tue 24

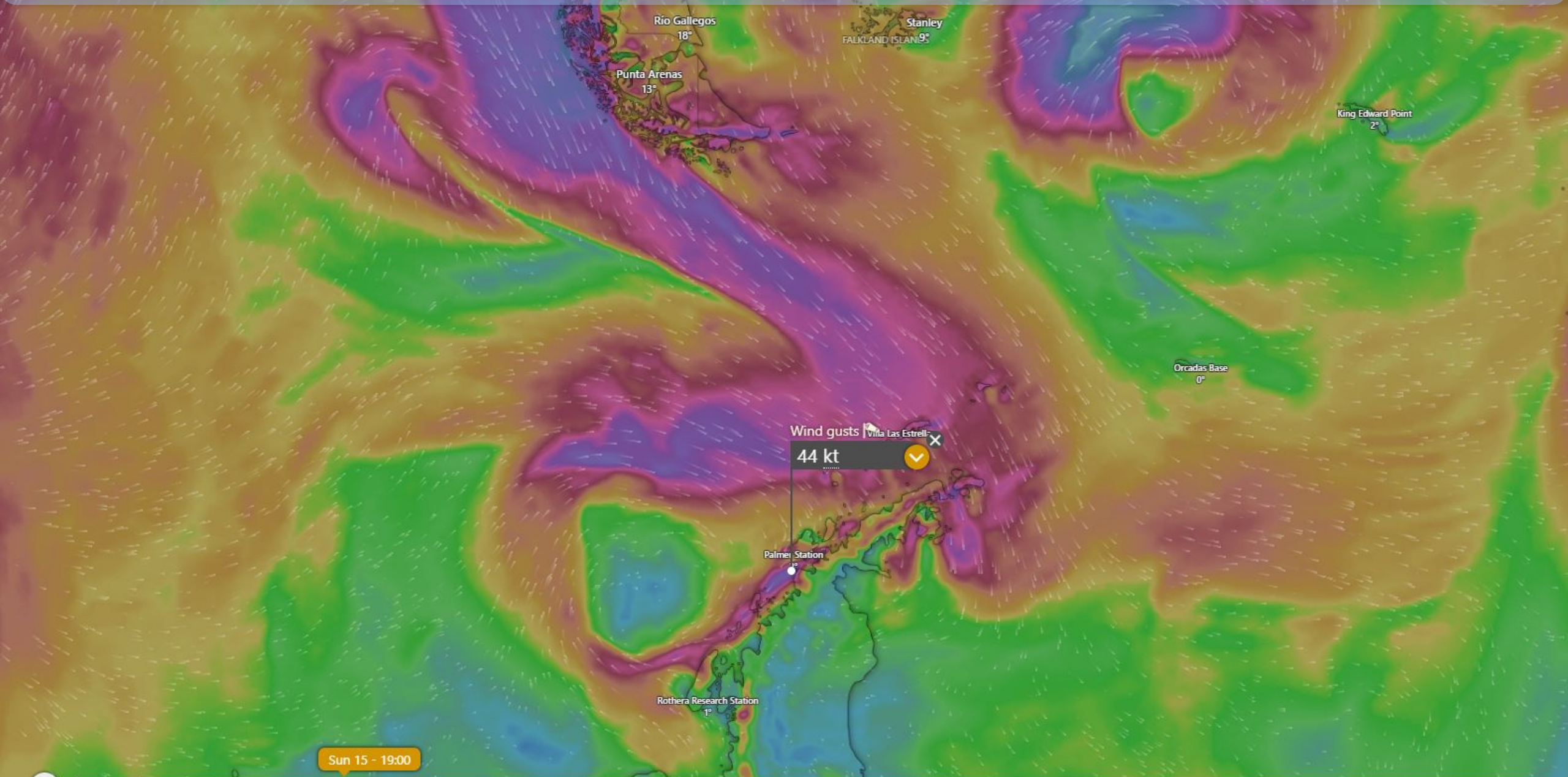
Wed 25

Thu 26

Fri 27

Search location...

Weather 2/15/26

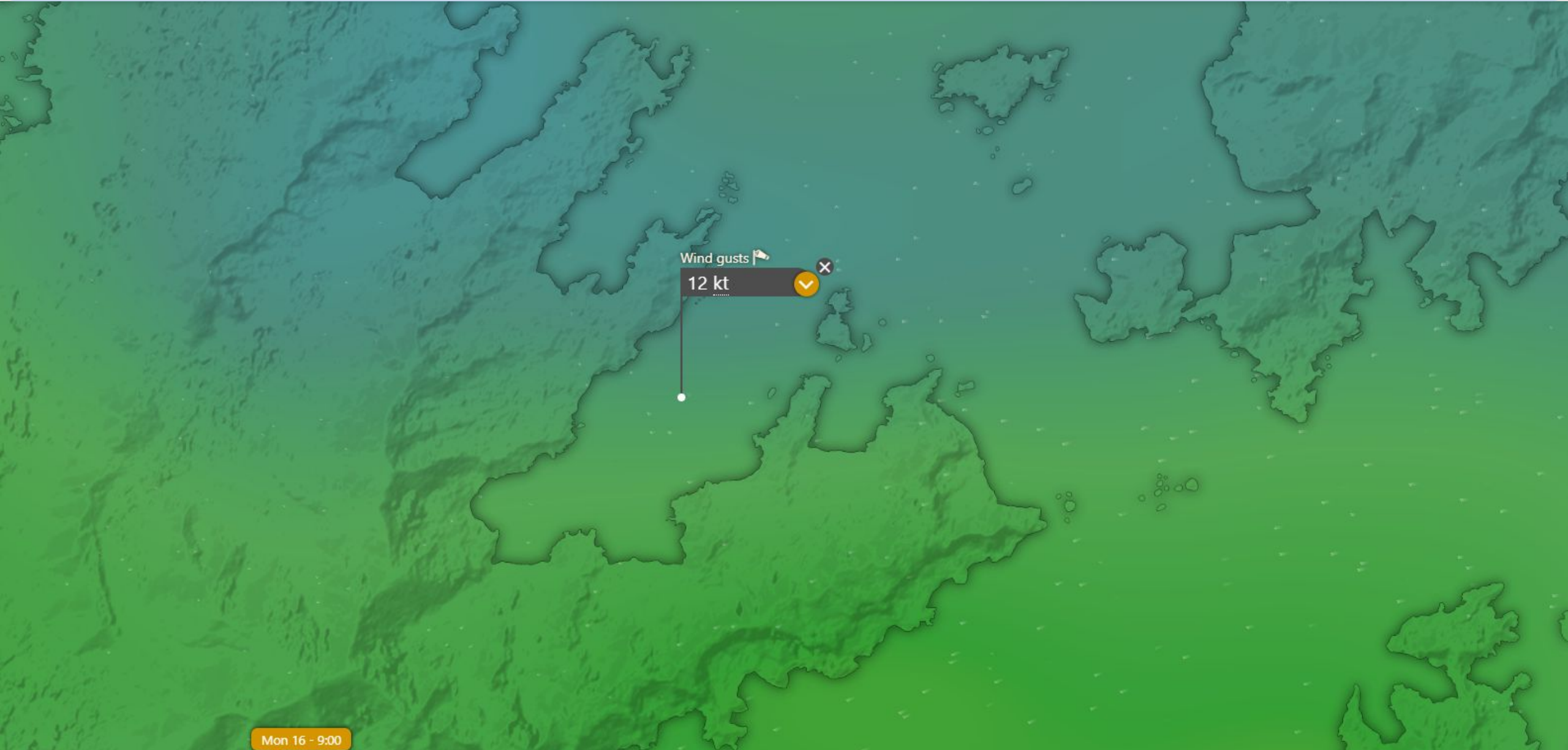


Sun 15 - 19:00



Saturday 14	Sunday 15	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28
-------------	-----------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------

Weather 2/16/26

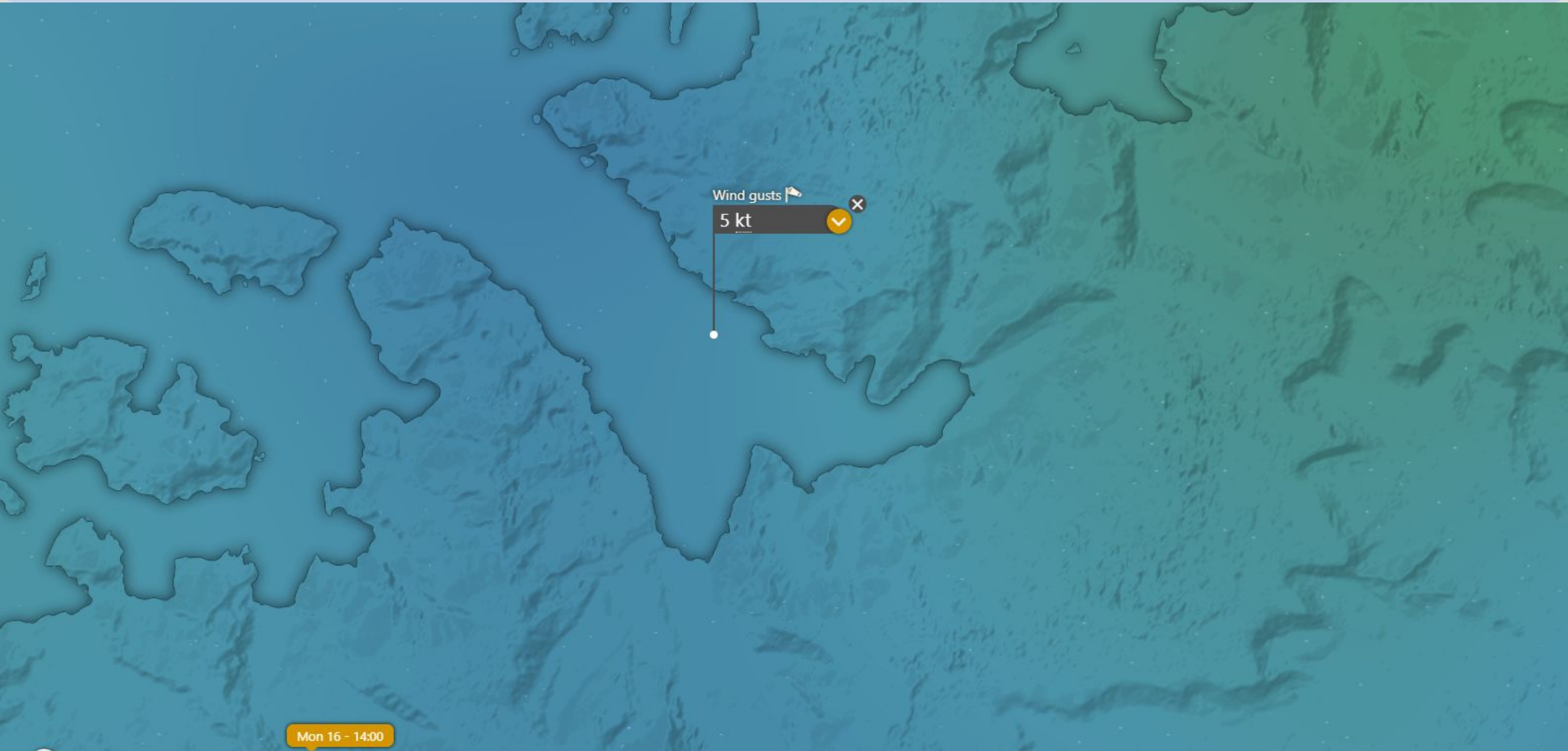


Mon 16 - 9:00



Sunday 15	Monday 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 1
-----------	-----------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	-------

Weather 2/17/26



Mon 16 - 14:00



Sunday 15

Monday 16

Tue 17

Wed 18


Thu 19

Fri 20


Sat 21 

Sun 22 


Mon 23 

Tue 24 

Wed 25 

Thu 26 

Fri 27 

Sat 28 

Sun 1 

Weather 2/18/26



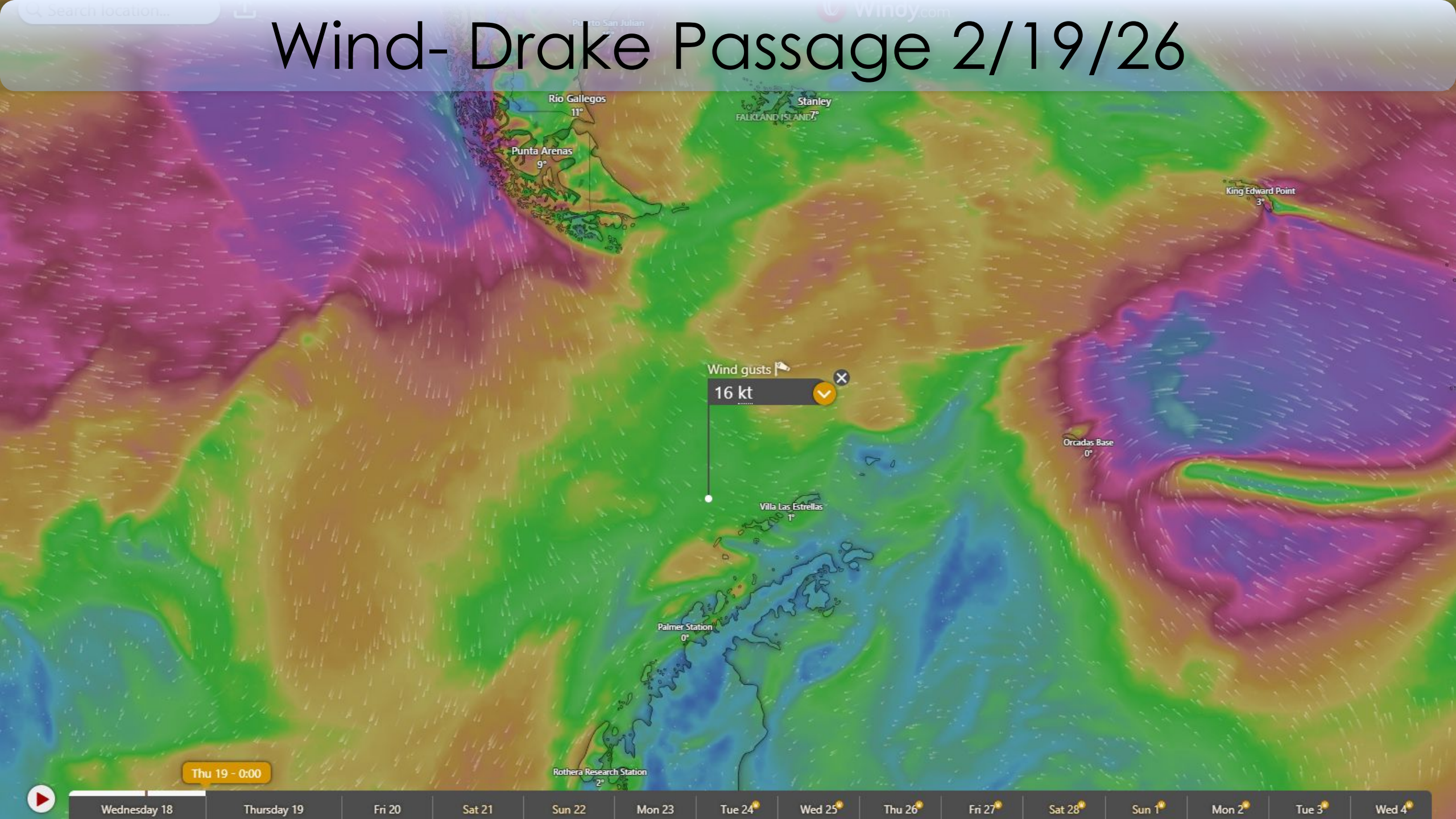
Wind gusts 15 kt

Wed 18 - 8:00



Tuesday 17	Wednesday 18	Thu 19	Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 1	Mon 2	Tue 3
------------	--------------	--------	--------	--------	--------	--------	--------	--------	--------	--------	--------	-------	-------	-------

Wind- Drake Passage 2/19/26

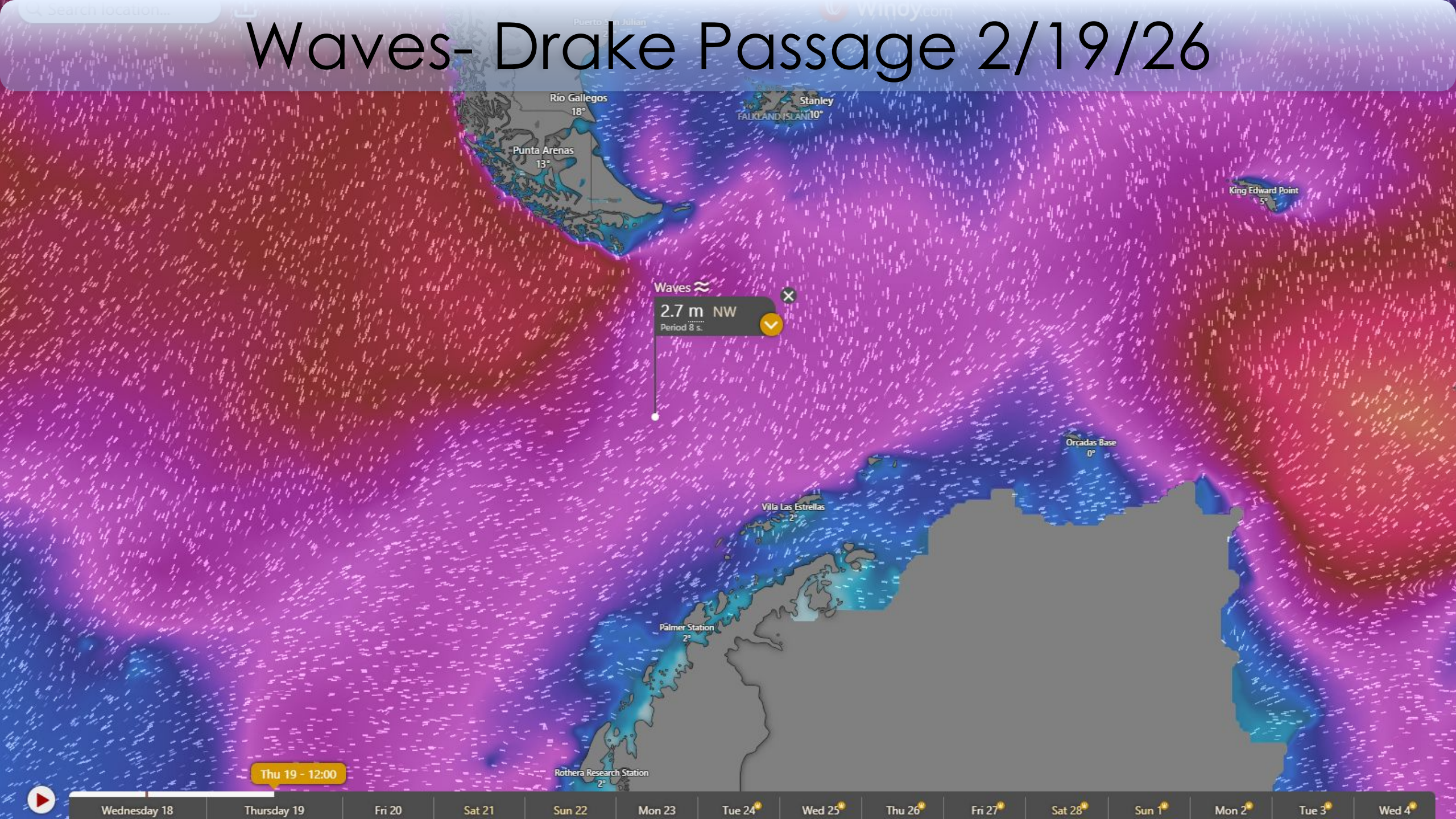


Thu 19 - 0:00



Wednesday 18	Thursday 19	Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 1	Mon 2	Tue 3	Wed 4
--------------	-------------	--------	--------	--------	--------	--------	--------	--------	--------	--------	-------	-------	-------	-------

Waves- Drake Passage 2/19/26

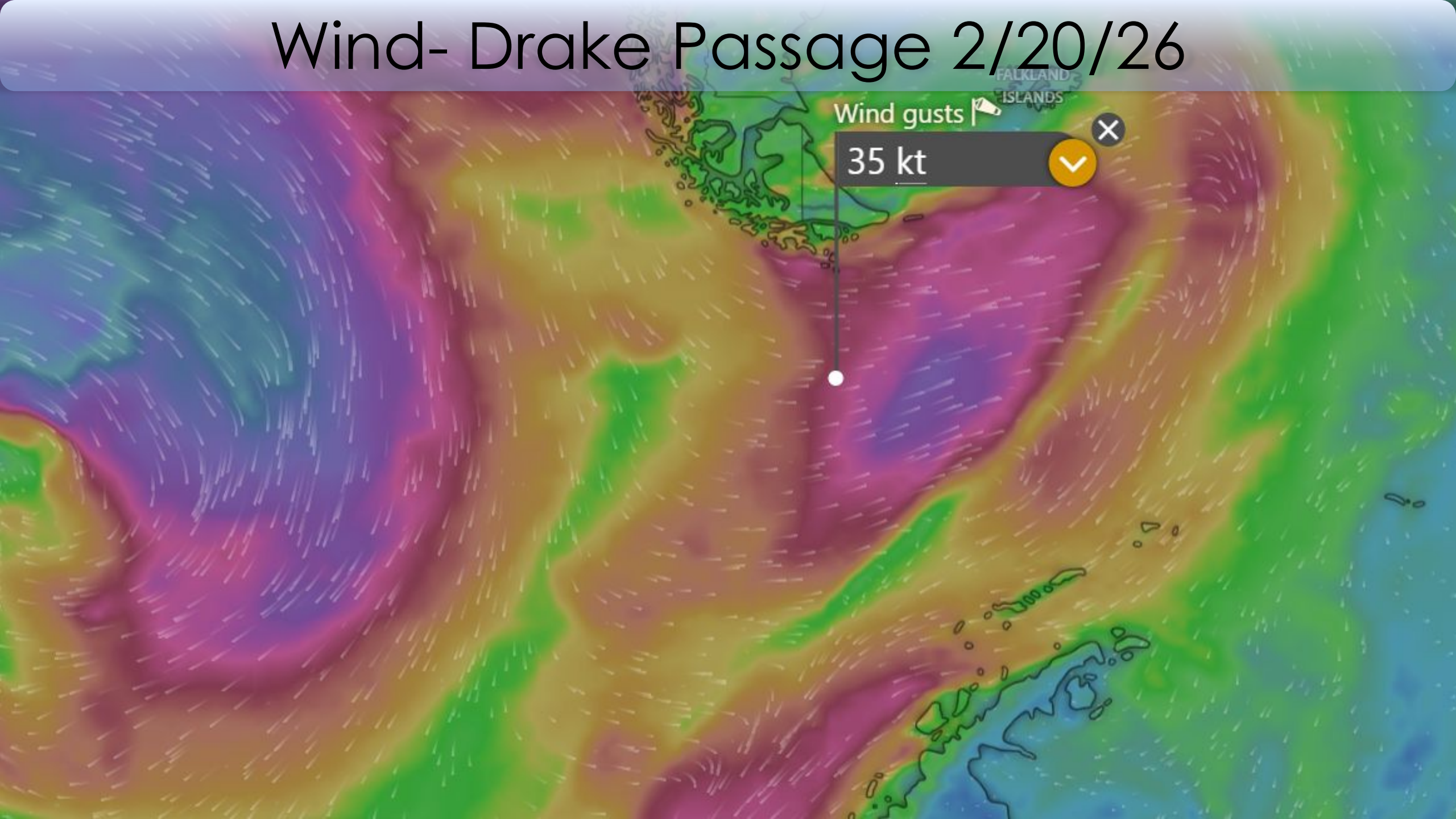


Waves 
2.7 m NW
Period 8 s. 

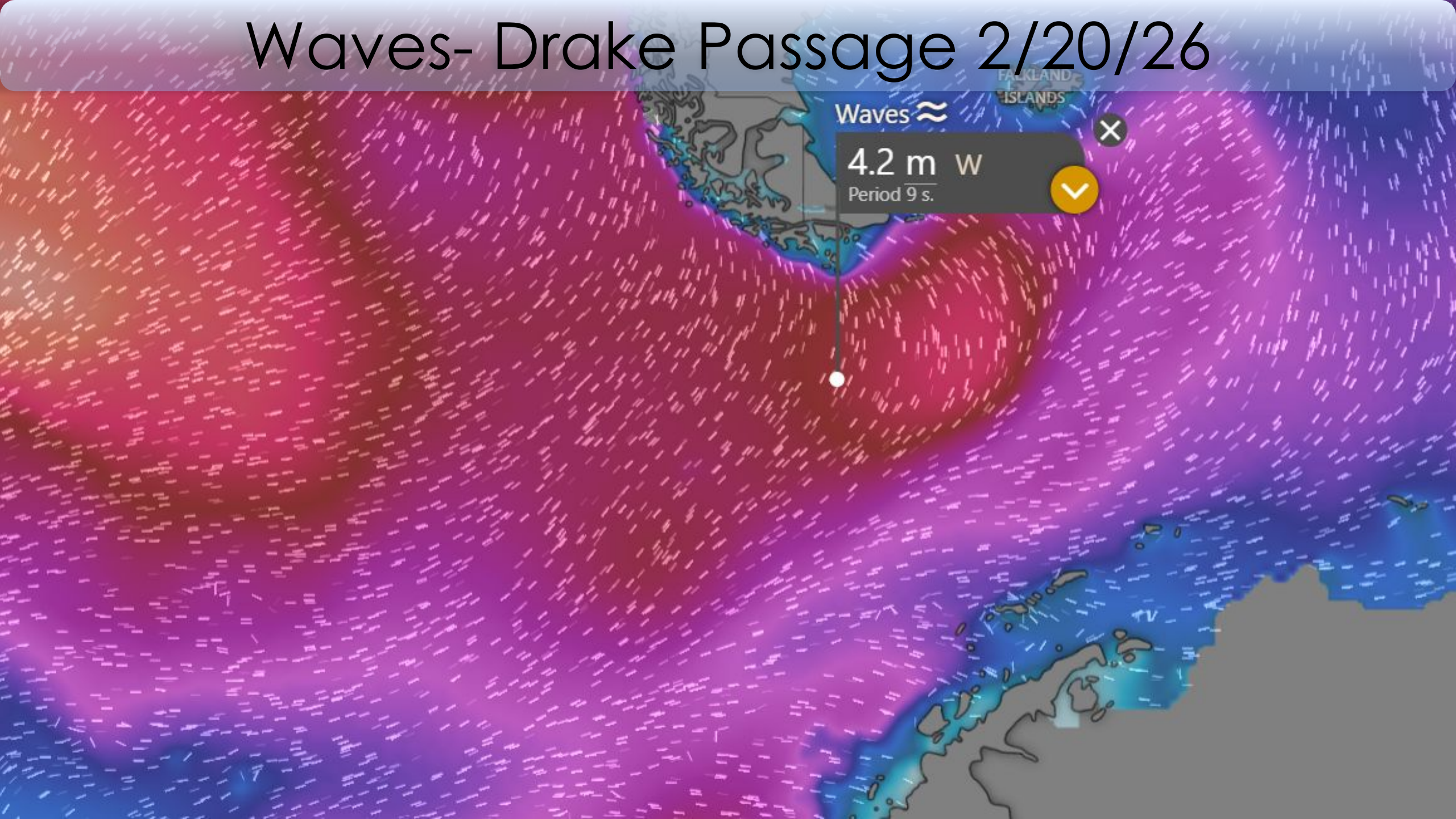
Thu 19 - 12:00

Wednesday 18 Thursday 19 Fri 20 Sat 21 Sun 22 Mon 23 Tue 24 Wed 25 Thu 26 Fri 27 Sat 28 Sun 1 Mon 2 Tue 3 Wed 4

Wind- Drake Passage 2/20/26



Waves- Drake Passage 2/20/26



Kayak Trip Log

Date: 12/Feb/2026

Number of Kayakers: 16

Location: Detaille Island

Lead: Mauricio

Weather: Sunny

Assistant: Martin

Wind: 3 knots

Safety Driver: Blaise

Kayak	Stern	Bow
Beluga	-	-
Blue	Jan	Angela
Fin	Jhonny	Jane
Humpback	Ari	Dave
Minke	Mary	Katie
Narwhal	-	-
Bowhead	Oliver	Melanie
Right	Drew	Belinda
Sei	Allison	Bec
Sperm	Alex	Megs
Dolphin	Mauricio	
Porpoise	Martin	

Time on the water: 1h56

Distance paddled: 4km

Route:

We began our paddle on the northeast end of the island. We moved along the coast and spotted our first penguins of the trip: Adelie penguins. We watched them come in and out of the water and also spotted a few grown up chicks on the top of the island. We kept paddling south along the coast and turned to the west where we spotted a Weddell seal sleeping in the rocks. We followed the shoreline back the north side of the island and spotted 6 more Weddell seals in rocks, one crabeater seal in the water and more penguins. We finished our paddle on the north side very close to the landing site.

Wildlife observed: Adelie penguin, Weddell seal, crabeater seal, Antarctic tern.

Kayak Trip Log

Date: 13/Feb/2026

Number of Kayakers: 19

Location: Dogleg Fjord

Lead: Mauricio

Weather: Sunny

Assistant: Martin

Wind: 2 knots

Safety Driver: Blaise

Kayak	Stern	Bow
Beluga	Rafa	Nelly
Blue	Jan	Angela
Fin	Jhonny	Jane
Humpback	Ari	Dave
Minke	Mary	Katie
Narwhal	Martin	Amanda T
Bowhead	Oliver	Melanie
Right	Drew	Belinda
Sei	Allison	Bec
Sperm	Alex	Megs
Dolphin	Mauricio	
Porpoise	-	

Time on the water: 1h30

Distance paddled: 3.82km

Route:

We began our paddle inside the bay of Dogleg Fjord. The bay was covered with brash ice, which added a new challenge to our route. We move across the ice to the west until we reached the a group of 4 Weddell seals and a few Adelie penguins resting on the shoreline. We turned around to paddle towards the ship surrounded by mirror reflections of the landscape around us. We encountered another Weddell seal resting on a bergy bit. By the end of our route, we spotted a big iceberg with 3 crabeater seals sleeping on top.

Wildlife observed: Adelie penguins, Weddell seal, crabeater seal, South polar skua.

Kayak Trip Log

Date: 16/Feb/2026
Location: Fornier Bay
Weather: Overcast
Wind: 2 knots

Number of Kayakers: 20
Lead: Mauricio
Assistant: Martin
Safety Driver: Anastasiia

Kayak	Stern	Bow
Beluga	Rafa	Nelly
Blue	Jan	Angela
Fin	Jhonny	Jane
Humpback	Ari	Dave
Minke	Mary	Katie
Narwhal	Martin	Amanda T
Bowhead	Oliver	Melanie
Right	Drew	Belinda
Sei	Allison	Bec
Sperm	Alex	Megs
Dolphin	Mauricio	
Porpoise	Martin	

Time on the water: 1h24

Distance paddled: 1.21km

Route:

This paddle was probably the highlight of the trip for everyone. We launched our kayaks in the middle of the bay, hoping to get closer to the groups of whales that were spotted during our navigation. Not long after having everyone in the water, we saw a group of 6 humpback whales lunge feeding approximately 300 meters away from us. We watched still until more whales came from behind the group and started feeding just a few meters away from us. We drifted and reposition our kayaks to have the best view while maintaining the required distance from the whales, but we were surrounded by whales. By the end of the paddle, one young whale approached the group and breached 4 times.

Wildlife observed: Humpback whale, Antarctic fur seal, Southern fulmar.

Kayak Trip Log

Date: 16/Feb/2026
Location: Neko Harbour
Weather: Overcast
Wind: 2 knots

Number of Kayakers: 16
Lead: Mauricio
Assistant: Martin
Safety Driver: Anastasiia

Kayak	Stern	Bow
Beluga	Rafa	Nelly
Blue	Jan	Angela
Fin	Jhonny	Jane
Humpback	-	-
Minke	Mary	Dave
Narwhal	-	-
Bowhead	Oliver	Melanie
Right	Drew	Belinda
Sei	Allison	Bec
Sperm	Alex	Megs
Dolphin	Mauricio	
Porpoise	Martin	

Time on the water: 1h20

Distance paddled: 3.76km

Route:

We started our paddle on the west side of the bay. We moved eastward to find a Weddell seal resting on a bergy bit. We stayed with the seal for a few moments while appreciating the sound surrounding ice in a moment of silence. We kept moving west to find an Antarctic fur seal moving in an iceberg and many Gentoo penguins swimming. We were able to hear the seal making noises. We finished our paddle moving towards the ship, where we spotted one last Weddell seal and a humpback whale at the distance where we stopped to get back to the zodiac.

Wildlife observed: Humpback whale, Antarctic fur seal, Weddell seal, Gentoo penguin, Wilson's storm petrel.

Kayak Trip Log

Date: 17/Feb/2026

Number of Kayakers: 13

Location: Orne Harbour

Lead: Mauricio

Weather: Overcast

Assistant: Martin

Wind: 10 knots

Safety Driver: Blaise

Kayak	Stern	Bow
Beluga	-	-
Blue	Jan	Angela
Fin	Jhonny	Jane
Humpback	Ari	Dave
Minke	Martin	Mary
Narwhal	-	-
Bowhead	-	-
Right	Drew	Belinda
Sei	Allison	Bec
Sperm	Alex	Megs
Dolphin	Mauricio	
Porpoise	-	

Time on the water: 51min

Distance paddled: 2.34km

Route:

For our last paddle we had a little more wind than what we were used to. We started our paddle heading into the bay of Orne Harbor where we encountered two humpback whales logging. We stayed with them for a few minutes, appreciating the vibrations and sound made by their breathing and with dozens of Gentoo penguins swimming around. Then we headed for a brief moment into the dense brash ice. We moved very loudly as the ice bumped into our kayaks. We paddled along the shoreline and found close to a dozen of fur seals and our first chinstrap penguins. The wind started to pick up and the swell increased so we paddled towards the ship and made a disembarkation directly from the kayak to the zodiac to the ship.

Wildlife observed: Humpback whale, Antarctic fur seal, chinstrap penguin, Gentoo penguin.



Lunch Menu

Feb. 10, 2026

SOUP

Minestrone Soup*

Garnish with Parmesan Cheese

Contains: Gluten, Beans, Tomato and Garlic

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Olives, Croutons

Beetroot, Artichokes, Bell Pepper, Chick Peas

DRESSING

Balsamic Vinaigrette and Ranch Dressing

ASSORTED COLD CUTS

Roast Chicken, Salami and Prosciutto Ham

ASSORTED CHEESES

Blue Cheese, Ementalier, Brie

COMPOUND SALAD

Oliver Salad*

Contains: Onion, Pork and Dairy

Crab stick, Corn and Apple Salad*

Contains: Shellfish and Gluten

MAIN COURSE

Pan Seared Tuna Fillet with olives-Tapenade Vinaigrette*

Chicken Tikka Masala*

(Raita, Papadums, Mango Chutney, Lime Pickles and Chili Flakes)

Contains: Dairy and Garlic

VEGETARIAN

Baked Stuffed Potato with Mexican Beans and Cheese*

Contains: Dairy

Pulao Rice / Steak Fries Potato

Sautéed Mixed Fresh Vegetables

Contains: Dairy

DESSERT

Warm Bread and Butter Pudding with Hot Custard Sauce

Contains: Gluten and Dairy

Sliced Fresh Fruits

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 11, 2026

SOUP

Chicken and Barley Soup (Vegetarian Option)*

Contains: Garlic, Gluten and Celery

SALAD BAR

Mixed Lettuce, Tomato, Onion, Olives, Artichokes
Beetroot, Green Beans and Cashew Nuts

DRESSING

Garlic Vinaigrette and Blue Cheese Dressing

ASSORTED CHEESES

Brie, Gruyere and Edam

COMPOUND SALAD

Tuna Nicoise Salad

Contains: Seafood, Tomato and Egg

Red Beans, Feta and Tomato, Red Onion Salad*

Contains: Dairy and Onion

MAIN COURSE

Baked Hake Fillet with Olives, Capers, Cherry Tomato and Butter*

Contains: Dairy

Roast Pork Neck with Creamy Calvados Cider Gravy Sauce*

Contains: Dairy

Penne Pasta Pomodoro with Parmesan Cheese*

Contains: Gluten and Dairy

VEGETARIAN

Tomato, Romanesco, Mushroom Quiche*

Contains: Egg, Gluten and Dairy

Buttered Rice / Mashed Potato

Sautéed Green Beans and Carrots

DESSERT

Mixed Berries Crumble with Custard Sauce*

Contains: Gluten and Dairy

Sliced Fresh Fruit

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 12, 2026

SOUP

Green Split Peas Soup*

Contains: Garlic and Tomato

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Walnut Croutons
Beetroots, Artichokes and White Beans

DRESSING

Japanese Vinaigrette and Ranch Dressing

ASSORTED COLD CUTS

Salami, Smoked Turkey, Mortadella

ASSORTED CHEESES

Cheddar Cheese, Gruyere and Blue Cheese

COMPOUND SALAD

Smoked Salmon Salad

Scandinavian Red Beans Salad

MAIN COURSE

Salmon Trout with Roasted almond, Lemon and Butter Sauce*

Contains: Dairy

Grilled Minute Steak with Brown Bercy Sauce*

Contains: Onion and Dairy

Fusilli Pasta with Creamy Pesto

Contains: Gluten, Dairy and Nuts

VEGETARIAN

Zucchini Fritters with Vinegar Onion Dip*

Contains: Gluten

Jasmine Rice / French Fries

Sautéed Fresh Mixed Vegetables

DESSERT

Strawberry Swiss Roll*

Contains: Gluten and Dairy

Sliced Fresh Fruits

Ice Cream With Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 13, 2026

SOUP

Persian Lentils Soup*

Garnish with Beetroot and Yogurt

Contains: Garlic and Tomato

SALAD BAR

Mixed Lettuce, Cherry Tomato, Cucumber, Onion, Olives, Croutons

White Beans, Artichokes, and Carrots

DRESSING

Herbs Vinaigrette and Parsley, Mayonnaise Dressing

ASSORTED COLD CUTS

Prosciutto, Mortadella, Salami

ASSORTED CHEESES

Blue Cheese, Cheddar and Camembert

COMPOUND SALAD

Chilean Squid Salad*

Contains: Bell pepper

Eggs Mayonnaise Salad*

Contains: Dairy

MAIN COURSE

Pan- Seared Kingclip Fillet Leeks Sauce*

Contains: Dairy

Grilled Chicken Legs Madagascar*

Contains: Dairy

Penne Pasta Arrabbiata*

Contains: Gluten, Dairy and Garlic

VEGETARIAN

Moroccan Vegetables Tangine with Chickpeas*

Contains: Garlic and Tomato

Jasmine Rice / Steak Fries Potatoes

Sauteed Fresh Mixed Vegetables

DESSERT

Boston Cream Pie*

Sliced Fresh Fruit

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 14, 2026

SOUP

Moroccan Harira Soup*

(Chickpea and Lentil Soup)

Contains: Garlic, Tomato, Gluten and Egg

SALAD BAR

Mixed Lettuce, Tomato, Onion, Olives, Croutons

Beetroot, Artichokes, Carrots and Macademia

DRESSING

Bell Pepper Vinaigrette and Creamy French Dressing

ASSORTED COLD CUTS

Prosciutto, Smork Turkey, Mortadella

ASSORTED CHEESES

Blue Cheese, Gruyere, and Camembert

COMPOUND SALAD

Tuna Flakes Salad with Vinaigrette Dressing*

Contains: Bell pepper

Asian Corn and Carrot Salad with Sesame Oil

MAIN COURSE

Deep Fried Squid Loligo with Remoulade Sauce*

Contains: Dairy

Rogan Josh*

Contains: Dairy, Lamb, Onion and Garlic

Linguini Pasta Aglio Olio*

Contains: Gluten, Dairy and Garlic

VEGETARIAN

Vegetables and Potato Frittata

Contains: Egg and Onion

Jasmine Rice / Roast Potatoes

Sautéed Carrot and Green Peas

DESSERT

Crema Catalana*

Contains: Dairy

Sliced Fresh Fruits

Ice Cream With Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 15, 2026

SOUP

Cream of Grilled Vegetable Soup with Croutons*

Contains: Tomato, Dairy and Gluten

SALAD BAR

Mixed Lettuce, Tomato, Heart of Palm, Onion, Olives

Beetroot, Artichokes, Walnut and Red Radish

DRESSING

Italian Vinaigrette and Mustard Dressing

ASSORTED COLD CUTS

Roast Pork, Salami, Mortadella

ASSORTED CHEESES

Blue Cheese, Goat Cheese, Cheddar Cheese

COMPOUND SALAD

Red Cabbage, Walnut and Raisin Salad*

Lentil, Cucumber, Bell pepper, Lemon Dressing Salad*

MAIN COURSE

Seared Tuna Fillet with Sesame Seed and Teriyaki Sauce*

Contains: Gluten

Pork Schnitzel with Cranberry Sauce*

Contains: Gluten

VEGETARIAN

Roasted Vegetables, Tvp Lasagna with Tomato Sauce*

Contains: Mushroom, Tomato, Gluten and Dairy

Buttered Rice / Steak Fries Potatoes

Sautéed Carrots and Green Beans

DESSERT

Pear Crumble with Custard Sauce

Contains: Gluten and Dairy

Sliced Fresh Fruits

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

*** Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request**

**** Gluten Free & Dairy Free Bread/Crackers available upon request**



Lunch Menu

Feb. 16, 2026

SOUP

Icelandic Vegetables and Oat Soup*

Contains: Gluten, Onion and Garlic

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Olives, Croutons
Beetroot, Cashew Nuts and Artichoke

DRESSING

Sesame Vinaigrette and Thousand Island Dressing

ASSORTED CHEESES

Cheddar, Blue Cheese and Gruyere Cheese

COMPOUND

Langoustine Salad with Vegetables*

Contains: Shellfish and Onion

Mediterranean White Beans Salad

MAIN COURSE

Pan- Fried Kingclip Fillet with Ranchero Salsa*

Contains: Tomato, Garlic and Jalapeno

Roasted Whole Chicken Herbs Marinated with Natural Gravy*

Contains: Gluten

VEGETARIAN

Roasted Cauliflower au- Gratin with Gruyere Cheese*

Contains: Gluten and Dairy

Beef and Spinach Ravioli with Tomato Sauce and Parmesan*

Contains: Dairy, Gluten, Tomato and Garlic

Jasmine Rice / Mashed Potato*

Sautéed Carrot and Green Beans*

DESSERT

Queens Pudding*

Contains: Gluten and Dairy

Sliced Fresh Fruit

Ice Cream With Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 17, 2026

SOUP

Cream of Tomato Soup with Croutons*

Contains: Gluten and Dairy

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Olives, Croutons
Beetroot, Artichokes, Carrots, and Walnuts

ASSOTED COLD CUTS

Roast Beef, Pork Ham and Mortadella

ASSORTED CHEESES

Gruyere, Blue Cheese and Brie

DRESSING

Herbs Vinaigrette / Creamy French Dressing

COMPOUND SALAD

Chicken, Artichoke Salad

Lebanese Fattoush Salad with Pita Bread

Contains: Gluten and Tomato

MAIN COURSE

Fish and Chips with Tartar Sauce*

Contains: Gluten

Beef Bulgogi with Carrots and Sesame Seed*

Contains: Gluten

VEGETARIAN

Channa Masala

Contains: Tomato and Garlic

Pasta Marinara*

Contains: Garlic, Gluten and Tomato

Jasmine Rice / Steak Fries Potatoes

Sautéed Fresh Mixed Vegetable

DESSERT

Warm Chocolate Pudding with Custard Sauce*

Contains: Gluten and Dairy

Sliced Fresh Fruit

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 18, 2026

SOUP

Italian Yellow Split Pea Soup with Spinach

Contains: Onion and Garlic

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Olives, Croutons

Beetroot, Mushroom and Walnut

DRESSING

Roasted Onion Balsamic Vinaigrette / Carrots and Ginger Dressing

ASSORTED COLD CUTS

Roast Beef, Mortadella, Smoked Turkey

ASSORTED CHEESES

Boursin, Edam Cheese and Goat Cheese

COMPOUND

Coronation Chicken Salad with Almond and Raisin*

Contains: Nuts and Dairy

Red Beans and Tomato Salad Caribbean Style

MAIN COURSE

Grilled Hake Fillet with Citrus Salsa

Albondigas with Spicy Tomato Sauce*

Contains: Beef and Tomato

Pasta with Aglio Olio

Contains: Gluten

VEGETARIAN

Vegetable Spring roll with Sweet Chili Sauce*

Contains: Nuts and Gluten

Buttered Rice* / Garlic Roast Potatoes

Sautéed Fresh Green Bean with Almonds

DESSERT

Indian Almond Chocolate Pudding*

Contains: Gluten and Dairy

Sliced Fresh Fruit Platter

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 19, 2026

SOUP

Cream of Corn and Crabstick Chowder Soup with Chives

Contains: Gluten, Dairy and Seafood

SALAD BAR

Mixed Lettuce, Tomato, Cucumber, Onion, Olives, Croutons
Beetroot, Artichokes and Pinenuts

DRESSING

Red Wine Vinaigrette and Ranch Dressing

ASSORTED COLD CUTS

Salami, Prosciutto Ham and Mortadella

ASSORTED CHEESES

Boursin, Camembert and Roquefort Cheese

COMPOUND

Squid Salad with Lime Dressing*

Contains: Seafood, Tomato and Onion

Chilean Tomato Onion Salad*

Contains: Onion

MAIN COURSE

Grilled Wahoo Fillet with Tomato and Bell Pepper Sauce*

Corn Crusted Cajun Chicken Breast with Chili Mayonnaise*

Pasta and Vegetable Pastitsio*

VEGETARIAN

Pasta and Vegetables Patisio*

Contains: Gluten and Dairy

Dhal Makhani Bukhara*

Buttered Rice / Mashed Potatoes*

Sautéed Carrots, Green Peas and Corn*

DESSERT

Crepes Suzette with Orange Butter Grand Marnier Sauce*

Contains: Gluten and Dairy

Sliced Fresh Fruit

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Lunch Menu

Feb. 20, 2026

SOUP

Pasta Faggioli (Vegetarian Option)*
Contains: Beef, Gluten, Tomato and Garlic

SALAD BAR

Mixed Lettuce, Tomato, Onion, Walnut, Croutons
Beetroot, Artichoke and Chickpea

DRESSING

Garlic Vinaigrette and Ranch Dressing

ASSORTED COLD CUTS

Salami, Pastrami, Mortadella

ASSORTED CHEESES

Cheddar Cheese, Camembert and Blue Cheese

COMPOUND

Mixed Seafood Salad with Mayonnaise*

Contains: Dairy

Mexican Coleslaw*

Contains: Dairy

MAIN COURSE

Grilled Avadejo Fillet with Creole Sauce*

Contains: Nuts and Dairy

Beef Cottage Pie with Gravy

Contains: Beef and Garlic

Pasta Maccheroni with Prociutto Pomodoro Sauce

Contains: Gluten, Tomato and Garlic

VEGETARIAN

West African Vegetables Peanut Stew*

Contains: Garlic, Onion and Tomato

Jasmine Rice / Steak Fries Potatoes

Sautéed Fresh Mixed Vegetables

DESSERT

Chocolate Roulade with Dulce de Leche*

Contains: Gluten and Dairy

Sliced Fresh Fruit

Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

*** Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request**

**** Gluten Free & Dairy Free Bread/Crackers available upon request**



Buffet Dinner Menu

Feb 09, 2026

SOUP

Chinese Chicken Noodles Soup*

Contains: Gluten

SALAD

Mixed Lettuce, Tomato, Cucumber, Onion, Cashew Nut, Beetroot
Artichokes, Bell Peppers

DRESSING

Mustard Vinaigrette and Garlic Dressing

ASSORTED CHEESES

Gruyere Cheese, Camembert, Blue Cheese

COMPOUND SALAD

Shopka Salad*

Contains: Dairy and Tomato

Aegan Seafood Salad*

Contains: Shellfish

MAIN COURSE

Pan- Seared Fillet of Toothfish Lemon, Parsley Cream Sauce*

Contains: Dairy

Tenderloin of Beef with Creamy Shitake Mushroom Sauce*

Contains: Dairy

VEGETARIAN and VEGAN

Baked Macaroni with Tomato Sauce*

Contains: Gluten and Dairy

Jasmine Rice / Steak Fries Potatoes

Sauteed Fresh Mixed Vegetables

DESSERT

Cream Caramel with Rum Banana*

Contains: Sugar, Alcohol and Dairy

Sliced Fresh Fruit

Ice with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Welcome Dinner Menu

Feb. 10, 2026

APPETIZER

Tiger Shrimp, Timbale Sliced Avocado, Lemon with Toast Bread*
Tomato Coulis and Shredded Lettuce
Contains: Dairy, Gluten and Shellfish

VEGETARIAN

Tomato, Buffalo Mozzarella Caprese Salad*
With Balsamic Dressing
Contains: Dairy

SOUP

Carrots, Orange and Fennel Cream Soup*
Topped with Cream, Garnish with Parmesan Cheese
Contains: Gluten and Dairy

MAIN COURSE

FISH

Grilled Cajun Salmon Fillet Florentine Mushroom and Tomatoes*
Smashed Potatoes, and Rosemary Butter
Contains: Dairy

MEAT

Herbs Crusted Roast Rack of Lamb*
With Duchese Potato, Ratatouille, Green Beans and Mint Sauce
Contains: Gluten and Dairy

VEGETARIAN AND VEGAN

Lentil and TVP Stew
With Garlic Mashed Potatoes

DESSERT

Brazo de Mercedes*
Meringue roll with Custard Filling
Contains: Dairy

Assorted Cheeses with Crackers and Grapes**
Sliced Assorted Fresh Fruit

ICE CREAM OF THE DAY

Ice Coupe Tiramisu with Chocolate Powder

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Salmon From Norway



Dinner Menu

Feb. 11, 2026

APPETIZER

Tomato Bruscheta Toasted Baguette with Chickpea Mousse Parmesan Cheese*

Presented on a Garden Salad with French Dressing

Contains: Nuts, Alcohol, Gluten and Dairy

SOUP

French Onion Soup*

With Cubes Bread Cheese Croutons

Contains: Alcohol, Gluten and Dairy

MAIN COURSE

FISH

Baked Halibut Fillet with Buerre Blanc Sauce

Served with parsley Potatoes, Carrots and Green Peas

Contains: Dairy

MEAT

Duck Breast with Berries and Port wine Sauce*

Creamy Polenta, Braised Red Cabbage and Romanesco

Contains: Alcohol and Dairy

VEGETARIAN and VEGAN

Potato, Cheese, Chives Latke with Apple Sauce*

with Mixed Garden Salad, Walnut Dressing

Contains: Dairy and Nuts

DESSERT

Lamington*

Small Cake Dipped in Chocolate Coated with Desiccated Coconut

Contains: Gluten and Dairy

Assorted Cheeses with Crackers and Grapes**

Sliced Assorted Fresh Fruit

ICE CREAM OF THE DAY

Ice Cream Denmark

(Ice cream with Chocolate Sauce and Cream)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Fish from Holland



Dinner Menu

Feb. 12, 2026

APPETIZER

Spinach and Cheese Ravioli*

With Creamy Tomato Sauce, Parmesan and Chives
Contains: Gluten and Dairy

SOUP

Roast Butternut Squash*

With Whipped Cream, Amaretto and Toasted Almond
Contains: Nuts, Gluten and Dairy

MAIN COURSE

FISH

Grilled Toothfish Fillet with Sauce Vierge and Crispy Onion
Served with Boiled potatoes, Carrots and Zucchini

MEAT

Mediterranean Lamb Shank*

Braised Lamb Shank in Tomato Sauce with Garlic Mashed Potato, Carrots, and Romanesco
Contains: Garlic, Tomato, Gluten and Dairy

VEGETARIAN AND VEGAN

Summer Vegetables Wellington with Mustard Cream Sauce*
Served with Boiled Potato and Garden Salad
Contains: Gluten and Dairy

DESSERT

Peach Melba*

Peach with Vanilla Ice Cream and Strawberry Sauce
Contains: Dairy

Assorted Cheeses with Crackers and Grapes**
Sliced Assorted Fresh Fruit

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Toothfish from Falkland Islands



Italian Dinner Buffet

Feb. 13, 2026

SOUP

Tuscan White Beans Soup with Spinach*

SALAD

Mixed Lettuce, Tomato, Cucumber, Croutons, Artichokes
Beetroots, Sweet Bell Peppers

COMPOUND SALAD

Italian Pasta Country Style* / Chopped Salad with Creamy Garlic Dressing*
Sicilian Caponata Salad*

Assorted Cheeses

Italian Vinaigrette / Sundried Tomato Dressing
Prosciutto Ham- Carving with Condiments
(Gherkin, Olives, Cherry Tomato)

MAIN COURSE

Baked Cod Fillet Puttanesca*
Pollo alla Valdostana*
Italian Pork Tenderloin with Cream and Sun Dried Tomatoes*

SPECIAL OF THE NIGHT

Salami, Margherita Pizza and Calzone*

PASTA STATION

Bread Stick, Parmesan Cheese, Italian Seasoning
Rosemary Ciabata Bread and Focaccia
French Fries Potatoes

VEGETARIAN

Mushroom Risotto*
Roasted Potatoes with Olive Oil and Parmesan Cheese*
Italian Roasted Vegetables with Italian Dressing

DESSERT

Tiramisu and Panna Cotta*
Sliced Fresh Fruit
Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Valentines Day Dinner Menu

Feb. 14, 2025

APPETIZER

Fisherman Delight*

Smoked Salmon, Gravlox, and Langostine, Dill Mustard Dressing with Heart Shape Croutons
Contains: Gluten and Seafood

VEGETARIAN

Mixed Garden Salad with Avocado, Grape Fruit and French Dressing*

Contains: Dairy and Alcohol

SOUP

Borscht with Sour Cream*

Contains: Tomato, Garlic, Beef and Dairy
(Vegetarian Option Available Upon Request)

MAIN COURSE

FISH

Grilled Tournedos of Salmon Choron Sauce*

Served with Parsley, Baby Potato, Carrot and Asparagus
Contains: Dairy

MEAT

Beef Fillet Mignon and Tiger Prawns Shell off (Surf and Turf)*

Served with Chateau Potato, Carrot, Romanesco and Reduction of Redwine and Gravy Sauce
Contains: Alcohol and Shellfish

VEGETARIAN

Gateau of Crepes with Tomato, Spinach and Cheese*

with Melange of Garden Salad, Garlic Bread and Tomato Sauce
Contains: Gluten and Dairy

DESSERT

Strawberry Cheese Cake*

Contains: Gluten and Dairy

Assorted Cheeses with Crackers

Sliced Fresh Fruit

ICE CREAM OF THE DAY

Ice Coupe Strawberry with Mixed Berry Sauce

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rasperry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Salmon From Norway



Dinner Menu

Feb. 15, 2026

APPETIZER

Melon with Prosciutto Ham Balsamic Reduction*

On bed of Garden Salad and Bread Stick

Contains: Gluten

VEGETARIAN OPTION

Catalan Eggplant, Tomato and Roasted Bell Peppers Salad*

Marinated with Olive oil, Lemon Dressing

SOUP

Fassolatha Mavromatika*

(Greek White Beans Soup with Tomato and Cumin)

Contains: Tomato and White Beans

MAIN COURSE

Sauteed Scallop and Green Mussel with Roasted Creamy Garlic Sauce*

Jasmine Rice, Paysanne Carrots and Fresh Zucchini

Contains: Shellfish, Garlic and Dairy

Roast Ribeye of Beef with Classic Peppercorn Bourbob Sauce*

With Baked half Potato, Sour Cream, Carrots Stick and Romanesco

Contains: Dairy and Tomato

VEGETARIAN

Stroganoff Forestiere*

Served with Pasta, Garnish with Beet Roots, Sour Cream and Gherkin

Contains: Gluten, Tomato, Mushroom and Dairy

VEGAN

Sauteed Vegan Creamy Mushroom Stroganoff, Coconut Milk with Tahini*

Served with Pasta

Contains: Gluten, Tomato, Mushroom and Coconut Milk

DESSERT

Mississippi Mudsliced Cake*

(Kahlua Whipped Cream)

Contains: Gluten and Dairy

Assorted Cheeses with Crackers and Grapes

Sliced Assorted Fresh Fruit

Ice Cream of the Day

Ice Coupe Monalisa

(Vanilla Ice Cream with Berries Sauce)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Salmon From Norway



Dinner Barbecue

Feb. 16, 2026

Salad

Lettuce Salad + Dressing
Tomato, Cucumber, Feta Salad / Pasta Salad*
Cabbage Coleslaw Salad / German Potato Salad*
Assorted Cheese Platter with Crackers

Smoked salmon

Hot Galley

Barbecue Chicken Drumstick*
Garlic, Lemon Salmon*
Argentinean Chorizo with Sauerkraut*
Garlic Marinated Lamb Chop*
Hamburger with Buns
Paella Valenciana*

Carving Station

Herbs Marinated Whole Rib Eye of Beef with Salsa*
Pork Spareribs with BBQ Sauce*

Vegetarian

Mushroom and Tvp Burger Patty with Buns*

Entremetier

Traditional Hungarian Beef Goulash*
Grilled Herbs Potatoes / French Fries
Roasted Seasonal Vegetables with Balsamic / Corn Niblets

Condiments

Mayonnaise, Sliced Tomato, Cheese, Gherkin, Sliced Onion

Baker and Pastry

Assorted Bread Rolls, Farm House Bread and Ciabata
Apple Crumble with Custard Sauce*
Ice Cream with Condiments

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request





Asian Dinner Buffet

Feb. 17, 2026

SOUP

Chinese Hot and Sour Soup*

SALAD

Mixed Lettuce / Sesame Singaporean Shrimp Salad*

Goi Ga (Vietnamese Cold Chicken Salad)*

Cambodian Beef, Mango, Coriander Salad*

Fresh Vegetables Lumpia (Asian Sautéed Vegetables with Peanut Sauce)

Assorted Cheeses

DRESSING

Asian Ginger Vinaigrette / Japanese Dressing

MAIN COURSE

Kari Ikan (Malasian Fish Curry)*

Guandong Sweet and Sour Pork with Pineapple*

Chicken Pork Adobo (Philippines National Dish Marinated with Soya Sauce and Vinegar)*

Kushiyaki(Beef Skewer with Teriyaki Sauce)*

Satay Ayam dan Babi (Indonesian Chicken and Pork Satay with Peanut Sambal)

MEAT CARVING

Roast Suckling Pig With Bread Sauce and Apple

VEGETARIAN

Thai Red Curry of Potato and Cauliflower*

Vegetarian Chinese Fried Rice*

Mee Goreng*

Spicy Indonesian Stir-Fry Noodles

Samosa with Mango Chutney*

DESSERT

Chinese Ginger Crème Brulée*

Pisang Goreng*

(Indonesian Banana Fritters)

Sliced Fresh Fruits

Ice Cream with Condiments

BREAD

Pandesal, Thai Roti Bread, Korean Rolls and Baquettes

(Pls. Check the Food Labels from the Buffet for the Food Contains/Allergens)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request



Dinner Menu

Feb. 18, 2026

APPETIZER

Mexican Cobb Salad with Crispy Fajitas*

With Lettuce, Tomato, Red beans, Boiled eggs, Cheese and Coriander Sour cream
Contains: Gluten and Dairy

VEGETARIAN

Waist and Watchers Salad*

Mixed Garden salad with Tomato, Cucumber and Spies Camembert French Dressing
Contains: Alcohol and Dairy

SOUP

Cream of Asparagus Soup With Croutons*

Contains: Gluten and Dairy

MAIN COURSE

FISH

Pan- Fried Fillet of Norwegian Salmon with Pistachio Lemon Butter*

Served with Red skin Baby Potato, Carrots and Zucchini
Contains: Nuts, Gluten and Dairy

MEAT

Bacon Roast Turkey Breast with Creamy Marsala Sauce*

Served with Farm house Potatoes, Carrot, Sautéed Brussel Sprout
Contains: Alcohol, Tomato and Dairy

VEGETARIAN

Egg and Mushroom Curry*

With Basmati rice, Papadum and Mango Chutney

VEGAN

Textured Vegetables Protein Bolognese*

with Spaghetti and Garlic Bread
Contains: Tomato, Gluten and Garlic

DESSERT

Chocolate Éclair*

Assorted Cheeses with Crackers**

Sliced Fresh Fruit

ICE CREAM OF THE DAY

(Ice Cream Monalisa)

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Raspberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Salmon From Norway



Dinner Menu

Feb. 19, 2026

APPETIZER

Norwegian Smoked Salmon Salad with Tomato, Red Onion*
Red Radish on a bed of Lettuce with Sliced of Lemon

VEGETARIAN

Quinoa, Tomato, Cucumber Salad*
With Chopped Coriander

SOUP

Cream Of Spinach Soup*
with Nutmeg
Contains: Gluten and Dairy

MAIN COURSE

FISH

Baked Greenland Halibut Fillet with Zafron Sauce*
With Parsley Butter Potato, Carrots and Green Beans
Contains: Dairy

MEAT

Buttered Basted Rosemary Ribeye Steak with Bourbon Sauce*
Mashed Potato, Carrots and Romanesco
Contains: Tomato, Alcohol and Dairy

VEGETARIAN and VEGAN

Gratinated Eggplant Bivalde*
Served with Boiled Potatoes and Garden Salad
Contains: Dairy and Tomato

DESSERT

Baklava

Contains: Nuts, Gluten and Dairy

Assorted Cheeses with Crackers and Grapes**
Sliced Assorted Fresh Fruits

ICE CREAM OF THE DAY

Ice Coupe Banana Split with Chocolate Syrup, Nuts and Cream

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Fish from Holland



Farewell Dinner Menu

Feb. 20, 2026

APPETIZER

Surimi, Avocado Maki and Smoked Salmon Sushi*

Ginger Pickle, Soya Sauce, Wasabi

Contains: Gluten and Seafood

VEGETARIAN OPTION

Vegetables Sushi with Ginger Pickles, Wasabi and Soya*

Contains: Gluten

SOUP

Cream of Mushroom Forestiere*

(With Cinnamon Cream)

Contains: Gluten and Dairy

MAIN COURSE

FISH

Sauteed Tiger Prawns shell off with Oreganato*

Served with Jasmine Rice, Green Asparagus and Carrots

Contains: Dairy, and Shellfish

MEAT

Chateaubriand Bearnaise Boquettiere*

Roasted Whole Beef Tenderloin Served with Au-jus, Paprika Potatoes,

Grilled Tomato Carrots and Green beans

Contains: Dairy

VEGETARIAN and VEGAN

Chick Pea Falafel with Tahini Sauce

(Served with Turkish Salad)

DESSERT

Baked Alaska*

Baked Ice Cream with Sponge Meringue Served with Berries Coulis

Contains: Gluten and Dairy

Assorted Cheeses with Crackers**

Sliced Fresh Fruit

* Vegan, Gluten Free, Dairy Free, Seafoods, Scallops, Oyster, White beans, Tomato, Garlic, Rapsberry, Nuts Free options available upon request

** Gluten Free & Dairy Free Bread/Crackers available upon request

*** We Served Sustainable Lobster Tail and Tiger Prawns From Holland

**So you've been
to Antarctica...**
what happens next?



1. Take time to rest and reflect

Antarctica can be overwhelming, and travelling is tiring. So remember: ambassadorship doesn't have to start the moment you leave the ship.

Take time to rest, recover, recharge, and reflect 😊



2. Remember that there's more than one way to be an ambassador

Everyone has different strengths and interests, and Antarctica needs this diversity!

Take some time to think: what do you want to do? Perhaps you are a storyteller or a responsible tourism advocate. Your pathway is up to you.



3. Kick things off by challenging yourself

Antarctic Storytellers



Start crafting your Antarctic story with a journaling session.

Global Environmental Champions



Save water today by keeping your shower under four minutes.

Antarctic enthusiasts



Visit your local library and find an Antarctic book. Nothing there? Ask them to order something.

Responsible Tourism Advocates



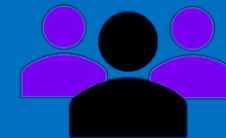
Have you purchased carbon offsets for your flight yet? Explore some options on the next slide.

Antarctic Environmental Champions



Do you use any health supplements? Check the ingredients to see whether they contain krill.

Collective Action Champions



Read about the work of the different Antarctic (and Subantarctic) organizations listed on the next slide

4. Get to know the wider Antarctic community

1. Visit the [IAATO website](#) and register on the Ambassadorship map
2. Visit the [SCAR Antarctic Environments Portal](#) to keep up to date with research
3. Join the [Antarctic Ambassadors Facebook group](#) or follow the Instagram account

STAY CONNECTED WITH THE PROJECTS WE CONTRIBUTED TO:



HAPPYWHALE

<https://happywhale.com>



SEABIRD SURVEYS

Southern Ocean Seabird Survey's eBird Account:

<https://ebird.org/profile/MzM5NDkwOQ>

Michael's personal research website:

<https://michaelschrimpf.weebly.com/>



SECCHI DISK

<http://www.secchidisk.org/>

Visualize data collection worldwide

<https://www.playingwithdata.com/secchi-disk-project/>



GLOBE CLOUDS

<https://observer.globe.gov>



ORCA Marine Mammal Survey

<https://orca.org.uk/training/marine-mammal-surveyor>

Connect with other citizen science projects from home!



CitSci: Global Citizen Science Platform <https://citsci.org>



The Polar Citizen Science Collective: <https://polarcollective.org>



NASA's Citizen Science Projects: <https://science.nasa.gov/citizen-science/>



ecs european
citizen
science

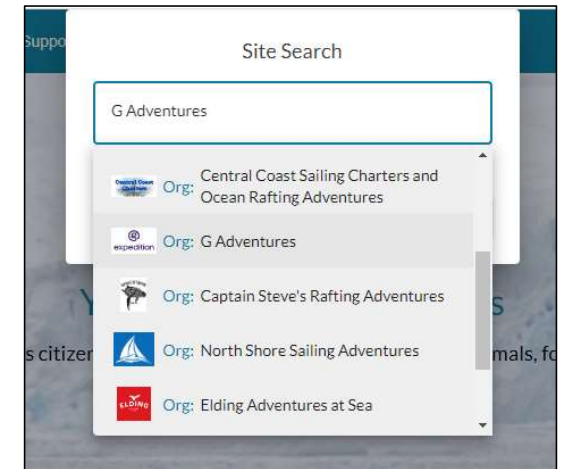
European Citizen Science: <https://eu-citizen.science>



Our Voyage's Happywhale Link

- Stay updated with the whales photographed on our voyage by following this link.
- Even if you didn't snap any photos yourself, you can participate!

Or you can search
G Adventures



And click on our
voyage to follow!

<https://happywhale.com/org/58;svy=150709;adduser=on>

+ 2026-02-09 - 2026-02-21
Boat Expedition

