

ANTARCTIC WOMEN'S EXPEDITION: SPIRIT OF ANTARCTICA

Welcome to Aurora Expeditions' Spirit of Antarctica women's only expedition expedition. Antarctica - vast, untouched, and ever-changing - is one of the few places where nature leads and humans folow. In this dynamic environment, we come together not just to witness the beauty of icebergs, penguins, and whales, but to engage deeply with the science, history, and environmental questions facing our planet today. This women's-only Antarctic expedition aboard the Sylvia Earle is more than a journey to the southernmost continent; it's a celebration of curiosity, resilience, and the unique perspectives women bring to exploration, science, and leadership.



ITINERARY

Day 1 Ushuaia

Arrive in Ushuaia, where you will be met by a representative of Aurora Expeditions and transferred with your fellow expeditioners to your assigned pre-voyage hotel. If you are already in Ushuaia, we ask you to make your way to your hotel. Check-in is from 3.00 pm. This afternoon, visit the Aurora Expeditions hospitality desk in the hotel lobby, between 3.00 pm and 7.00 pm, to collect your luggage tags, and confirm if you wish to join our Lake Escondido pre-embarkation tour tomorrow. Our team will



confirm details regarding your embarkation day, answer any questions and provide you with information on where to dine or purchase last minute items.

Expeditioners arriving after 7.00 pm will find a welcome pack waiting for them at check-in. We ask you to visit our hospitality desk tomorrow between 8.00 am - 10.00 am.

The remainder of your time is at leisure. All meals today are at your own expense.

Assigned accommodation: To be advised

Day 2 Embarkation

This morning, enjoy breakfast and check-out. Please ensure your cabin luggage is fitted with cabin tags clearly labelled with your name and cabin number. Take your cabin luggage to hotel reception, prior to, or at check-out. Your luggage will be stored and transferred directly to the port for clearance, to be placed in your cabin ahead of your arrival on board. Please keep any valuables or personal items with you throughout the day.

Those wishing to join our Lake Escondido tour today, please meet in the hotel lobby at 8.45 am. This tour offers us an unforgettable panoramic drive through big valleys of glacial origin, evergreen and deciduous forests, waterfalls and rivers, in the vastness of the Andes Mountain Range. We will leave Ushuaia city to the northeast of Tierra del Fuego, driving through peat bog valleys to reach Garibaldi Pass, only accessible by a winding road that will take us to a panoramic point. From here we will have amazing panoramic views of Lake Escondido and, if weather conditions allow, of Fagnano Lake. We will start our descent towards the northeast to reach Fagnano Lake's shore where we will visit a local ranch. After appreciating the landscape, you will have the chance to enjoy the typical Fuegian Lamb barbecue. Enjoy some free time there before returning to Ushuaia for ship embarkation.

Alternatively, enjoy your day at leisure and meet at your hotel lobby or from the meeting point at the parking lot near the pier (details will be given by our ground staff at the hotel), to be transferred to the pier for embarkation.

Once onboard, you'll have time to settle into your cabin before our important mandatory briefings. As the ship pulls away from port, we'll gather on the deck to commence our adventure with spectacular views over Ushuaia and Tierra del Fuego.

This evening, get to know your fellow expeditioners and friendly expedition team and crew at a welcome dinner to celebrate the start of a thrilling adventure to Antarctica.

Day 3-4 Drake Passage crossing

As we commence the Drake Passage crossing, we make the most of our time getting comfortable with the motions of the sea. Our expedition team prepare you for our first landing with important wildlife guidelines and biosecurity procedures and start our lecture program to help you learn more about Antarctica's history, wildlife and environment.

Our wildlife experiences begin as we enjoy watching and photographing the many seabirds, including majestic albatrosses and giant petrels following our vessel. On sea days, you may can enjoy the facilities on board the vessel including



the gym, wellness centre or the relaxing in one of the observation lounges.

Nearing the South Shetland Islands and the tip of the Antarctic Peninsula on the afternoon of day four, the excitement is palpable with everyone converging on one of the observation decks watching for our first iceberg. The ocean takes on a whole new perspective once we are below the Antarctic Convergence and are surrounded by the surreal presence of floating ice sculptures. The memory of your first big iceberg sighting is likely to remain with you for a lifetime.

Time and weather permitting, we may attempt our first landing in Antarctica by late afternoon.

Days 5-8 Antarctic Peninsula

It is almost impossible to describe the feeling of arriving in Antarctica. Spotting your first iceberg and taking a deep breath of some of the most fresh, crisp air on earth is an experience that will stay with you forever.

Once we arrive, the western side of the Antarctic Peninsula and the South Shetland Islands are ours to explore, and we have a host of choices available to us. Because we are so far south, we will experience approximately 18 hours of daylight and the days can be as busy as you wish.

Your experienced expedition team, who have made countless journeys to this area, will use their expertise to design your voyage from day to day, choosing the best options based on the prevailing weather, ice conditions and wildlife opportunities.

We generally make landings or Zodiac excursions twice a day. You will want to rug up before joining Zodiac cruises along spectacular ice cliffs or among grounded icebergs, keeping watch for whales, seals and porpoising penguins. Zodiacs will also transport you from the ship to land, where you can visit penguin rookeries, discover historic huts and explore some of our favourite spots along the peninsula.

While ashore we aim to stretch our legs, wandering along pebbly beaches or perhaps up snow-covered ridgelines to vantage points with mountains towering overhead and ice-speckled oceans below. If you have chosen an optional activity, you will have the option to do participate in the activity whenever conditions allow, and of course keen polar plungers will have the chance to fully immerse themselves in polar waters - conditions permitting! The polar plunge can take place at any time during the voyage, so listen out for the announcement from the expedition team and get ready for the most exhilarating dip of your life!

In addition to Zodiac cruises and shore excursions, we may ship cruise some of the narrow, dramatic straits separating offshore islands from the mainland, or linger in scenic bays to watch whales travelling or feeding. This is a great time to enjoy the observation lounge or make your way to the bridge (open at the captain's discretion) for uninterrupted views of Antarctica in all its splendour. Listen out for the creak and deep rumble of glaciers as they carve into sea. Take a quiet moment to experience the wonder of the pristine paradise of the splendid white continent.



On board, you will find a range of areas to socialise or relax. We have a number of lounges, including our Glass Atrium Lounge and Observation Lounge. Our wellness centre houses our sauna (with a large window, so you can still enjoy the passing scenery) and offers treatments (book with reception). Across from our wellness centre you will find our gym with a range of equipment for your use. Perhaps you would like to take a dip in one of our jacuzzis on the back deck or enjoy a quiet moment in the library. As part of our deck theming, we hope to educate our expeditioners on the impressive and important conservation work these female scientists are doing across the globe, leading the way in global conservation initiatives. We honour these women who work tirelessly to make the world a better place through their innovation, education and activism. If you are interested in the women who have inspired us, the hallways of each deck will introduce you to:

Dr Sylvia Earle - Dr. Earle was the first female chief scientist of the U.S. National Oceanic and Atmospheric Administration; a National Geographic explorer-in-residence since 1998; and was named by Time Magazine as its first 'Hero of the Planet'. Her conservation initiative Mission Blue is creating a global network of marine protected areas known as Hope Spots, and her new Deep Hope project aims to deliver two deep-dive submersibles to collect crucial scientific data of as-yet-unseen ocean depths.

Dr. Carden Wallace AM - Principal Scientist Emeritus at the Queensland Museum since 2014, Dr. Wallace is a preeminent Australian scientist and the first curator/director of the Museum of Tropical Queensland from 1987 to 2003. She is an expert on corals and was part of a team that discovered the mass spawning of coral in 1984. In recognition of her contribution to marine science, Dr. Wallace was appointed a Member of the Order of Australia in 2021.

Joanna Ruxton - Joanna has the rare distinction of being hailed as 'the person responsible for the plastic-free movement' by Sir David Attenborough himself. She spent many years at the BBC Natural History Unit working on the first Blue Planet documentary series. Her award-winning film A Plastic Ocean, released in 2016, shows the devastating impact of plastic waste on ocean ecosystems and has helped to turn the tide against single-use plastics. In 2009, Joanna co-founded Plastic Oceans UK (now known as Ocean Generation), to inspire an inclusive global movement to restore a sustainable relationship between humanity and oceans.

Sharon Kwok - In 2013, Sharon founded the AquaMeridian Conservation & Education Foundation to promote marine education and inspire the next generation to protect and preserve ocean biodiversity. Sharon continues her advocacy as a Mission Blue and WildAid board member and Executive Director of the AquaMeridian Conservation & Education Foundation.

Bernadette Demientieff - Bernadette is a passionate mother/advocate for the rights of Alaska and the Gwich'in people in northeast Alaska and northwest Canada. As Executive Director of the Gwich'in Steering Committee, she speaks for the protection of the calving grounds of the porcupine caribou herd, known as the Arctic National Wildlife Refuge, against destruction from oil and gas companies.



Dr. Asha de Vos - Internationally acclaimed Sri Lankan marine biologist, ocean educator and pioneer of blue whale research in the northern Indian Ocean, Dr. Asha de Vos founded Oceanswell, Sri Lanka's first marine conservation research and education organisation. Her flagship initiative, The Sri Lankan Blue Whale Project, has led to many key research publications and informs policy on whale conservation at a local and global level. Asha's award-winning work has been showcased by the BBC, National Geographic, The New York Times and TED, among many others, and in 2018 she was named one of the 100 most inspirational and influential women in the world by the BBC.

Hanli Prinsloo - Hanli Prinsloo is the founder and executive director of I AM WATER, an ocean conservation foundation based in Cape Town, South Africa. Dedicated to protecting oceans through human experience, I AM WATER helps children in underserved South African communities experience the ocean's transformative beauty for the first time. A champion freediver, Hanli co-founded I AM WATER Ocean Travel with husband Peter Marshall, offering intimate wildlife encounters with the ocean's most majestic creatures.

Days 9-10 Drake Passage Crossing

Enjoy a final morning landing in the South Shetland Islands before we re-enter the Drake Passage for our return journey to South America.

With lectures and film presentations to complete our Antarctic experience, there is still plenty of time to enjoy the magic of the Southern Ocean and the life that calls it home. There is time for reflection and discussion about what we have seen and experienced. We hope you become ambassadors for Antarctica telling your family, friends and colleagues about your journey to this magical place, advocating for its conservation and preservation so that they might one day visit the region to experience what you have been lucky to see and do here.

As we approach the tip of South America, our Captain may sail close to legendary Cape Horn, weather and time permitting.

Day 11 Disembark in Ushuaia

During the early morning, we cruise up the Beagle Channel, before quietly slipping into dock in Ushuaia, where we will be free to disembark around 8.00 am. Farewell your expedition team and fellow passengers as we all continue our onward journeys, hopefully with a newfound sense of the immense power of nature.

Upon disembarkation, for those continuing their travels in the region, transportation to the hotel will be arranged exclusively for guests who have booked their accommodations through Aurora or for those staying in downtown areas near the port. Expeditioners departing on flights prior to 12.30 pm will be directly transferred to Ushuaia Airport, those with flights after 12.30 pm will have the opportunity to explore Ushuaia before an afternoon airport transfer, and the transfer procedures and details will be communicated onboard before disembarkation.

Note: At the conclusion of the voyage, we do not recommend booking flights departing Ushuaia prior to 12.00 pm on the day of disembarkation in case there are delays.

Please note:

Itineraries are subject to change.



YOUR SHIP: SYLVIA EARLE

YOUR SHIP: **Sylvia Earle**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Sylvia Earle made her inaugural cruise in 2022; she honours the highly accomplished marine biologist, oceanographer and explorer, Sylvia Earle. As the first female chief scientist of the U.S. National Oceanic and Atmospheric Administration, and named by Time Magazine as its first Hero for the Planet in 1998 - this vessel pays tribute to Sylvia's long standing conservation efforts for marine protected areas and ocean wildlife. Sylvia Earle will be actively involved in the development of her namesake. The streamlined Ulstein X-BOW® cuts through the swell so you feel fewer vibrations and disturbances, and makes quicker transits through waves. It also helps reduce fuel consumption by up to 60%^. Experience the Glass Atrium Lounge inside the bow, featuring huge windows and superb views to the front of the ship. In between landings, enjoy the heated saltwater open air swimming pool and jacuzzis on board the Sylvia Earle and watch the world go by, or experience our gym, sauna or enjoy a massage (additional cost) in the Wellness centre. Sylvia Earle carries many Zodiacs, which you can board via four dedicated, sea-level launching platforms. These platforms make boarding the Zodiacs as quick, efficient and safe as possible, minimising wait times and getting you closer to the action for longer. Dining One of the most important parts of any expedition is the food! Whatever adventures the day holds, you will be fuelled-up with hearty meals and delicious morning/afternoon teas cooked by our onboard chefs. Meals are a great time to soak up the expedition camaraderie in our open seating dining area. Share stories with your fellow travellers and ask our expedition team questions that may have come up during the day. Tea, coffee and snacks are available 24 hours a day, and our chefs offer different menu options and courses for each meal. Enjoy the range of house wine, beers and soft drinks included with dinner after a long day in the wild. We also invite you to join your captain and expedition team for informal Captain's Welcome and Farewell drinks, with complimentary beverages and cocktail appetisers, followed by a 3 course meal. Responsible Travel We believe that preserving and protecting the environment is of the utmost importance and this is reflected in several features of the Sylvia Earle. The Sylvia Earle will boast one of the lowest polluting marine engines in the world due to low energy consumption, high fuel-efficiency and a streamlined design to deliver an 80% reduction in emissions. The ship can also utilise virtual anchoring to hold its position using a combination of GPS, steering technology, propellers and thrusters. This protects the sea floor and minimises the damage caused by conventional anchors. Compared to Tier





1 engines.

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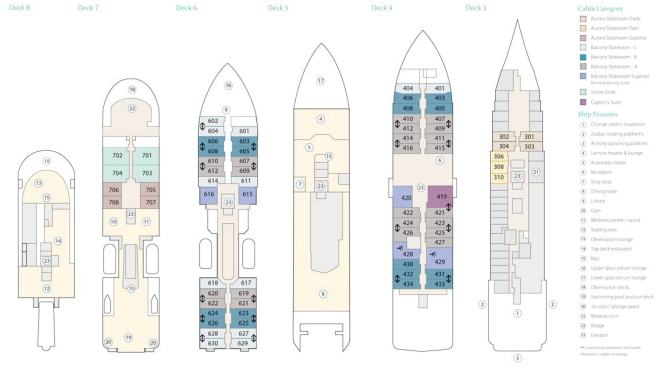
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INSIDE YOUR SHIP

The *Sylvia Earle* Deck Plan



Aurora Stateroom Superior



Aurora Stateroom Triple Share



Balcony Stateroom Category A



Balcony Stateroom Category B



Balcony Stateroom Category C



Balcony Stateroom Superior



Captain's Suite



Junior Suite





PRICING

03-Mar-2028 to 13-Mar-2028

Balcony Stateroom Category B	£14808 GBP pp
Junior Suite	£20732 GBP pp
Balcony Stateroom Category A	£15899 GBP pp
Balcony Stateroom Category C	£14028 GBP pp
Aurora Stateroom Triple Share	£12625 GBP pp
Aurora Stateroom Superior	£13716 GBP pp
Balcony Stateroom Superior	£17380 GBP pp
Captain's Suite	£23694 GBP pp