

SOUTH ATLANTIC CRUISE: FROM SOUTH AFRICA TO ANTARCTICA

Embark on an extraordinary journey with a South Atlantic luxury cruise from South Africa to Antarctica. Starting from the vibrant city of Cape Town, the voyage takes you on an adventure to the world's most remote islands including Tristan da Cunha, with its unique wildlife, and culminates on the awe-inspiring Antarctic Peninsula. This experience ends in the quaint city of Ushuaia, offering an unforgettable experience from start to finish. During this voyage, you'll have the opportunity to witness breathtaking destinations. Explore the multicultural essence of Cape Town, enjoy the serene beauty and rare wildlife of Tristan da Cunha, and be captivated by the majestic landscapes of South Georgia. Finally, the spectacular Antarctic Peninsula, with its glaciers and rich fauna, offers a truly unique glimpse into the White Continent. The journey promises a myriad of activities to enrich your cruise experience. Relax on days at sea with lectures and photography workshops. Near Tristan Da Cunha, embark on a thrilling Zodiac cruise for wildlife spotting. In Antarctica, an optional kayaking tour allows an up-close interaction with the icy waters. Each activity is curated to provide a remarkable adventure amidst the Southern Atlantic's stunning backdrop.



ITINERARY

Days 0 - 1 Pre Cruise & Cape Town

Between mountains and the ocean, Cape Town is a vibrant, multicultural city with a lively waterfront featuring seafood restaurants, shopping and attractions. A cable car transports visitors to distinctive Table Mountain with sweeping views. Boats head to Robben Island, where Nelson Mandela was incarcerated.Boulders Beach is home to African penguins, and world-class Stellenbosch vineyards offer wine tastings amid Cape Dutch architecture.



Days 2-5 Day at sea

Sea days are rarely dull. Take the time to sit back and let the world go by. The ship's observation decks provide stunning views of the passing ocean. A day at sea gives you the opportunity to mingle with other passengers and share your experiences of this incredible trip or head to our library which is stocked full of reference books. Get an expert's view in one of our on-board lectures or perhaps perfect your photography skills with invaluable advice from our onboard professional photographers.

Day 6 Tristan Da Cunha

Seabirds outnumber humans on this remote British outpost in the middle of the southern Atlantic. Millions of species like the rare yellow-nosed albatross, skuas, terns and petrels, including the endangered Tristan albatross, inhabit the bluffs. Northern rockhopper penguins breed on the beaches, while upwellings attract whales and dolphins. Fur seals also haul out on the island teeming with avian life.

Days 7-10 Day at sea

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Days 11-12 South Georgia

Often called the 'Galapagos of the Poles,' South Georgia has a number of landing sites with tens of thousands of King Penguins and gentoo penguins, making up some of the largest populations in the world alongside harrumphing elephant seals. Among its remarkable sites is Grytviken, the historic whaling station where legendary British explorer Ernest Shackleton (1874-1922) is laid to rest.

Days 13-14 Day at sea

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Days 15-18 Antarctic Peninsula

Among captivating glaciers, majestic icebergs and snowy islands, the Antarctic Peninsula is where most visitors to the White Continent live their Antarctica dream. It's the most accessible part, with scientific bases and incredible scenery, like the photogenic Lemaire Channel. Shore excursions might include Mikkelsen Harbour, where among gentoo penguins, snowy sheathbills and skuas, Antarctic Weddell seals haul out.

Days 19-20 Day at sea

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Day 21 Ushuaia

Nestled in the foothills of the snow-capped Martial Range, Ushuaia's colourful streets and mismatched buildings cascade from the imposing mountains before coming to an abrupt halt at the shores of the Beagle Channel. As one of the world's southernmost cities, Ushuaia carries its 'end of the world' reputation well. The moody weather and dramatic surroundings certainly help. Board your boutique ship before departing for your journey through one of the most captivating wilderness regions of the world.

Please note:

Itineraries are subject to change.



YOUR SHIP: DIANA

YOUR SHIP: Diana

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Launched in 2023, SH Diana provides elegant and spacious 5-star accommodation for 192 guests in 96 spacious staterooms and suites, the vast majority with large balconies. Operated by an onboard team of 140 she provides a high level of personal service, exploring the Mediterranean and its famous sites of antiquity. Now sit back, relax and take a moment to get to know this amazing new ship, purpose-designed for our unique cultural expedition cruises. Named after the Ancient Roman goddess of light, the moon, hunting and the wilderness, SH Diana been specially designed for worldwide cruising to explore the most inspiring and inaccessible places on earth. Building on the outstanding amenities of her sister ships, she adds a dedicated Multifunctional Room next to the Observation Lounge, a Private Dining Room for special occasions, and two tenders which bring guests a comfortable alternative to Zodiacs for expedition landings. A Polar Class 6 ice-strengthened hull combines with extra-large stabilisers to make your journey as comfortable as possible. SH Diana has been designed for immersive experiences, with extensive outside deck areas, multiple observation points and bright, open and relaxing public spaces with unobstructed views. The pleasure and safety of our

guests is paramount at all times, cared for by our attentive crew and seasoned expedition leaders. Cutting edge hygiene technology protects the health of all on board to the highest standards and includes air conditioning with UV sanitisation systems. SH Diana's 96 staterooms, including 11 suites, are each a superbly comfortable home from home and all feature panoramic sea views, a flame-effect fireplace, original works of art, plush couches, premium pocket sprung mattresses, en-suite bathrooms with glass-enclosed rain showers, and Egyptian cotton towels, bathrobes and sheets. A pillow menu offers customised head and neck comfort during rest, while a large flat screen TV, espresso machine with IIIy premium coffee, tea making facilities with the finest Kusmi teas, and a minibar with refreshments enhance relaxation at any time. In-room dining is of course available at all hours. Wheelchair access Guests who use wheelchairs must bring their own, as we have only a small number of wheelchairs stored onboard for emergencies. To ensure ease of movement on the ship, wheelchairs and mobility aids must be no wider than 65cm. All mobility or medical equipment brought on board must be capable of being carried safely and must be declared before sailing. To ensure that all guests can safely evacuate during an emergency, guests requiring a wheelchair can only be accommodated in our ADA-accessible cabins. We offer an Oceanview and a Balcony stateroom on Diana. These staterooms are specifically designed to be completely ADA compliant and have a fully operable wheelchair-access wet unit. Diana has two lifts, serving every passenger deck apart from the Stargazing top deck, which is, therefore, more difficult to access, as are the Aft Marina and



Swan's Nest forward observation platform. Also, we don't have special equipment to access the swimming pool, jacuzzi, or sauna. Otherwise, the ship is entirely at your disposal. Many of the expeditions ashore in remote places are by Zodiac. Boarding these boats and returning aboard can present challenges for wheelchair users, as can navigating uneven terrain. These challenges are by no means always insurmountable, though, and our highly experienced crew is trained to provide reliable advice and assistance. They will make every effort to ensure wheelchair-using guests enjoy a memorable experience at each destination. Our general guidance, however, is to recommend wheelchair users travel with a companion for their ease and enjoyment. If you prefer to remain aboard, our panoramic interiors and ample open decks ensure an immersive, intimate experience of your inspiring



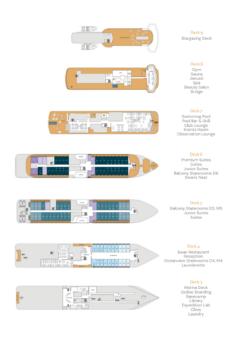
surroundings.





INSIDE YOUR SHIP



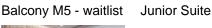






Balcony D6









Oceanview D4 Oceanview D4 - Waitlist
Oceanview M4 Premium Suite



PRICING

04-Mar-2026 to 25-Mar-2026

Junior Suite	£15700 GBP pp
Balcony D6 - waitlist	£13765 GBP pp
Premium Suite	£21209 GBP pp
Balcony M5 - waitlist	£13255 GBP pp
Balcony D5	£12550 GBP pp
Oceanview D4 - Waitlist	£10599 GBP pp
Oceanview M4	£10975 GBP pp
Suite	£18555 GBP pp

22-0ct-2026 to 12-Nov-2026

Suite	£21925 GBP pp
Junior Suite	£18825 GBP pp
Oceanview M4	£12975 GBP pp
Balcony D6	£16465 GBP pp
Balcony M5	£15649 GBP pp
Balcony D5	£14850 GBP pp
Oceanview D4	£12539 GBP pp
Premium Suite	£25000 GBP pp