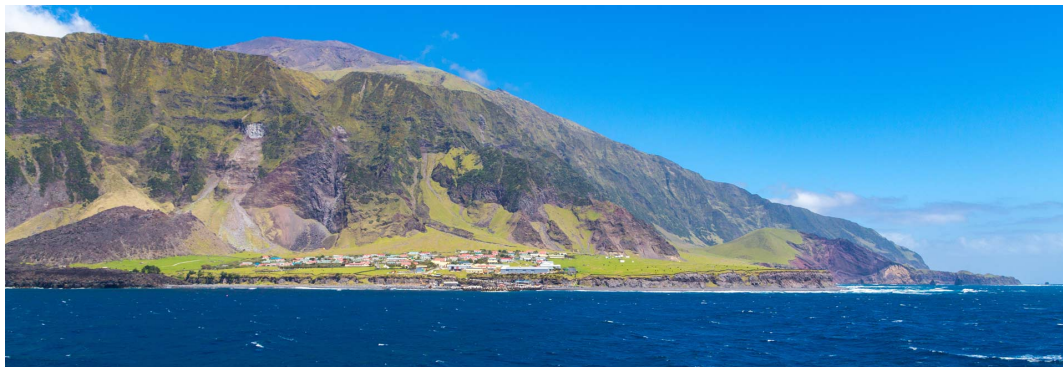



ANTARCTICA - SOUTH ATLANTIC CRUISE: FROM SOUTH AFRICA TO ANTARCTICA | SH DIANA



TRIP CODE
ACSHDSAA
DEPARTURE
22/10/2026
DURATION
22 Days
LOCATIONS
South Africa, Tristan da Cunha, South Georgia & Antarctica


INTRODUCTION

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This expedition traces a continuous route from South Africa through the remote islands of the South Atlantic to the Antarctic Peninsula, with a strong focus on wildlife observation and expert

ITINERARY

DAY 1: Arrive Cape Town

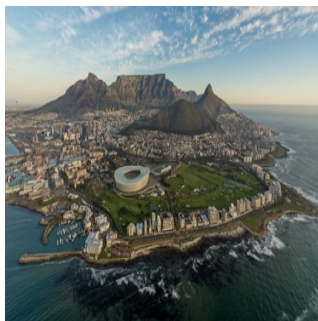
Upon arrival at the airport, you will be met by a representative and transferred to your hotel in Cape Town. This evening, enjoy the hotel’s amenities or take advantage of your free time to explore the city.



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DAY 2: Embarkation in Cape Town

This morning, you will be picked up from your hotel and transferred to the cruise ship for embarkation. 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.



DAY 3: At Sea - Day 3 to 6

Days at sea are rarely idle on an expedition voyage. Scan the horizon from the open deck, albatrosses tracking the ship's wake, a blow in the distance, ice on the edge of visibility. Between landings, the ocean itself becomes part of the itinerary. Head inside when you're ready: sauna, gym, hot tub, or a talk from the expedition team on what lies ahead.



DAY 7: 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.



DAY 8: At Sea - Day 8 to 11

Spend your day at sea enjoying the facilities available onboard. Head to the sauna, get in a workout in the state-of-the-art gym or relax in the hot tub while taking in incredible views along the way. If you prefer to learn a little more about your surroundings, listen to an informative talk or have a chat with one of our knowledgeable experts.



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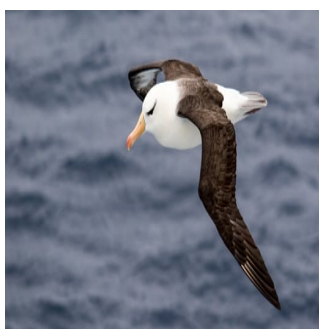
DAY 12: South Georgia - Day 12 & 13

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.



DAY 14: At Sea - Day 14 & 15

On some days at sea guests are welcome to visit the bridge and see how the ship is navigated through ice, read the instruments, and talk with the officers on watch. Days at sea are also when the expedition team runs their best talks: deeper dives into the wildlife, history, and science of the region you're crossing. Or simply find a quiet corner and watch the Southern Ocean go by.



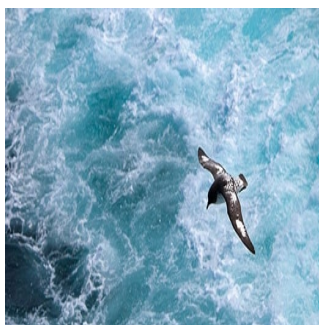
DAY 16: Antarctic Peninsula - Day 16 to 19

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. Expedition activities might include Mikkelsen Harbour, where among gentoo penguins, snowy sheathbills and skuas, Antarctic Weddell seals haul out.



DAY 20: At Sea - Day 20 & 21

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.



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DAY 22: Disembarkation in 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. Upon arrival in Ushuaia, you will be transferred from the cruise ship to the airport in time for your flight to Buenos Aires. *Please note: Cruise itinerary is subject to change depending on weather conditions, ice conditions and other factors.



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INCLUSIONS & DETAILS

Accommodation	Cabin on board ship & Hotel
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INCLUSIONS

Cabin accommodation on board ship in selected stateroom
 All meals onboard throughout your voyage.
 Complimentary hot & cold beverages, beer, wine & spirits
 24-hour room service
 24/7 self-service laundry
 All scheduled expedition landings
 One selected shore excursion per port of call
 Lecture programs by expedition team and guest speakers
 A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
 A branded parka (yours to keep)
 Waterproof backpack and refillable water bottle (yours to keep)
 A Memory Package documenting the expedition
 Onboard gratuities & port taxes
 Entry level WI-FI (upgraded packages available)
MANDATORY CRUISE PLUS PACKAGE (INCLUDED)

Inclusions

Group transfers from airport to hotel in Cape Town & to the cruise port for embarkation, as well as group transfers from port to Ushuaia Airport
 One night pre-cruise accommodation in a 4/5-star hotel with breakfast in Cape Town, South Africa
 Includes economy class one-way charter flight from Ushuaia to Buenos Aires, Argentina upon disembarkation.

EXCLUSIONS

International flights
 Any other pre or post land arrangements not mentioned above
 Passport and visa expenses
 Government arrival and departure taxes not mentioned above
 Baggage, cancellation, interruption and medical travel insurance—strongly recommended
 Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
 Meals ashore unless otherwise specified
 Excess-baggage fees on international and domestic flights
 Other personal charges unless specified
 Optional Adventure Activities

Difficulty Rating 2 (light adventure)

Single Surcharge Available upon request. A supplement surcharge applies and is subject to availability. Please [contact us](#) for more information.

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Notes

Prices are based on per person, and vary from single and twin cabins.
 Prices are correct at time of publishing but are subject to change at any time.
 All entrance fees are subject to change without prior notice.
 Includes one night pre-cruise accommodation in a 4/5-star hotel with breakfast in Cape Town, South Africa & economy class one-way charter flight from Ushuaia to Buenos Aires, Argentina upon disembarkation.

Please note this itinerary is subject to change depending on weather and ice conditions*

Price Dependent upon

Departure date, fuel surcharges, cabin category, currency fluctuations, seasonality and availability.

SUSTAINABILITY

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