



SPIRIT OF TERRA NOVA - ANTARCTICA CRUISE

Explore the untouched wilderness on our signature Antarctic Peninsula and South Shetland Islands trip. Tailored for adventurers keen to witness the continent's breathtaking landscapes, captivating wildlife, and boundless opportunities for discovery, this journey offers thrilling activities such as kayaking, snowshoeing, and sailing through icy waters, ensuring each day is filled with unforgettable experiences. This trip takes you further, gives you more time to explore than the standard Antarctic Peninsula trips.



ITINERARY

Day 1: Ushuaia, Argentina

Board the expedition vessel in the afternoon, where you'll meet your crew and fellow travellers. After settling into your cabin, the ship sets off along the picturesque Beagle Channel. Relish your first evening at sea as the southernmost tip of South America disappears from view.



Days 2-3: Crossing the Drake Passage

Start your Antarctic adventure with a crossing of the Drake Passage, a vast stretch of open ocean that marks the Antarctic Convergence, where nutrient-rich waters sustain a vibrant ecosystem.

While at sea, attend expert-led talks on Antarctica's history, wildlife, and geology. Head to the open decks or the bridge to spot albatrosses, petrels, and even whales. Adventure activities, including navigation workshops and safety briefings for kayaking and snowshoeing, will also be held.

By the end of Day 3, the first sighting of icebergs and snow-capped peaks will signal your arrival at the South Shetland Islands.

Days 4-8: Exploring the Antarctic Peninsula

The core of the journey unfolds as you explore the Antarctic Peninsula and South Shetland Islands, with each day offering a blend of landings, zodiac cruises, and optional adventure activities.

Highlights Include:

****Kayaking Among Icebergs**** : Paddle through tranquil waters, drifting past seals resting on ice floes and penguins diving in for a swim.

****Snowshoeing Adventures**** : Strap on snowshoes to explore

pristine trails and reach panoramic viewpoints, offering breathtaking vistas of glaciers and peaks.

****Penguin Colonies**** : Visit expansive rookeries of Gentoo, Chinstrap, and Adelie Penguins, watching their amusing behaviours as they care for their chicks or brave the frigid waters.

****Wildlife Encounters**** : Spot Weddell, crabeater, and leopard seals lounging on ice or hunting in the water, with Minke and humpback whales often seen feeding nearby.

With over 500 diverse landing sites along the Antarctic Peninsula, no two voyages are ever the same. Our expert team crafts each expedition based on conditions, weather, and opportunities for the most remarkable encounters. As passenger vessel traffic has increased in recent years, competition for landing sites has intensified--but our deep knowledge of this pristine region ensures you'll embark on true exploratory journeys, venturing beyond the crowds.

Guided by our experienced crew, you'll navigate breathtaking ice-choked channels, witness towering glaciers, and encounter extraordinary wildlife in one of the most remote places on Earth. This is not just a cruise--it's a genuine expedition where spontaneity and discovery define every day.

Join us for an adventure where the unknown awaits, and every landing is a moment of exploration.

Day 9: Farewell Landings



As the expedition heads back north, there's an opportunity for a final landing or zodiac cruise. Weather and ice conditions permitting, explore destinations like Brown Bluff, where towering cliffs and an Adelie penguin colony await, or Paulet Island, home to historic sites and abundant wildlife.

Day 10: Crossing the Drake Passage (Northbound)

Relive your adventures as you cross the Drake Passage, keeping an eye out for seabirds and whales along the way. Take part in final lectures or workshops, and enjoy a celebratory dinner with your fellow travellers as you reflect on the unforgettable journey.

Day 11: Return to Ushuaia

Arrive back in Ushuaia in the early morning. After breakfast, disembark with cherished memories of an epic Antarctic expedition and new stories to tell.

Please note:

The above itinerary is a general guideline. Our precise route and activities will be adjusted to optimize wildlife viewing and adapt to prevailing weather and ice conditions. The Captain and/or Expedition Leader will make necessary changes to ensure the best possible experience. A daily program will be provided onboard. Flexibility is essential for a successful expedition.



YOUR SHIP: ST. HELENA

YOUR SHIP:	St. Helena	strong value, St Helena delivers an immersive polar experience with a focus on exploration and meaningful discovery.
	Polar Code Category C Passenger	
VESSEL TYPE:	Vessel	
LENGTH:	105 metres / 344 ft	
PASSENGER CAPACITY:	98	
BUILT/REFURBISHED:	1989 / 2022	

St Helena is a character-rich expedition vessel with a unique maritime legacy, originally built to serve one of the world's most remote communities and extensively refurbished in 2022. Now part of the Terra Nova Expeditions fleet, she combines heritage with modern comfort, accommodating just 98 guests for an intimate onboard experience supported by 81 crew members. Spacious, ocean-view cabins all feature ensuite bathrooms, with a variety of configurations including singles, twins, and shared options ideal for solo travellers, families, or groups. With inviting social spaces, panoramic observation lounges, and a relaxed atmosphere, the ship offers a welcoming environment designed for both comfort and connection. Built for true expedition travel, St Helena is equipped with an ice-strengthened hull, powerful engines, and 12 Zodiacs, making her well suited for navigating the remote regions of Antarctica and beyond. Guests can take part in expert-led excursions such as zodiac cruises, guided landings, kayaking, and even camping, while onboard facilities include open decks for wildlife viewing, a gym, spa, two Jacuzzis, and a fully equipped science lab supporting active research programmes. Combining adventure, education, and



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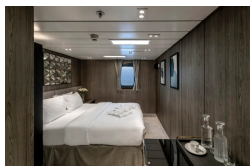


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Odyssey Single Cabin



Odyssey Twin Cabin

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PRICING

18-Dec-2026 to 28-Dec-2026

Owner's Suite	£12305 GBP pp
Premium Cabin	£9905 GBP pp
Deluxe Cabin	£9179 GBP pp
Superior Cabin	£8385 GBP pp
Odyssey Twin Cabin	£7655 GBP pp
Discovery Triple Cabin	£7235 GBP pp
Discovery Quad Cabin	£6769 GBP pp

04-Feb-2027 to 14-Feb-2027

Owner's Suite	£13309 GBP pp
Premium Cabin	£10619 GBP pp
Deluxe Cabin	£9635 GBP pp
Superior Cabin	£9005 GBP pp
Odyssey Twin Cabin	£8305 GBP pp
Discovery Triple Cabin	£7639 GBP pp
Discovery Quad Cabin	£7155 GBP pp

06-Jan-2027 to 16-Jan-2027

Owner's Suite	£13309 GBP pp
Premium Cabin	£10619 GBP pp
Deluxe Cabin	£9635 GBP pp
Superior Cabin	£9005 GBP pp
Odyssey Twin Cabin	£8305 GBP pp
Discovery Triple Cabin	£7639 GBP pp
Discovery Quad Cabin	£7155 GBP pp

25-Feb-2027 to 07-Mar-2027

Owner's Suite	£12305 GBP pp
Premium Cabin	£9905 GBP pp
Deluxe Cabin	£9179 GBP pp
Superior Cabin	£8385 GBP pp
Odyssey Twin Cabin	£7655 GBP pp
Discovery Triple Cabin	£7235 GBP pp
Discovery Quad Cabin	£6769 GBP pp

25-Jan-2027 to 04-Feb-2027

Owner's Suite	£13309 GBP pp
Premium Cabin	£10619 GBP pp
Deluxe Cabin	£9635 GBP pp
Discovery Triple Cabin	£7639 GBP pp
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PRICING

29-Dec-2027 to 08-Jan-2028

Owner's Suite	£16935 GBP pp
Premium Cabin	£12925 GBP pp
Deluxe Cabin	£11315 GBP pp
Odyssey Single Cabin	£11119 GBP pp
Superior Cabin	£10515 GBP pp
Odyssey Twin Cabin	£9435 GBP pp
Discovery Triple Cabin	£8295 GBP pp
Discovery Quad Cabin	£7505 GBP pp

26-Jan-2028 to 05-Feb-2028

Owner's Suite	£17779 GBP pp
Premium Cabin	£13239 GBP pp
Deluxe Cabin	£12305 GBP pp
Odyssey Single Cabin	£11455 GBP pp
Superior Cabin	£11119 GBP pp
Odyssey Twin Cabin	£10275 GBP pp
Discovery Triple Cabin	£9179 GBP pp
Discovery Quad Cabin	£8425 GBP pp

05-Feb-2028 to 15-Feb-2028

Owner's Suite	£17779 GBP pp
Premium Cabin	£13239 GBP pp
Deluxe Cabin	£12305 GBP pp
Odyssey Single Cabin	£11455 GBP pp
Superior Cabin	£11119 GBP pp
Odyssey Twin Cabin	£10275 GBP pp
Discovery Triple Cabin	£9179 GBP pp
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