

At Sea to Antarctica

"There is no Antarctic ocean on the maps. The cold waves that beat against the Antarctic continent are from the southern portions of the Atlantic, Pacific and Indian oceans, and in their flow around the ice-rimmed land they mingle to form one vast gale-swept wilderness of water."

- Russell Owen

07:00 Early morning coffee, tea and pastries are available in the Compass Club

08:00 – 09:30 **Breakfast** is served in the Polaris Restaurant

09:30 Presentation: **'Whales of the Southern Ocean'** with your marine biologist **Jimmy** in the Nautilus Lounge

10:30 **Introduction to the Ski & Climbing Program** with your guides **Keith & Pete** in the Meridian Lounge. This is a mandatory meeting for anyone who has booked in advance and anyone else who is interested in joining!

Photo Journal Collection Assistance

Staff will be around to assist you from **10:30-11:30 & 16:00-17:00**

in the Photo Journal Area on Deck 5 beside Reception

11:30 Presentation: **'The World of Seabirds Part II: Ecology and Conservation'** with your ornithologist **Fabrice** in the Nautilus Lounge

12:30 – 14:00 **Lunch** is served in the Polaris Restaurant

14:00 **Flow Yoga** with **Elly** in the Meridian Lounge

15:00 Presentation: **'Discovering Antarctica'** with your historian **David** in the Nautilus Lounge

16:00 **Afternoon Tea** is served in the Aurora Lounge

16:30 **Flow Yoga** with **Elly** in the Meridian Lounge

17:30 **Skiers Gear Fitting** with your guides **Keith & Pete** in the Aurora Lounge. Please bring thick socks with you.

19:00 Join the Expedition Team for a **Recap & Briefing** in the Nautilus Lounge

19:30 – 21:00 The Filipino crew of the Ocean Endeavour is proud to present **A Taste of the Philippines** is in the Polaris Restaurant

21:30 Come join us for a casual evening talk with **David** about the time he was **'Abandoned in the Arctic'** in the Nautilus Lounge

GIFT SHOP HOURS: 10:30 – 11:30 14:00-15:00 16:00-18:00

SAUNA HOURS: 06:00-12:00 14:00-19:00 21:00-23:00 mixed

Reception (Deck 5): Phone 5000 Emergency: Phone 1000 Doctor: contact Reception or Quark Staff