



ICE SWIMMING ADVENTURES

Never be scared to dare...
See you in the ICE

ANTARCTIC ICE SWIMMING

Sailing on board ice-strengthened M/V Ocean Albatros

18th – 28th March 2027: 11 days

Crafted to ensure you can experience all of Antarctica's thrills, this voyage offers a unique experience for the brave few.

Looking for excitement? A true Antarctic adventure? Join this unique adventure voyage with Ice Swimming event, a once in a lifetime expedition voyage to the Seventh Continent. Experience the incredible wildlife of these icy waters, witness stunning mountain scenery and wonder at gigantic icebergs during 11 action-packed days. We have many landing opportunities to see wildlife and zodiacs cruising past amazing landscapes.

Distances from a 50m dip to a 250m test swim to a Polar Ice Swim of 1000m.

This is not for the faint-hearted.

It is an adventure of a lifetime for those who are Never Scared to Dare.

This is ICE SWIMMING

Ram Barkai
Expedition Leader
Extreme Ice Swimmer
Founder IISA
Ice Swimming Hall of Fame



All swims are done according to
the International Ice Swimming Association Rules ("IISA")

HIGHLIGHTS

- Antarctic Ice Swimming event – 50m, 200m, 500m, 1km - participate or cheer on!
- Meet fellow Frozen ones on an epic adventure!
- Antarctic expedition with four full days of landings
- Deluxe expedition vessel with modern X-Bow design for smoother sailing
- Wildlife encounters with penguins, seals and whales
- Antarctica's majestic mountains, ice and scenery
- Educational program from onboard specialists
- Options for kayaking and photography sessions



Departing Argentina's southernmost city of Ushuaia, we cross the mighty Drake Passage en-route to the South Shetland Islands, with luck to arrive on the afternoon of the third day of our voyage (weather permitting). Our Ice Swimmers onboard also take the chance to make a first, shorter test swim in the chilly waters. Continuing southward, we will delve deeper into the inlets and bays of the Antarctic Peninsula, entering the famous Gerlache Strait, where glittering ice cliffs and precipitous peaks rise straight out of the frigid water. Icebergs, glaciers, mountains and rugged snowfields characterise this wildly beautiful alien landscape. Aside from landings to see the incredible scenery and wildlife, our primary goal is to look for a suitable shore-based location to conduct our Ice Swimming adventures!



DAY BY DAY ITINERARY

Day 1: Arrive and explore in Ushuaia

After a friendly welcome at the airport and a transfer to the luxurious Arakur Ushuaia Resort & Spa, where a pre-cruise hotel night is included. Take some time to unwind or explore the southernmost city in the world, Ushuaia. (In the unlikely event that you can't be accommodated at the Arakur, you'll unwind at another of Ushuaia's top luxury hotels.) This evening meet for a briefing which is your opportunity to ask questions and meet your fellow explorers.

Day 2: All Aboard!

Spend your morning relaxing at the hotel, visiting a museum, or exploring the shops in downtown Ushuaia, before our mid-afternoon escort to the ship. Or go for a short walk to explore the stunning natural surroundings, Tierra del Fuego is a hiker's paradise with rugged snow-capped mountains, glaciers, flower-filled meadows and rich boggy wetlands. This afternoon, the expedition team and ship staff will welcome you on board and get you settled in, followed by a safety and orientation briefing and our Captain's welcome dinner. We're on our way to Antarctica!

Days 3–4: Drake Passage

Join our Polar Experts as they share their vast knowledge of Antarctica, from its enchanting wildlife to its bold history. Participate in our pioneering Citizen Science program or sit back and take in this fabled journey while catching glimpses of rarely seen wildlife. Keep your binoculars handy to identify the many seabirds that escort our ship as we cross the Antarctic Convergence into Antarctica's waters and noticeably cooler temperatures.





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Days 5–6: South Shetland Islands

The South Shetlands are 12 islands separated from the Antarctic Peninsula by the Bransfield Strait. Significant volcanic activity has sculpted a geology – and a diverse natural beauty – unlike anywhere else on Earth. Here, you can expect a spectacular display of mountains, glaciers, and wildlife, including Chinstrap and Gentoo penguins, and it's not uncommon to share the water's edge with Elephant and Fur seals. And this time of year is feeding time for Humpback whales, so don't be surprised if you're joined by a few of them on your day's adventure.

Days 7–8: Antarctica (and Whales) Await

On to the Antarctic Peninsula, where we'll explore any number of stunning bays and famed landing sites, manoeuvring through majestic channels as we continue to navigate these wildlife-rich waters, passing any number of glorious icebergs, on our way to historic landing sites and perhaps even an active scientific base. Of course, a spectacular highlight of this voyage is the likelihood of encountering the giant Humpback whale – or many of them! – feeding on the abundance of krill in the water this time of year. Orcas and Minkes are also common sightings, as are a variety of penguins and seals.



EXPEDITIONS
ONLINE

BOOKINGS: tel: +46 101 302 123 | mail@expeditionsonline.com
http://expeditionsonline.com/tour/Antarctica-Ice-Swimming-Adventure_77



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ANTARCTIC ICE SWIMMING

During our days in Antarctica, the expedition team will look for suitable conditions and locations for our Antarctic Ice Swimming adventure. Restricted to experienced, cold-water swimmers*, this will test the resolve and endurance of our brave participants - and is sure to be a thrilling spectator event for all passengers! There will be recognised 250m, 500m, and 1 km according to International Ice Swimming Association (IISA) rules. The exact course will depend on local conditions but will be an open-water swim in a protected bay, concluding ashore at a recovery tent. Each swimmer will be accompanied by a Zodiac with expedition and medical staff, filmed and timed by expert IISA officials, and enter record books. Spectators can observe from the ship, Zodiacs and kayaks or from ashore.



Ice Swimming Day 1 – Test Swim and Ice Immersion

We will hold a test swim for the main event swimmers. The team leader and our Doctor will supervise the test swim. We will swim in small heats for 5min or around 200m. The Test swim aims to familiarise yourself with the water temperature and the swim location and awaken your muscle and pain memory to the reality of the main swimming event. We will also hold our mini workshop for Novice Ice Swimmers or Ice water immersion and guide them through the process, safety, pain management process, breathing in the Ice and managing a 5 minutes immersion in OC.



BOOKINGS: tel: +46 101 302 123 | mail@expeditionsonline.com
http://expeditionsonline.com/tour/Antarctica-Ice-Swimming-Adventure_77

Ice Swimming Day 2 – the Main Event

This day will be dedicated to those who came to swim a distance of 500m, or 1000m.

An Ice KM will be considered if requested and approved in advance, and the swimmer has done at least one Ice KM in a reasonable time. The Team Leader [Ram] cannot allow or disallow any swimmer to participate if he and the Doctor feel it is unsafe. Swimmers will be placed in heats, decided in the swim briefing by Barkai. Each swimmer will have a second. Our Doctor will oversee the swimmer's safety and the recovery process. All swims will be done according to IISA rules. The Swim Course will be in a location decided on the day, subject to conditions and safety requirements. We will use the ship safety facilities, onboard warm facilities, sauna and showers.



Days 9–10: Drake Passage

We leave this magical place and make our way north, once again crossing the legendary Drake Passage. We have one last hurrah as we celebrate the conclusion of our expedition with a special slideshow and a final meal together.

Day 11: Ushuaia Disembarkation

With huge smiles on weary, content faces, we disembark in the morning, letting you catch a flight to Buenos Aires or stay in Ushuaia for more sights and adventure.

Note: *The day-by-day programme offers a glimpse of what you can expect during your expedition, but please remember that this itinerary is just a guide. As with any adventure, the elements are in charge, and weather conditions may lead to changes along the way.*



Expedition Prices

(Per person in USD - other currency rates on request).

Category F Triple share	\$ 9,895
Category D Twin share	\$ 11,595
Category E Double French Balcony	\$ 12,295
Category C Balcony Suite	\$ 12,795
Category C Superior Balcony Suite	\$ 13,195
Category C XL Balcony Suite	\$ 13,895
Category G Single	\$ 14,895
Category B Suite	\$ 15,195
Category A Suite	\$ 15,895
Brynhilde Suite	\$ 18,495

EARLY BOOKING 15% Discount for twin cabins (excludes triple and single cabins) – subject to availability and only until 31 March 2026!

Optional Extras:

Antarctic Ice Swim participants \$945

swim fee – for all distances (100m+)

Ice Swimming Experience: \$150

for novice ice swimmers or Ice water immersion

Discover Kayaking \$350

per outing (booked only when onboard)

Photography program \$445

(to be prebooked and prepaid)

Pricing, Sharing and Single Occupancy

Prices shown are per person on a shared basis. If you are travelling alone and wish to share, you will be matched with someone of the same gender and pay only the share rate. Single occupancy is available in dedicated category G sole use cabins or by supplement of 75% in twin cabins.



Bookings

All booking enquiries and payments are made to Expeditions Online via their website or by phone or email. However, any specific swimming-related questions must be directed to the International Ice Swimming Association.

Reservations require a 25% deposit when you receive a booking confirmation from Expeditions Online. A secure payment link will be sent to you, which may be paid by a major credit card.

Balances are due 90 days before departure and may be paid by bank transfer. A credit card may make balance payments subject to a 2% surcharge.

Cancellations

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received 180 days or more prior to departure, are refundable less an administration fee of minimum USD 1,000 per person. Cancellations received from 179 days to 91 days prior to departure 25% of the total cruise tariff. From 90 days until departure: 100% of the total cruise tariff.

Insurance

Travel insurance including emergency medical evacuation coverage for a minimum of USD 100,000 is a requirement for this expedition.

Additional Terms, Conditions and Requirements

You travel under the General Terms and Conditions for Expeditions Online as well as the ship operator. Personal information forms will be required to be completed, as well as separate waiver and information forms for swim participants. More information will be sent to you at the time of booking.

Note about the itinerary and safety:

Please keep in mind, the itinerary and outdoor activities during each voyage are solely dependent on weather and operational conditions to ensure the safety and quality of experience of our guests. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings. The right is reserved to modify the landings and locations visited during a voyage based on weather and local conditions and climate to ensure a safe and delightful experience for all guests and staff. The trip is expeditionary in nature, and thus changes to timings are expected due to the environment we operate in as well as wildlife opportunities and locations.

**Participants in the Antarctic Ice Swim do so under the strict condition that the expedition team or doctor may end any individual's swim early or prevent the event entirely if there are any safety concerns or if the weather conditions are deemed unsuitable.*

Included

- Expedition Cruise with full board - breakfast, lunch, dinner and snacks
- One pre-cruise hotel night in Ushuaia
- Embarkation shuttle transfer to the vessel from Ushuaia city centre
- Arrival transfer in Ushuaia and after disembarkation from the ship to city centre or airport
- All Zodiac landings and excursions, as per itinerary, guided by the Expedition Team
- Expedition parka and loan scheme for Rubber boots
- Briefings and lectures by experienced Expedition Leader and Team
- Special Guidance from IISA swim leaders and doctor

Excluded

- Flights to Ushuaia or pre-post accommodation other than mentioned
- Extra excursions or activities not mentioned in the itinerary
- Single room supplement and stateroom upgrades
- Meals not on board the ship
- Tips for the crew (we recommend USD 16 per person per day)
- Personal expenses such as bar, laundry, premium internet/phone costs
- Anything not mentioned under 'Inclusions'

Expedition Vessel: M/V OCEAN ALBATROS



The latest 'infinity' vessel, launched in May 2023, is one of the market's most modern small ship vessels. This stylish cruise ship is ideally suited to small-ship expeditions, with 95 comfortable cabins for guests, all with a view of the ocean, 90% with a balcony, and even a French balcony suite! Ocean Albatros will be deployed and dedicated to varied Arctic polar voyages.

With the highest Polar code 6 and Ice class 1A, Ocean Albatros is the ideal vessel for small-ship cruising due to her sturdy construction and X-BOW® – Infinity class, which provides high stability in rough weather and allows for the smoothest movements on high waves, and a Solas 2012 classification, which facilitates a safe return to port. The vessel has a 50% lower carbon footprint than traditional expedition vessels and is one of the most environmentally friendly, implementing the Green Initiative Program and ensuring absolute comfort and sustainability for all guests. Ocean Albatros offers a unique panorama sauna, two restaurants, a wellness area, a Nordic Bar, an open deck dining facility, a modern lecture lounge, and other state-of-the-art amenities.

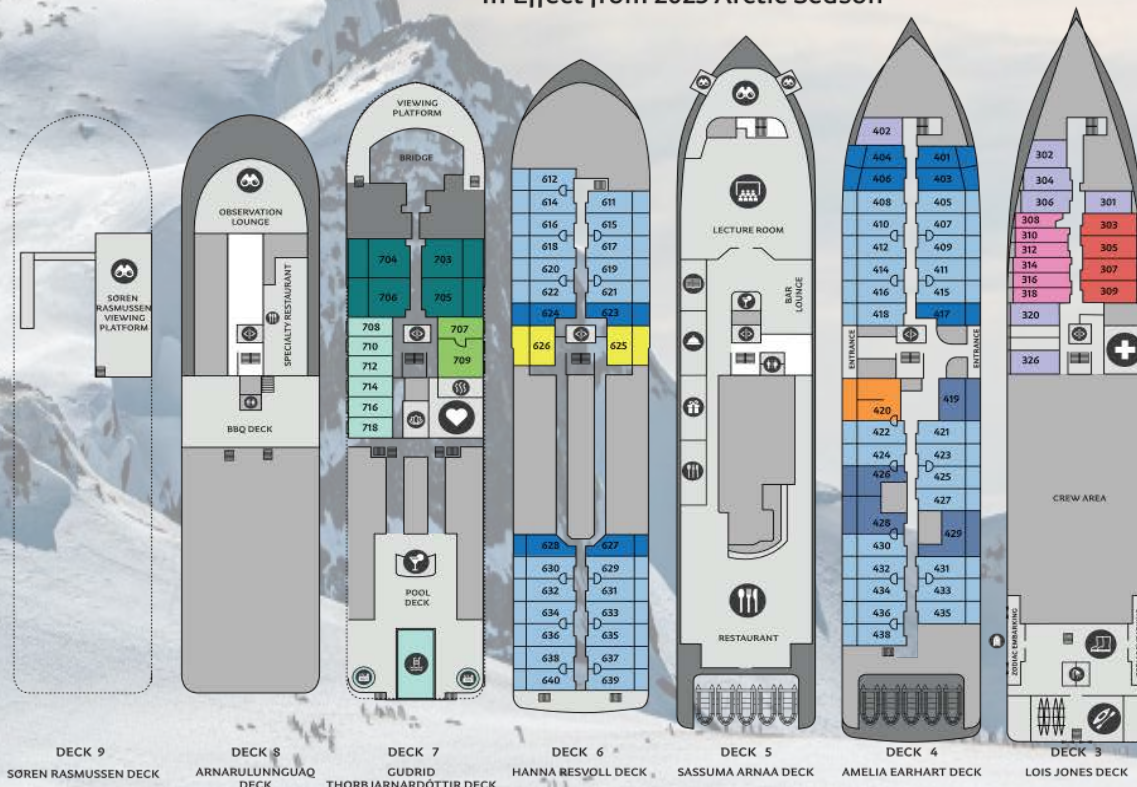
All stateroom types contain a safety box, television, refrigerator, several 230 W power and USB outlets—additionally, bathrobes, slippers, toiletries (body wash, lotion, shampoo) and a hairdryer are also included.

More information available at <https://expeditionsonline.com/vessels/ocean-albatros>



M/V OCEAN ALBATROS DECK PLAN

In Effect from 2025 Arctic Season



Brynhilde Suite BS
Two Bedroom Suite (1)
52 sqm, French Balcony



Freydis Suite FS
Premium Suite (1)
43 sqm, incl. Balcony



CATEGORY A
Junior Suite (4)
40 sqm, incl. Balcony



CATEGORY B
Balcony Suite (2)
app. 32 sqm, incl. Balcony



CATEGORY Cxt
Grand Balcony Stateroom (4)
app. 30 sqm, incl. Balcony



CATEGORY Csp
Superior Balcony Stateroom (48)
app. 24 sqm, incl. Balcony



CATEGORY C
Balcony Stateroom (9)
22 sqm, incl. Balcony



CATEGORY D
Porthole Stateroom (7)
16 sqm, Porthole



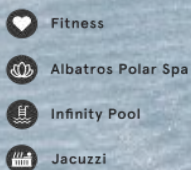
CATEGORY E
French Balcony Stateroom (6)
16 sqm, French Balcony



CATEGORY F
Triple Stateroom (4)
20 sqm, Porthole



CATEGORY G
Single Stateroom (6)
15 sqm, Porthole



Your Adventure Leaders

Ram Barkai

Founder and Chair of the International Ice Swimming Association ("IISA"). Swimming Expedition Leader and Race Director.

Ram is a veteran extreme cold-water swimmer. Ram swam in Antarctica in 2008 with his Guinness World Record Swim at 70S and in 2014 at -1C with his South African team, and in 2018 with his first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles many more 1km Ice Swims and longer cold-water swims. He swam in the Arctic and Antarctica, Cape Horn, Magellan Strait and Beagle Channel, Northern Iceland, Scotland and Ireland, Across the Bering Strait and in Siberia mid-winter at -33c air temp. Ram has been featured in various Discovery, History channels, CNN, Al Jazeera, and many other documentaries. Ram's vision is to take Ice Swimming to the Winter Olympic Games.



Sam Whelpton

Expedition head of logistics

Sam is an Ironman athlete [woman], an open water and marathon Swimmer. Sam completed various ice swims from the Arctic to Antarctica via Lesotho's high mountains. Sam crossed the English Channel in 2018, Lake Malawi, Zanzibar to Tanzania, and many other swims. Sam will take care of any logistics requirements before the trip and during. Sam is also in charge of timekeeping of the swim events.



Michal Starosolski, Ph. D.

Professor Assistance at the Medical University of Silesia

Michal is an Emergency Medicine Specialist, working in the Hospital Emergency Department with Trauma Center and in Emergency Medical Services on Ambulance. Since 2015, Michal has worked with the International Ice Swimming Association in Poland, responsible for the safety of swimmers and rescue issues. He has been a medical officer during the IISA World Championships, Expeditions on Titicaca Lake, Baltic Sea and several Polish Championships in Ice Swimming.

Stewart Campbell

Owner and Director of Expeditions Online

Stewart is a former expedition leader of more than 40 voyages to Antarctica. He has over 30 years of experience in polar travel and has organised and led countless expeditions to Svalbard, Greenland, and South America. He will be our expedition and travel coordinator to ensure your booking process goes smoothly and you reach Longyearbyen safely and ready for your Arctic and Ice Swimming adventure!



ICE SWIMMING ADVENTURES

Join us on a fantastic adventure into Polar Waters or anywhere where there is ICE. Uncharted frozen seas and land are calling us. Anyone is welcome, but the focus is on Ice Swimming and exploring. You will be looked after by the Founder of Ice Swimming [Ram Barkai] and a team of experienced expedition leaders, doctors, and amazing people like yourself. Swimming can be anything from a polar dip to a 1km you choose. Family, friends, and supporters are welcome. It's a team adventure that will change your life forever. This expedition is equally suitable for swim participants or a brilliant adventure holiday for supporters.



ICE SWIMMER NOTES

The adventure has maximum 24 places in total. Swimmers and support. We will prioritise swimmers as this is an Ice Swimming expedition. Subject to deposit payment, we will take swimmers on a first-come, first-served basis.

- 1km Arctic Swimmers must have done at least one Ice KM under 25 minutes in the past 12 months.
- Each swimmer must have a completed and valid IISA Medical, which must be completed no earlier than 12 months before departure.
- Each swimmer must have his/her medical insurance
- The swimmer must wear a tow float during each swim.
- The 1km event will be held with four swimmers in a heat.
- Swim Entries must be made via the IISA website – Arctic Ice Swimming Adventure.

All booking enquiries are to be made to Expeditions Online via their website or by phone or email. However, any specific swimming-related questions should be directed to Ram at the International Ice Swimming Association.