



## ICE SWIMMING ADVENTURES



# ANTARCTICA ADRENALINE ICE SWIMMING ADVENTURE

Sailing on board ice-strengthened  
M/V Ocean Albatros

NEW DEPARTURE:

**8 – 19 November 2024 – 12 days**

Departing Ushuaia, Argentina

**Looking for excitement? A true Antarctic adventure?** Join this unique adventure voyage with Ice Swimming event, an included kayak excursion for all guests, extended stays onshore and extra camping options. This unique voyage has NO SET ITINERARY, and we will allow the rhythms of the ice, sea and weather to lead us to adventure!

With 12 days available we have many landing opportunities to see wildlife and zodiac cruising past amazing landscapes. Aside from our swim event we have hiking and zodiac sightseeing, options for sea kayaking, camping, snowshoeing, and photography sessions.



**Ram Barkai**

*Ice Swimming Adventures Founder  
and Expedition Leader*

*IISA Founder and Chair*

[www.iceswimmingadventures.com](http://www.iceswimmingadventures.com)

[iceswimmingadventures@gmail.com](mailto:iceswimmingadventures@gmail.com)

## BOOKINGS:

Ice Swimming must be approved by  
Expedition leader: : **Ram Barkai** –  
[ram.iceswimming@gmail.com](mailto:ram.iceswimming@gmail.com)  
[www.iceswimmingadventures.com](http://www.iceswimmingadventures.com)

Trip booking – please contact **Stewart  
Campbell** Expedition online –  
[mail@expeditionsonline.com](mailto:mail@expeditionsonline.com)  
[expeditionsonline.com](http://expeditionsonline.com)



**ICE SWIMMING ADVENTURES:** Join an amazing 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 chose. Family, friends, and supporters are welcome. It's a team adventure that will change your life forever. We are thrilled to present this next Ice Swimming Adventure in the icy waters of Antarctica! This expedition is equally suitable for swim participants as well as a brilliant adventure holiday for friends or supporters. We sail on a purpose-built, ice-class expedition vessel

to experience the majesty and wonder of Earth's last frontier up close and personal. The ship enables us to get closer to nature, with a fleet of Zodiac landing craft and a team of experienced expert expedition guides. This unique voyage is specially designed for those seeking adventure on Antarctica, with extra camping options, snowshoeing excursions and a kayaking excursion included for all guests.



**OUR VOYAGE:** Antarctica is a spectacular and amazing place quite apart from our swimming activities. This expedition is equally suitable for swim participants as well as a brilliant adventure holiday for friends or supporters. Aside from the swim event there are of course regular landings to see wildlife, with walking, hiking and zodiac cruising sightseeing, plus options for sea kayaking and photography sessions.

We will delve 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. Our skilled Captain and Expedition Leader will work hard to maximise opportunities to explore the White Continent.

This unique thrill-seeker's voyage offers a complimentary kayak excursion to all guests, as well as extended stays on shore to allow longer snowshoeing excursions. This thrill-seekers expedition will also offer extra camping opportunities, allowing guests to test themselves like the explorers of old. Shore landings and Zodiac safaris will allow us to experience penguin colonies, historical sites and breathtaking glaciers, while our knowledgeable onboard Expedition Team will offer a selection of specially crafted lectures to inform your matchless expedition experience.

**Crafted to ensure you can experience all the thrills Antarctica offers, this voyage offers a unique experience for the brave few!**





# HIGHLIGHTS

- Ice Swimming event – 50m, 200m, 500m, 1km – participate or cheer on!
- Meet fellow Frozen ones on an epic adventure
- In-depth, Antarctic expedition with six days of landings
- Wildlife encounters with penguins, seals and whales
- Antarctica's majestic mountains, ice and scenery
- Educational program from onboard specialists
- Kayaking excursion included
- Options for camping, snow-shoeing and photography



## OVERVIEW

As our voyage begins, we pilot through the calm, gunmetal grey waters and sloping glaciers of the Beagle Channel. Turning southward, our journey begins in earnest, and we enter the Drake Passage. A body of water that marks the intersection of the cold Antarctic with the warmer Atlantic and Pacific Oceans, Drake Passage is known for rollicking conditions and strong westerly winds, called the Roaring Fifties. While this passage may be challenging, you can rest confidently aboard our expedition vessel, Ocean Albatros, which is purpose-built with stabilizers, powerful engines, and a patented reclining bow, which ensures stability and comfort in rough sea as well as having very low fuel consumption. The most spirited sailors consider Drake Passage a lifetime achievement, and you will complete the crossing twice!

In the Drake, the excitement builds as Antarctic wildlife comes into view. These nutrient-rich waters lure a wealth of seabirds, albatrosses, and several species of whales. Weather permitting, we catch our first sight of seals and penguins! With widening eyes, we weave through the South Shetland Islands, a pearly necklace of glistening, ice-covered islands and dormant volcanoes. Numerous Zodiac excursions are landfalls are likely. We are constantly on the lookout for whales, sea lions, elephant seals and an unbelievable amount of sea birds and penguins. Our Ice Swimmers onboard also take the chance to make a first, shorter test swim in the chilly waters of the South Shetlands.



Continuing onward, we enjoy the calming silence and alluring beauty of the Antarctic mainland during hikes and Zodiac excursions. Spread in isolation along the coast, we also see manned and unmanned research stations, which we may visit during the voyage. Here, the sun is up for 24-hours a day during the austral summer. The expedition may include visits to sites such as Pleneau and Petermann Islands, Cuverville Island or Paradise Bay. During our time in Antarctica, we look for a suitable shore-based location to conduct amazing Ice Swimming adventures!



# DAY-BY-DAY CRUISE ITINERARY

## 8 NOVEMBER 2024: ARRIVAL USHUAIA

Arrive in Ushuaia, Argentina – the world’s southernmost city. Explore this vibrant city, or stretch your legs in the surrounding forests. Alternatively, consider a day trip off the beaten path into the raw nature of Patagonia. The island of Tierra del Fuego is a hiker’s paradise with rugged snow-capped mountains, glaciers, flower-filled meadows and rich boggy wetlands. In the afternoon, we board our vessel, waiting to welcome us in port. After our mandatory safety drill, our expedition begins as we navigate through the calm waters of the famous Beagle Channel (named for Charles Darwin’s ship). This steep-sided strait divides southern Tierra del Fuego between Chile and Argentina, and has been the jumping-off point for thousands of expeditions into the unknown. Watch out for whales and dolphins as we sail off the edge of the map into the tempestuous Drake Passage.

## 11-16 NOVEMBER: ANTARCTIC CONTINENT AND ICE SWIM

With no set itinerary in Antarctica, this voyage offers adventurous travellers the chance to experience Antarctica as it was meant to be – flowing with the wind, sea and ice, and taking the best opportunities Mother Nature provides. This voyage departs in the first half of the brief Antarctic summer, when sea ice is at its maximum – this offers us ample opportunities to explore in the icy wilderness of the last continent. Our exact route will be subject to careful planning by the Expedition Leader and Captain – however we will aim to visit a range of sites which showcase the best of this staggeringly beautiful region.

Marvel at the massive icebergs and vast glaciers on a complimentary kayak excursion in Paradise Bay. Be moved by penguins tenderly caring for their precious eggs, and fiercely defending their nests on Cuverville Island. Watch cataracts of ice tumble into clear blue ocean on a snowshoe hike over the active glaciers of Neko Harbour. Experience the Antarctica of old at historic huts such as Damoy Point, lovingly restored and open to all. Awake to the icy wind and the bray of penguins during one of this voyage’s several camping options. Feel the spray of water from the blow of a humpback whale on a Zodiac safari in Wilhelmina Bay. Wonder at awe-inspiring scenery on a ship cruise through the Lemaire Channel. Watch city-sized tabular icebergs drift silently past the ship in the Antarctic Sound. Wherever we go on the Antarctic Peninsula,

## 9-10 NOVEMBER: AT SEA - CROSS DRAKE PASSAGE

Sailing onward, we cross the famed Drake Passage – the body of water separating Patagonia and the Antarctic Peninsula. The Drake Passage is known for rollicking conditions and strong westerly winds, nicknamed the Roaring Fifties. While this passage may be challenging, you can rest comfortably aboard our expedition vessels, which are purpose-built with stabilizers, powerful engines and manned by a highly-qualified crew. The most spirited sailors consider Drake Passage a lifetime achievement – and you will complete the crossing twice! Our days in the Drake Passage will be put to good use preparing for our arrival in Antarctica – your Expedition Leader will brief you comprehensively on how to stay safe and minimise your impact on this precious wilderness, as well as briefing you thoroughly on our plans for our time spent exploring, including hints and tips for wildlife watching. The dedicated Expedition Team will offer tailored lectures on Antarctic exploration history, wildlife, geology, glaciology and more! We will cross into the Antarctic Convergence on the third day of our voyage – watch the mercury plummet as we sail southwards into Antarctic waters, an abrupt cooling that marks the intersection of Antarctic waters with the warmer waters of the Atlantic and Pacific Oceans.



endemic wildlife, tantalising history and breathtaking natural beauty abound.

This time of year, expect to see penguins carefully constructing their pebble nests and fiercely defending their precious eggs from hungry skuas and Giant Petrels. The start of the Antarctic summer also sees the return of groups of humpback whales – these ocean wanderers come to Antarctica to feed on the abundant krill this time of year. With luck, we may even see the young of these gentle giants.

There is no set itinerary on this trip, which allows our staff onboard to maximize the experience for all onboard. Aside from the regular landings there are opportunities for kayaking, snow-shoeing, camping ashore and also photography workshops. Whilst our suggestions above are just possible routes and landings, we can be sure that this will be the ultimate, adrenaline-fuelled experience on the White Continent!



# ANTARCTIC ICE SWIMMING

During our time in Antarctica the expedition team will look for suitable conditions and location 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 certain to be a thrilling spectator event for all passengers! There will be recognised 250m, 500m, 1 km according to International Ice Swimming Association (IISA) rules. The exact course will depend on local conditions but is planned to 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 and will be filmed and timed by expert IISA officials and enter record books. Spectators will be able to observe from the ship, Zodiacs and kayaks, or from ashore.



## ICE SWIMMING DAY 1 – TEST SWIM AND ICE IMMERSION

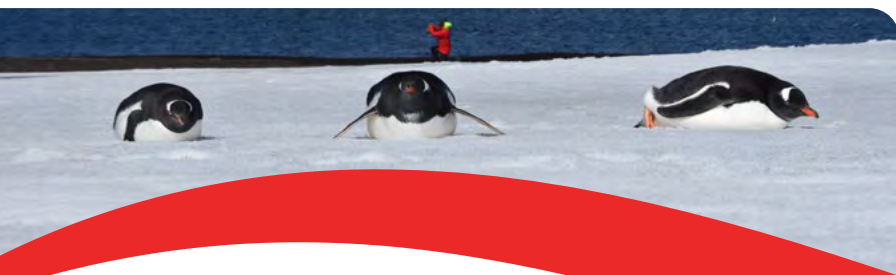
We will hold a test swim for the main event swimmers. The team leader and our Doctor will supervise the test swim. We will swim in small heats for 5min or around 200m. The Test swim aims to familiarise yourself with the water temperature and the swim location and awaken your muscle and pain memory to 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.

## ICE SWIMMING DAY 2 – THE MAIN EVENT

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







## 17-18 NOVEMBER: DEPART ANTARCTICA - AT SEA

We eventually depart Antarctica, and spend two days at sea on our way northwards back across the infamous Drake Passage towards the more welcoming shores of the Beagle Channel and Ushuaia, Argentina. During our time at sea, a variety of activities will be arranged on board to provide our guests with the chance to reflect on their voyage. Relax with an expertly crafted cocktail in the Nordic Bar in the company of new friends, soak up the knowledge and passion of our Expedition Team during lectures in the Shackleton Lounge, or simply enjoy the flight of the albatross which accompany us northwards. An award ceremony will also be held to commemorate the brave achievements of our ice swimmers. During your last evening onboard, join the Captain and Officers for the Farewell Cocktail Party, followed by a presentation of photos and video by our onboard photographer - the ideal opportunity to re-live your Antarctic adventure. Cheers!



## 19 NOVEMBER 2024: USHUAIA AND DISEMBARK

On the morning of the final day of our voyage, we will arrive back at the pier of Ushuaia, Argentina. Trees, grass and a busy city may seem strange to you after the white wilderness of Antarctica! After a hearty breakfast, it is time to bid a fond farewell to the Crew and Expedition Team, and descend the gangway back to dry land with memories of the adventure of a lifetime!





**PER PERSON CRUISE  
EXPEDITION PRICES IN USD  
(EX USHUAIA)**

Category F Triple share	\$ 9 695
Category D Twin share	\$ 12 655
Category E Twin share French Balcony Suite	\$ 13 745
Category G Single	\$ 16 395
Category C Balcony Suite	\$ 14 865
Category B Balcony Suite	\$ 16 595
Category A Junior Suite	\$ 23 095
Polar Premium Suite	\$ 25 995
Brynhilde Premium Suite	\$ 28 685



**Optional Extras:**

Antarctic Ice Swim participants	\$ 745 = \$ 395 Ship swimming fee Plus \$ 350 ISA swim fee.
Ice Swimming Experience	\$ 150 for novice ice swimmers or Ice water immersion
Kayaking	1 excursion included – additional excursions \$ 345 per outing
Expedition Snowshoeing	\$ 225
Camping	\$ 395 (subject to conditions)
Photography program	\$ 1 095

**EARLY BOOKING 20% discount from above rates is available until 15 February 2024!**



**OTHER PRE- AND POST-CRUISE  
ARRANGEMENTS AVAILABLE ON  
REQUEST – CONTACT US FOR DETAILS!**



**BOOKINGS:**

Tel: +46 101 302 123 | [mail@expeditionsonline.com](mailto:mail@expeditionsonline.com)  
[www.expeditionsonline.com/tour/antarctica-ice-swimming\\_433](http://www.expeditionsonline.com/tour/antarctica-ice-swimming_433)





## BOOKINGS

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

## PAYMENTS

Reservations require a 25% deposit at the time you receive a booking confirmation from Expeditions Online. A secure payment link will be sent to you, and this may be paid by major credit card. Balances are due 90 days prior to departure and may be paid by bank transfer. Balance payments may be made by credit card subject to a 2% surcharge.

## CANCELLATIONS

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received from time of booking to 91 days prior to departure 20 % of the total cruise tariff. From 90 days until departure: 100% of the total cruise tariff. We strongly recommend that you obtain adequate trip cancellation insurance.

## INSURANCE

Adequate trip cancellation insurance is required for this expedition, including emergency medical evacuation coverage.

## 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.

## 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.



## 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
- Embarkation shuttle transfer to the vessel from Ushuaia city centre
- Shuttle transfer after disembarkation from the ship to Ushuaia city centre or airport
- All Zodiac landings and excursions, as per itinerary, guided by our Expedition Team
- One complimentary kayak excursion per guest
- Expedition parka
- Rubber boots loan scheme
- Briefings and lectures by our Expedition Leader and Team
- English-speaking Expedition Team
- Special Guidance from IISA swim leaders and doctor



## EXCLUDED

- 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, internet/phone costs
- Anything not mentioned under 'Inclusions'







## EXPEDITION VESSEL: M/V OCEAN ALBATROS

A brand-new sister 'infinity' vessel to the luxury Ocean Victory, commenced sailing in May 2023, as one of the most modern small ship vessels in the market. This stylish cruise ship is ideally suited to small-ship expeditions, with a total of 95 comfortable cabins for guests, all with a view of the ocean, 90% with a balcony, even a suite with a French balcony! 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

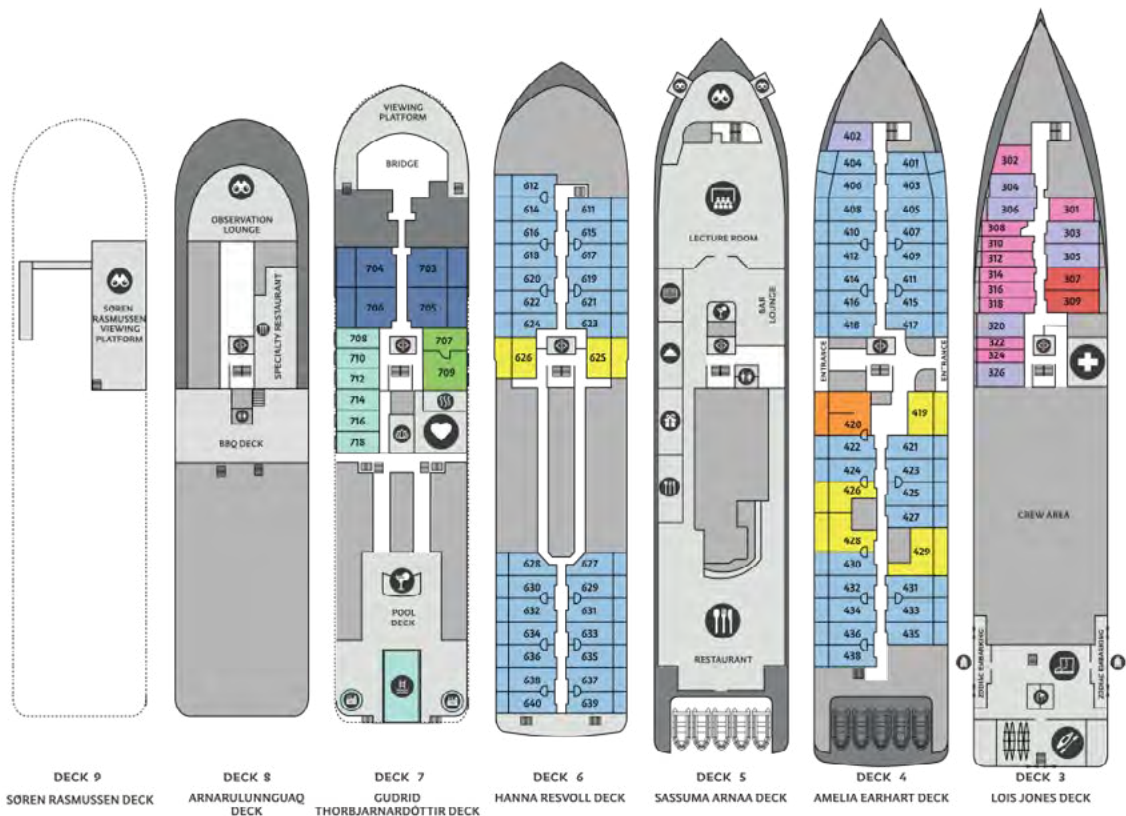
weather and allows for the smoothest movements on high waves, and a Solas 2012 classification, which facilitates a safe return to port.

The vessel will have more than a 50% lower carbon footprint than traditional expedition vessels and be one of the most environmentally friendly, implementing the Green Initiative Program, ensuring both absolute comfort and sustainability for our guests. Ocean Albatros will also offer a unique panorama sauna, and a total of 12 dedicated solo travel cabins without a single-supplement. Like its sistership the Ocean Victory it offers two restaurants, a wellness area, an Albatros Nordic Bar, an open deck dining facility, a modern lecture lounge, and other state-of-the-art amenities.





# M/V OCEAN ALBATROS DECK PLAN



**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 (6)  
app. 32 sqm, incl. Balcony



**CATEGORY C**  
Balcony Stateroom (57)  
app. 22 sqm, incl. Balcony



**CATEGORY D**  
Porthole Stateroom (7)  
16 sqm, Porthole



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



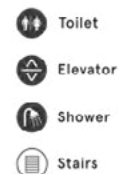
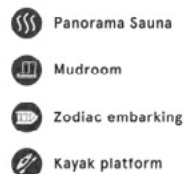
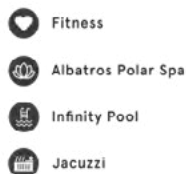
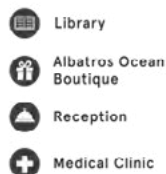
**CATEGORY F**  
Triple Stateroom (2)  
20 sqm, Porthole



**CATEGORY G**  
Single Stateroom (10)  
13 sqm, Porthole

## SPECIFICATIONS

Year Built: 2023  
Crew: 120  
Pax Capacity: avg. 175 (94 cabins)  
Rooms: 94 State Rooms  
Length: 104,4 m  
Breadth: 18,4 m  
Draft: 5,1 m



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.

### **CATEGORY F TRIPLE STATEROOM (Porthole) 22 m<sup>2</sup>**

The Triple Staterooms on board Ocean Albatros feature portholes, all with private en-suites. Located on Deck 3, they're close to the mudroom and loading platforms. Triple staterooms are normally with twin beds however a double bed can be accommodated.

### **CATEGORY D TWIN STATEROOM (Porthole) 13–22 m<sup>2</sup>**

The standard stateroom is close to the Mudroom and has quick access to the zodiac platforms for disembarkation during landings. This is very convenient if you have more limited mobility and would like a short distance to the zodiacs. The standard staterooms all have a double bed or 2 single beds and bathroom.

### **CATEGORY E FRENCH BALCONY SUITE 14 m<sup>2</sup>**

The French Balcony Suite is a standard stateroom with a French balcony, a double bed, floor-to-ceiling windows and a bathroom. All French Balcony Suites are located on Deck 7.

### **CATEGORY G SINGLE STATEROOM (Porthole) 14 m<sup>2</sup>**

Standard single Stateroom onboard, located on deck 3. This is a conveniently located State Room close to the Mudroom which facilitates access to the Zodiacs during embarkation and disembarkation to begin your adventures.

### **CATEGORY C BALCONY STATEROOM 18–22 m<sup>2</sup>**

The most abundant type of stateroom, the Balcony State Staterooms are located in decks 4 & 6. They have a private balcony, a double bed or two single beds, a bathroom and a sofa that can be used as a bed for a child if traveling as a family. If you desire to book two staterooms with connecting doors, this is also a possibility under this category.

### **CATEGORY B SUITE 25–32 m<sup>2</sup>**

2 Balcony Suites on board located on Deck 4. The suites feature double or twin beds, a seating area, bathroom and a large private balcony. The balcony suites can host 2 people.

### **CATEGORY A SUITE 39 m<sup>2</sup>**

The 4 suites have a great view from their location high up on the ship on deck 7. The suites feature a double bed or twin beds, sofa bed, seating area, a spacious bathroom and private balcony. The suite can accommodate up to 3 people.

### **PREMIUM SUITE 45 m<sup>2</sup>**

The second largest of all the staterooms on board the Ocean Albatros is the Premium Suite. This 2-bedroom suite features a double bed (or twin beds), a sofa bed, table and chair, a balcony and a spacious bathroom. Located on deck.4.

### **FAMILY BRYNHILDE SUITE 50 m<sup>2</sup>**

The largest of all the staterooms on board the Ocean Albatros is the Family Suite. The Double-Bedroom, Family Suite is located on Deck 7, featuring two interconnecting French Balcony Suites, accommodating up to 5 people on two double beds and a sofa bed.





# YOUR ICE SWIM ADVENTURE LEADERS



**ICE SWIMMING  
ADVENTURES**



## **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 the first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles and 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 featured in various Discovery, History channel, 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 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 requirement

prior to the trip and during. Sam is also in charge of time keeping of the swim events.



## **STEWART CAMPBELL**

*Owner and Director of Expeditions Online*

Stewart is a former expedition leader of more than 40 voyages to Antarctica and has over 30 years of experience in polar travel, also organising and leading 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 Ushuaia safely and ready for your Antarctica and Ice Swimming adventure!

## OUR MEDICAL TEAM

*Our experienced medical team, one of our doctors will join our adventure as our medical officer.*



## **DR. RUTH WILLIAMS**

*Expedition Doctor, Specialist  
Emergency Physician*

Ruth is chief medical officer at Hampshire hospitals NHS foundation Trust in the South of England. In this role she is responsible for the medical care provided across 3 hospital sites. Ruth sits on IISA Medical committee. Ruth became involved in ice swimming in 2015 and has provided medical oversight of the safety cover for most of IISA GB's championship events. She is an advisor to the Channel Swimming Association and a member of the IISA medical and safety board. Her research interests are centred around the risks and benefits of open water swimming. Most recently she has been collaborating in research into the effects of cold water swimming on menstrual and menopausal symptoms