



## ICE SWIMMING ADVENTURES



### Ram Barkai

*Ice Swimming Adventures Founder  
and Expedition Leader*

*IISA Founder and Chair*

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# GREENLAND

AN EIGHT-DAY ADVENTURE

23<sup>rd</sup> – 30<sup>rd</sup>  
AUGUST  
2025





# ICE SWIMMING ADVENTURE

In our adventures, you will meet like-minded people who share your passion for icy water, its benefits, its extreme and the extreme challenge of swimming in the Ice. **You will be guided by Ram Barkai, the Founder and Chairperson of the International Ice Swimming Association, the global authority in Ice Swimming.** The team includes an experienced medical doctor specializing in Ice Swimming. You will learn about Ice Swimming and share experiences with other hard-core swimmers. You will make real friendships that last for a lifetime. You will explore remote and beautiful places and bond with our beautiful raw nature. **You will be living a dream and an adventure you will never forget!**



A unique opportunity to experience Ice water immersion, short and long-distance ice swims of 250m, 500m, 1km to an Ice Mile in the most amazing and remote part of our planet.



## GREENLAND

Join a glorious adventure in Greenland and experience summer in the Arctic, complete with gigantic icebergs, settlement visits, the stunning Eqi Glacier and Greenland in a changing climate. On board this deluxe cruise, we explore alongside glacial landscapes and see whales and seabirds in the spectacular, icy waters of Ilulissat, to offer you an unforgettable Ice Swimming Adventure.

Greenland offers us majestic, pristine surroundings, 24-hour sunshine and icy waters – perfect for our adventures! Navigating Greenland's old intercoastal routes, we can indulge in many wonders, including the "Iceberg Capital of the World", Ilulissat, and the nearby UNESCO-protected Icefjord. Visit the small town of Qeqertarsuaq on mountainous Disko Island, where we can experience the "Kaffemik" tradition in the community house and cruise close to the calving glacier of Eqip Sermia.

Western Greenland is a truly amazing location for our swimming activities. This expedition is equally suitable for swim participants and a brilliant adventure holiday for friends or supporters. Aside from our swim event, there are regular landings during the cruise to take in the wildlife and nature, plus options for sea kayaking and photography sessions.



# HIGHLIGHTS



- Polar Ice Swimming event – 50m, 200m, 500m, 1km, Ice Mile (if water temp around 3-4C) – participate or cheer on!
- Meet fellow Frozen ones on an epic adventure!
- Visit Ilulissat, nicknamed the “Iceberg Capital of the World.”
- Close encounter with the calving Eqip Sermia Glacier
- Cross the Arctic Polar Circle!
- Whale sightings, bird watching & Arctic wildlife
- Majestic mountains, Ice and scenery
- Educational program from onboard lecturers and specialists
- Options for kayaking excursions.
- Luxurious, modern and Ice strengthened vessel
- Onboard hospitality staff look after your every comfort

## OVERVIEW

Travelling by sea is still the best way to experience Greenland. The places most worth seeing are situated along the dramatic coastline: small and colourful houses resting on the steep mountainsides down to a fjord, giant glaciers producing enormous icebergs, meanwhile, whales and seals play in the sea. And only a few minutes hike away, and you will find yourself isolated, surrounded by wilderness. The people of Greenland live along the coast in small towns and settlements – in summer, only accessible from the sea. Their culture, architecture and living conditions are enriched and limited by the harsh nature of the Arctic. You can meet hospitable Greenlanders on our town visits and learn more about the Inuit culture.

But global warming is changing Greenland's Arctic environment at an alarming rate. On this 8-day voyage to Disko Bay and Uummannaq, we follow the tracks of scientists and decision-makers to see with our own eyes the retreating glaciers and gasp at the thought of losing them. We visit the Danish Research Station on Disko Island during our third day of the cruise. The expedition concept means we will utilize Zodiacs for beach landings and enjoy nature hikes to get close to receding glaciers. We reach our northernmost point at the fabulous town of Uummannaq. Before heading southbound, we attempt to make a Zodiac landing at Eqip Sermia, a giant retreating glacier and visit Ilulissat, the 'Iceberg Capital of the World'. During our time here, we look for a suitable shore-based location to conduct amazing Ice Swimming adventures in Greenland's icy waters!

Our last visit is to the small Inuit settlement of Sarfannguit. Back in Kangerlussuaq, we disembark and return to Iceland or Denmark.



# DAY-BY- DAY CRUISE ITINERARY

## DAY 1 - FLIGHT FROM ICELAND OR COPENHAGEN - KANGERLUSSUAQ

Welcome to Greenland! After arrival on the charter flight from Copenhagen or Iceland, you can stroll around the town on your own until embarkation time in the late afternoon. Transfer to the harbour and board the ship by Zodiacs to the ship anchored about one kilometre out into the fjord. After everyone has embarked, there will be a short safety demonstration in the lovely dining room before dinner. We will set sail after dinner and begin passing through the 160 km-long fjord and out into the ocean. Note: Your luggage will be transferred to the ship directly from the airport, so please pack any items you might need during the first day in your carry-on. We suggest you pack a waterproof jacket to wear as you are ferried to the ship on the Zodiacs, which are open to the elements.

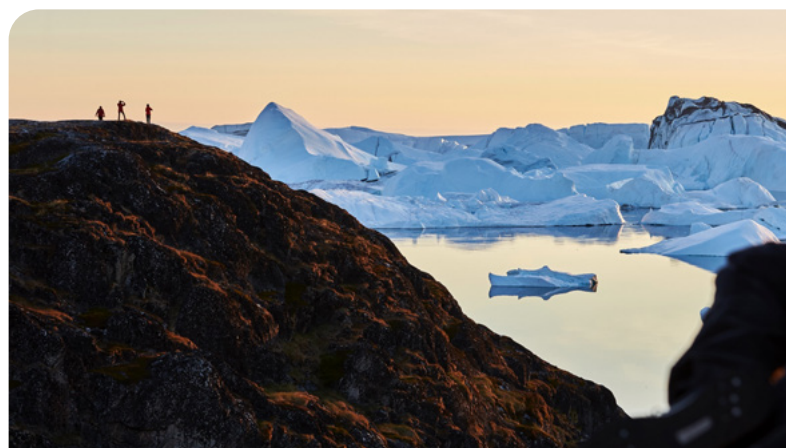


## UNFORGETTABLE EXPERIENCES AWAIT YOU IN GREENLAND!

## DAY 2 - SISIMIUT - GREENLAND'S SECOND- LARGEST CITY

After breakfast, we arrive at the colourful town of Sisimiut, where we will get an idea of what modern Greenland looks like. With 5,400 inhabitants, it is considered Greenland's second 'city'. People have lived around Sisimiut on and off since 2,500 BC. In 1756, Count Johan Ludvig Holstein established a colony here and called it "Holsteinsborg". The oldest part of Sisimiut's historic quarter features townhouses from this "Holsteinsborg" era, and the oldest house in town dates back to 1756. One of the most culturally significant buildings is the Blue Church, built in 1775. Nowadays, Sisimiut is an important place for education and industry, and local factories process the bulk of Royal Greenland's fishing. The fish processing plant is one of the largest of its kind in Greenland and one of the most modern in the world. Our city tour highlights can include the historic colonial quarter, as well as the museum and the beautiful church. Additionally, we plan to visit the busy city centre for a glimpse of what daily life is like in 21st-century Greenland.

In the afternoon, our voyage will continue northward. As evening falls, we should pass the Sisimiut Isortuat Fjord, the Nordre Strømfjord settlements of Attu and Ikerasaarsuk, and the small town of Kangaatsiaq. During the bright night, we are set to pass Aasiaat and proceed into the southern waters of Disko Bay. Next, the ship's heading will be set for Disko Island, known for its distinctive 1,000-metre/3,280 feet layered crags. At this point, we will be north of the Arctic Circle! Here, the nights are bright and early risers can enjoy the sight of the icebergs on Disko Bay as they squeeze out of the Ilulissat Icefjord and drift into the frigid ocean waters.





### DAY 3 - QEQTARSUAQ ON DISKO ISLAND

Below Disko Island's 1,000-metre-tall mountains, we pull into port in a protected natural harbour. The place is aptly named Godhavn ("Good harbour") in Danish, while its Greenlandic name "Qeqertarsuaq" simply means "The Big Island". Up to 1950, Godhavn was the most important town north of Nuuk, the main town of Greenland, solely because of the many whales that the whaling boats towed here from Disko Bay. This bestowed the town with much wealth, starting in the 16th century. The town is now on its way to oblivion as it gets harder and harder to find work because of the infrequent connections to the mainland. We walk through town to the characteristic octagonal church, nicknamed "the inkpot of God". During our stay in Qeqertarsuaq, we might visit the local community.



### DAY 4 - UUMMANNAQ AND A WALKING TOUR OF ONE OF GREENLAND'S MOST BEAUTIFULLY LOCATED TOWNS

When you wake up this morning, you should find yourself in one of Greenland's most beautiful and sunny regions. The ship is set to reach Uummannaq, situated on a small island. The impressive 1,175-metre heart-shaped mountain has given the town its name - Uummannaq means 'place where the heart is'. There should be enough time to explore the city before heading back to the ship for lunch. Uummannaq was founded as a colony in 1758 on the Nuussuaq mainland, but shortly thereafter, in 1763, it was moved to the nearby island, as seal hunting was more bountiful here. On our walk along the town's steep streets, we visit the historic train-oil building, built in 1860. Inside its yellow walls, whale and seal blubber used to be stored. Because of the horrid stench, the blubber was not boiled here but well outside town! Behind

the train oil storage, we will find a peat hut, which was still in use a few years ago. The dry and settled arctic climate has around 2,000 hours of sunshine and 100 millimetres of precipitation per year, giving Uummannaq the right to call itself the Greenlandic Riviera!



### DAY 5 - THE CALVING EQIP SERMIA GLACIER AND EVENING WALKING TOUR TO THE SERMERMIUT PLAIN IN THE CAPITAL OF ICEBERGS, ILULISSAT

The cruise ship should have reached a magnificent natural highlight in the morning - the calving Eqip Sermia glacier. We plan to enjoy lunch on the sun deck with this magnificent natural wonder in the background. Situated approximately 50 nautical miles

north of Ilulissat, the Eqip Sermia Glacier is renowned for its jaw-dropping beauty. Legendary Arctic explorers selected this location as a base for their studies. One such explorer, the acclaimed Swiss glaciologist, Alfred de Quervain, used the location as a base for his expeditions onto Greenland's inland ice sheet over a century ago. We will sail as close as possible to the Ice's edge - but at a safe distance to avoid plunging blocks of Ice and violent waves that often result from the calving glacier.



In the afternoon, we will head for Ilulissat, where we berth in the evening and go for a night walk to the Sermermiut plain. If the sea ice is too dense between the Ataa fjord and the Eqi glacier, the captain must select a different route today. In this case, the itinerary will be adjusted accordingly, and we might, for example, pay a visit to the abandoned coal mine at Qullissat or visit the settlement of Saqqaq.



## DAY 6 – ILULISSAT ‘ICEBERG CAPITAL’ – SWIM DAY!

Ilulissat is possibly the most well-located town in Greenland. The name means ‘icebergs’ in Greenlandic, and the town’s nickname is ‘the Iceberg Capital’.



In Disko Bay, located just off the coast of Ilulissat, gigantic icebergs linger in the freezing waters. These icebergs come from the Icefjord, which is located a half-hour’s hike south of Ilulissat. These impressive frozen structures are born some 70 kilometres/43,5 miles deeper into the fjord by the enormous Sermeq Kujalleq glacier. This 10 kilometre/6 miles-wide glacier is the most productive glacier outside of Antarctica. Whereas most glaciers only calve at a rate of approximately a metre/three feet a day, the Ilulissat glacier calves at a rate of 25 metre/82 feet per day. The icebergs produced by the glacier represent more than 10% of all icebergs in Greenland, corresponding to roughly 20 million tonnes of Ice per day! These facts and the fjord’s unforgettable scenery have secured the Icefjord a place on UNESCO’s World Heritage List.

During the more than 250 years since the establishment of Ilulissat, the town has steadily flourished. **Ilulissat is Greenland’s third-largest town, with more than 4,500 inhabitants.** The town is very vibrant, welcoming and lively, with a wide range of cultural attractions, according to Greenlandic standards. The legendary polar explorer Knud Rasmussen, and his good friend, Jørgen Brønlund, were both born in Ilulissat.

In the evening, we cruise southward from “the Iceberg Capital”, leaving lovely Disko Bay behind us as we part.

## ICE SWIMMING

During our time in Ilulissat, the expedition team will look for suitable conditions and locations for our Ice Swimming adventure. The Swimming will take place over two days [whenever possible].

**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 0C.

## ICE SWIMMING DAY 2 – THE MAIN EVENT

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

An Ice Mile will be considered if requested and approved in advance, and the swimmer has done at least one Ice Mile in a reasonable time. Water Temperatures will have to be above 3C. 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.





## DAY 7 - THE SETTLEMENT OF SARFANNGUIT

The settlement of Sarfannguit, which translates to “the place of the little stream”, is an appropriate name for an accommodation nestled at the foothills of the mountains and glaciers in the distant backcountry. The settlement’s slightly more than 100 residents live off hunting, trapping and fishing, most often

## DAY 8 - KANGERLUSSUAQ. OPTIONAL SIGHTSEEING IN KANGERLUSSUAQ

We will have completed our passage through the 160-kilometre/100-mile Kangerlussuaq Fjord during the night. After breakfast aboard the ship, we will bid farewell to the ship’s staff, and the Zodiac boats will shuttle us to shore. Due to Kangerlussuaq’s military history and present-day role as an important air travel hub, Kangerlussuaq remains fairly isolated from Greenland’s rich cultural traditions compared to other regions. While you still find cultural experiences when visiting Kangerlussuaq, the most impressive attraction is the surrounding nature, which is just beckoning to be explored. It is not difficult to see that Kangerlussuaq’s landscape has largely been shaped by the last glaciation period, often known simply as the “Ice Age,” some 18,000 years ago. The mountains are rounded and soft, and many meltwater lakes remain. From the inland ice sheet, best known as the Greenland Ice Sheet, the meltwater cuts through the porous moraine landscape and flows into Kangerlussuaq Fjord.

Kangerlussuaq’s present-day climate is largely influenced by its well-sheltered location between Greenland’s Ice Sheet, the fjord and mountains. This contributes to its stable conditions, minimal cloud cover and roughly 300 clear nights per year. This proximity to the Ice Sheet, combined with the continental climate, is also of great significance to the local conditions. The dry climate, combined with warm winds that

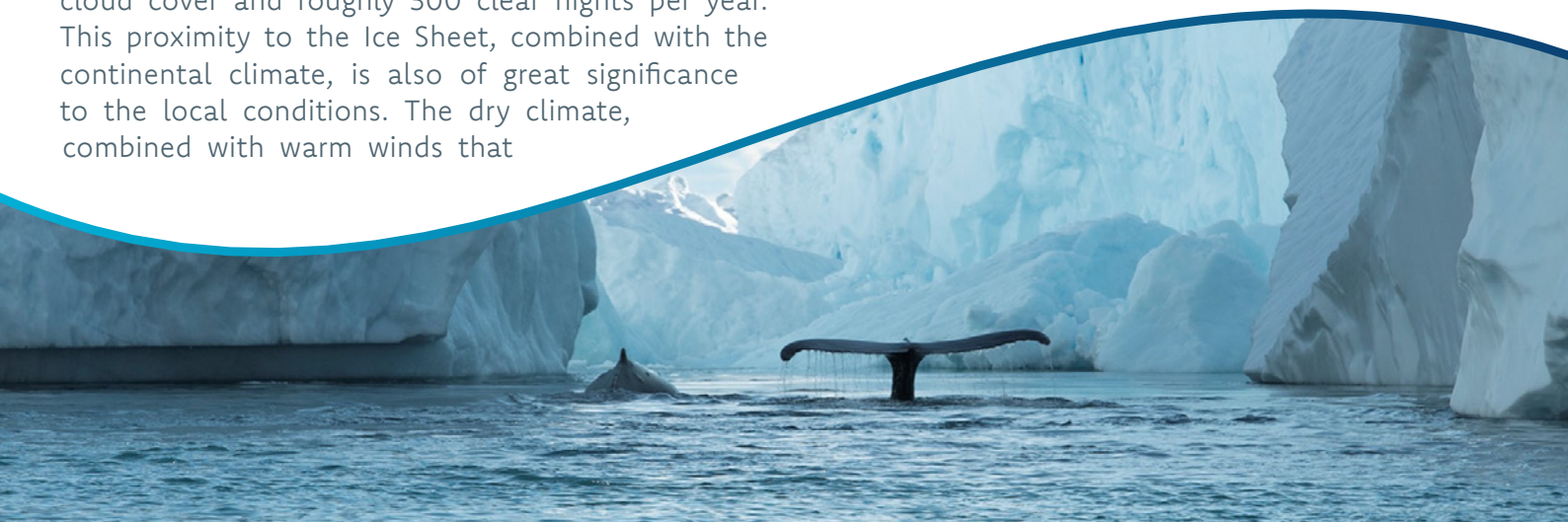
in pursuit of arctic char, reindeer and musk oxen. Although Sarfannguit is quite remote, it lies within a few hours from Sisimiut, the second-largest town in Greenland. The accessibility to such a large town provides an indispensable economic benefit to a small community like Sarfannguit. The planned stroll through the settlement offers insight into rural life in today’s Greenland, where modern conveniences and technological advancements, such as the internet and smartphones, have become commonplace. Yet, locals still place great value on important customs and preserving their traditions and their Inuit heritage. We plan to continue our journey toward the fjord of Kangerlussuaq, also known as Søndre Strømfjord. Especially the first part of the fjord gives a great opportunity to enjoy an impressive passage with panoramic views of high mountains and deep valleys.

“fall” from the Ice Sheet, can result in temperatures that jump up to 30°C (86°F) in the summer but then fall to an extreme -40°C (-40°F) in winter, making it the coldest inhabited area in Greenland. Return by charter flight from Kangerlussuaq to Iceland or Denmark.

### NOTE ABOUT THE ITINERARY AND SAFETY:

*Please remember that the itinerary and outdoor activities during each voyage depend solely on weather and operational conditions to ensure our guests’ safety and quality of experience. 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, local conditions, and climate to ensure a safe and delightful experience for all guests and staff. The trip is expeditionary, and thus changes to timings are expected due to the environment we operate in and 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.*



## PER PERSON EXPEDITION PRICES IN USD

Category F Triple	\$ 6 990
Category D Twin	\$ 7 990
Category E French Balcony Suite twin	\$ 8 790
Category C Balcony Suite twin	\$ 9 590
Category G Single	\$ 9 590
Category B Suite	\$ 10 590
Category A Suite	\$ 12 990
Polar Premium Suite	\$ 14 990
Bryhilde Premium Suite	\$ 16 990

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 a supplement.

**EARLY BOOKING 10% discount from the above rates is available until 30 September 2023!**



### 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 all major credit cards. 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.

### Ice Swimming Fees:

Ice Swim main event participants	\$ 745 = \$ 395 Ship swimming fee Plus \$ 350 ISA swim fee.
Ice Swimming Experience	\$ 150 for novice ice swimmers or Ice water immersion experience [5min swim or immersion]

*\*All participants in An Ice Swim or the Ice Swimming Experience will receive an Ice Swimming Adventure unique medal, Cap and certificate, as well as the recording of their swim in the IISA global record book.*

### Extra Option by the Ship:

Kayaking	\$ 345 per outing
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### CANCELLATIONS

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received from the time of booking to 91 days prior to departure are 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.

### 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

**BOOKINGS / QUERIES: STEWART CAMPBELL**  
[Expedition online]

E-mail: [stewart@expeditiononlines.com](mailto:stewart@expeditiononlines.com)

Tel: +46 101 302 123.

**SWIMMING QUERIES: RAM BARKAI**

E-mail: [icewimmingadventures@gmail.com](mailto:icewimmingadventures@gmail.com)

Tel: +27 82 656 8909.



## INCLUDED

- 8-day cruise onboard Ocean Albatros
- Full board on ship; breakfast-lunch-dinner, from dinner on Day 1 to breakfast on last day
- One visit to the specialty restaurant for each passenger; unlimited access to specialty restaurant from premium cabins (PS, A, B)
- Free coffee and tea during the voyage
- Complimentary house wine, beer and soda at dinner (At a-la-carte dinners, served by the glass, selected labels and brands. At other times drinks are charged to your stateroom account)
- Expedition cruise with accommodation
- Flights: Iceland or Denmark - Kangerlussuaq round trip
- Local transport in Kangerlussuaq on days 1 & 8
- English-speaking expedition staff
- Guided walks with the expedition team Nature hikes and Zodiac cruises per itinerary Information briefings and lectures by the expedition team
- City tours in Sisimiut, Qeqertarsuaq,
- Uummannaq and Ilulissat Museum visits in Sisimiut, Qeqertarsuaq
- VIP service included for categories B, A and Prem. suites; unlimited access to the specialty restaurant, Julius Mehl coffee machine, upgraded toiletries, stocked minibar, wine, and fruit in-room at commencement of cruise, free laundry

## EXCLUDED

- International flights to/from Iceland or Denmark
- Any hotel nights/accommodation before or after voyages
- Travel or cancellation insurance.
- Extra excursions and activities not mentioned in the itinerary.
- Meals not on board the ship.
- Tips for crew (approx. 16 USD per person per day).
- Personal expenses
- Spa treatments
- Anything not mentioned in 'Price includes'.
- Kayak Optional excursions 345 USD per outing (to be booked and paid onboard)







## EXPEDITION VESSEL: M/V OCEAN ALBATROS

A brand-new sister 'infinity' vessel to the luxury Ocean Victory will commence sailing from 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, and 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**

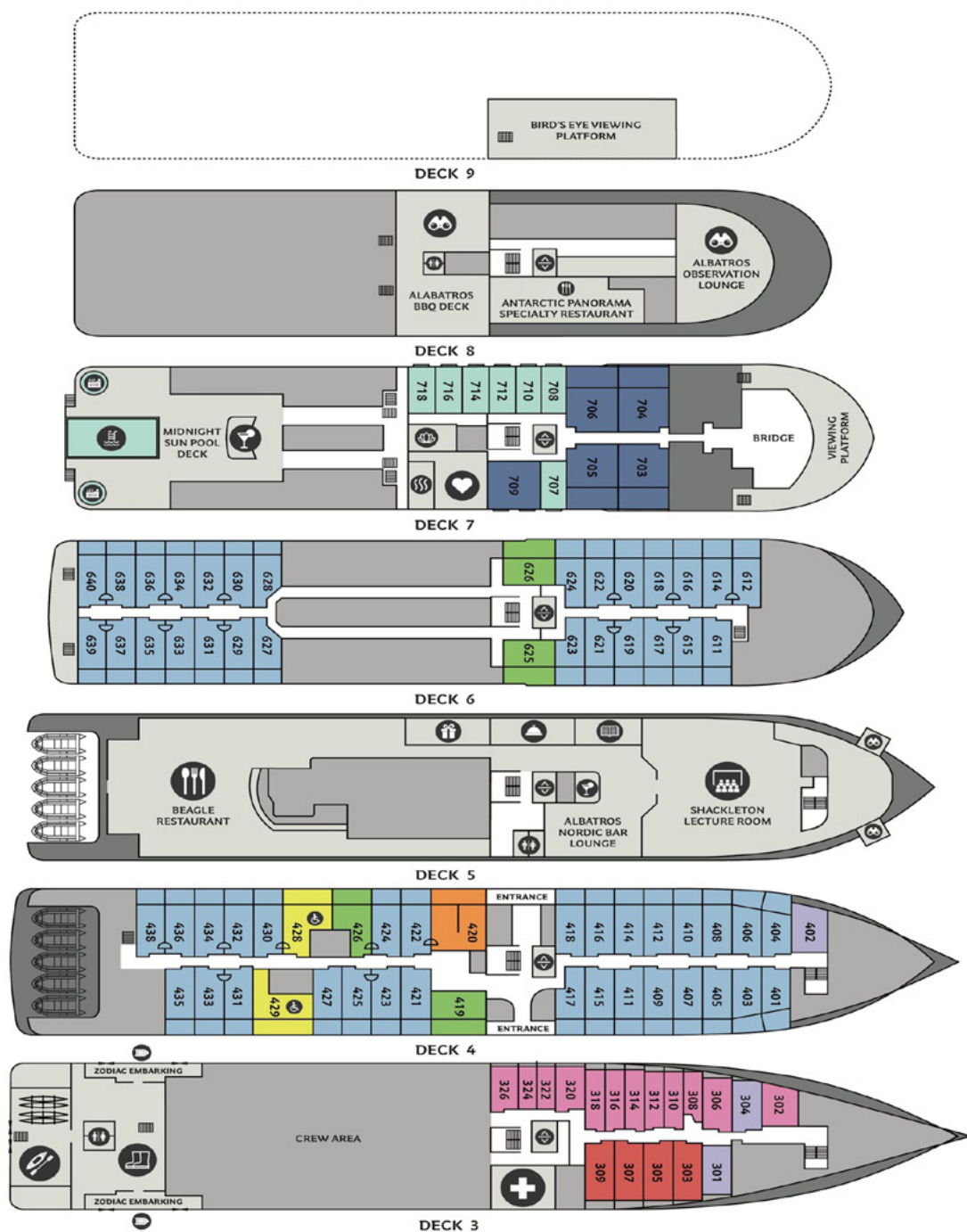
**weather and allows for the smoothest movements on high waves, and a Solas 2012 classification, which facilitates a safe return to port.**

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 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



- |  |   |   |
|--|---|---|
| <span style="color: orange;">■</span> <b>Premium Suite, Two Bedroom</b><br>1 Cabin, Size 45 sqm / 484 sqft<br>incl. Balcony  | <span style="color: green;">■</span> <b>Category B2, Balcony Suite</b><br>4 Cabins, Size 28 sqm / 301 sqft<br>incl. Balcony         | <span style="color: lightgreen;">■</span> <b>Category E, French Balcony Suite</b><br>7 Cabins, Size 16 sqm / 172 sqft |
| <span style="color: blue;">■</span> <b>Category A, Junior Suite</b><br>5 Cabins, Size 42 sqm / 452 sqft<br>incl. Balcony     | <span style="color: lightblue;">■</span> <b>Category C, Balcony Stateroom</b><br>57 Cabins, Size 24 sqm / 258 sqft<br>incl. Balcony | <span style="color: red;">■</span> <b>Category F, Porthole Triple Stateroom</b><br>4 Cabins, Size 22 sqm / 236 sqft   |
| <span style="color: yellow;">■</span> <b>Category B1, Balcony Suite</b><br>2 Cabins, Size 35 sqm / 377 sqft<br>incl. Balcony | <span style="color: purple;">■</span> <b>Category D, Albatros Stateroom Porthole</b><br>3 Cabins, Size 22 sqm / 236 sqft            | <span style="color: pink;">■</span> <b>Category G, Porthole Single Stateroom</b><br>12 Cabins, Size 18 sqm / 193 sqft |

- |                         |                         |                    |                  |                   |
|-------------------------|-------------------------|--------------------|------------------|-------------------|
| Restaurant              | Knud Rasmussen Library  | Fitness            | Mudroom          | Sauna             |
| Bar                     | Albatros Ocean Boutique | Albatros Polar Spa | Zodiac embarking | Elevator          |
| Observation Area        | Reception               | Infinity Pool      | Kayak platform   | Stairs            |
| Shackleton Lecture Room | Medical Clinic          | Jacuzzi            | Toilet           | Handicap friendly |



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

There are four Triple staterooms on board Ocean Victory featuring portholes, all with private en-suites. Located on Deck 3, they're close to the mudroom and loading platforms. Triple staterooms are normally with a sofa bed and two twin beds; however, a double bed can be accommodated.

### **CATEGORY D TWIN STATEROOM (Porthole) 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 two single beds and a bathroom. Located on deck 3 except for one, which is located on deck 4.

### **CATEGORY E FRENCH BALCONY SUITE 16 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) 18 m<sup>2</sup>**

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

### **CATEGORY C BALCONY STATE STATEROOM 24 m<sup>2</sup>**

The most abundant type of stateroom, the Balcony State Staterooms, are located on 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 travelling as a family. If you desire to book two staterooms with connecting doors, this is also a possibility under this category.

### **CATEGORY B BALCONY SUITE 35 m<sup>2</sup>**

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

### **CATEGORY A JUNIOR SUITE 42 m<sup>2</sup>**

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

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

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



# 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. 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 has been 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 a veteran of open water and marathon swimming. Sam has also completed various ice swims from the Arctic to Antarctica via Lesotho high mountains. Sam is an Ironman (woman), English Channel swimmer and many other swims. Sam will take care of any logistics requirements prior to the trip and during. Sam is also in charge of timekeeping of the swim events.



## **STEWART CAMPBELL**

*Expedition and operations coordinator*

A polar expedition leader, tour guide and world traveller, Stewart owns and runs the specialist travel agency Expeditions Online to provide you with expert guidance for your polar adventure. He will take care of your booking and flight arrangements to and from Svalbard.

## OUR MEDICAL TEAM

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



## **MICHAL STAROSOLSKI, PH. D.**

*Professor Assistance at the Medical University of Silesia, Department of Emergency Medicine*

Michal is an Emergency Medicine Specialist, working in Hospital Emergency Department with Trauma Center and in Emergency Medical Services in Ambulance. An active member of Water Rescue Services, Rescue Diver (Groups of Special Divers of the Republic of Poland). Coordinator at International Medical Training Centre, Faculty Instructor of Basic Life Support, Advanced Cardiovascular Life Support, Paediatric Advanced Life Support, and Trauma Life Support. Since 2015 Michal has worked with the International Ice Swimming Association in Poland, responsible for the safety of swimmers and rescue issues. He was a medical officer during the IISA World Championship in February 2022, Expeditions on Titicaca Lake, Swimming across the Baltic Sea in 2018 and a number of Polish Championships in Ice Swimming.