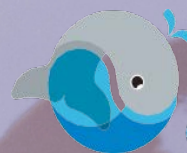




ICE SWIMMING ADVENTURES

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



EXPEDITIONS
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ARCTIC ICE SWIMMING

Svalbard - Last stop before the North Pole! 78° North

7th – 11th June 2026 – 5 days

With a 4 day adventure cruise extension available.

Starting from Longyearbyen, Norway.

Join our Ice Swimming Adventure in Svalbard by the North Pole, a unique life-altering experience. Combine ice swimming with thrilling polar activities, optionally extend with a 4 night Arctic wilderness cruise.

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

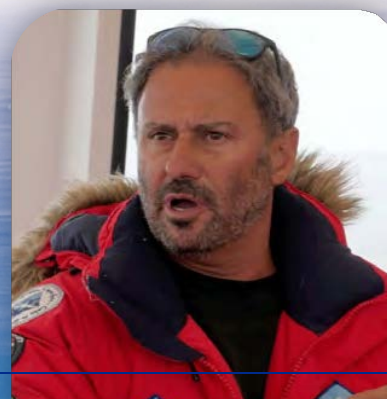
This is not for the faint-hearted.

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")



ITINERARY IN BRIEF:

- Day 1:** Arrive by air to Longyearbyen, Svalbard (flights available from Oslo) – take a first test swim in icy waters from a beach near Longyearbyen.
- Day 2:** Main Swim Day out in Ice Fjord near a glacier, with boat support and sauna tent. Special awards dinner.
- Day 3:** Afternoon kayaking excursions on the fjord
- Day 4:** Hiking adventure in local wilderness and past the Global Seed Vault followed by dog sledding on wheels. Evening dinner and wilderness experience at Camp Barentz.
- Day 5:** Return flight to Oslo (or embark on an optional 4-day extension cruise adventure to Northern Svalbard)



DAY BY DAY ITINERARY

7th June – Arrive LONGYEARBYEN and ‘Test the Waters’!

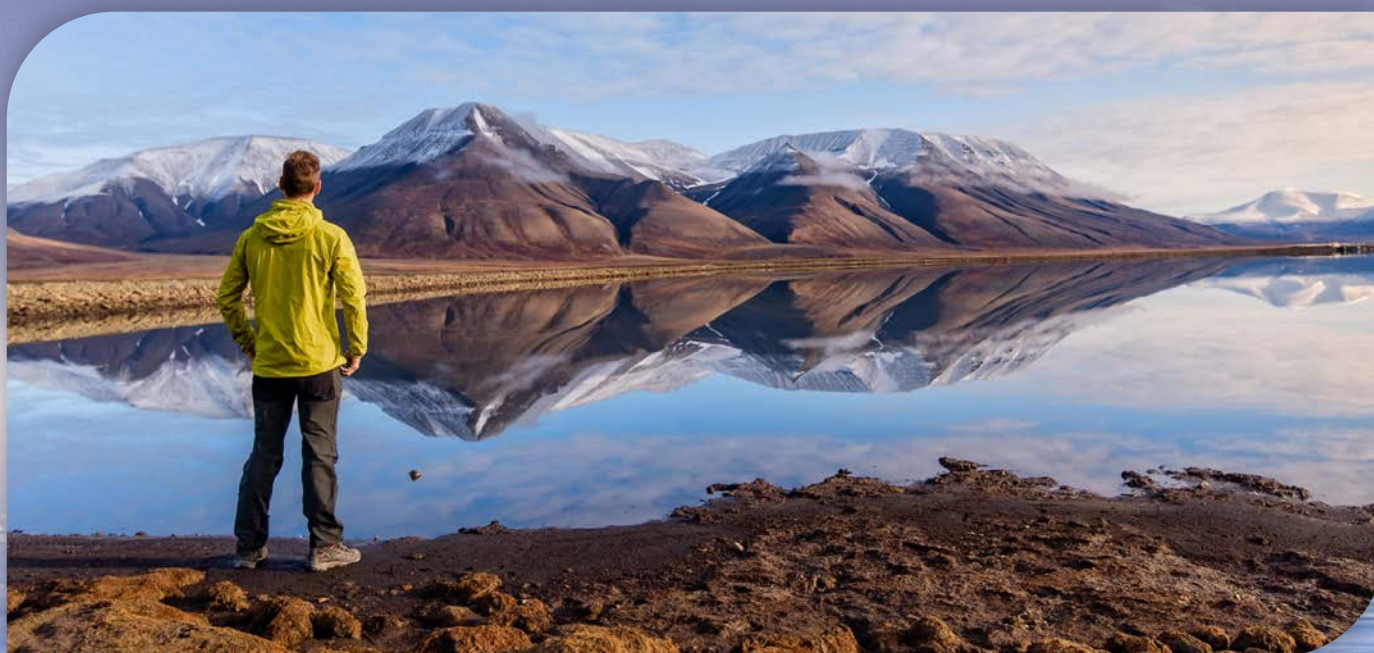
Arrive late this morning from mainland Norway / Oslo (pre-hotel and flight details available on request) to the high Arctic archipelago of Svalbard and its capital, the former coal mining settlement of Longyearbyen.

On arrival, we transfer to our home, Funken Lodge, for the next four nights. Funken Lodge is a boutique hotel that offers that little extra comfort and luxury to your stay. The elegant yet relaxed atmosphere creates the perfect base to unwind in after an eventful day outdoors. This afternoon, we transfer to a nearby beach area. Here we have the opportunity to make some shorter swims from shore to acclimatise and prepare for tomorrow’s main swim events - return to our hotel for dinner and to prepare for tomorrow’s swim. (D.)



8th June – Longyearbyen’s ‘ICE FJORD’ – MAIN SWIM DAY & Awards dinner evening

After a hearty breakfast, our guides will pick us up and transfer us to the harbour, where we will embark on our two 12-passenger sightseeing boats for the day. We head out into Isfjorden and across the fjord to a small island in front of the Borebukta glacier or Svea Glacier, which provide both a sheltered area and a majestic backdrop for our swim—it is an incredibly scenic location for photography! The environment around and above the glacier is diverse and beautiful. Delicate flora struggles against the wind on the





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peninsula next to the glacier. Birds are all around, chirping and feeding. Look out for wildlife such as walruses or seals. Further, if we are lucky, we get to see the glacier calving.

The surroundings of the Glacier are the site for our Arctic ICE KM Swims. We will base ourselves on an island close to the glacier. Restricted to experienced Ice-swimmers, our event will test the resolve and endurance of courageous participants - and will certainly be a thrilling spectator event for all! The swim course will be marked and recognised according to International



Ice Swimming Association (IISA) ICE KM Swim rules. Each swimmer will be accompanied by a follow boat with expedition and medical staff and filmed and timed by expert IISA officials and doctor. Spectators will be able to observe from the boats or from ashore. On the shoreline, we will have a heated tent and sauna ready, as well as a bonfire, lunch, snacks and hot drinks. Guides will be present for polar bear protection. With spare time we may be able to undertake some light trekking in the area before heading back to our boats for the journey back to Longyearbyen.

Tonight, we celebrate our adventures over a special dinner with private room. During the evening, we will host a special Awards Ceremony for our brave swimmers and the opportunity to review the day with images and video. (B.L.D.)

9th June – KAYAKING ADVENTURES ON ADVENT FJORD

This morning is at leisure to recover from the big day yesterday. If you have time and energy perhaps visit the local and interesting Svalbard Museum. Adventfjorden is one of Svalbard's most historic fjords, with Longyearbyen on the south side and majestic mountains in all directions. This afternoon we have the opportunity to explore the area by kayak with Svalbard Wildlife Expeditions. This is a lovely half-day tour that gives you a great nature experience from a sea perspective. We transfer from the hotel and drive to a kayak storage close to the sea. Here you will get your personal kayak equipment and continue down to the beach, where you will be given kayaking instructions and a safety briefing. We leave the beach and Longyearbyen behind and paddle out into the fjord with the magnificent Hiortfjellet (the "Hiorth Mountain") in front of us. Along the way, we will take several breaks, and you will learn about the history of mining in Longyearbyen and Hiorthamn on the other side of the fjord. Maybe you will spot some birds or seals in the water, as you slowly paddle past them. When sitting in a kayak, you have a wonderful and



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unique perspective, as you sit so close to the surface of the water. The guide will tell many interesting stories about the various landmarks we see. This evening is at leisure for dinner at one of Longyearbyen's local restaurants and the opportunity to perhaps enjoy the local floating sauna 'Svalbad' in the dock area. (B.)

10th June – FULL DAY ACTIVITIES – HIKING EXCURSION AND DOGSLEDDING

After a hearty breakfast, we commence a guided hike with an ascent to the top of Blomsterdalshøgda, 320 meters above sea level.

From here, you can enjoy a fantastic view of

Adventfjorden and the surrounding areas. Along the route, we learn more about the rich history of coal mining on Svalbard, and you will see the entrance to the old Coal Mine 3. We keep an eye out for local wildlife, such as the Svalbard reindeer and the Arctic fox. We will of course take frequent short breaks to appreciate our surroundings, enjoy a warm drink, and have some cookies. On the way back, we pass the entrance to the Svalbard Global Seed Vault, located in the mountainside. This iconic site is where crates of seeds from all across the globe are sent for secure long-term storage.



This afternoon we head off for a different kind of activity – one that is a quintessential symbol of Svalbard wilderness - dogsledding. Many associate dog sledding with winter and freezing temperatures – but the dogs need exercise during the summer months as well! The custom-built dog sleds on wheels offer a perfect solution for both two and four-legged to get out and enjoy the beautiful Svalbard scenery. We



travel to the dog yard which is situated approximately 10 kilometres outside Longyearbyen, where the dogs are eagerly waiting for your arrival. With a warm exposure suit, boots and mittens, you'll help the guide to harness the dogs. The barking and howling may seem somewhat chaotic at first, but that will change after a short moment. As soon as the dogs start to run, they become completely silent. Fully focused on the task at hand, the dogs pull the sled on wheels, so that you can focus on enjoying the fantastic landscape around you. On the trip we use small carts for 3 people, and you can take turns driving and sitting. Along the way,



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the guide will tell you about life in the high Arctic, and the role of the polar dogs and their way of life. Keep your eyes open, you may spot reindeer, polar foxes and rock ptarmigan. The birdlife is also rich, and you may see little auks, Arctic terns and Arctic skuas. Back at the kennel we relax with a hot drink and waffles in the cozy log cabin at the yard and enjoy some cuddles with the newest litter of puppies.

Early this evening we get-together and travel to a wilderness camp outside of town in the high-Arctic wilderness. As we drive into the Advent Valley the mountains on either side of the valley loom over us like giants, bathed in the midnight sun or glow of the short night. Our destination, Camp Barentz is a copy of the cabin that the discoverer of Svalbard, Willem Barentz, overwintered in on Novaya Zemlya in 1596.



Here, you can take in the stunning Svalbard landscape. Svalbard reindeer are often seen, and even grouse and foxes if you are lucky. The knowledgeable hosts are also on watch in case a polar bear should appear. As we arrive at the cosy wooden cabins, we enjoy good drinks and a delicious homemade reindeer bidos will be served, together with campfire coffee and dessert. After your tasty dinner, it is time to learn more about the King of the Arctic. With everyone sitting around the open fire in the cabin, our host will share some information and photos about our most famous residents. (B.D.)

11th June – DEPART Longyearbyen

Departure day, with transfer to the airport for your flight to Oslo (airfares not included). Arrangements end here – or you may optionally extend for 4 days on a cruise to northern Svalbard (see below). We can also advise on flights and additional accommodation in Oslo on request. (B.)



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OPTIONAL 4 DAY EXTENSION:

Northern Svalbard cruise aboard MS Serenissima 11-15 June

More information on our cruise ship available here: <https://expeditionsonline.com/vessels/serenissima>



11th June – EMBARK in Longyearbyen

The morning is at leisure, you may wish to spend time at the Svalbard Museum. This afternoon at 4pm, embark on the MS Serenissima and sail out through Isfjorden, observing Arctic wildlife and historical sites. Step back in time on the MS Serenissima, a timeless vessel that evokes the spirit of a bygone era of Arctic exploration, offering a classic and authentic experience. The cruise will take you on a journey to the top of the world, crossing the 80th parallel to explore the breathtaking wonders of the Arctic. You'll have excellent opportunities to spot polar wildlife. Depending on weather and ice conditions, the Expedition Team will use Zodiac boats to attempt various landings throughout the sailing. You can enjoy onboard lectures by the Expedition Team, who will tell you more about Svalbard and the areas we are exploring. They will also lead daily recaps and preparation for the next day. As we sail there will be plenty of opportunities for wildlife spotting, with the chance to spot seals, reindeer, walruses and if you are lucky - the king of the Arctic, the iconic polar bear. (B.D.)



12th to 14th June – ON EXPEDITION - Cruise into the Arctic Wilderness!

Discover the scenic Kongsfjorden area, hike on the tundra, and visit the research settlement of Ny-Ålesund. Upon arrival in Ny-Ålesund, the ship will dock at the pier, where you can disembark directly from the ship and spend the day ashore. This settlement offers a fascinating glimpse into the past and present: once a mining town, later a base in the race to the Pole, today it is a hub for international Arctic research. Learn about Arctic exploration history and send a postcard from the northernmost post office in the world.



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During the expedition cruise you will explore the diverse landscapes of Magdalenafjorden, Woodfjorden and Liefdefjorden in the Far North of Svalbard. As we sail past dramatic fjords, towering mountain peaks, and vast glaciers, keep your eyes peeled for polar bears, walrus, whales, and an array of Arctic birdlife. If conditions allow, we sail above 80° North and approach Moffen Island, known for its walrus population. Potential landings each day by Zodiac depend on weather and ice conditions. You are on expedition! (B.L.D)

15th June – DISEMBARK in Longyearbyen – fly to Oslo

Today marks the end of your Arctic adventure. You'll transfer from the ship to Longyearbyen, with time for a final stroll through town or to pick up a few souvenirs before heading to the airport for your flight home. (B.)

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.



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Expedition Prices

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

Twin or Double room	\$3450
Single room supplement	\$500
Ice Swimming Fees (for all distances 100m+)	\$500
Flights from Oslo and extra hotel nights	on request

4 day Cruise Extension MS Serenissima:

Standard Twin cabin	\$2750
Standard Single cabin	\$4250

(other cabin categories prices on request)

NOTE: All prices are subject to change due to any logistical changes required to the itinerary.

Bookings

To secure your place, an initial \$1000 refundable deposit* is required.

Full payment is due 90 days before departure.

Cancellations

*The initial deposit remains fully refundable until we confirm the tour departure has the numbers to operate as planned. As soon as the tour departure has been confirmed, additional deposit may be required and the following cancellation conditions will apply should you wish to cancel for any reason:

- 180 days or more prior to departure, \$500;
- 90 days or more prior to departure, loss of deposit;
- 89-45 days before departure, 50% of the total price;
- Less than 45 days prior to departure, no refund.

All cancellation requests must be received in writing to Expeditions Online.



Insurance

Adequate trip cancellation insurance is strongly recommended 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.



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Included

- Accommodation at hotels/lodges as indicated in the itinerary (or similar)
- Meals as indicated Breakfast = B / lunch = L / dinner = D
- Transfers in Longyearbyen to/from events - and from the airport
- ICE Swimming expedition guides from the International Ice Swimming Association
- A marked course swim event with two open follow boats. Ashore will be a sauna and shelter tent.
- Polar bear protection guides to follow the event
- Hot and cold drinks snacks during the swim event
- Sightseeing Excursions and activities as indicated in the itinerary
- 4 day Cruise on MS Serenissima (when booking optional extension)

Excluded

- Flights Oslo / Longyearbyen / Oslo (to be quoted separately upon booking)
- Airfares, land arrangements or meals not otherwise mentioned in the itinerary.
- Single hotel supplement or room upgrades (if required or necessary)
- Passport and visa expenses.
- Baggage, cancellation and personal insurance (which is strongly recommended).
- All items are of a personal nature, such as additional purchases in the hotel, laundry, bar, beverage charges, tips, and telecommunication charges.



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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.



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.