



ICE SWIMMING ADVENTURES

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

ANTARCTIC ICE SWIMMING

Sailing on board the small expedition ship M/V St Helena
25th February to 7th 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 five full days of landings
- Small expedition vessel with just 98 fellow passengers
- 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!





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DAY BY DAY ITINERARY

Day 1: Ushuaia, Argentina

Board the expedition vessel in the afternoon, where you'll meet your crew and fellow travellers. After settling into your cabin, the ship sets off along the picturesque Beagle Channel. Relish your first evening at sea as the southernmost tip of South America disappears from view.

Days 2-3: Crossing the Drake Passage

Start your Antarctic adventure with a crossing of the Drake Passage, a vast stretch of open ocean that marks the Antarctic Convergence, where nutrient-rich waters sustain a vibrant ecosystem. While at sea, attend expert-led talks on Antarctica's history, wildlife, and geology. Head to the open decks or the bridge to spot albatrosses, petrels, and even whales. Adventure activities, including navigation workshops and safety briefings for kayaking and snowshoeing, will also be held. By the end of Day 3, the first sighting of icebergs and snow-capped peaks will signal your arrival at the South Shetland Islands.



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Days 4-8: Exploring the Antarctic Peninsula

The core of the journey unfolds as you explore the Antarctic Peninsula and South Shetland Islands, with each day offering a blend of landings, zodiac cruises, and optional adventure activities.

Highlights Include:

Kayaking Among Icebergs: Paddle through tranquil waters, drifting past seals resting on ice floes and penguins diving in for a swim. **Snowshoeing Adventures:** Strap on snowshoes to explore pristine trails and reach panoramic viewpoints, offering breathtaking vistas of glaciers and peaks.

Penguin Colonies: Visit expansive rookeries of Gentoo, Chinstrap, and Adélie Penguins, watching their amusing behaviours as they care for their chicks or brave the frigid waters.

Wildlife Encounters: Spot Weddell, crabeater, and leopard seals lounging on ice or hunting in the water, with Minke and humpback whales often seen feeding nearby.

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No Two Voyages are the Same!

With over 500 diverse landing sites along the Antarctic Peninsula, no two voyages are ever the same. Our expert team crafts each expedition based on conditions, weather, and opportunities for the most remarkable encounters. As passenger vessel traffic has increased in recent years, competition for landing sites has intensified—but our deep knowledge of this pristine region ensures you'll embark on true exploratory journeys, venturing beyond the crowds. Guided by the experienced crew, you'll navigate breathtaking ice-choked channels, witness towering glaciers, and encounter extraordinary wildlife in one of the most remote places on Earth. This is not just a cruise—it's a genuine expedition where spontaneity and discovery define every day. Join us for an adventure where the unknown awaits, and every landing is a moment of exploration.



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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 0C.



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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.



Day 10: Crossing the Drake Passage (Northbound)

Relive your adventures as you cross the Drake Passage, keeping an eye out for seabirds and whales along the way. Take part in final lectures or workshops and enjoy a celebratory dinner with your fellow travellers as you reflect on the unforgettable journey.

Day 11: Return to Ushuaia

Arrive back in Ushuaia in the early morning. After breakfast, disembark with cherished memories of an epic Antarctic expedition and new stories to tell.

Note: *The above itinerary is a general guideline. Our precise route and activities will be adjusted to optimize wildlife viewing and adapt to prevailing weather and ice conditions. The Captain and/or Expedition Leader will make necessary changes to ensure the best possible experience. A daily program will be provided onboard. Flexibility is essential for a successful expedition. 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.*



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Expedition Prices

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

Discovery Quad cabin	\$8790
Discovery Triple cabin	\$9390
Odyssey Single cabin	\$9940
Odyssey Twin cabin	\$9940
Superior cabin	\$10890
Deluxe cabin	\$11920
Premium cabin	\$12860
Owners Suite	\$15980

Antarctic Ice Swim participants \$895
Swim fee – for all distances (100m+)

Included Activities during the voyage:

Kayaking, Snowshoeing or Trekking, Yoga, Photography & Camping (if conditions allow)

Early Booking Offer!

For deposited bookings made before 31 May 2026, we will offer a 5% discount on the Discovery and Odyssey cabins - or a 10% discount on the Superior cabins and higher.

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. Some Single occupancy cabins are available or a supplement applies for other cabin types - contact us for details.

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.



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Cancellations

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received 90 days or more prior to departure = loss of deposit. If cancellation occurs less than 90 days up to and including the day of departure: 100 % of the total price. If full payment has not yet been received, the full penalty applies and any unpaid balance is due immediately. We strongly recommend that you obtain adequate trip cancellation insurance.

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.*





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Included

- Accommodation: Fully serviced cabins.
- Meals: Daily meals, snacks, tea, coffee, and house beer, soda, and wine during lunch and dinner.
- Shore Excursions: Guided walks, daily shore excursions, and Zodiac cruises.
- Ice Swimming Events: Guided by leaders and doctor from the International Ice Swimming Association
- Adventure Activities: Kayaking, Snowshoeing, Camping, Yoga (Subject to weather and operational conditions)
- Expedition Team: Led by experienced guides.
- Lectures: Educational talks and expert guiding services.
- Expedition Equipment: Loaned muck boots and access to the onboard doctor and medical clinic.
- Pre-departure Info: Comprehensive materials and an Antarctic booklet.
- Port Fees: Includes port surcharges, permits, and landing fees.
- Wi-Fi: Basic Wi-Fi complimentary; upgrades available for a fee.
- Crew Tips/ Gratuities
- Special Guidance from IISA swim leaders and doctor

Excluded

- Personal Expenses: Includes bar charges and Boutique Charges. Final payments accepted by major cards or cash (US Dollar or Euro).
- Additional Excursions: Airfare, pre-cruise accommodation, insurance, or any excursions/activities/gear not listed in the itinerary.
- Accommodation Upgrades: Single room supplements and stateroom upgrades.
- Off-ship Meals: Meals not provided aboard the ship.
- Beverages: Alcoholic drinks and sodas outside of happy hour / dinner time.
- Optional Services: Examples include onboard boutique purchases.
- Unlisted Items: Anything not specified under "Included."



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Expedition Vessel: MS St Helena

Built in the UK the St Helena is a rugged, versatile expedition platform and truly unique in the Antarctic world. Originally built to serve one of the most remote communities on Earth, the St Helena is a storied vessel with a legacy of resilience, reliability, and global connection. Her recent refit in 2022 has introduced refined touches throughout, from modern cabin furnishings to enhanced public spaces, creating an atmosphere of modern comfort and style. With capacity for 150 but carrying just 98 guests, St Helena blends traditional seafaring heritage with a contemporary expedition experience.

Perfectly suited for adventurous voyages, her ice-strengthened hull, deep draft, and powerful engines make her ideal for navigating the remote and rugged coastlines of Antarctica, the South Atlantic, and beyond. Her open decks, generous observation lounges, and expedition-ready features provide an ideal platform for wildlife encounters, landings, and immersive exploration. With a soul steeped in maritime history and a future set for discovery, St Helena offers a rare opportunity to explore the world's most extraordinary destinations in style, safety, and comfort.

More information available at <https://expeditionsonline.com/vessels/st-helena>



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!



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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.