



# Atlantic Odyssey

March 28<sup>th</sup> – April 30<sup>th</sup> 2018

On board the

***M.V. Plancius***



MV *Plancius* was named after the Dutch astronomer, cartographer, geologist and vicar Petrus Plancius (1552-1622). *Plancius* was built in 1976 as an oceanographic research vessel for the Royal Dutch Navy and was named *Hr. Ms. Tydeman*. The ship sailed for the Royal Dutch Navy until June 2004 when she was purchased by Oceanwide Expeditions and completely refit in 2007, being converted into a 114-passenger expedition vessel. *Plancius* is 89 m (267 feet) long, 14.5 m (43 feet) wide and has a maximum draft of 5 m, with an Ice Strength rating of 1D, top speed of 12+ knots and three diesel engines generating 1230 hp each.

With

# **Captain Ivgeny Levakov**

## **and his International Crew**

Including:

Chief Officer:	<b>Arthur Iakovlev</b>	[Russia]
2nd Officer:	<b>Romanas Vićas</b>	[Lithuania]
3rd Officer:	<b>Luis Oroceo</b>	[Philippines]
Chief Engineer:	<b>Sebastian Alexandru</b>	[Romania]
Hotel Manager:	<b>Zsuzsanna Varga</b>	[Hungary]
Assist. Hotel Manager:	<b>Michael Frauendorfer</b>	[Austria]
Head Chef:	<b>Ralf Barthel</b>	[Germany]
Sous Chef:	<b>Sean Steele</b>	[Canada]
Ship's Physician:	<b>Laura Dunn</b>	[UK]
Expedition Leader:	<b>Sebastian Arrebola</b>	[Argentina]
Assist. Expedition Leader:	<b>Arjen Drost</b>	[Netherlands]
Expedition Guide:	<b>Christophe Gouraud</b>	[France]
Expedition Guide:	<b>Martin Berg</b>	[Sweden]
Expedition Guide:	<b>Hans Verdaat</b>	[Netherlands]
Expedition Guide:	<b>Marijke de Boer</b>	[Netherlands]
Expedition Guide:	<b>Leon Glass</b>	[UK/Tristan da Cunha]
Expedition Guide:	<b>Bob Brown</b>	[UK]

# Day 1 – Wednesday March 28<sup>th</sup> 2018

## Embarkation – Ushuaia, Argentina

**GPS 16.00 Position:** 54° 48' S / 068° 17' W

**Wind:** W. **Sea State:** Smooth. **Weather:** Overcast. **Air Temp:** +10°C. **Sea Temp:** +9°C



So here we are at last in Tierra del Fuego, at the bottom of the world. Well, from Ushuaia we'll be going a very long way but for today we ambled about this lovely Patagonian city, savoring the local flavours and enjoying the sights of the city.

Ushuaia marks the end of the road in Argentine Tierra del Fuego, but also the beginning – the beginning of our once-in-a-lifetime adventure. During the summer this rapidly growing frontier town of 55,000

bustles with adventurous travellers. The duty-free port flourishes with tourism but also thrives on a sizeable crab fishery and a burgeoning electronics industry.

Ushuaia (lit. *"bay that penetrates to the west"* in the indigenous Yaghan tongue) clearly benefits from its magnificent, yet remote setting. The rugged spine of the South American Andes ends here, where two oceans meet. As could be expected from such an exposed setting, the weather has the habit of changing on a whim. However, temperatures during the long days of the austral summer are relatively mild, providing a final blanket of warmth before heading off on our adventures. We were lucky to be able to enjoy some beautiful end of summer weather with warm sunshine and calm conditions.

All passengers were promptly at the gangway at 16:00, ready to board our ship *MV Plancius*, home for the next few weeks. We were greeted by the Expedition Leader Sebastian and his Expedition staff who had already sorted our luggage. They sent us on board to meet Hotel and Restaurant Managers, Zsuzsanna and Michael. We were then checked into our cabins with the assistance of our fabulous Filipino crew.

Once we had found our cabins, and were starting to find our way around the ship, we gathered in the lounge for the mandatory Safety Briefing with First Officer Arthur, which went through the details of the required SOLAS (Safety Of Life At Sea) Safety and Lifeboat Drill, assisted by the crew and staff. On hearing the alarm we reconvened at our Muster Station, the lounge, to go through the abandon ship" drill, donning our huge orange life jackets that will keep us safe should the need arise.

After this lifeboat drill we returned to the outer decks to watch our departure from the jetty of Ushuaia and the last of city life for a long time.

Prior to dinner we gathered in the lounge once more for bubbly and a chance to meet our Captain Evgeny Levakov. At 7:30 we sampled the first of many delicious meals onboard, prepared by Chefs Ralph, Sean and their galley staff. This first evening on board was occupied with more exploration of the ship, adjusting to her movements, and settling into our cabins. In the early hours of the morning we would be out into open waters and heading east towards South Georgia.

# Day 2 – Thursday March 29<sup>th</sup> 2018

## At Sea to South Georgia

**GPS 08.00 Position:** 54° 57' S / 062° 06' W

**Wind:** NW F4. **Sea State:** Moderate. **Weather:** Clear. **Air Temp:** +10°C. **Sea Temp:** +8°C



During the night we left the Beagle Channel and sailed into open waters. When Sebastian made the wake up call, many of us were already on the outside decks admiring the views of Staten Island, and above all the birdlife around the ship. Many Southern Royal, Wandering and Black-browed Albatrosses were seen, together with several Cape Petrels, Soft-plumaged Petrels and Great Shearwaters. The weather was good, with good visibility and with only moderate wave action, conditions made it very pleasant to stand outside watching this wildlife spectacle.

For those who wanted to come inside, Christophe gave the first part of his lecture about seabird ecology. It was interesting to hear more about the birds that we were seeing around the ship all the time. After a splendid lunch, most of us went back outside to enjoy more wild- and birdlife. Later Marijke gave a talk about how to identify the whales that we could expect during the trip. This came in useful right away with several small groups of Hourglass Dolphins and a Fin Whale closing with the ship during the rest of the day. During the afternoon several identification discussions started, especially about the different species of prion and about that of a Royal Albatross.

During recap, Seba explained us the general outline for our trip and Bob showed us, with a very high-tech string, the wingspans of the different birds we had seen. After dinner most of us gathered again in the lounge, for a drink, to fill in their species lists or to look at the many pictures taken during the day, after which we headed to bed for a good night of sleep after an exciting day at sea.



# Day 3 – Friday March 30<sup>th</sup> 2018

## At sea to South Georgia

**GPS 08.00 Position:** 54° 39' S / 055° 05' W

**Wind:** N F6/7. **Sea State:** Moderate. **Weather:** Overcast. **Air Temp:** +7°. **Sea Temp:** +5°C

We awoke to a grey morning, 20 knots of wind from the north, with a disturbed, restless sea sending *Plancius* into an uneasy rolling motion. But the birds kept coming! Throughout the morning, we were constantly visited by wandering albatross, southern giant and white chinned petrels. The birders, keeping a constant vigil in various parts of the ship also achieved excellent sightings of Kerguelen, soft plumaged and grey petrels, whilst a stream of prions kept the debates about the various species throughout the day.

A highlight of the morning was a lecture by Arjen on how to improve one's wildlife and scenic photography, and just about everyone came away with some good ideas about how they could get the best from their camera.

As the day wore on, weather conditions deteriorated. The wind piped up to about 35-40 knots, still from the north, and the sea assumed a more sinister aspect. This didn't stop the sightings coming in. During the afternoon we had several meetings with hourglass dolphins, their striking black and white patterns seen even through the turbulent waves, and occasionally we were treated to the sight of one breaking the surface at speed, showing the distinctive 'hourglass'. Much to everyone's surprise and delight we also had a brief encounter with a spectacled porpoise; although only a few were lucky enough to see it, the encounter is certainly one for the record books.

During the afternoon Martin gave a talk on South Georgia's internationally important wildlife, highlighting the conservation issues due to introduced species, and giving us a foretaste of the bird life we'll be expecting. About this time, weather and sea conditions were such that it was necessary to close the outer decks (except for the bridge wing) and set up safety ropes in the observation lounge to help people move about.

After a delicious dinner, many of us re-assembled to work through and check off our species lists – a fine way of recalling the many special sightings of the day!



# Day 4 – Saturday March 31<sup>st</sup> 2018

## At Sea to South Georgia

**GPS 08.00 Position:** 52° 46' S / 048° 20' W

**Wind:** WNW F4. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +7°C **Sea Temp:** +5°C

07:00 the first light reached *Plancius* as the first expedition members step out on deck to see if birds were following the ship. We are sailing at an average speed of 12 knots towards South Georgia. On this day though we would not reach land yet.

After the morning wake-up call by Sebastian the expedition members enjoyed the breakfast and a quiet start of the day. But there was work to be done!! This would be a day where all expedition members would prepare for the first landings and therefore all biosecurity protocols needed to be followed.

It started with an briefing on the IAATO visitors guidelines that Oceanwide Expeditions follows for all it's activities in the Antarctic region. The moment Sebastian was about to start with his presentation a group of Hourglass Dolphins appeared near the ship. For 20 minutes the dolphins were wave riding along side the ship and all aboard were able to enjoy this fantastic creatures and even Seba agreed it was a nice diversion, before getting down to business.

The second step of preparation was the handout of the rubber boots to all expedition members. These boots are not only waterproof and warm, they are also cleaned and disinfected after every landing to prevent any spreading of seeds.

At noon it was time to enjoy the served lunch in the ships restaurant.

In the afternoon the third step of preparation started the 'Vacuum Party' in the lounge. Every person on-board that wanted to go on land is required to vacuum clean all his or her personal clothing and other equipment that would go with on land. In the mean time *Plancius* was sailing over the North Scotia Ridge. This area is known for beaked whales but the weather conditions didn't make sighting them easier. A beaked whale was seen this afternoon near the ship but the determination of the species remains unsure.

After a day full of preparation activities many on-board watched the first episode of the BBC documentary Frozen Planet in the Lounge, followed by the daily recap and dinner in the restaurant.

Martin drew up the species list in the evening and discussed some of the bird identification challenges for this day. As the expedition members went into the night they knew *Plancius* would reach Shag Rocks the next morning.



# Day 5 – Sunday April 1<sup>st</sup> 2018

## Shag Rocks, at Sea to South Georgia

**GPS 08.00 Position:** 53° 32' S / 041° 54' W

**Wind:** W F6. **Sea State:** Moderate. **Weather:** Overcast. **Air Temp:** +4°C. **Sea Temp:** +3°C



On a nice clear day, with winds from the west at 20 knots we awoke early to the first sightings of Shag Rocks. An underwater mountain with its peaks protruding above sea level seemingly in the middle of nowhere. Shag Rocks, home to a colony of South Georgia blue eyed Shags was a welcome sight for those who were missing the sight of land after four days at sea. Equally exciting for the marine enthusiasts, the Shag Rocks are known for the high probability of spotting marine mammals like dolphins and whales.

Unfortunately at Shag Rocks there were only birds to be spotted. But there were lots; the South Georgia shags and wandering albatrosses frequently soared over and alongside the ship searching the waters for food. After a change of course in which there was some uncomfortable pitching and rolling, the *Plancius* continued on toward South Georgia.

At 8.00am passengers and staff took the opportunity to have breakfast. At 10.30 am the expedition staff held a mandatory zodiac meeting which explained how to safely enter and leave the zodiacs during landings and returning on board.

After lunch the sun had started to shine a little making it easier to spot birds and mammals that might be curious about the ship, also visible in the distance at about 16 miles away was a massive iceberg probably floating in from the Weddell Sea.

Later that afternoon there was a rush of activity in the way of wildlife sightings, among which were whales, Antarctic fur seals and king penguins, after which Christophe presented the second half of his lecture about sea birds.

At 5.00 pm the next installment of frozen planet Autumn was shown for the guests, before a recap in the lounge to discuss today's events and tomorrow's plans.





## Day 6 – Monday April 2<sup>nd</sup> 2018

### Salisbury Plain and Prion Island, South Georgia

**GPS 08.00 Position:** 54° 03' S / 037° 19' W

**Wind:** NW F5. **Sea State:** Slight. **Weather:** Rain. **Air Temp:** +4°C. **Sea Temp:** +4°C



We awoke this morning at South Georgia! The rising sun was creating pink low clouds which gave a special glow on Salisbury Plain on the northeast coast. We soon embarked on our excursion. Salisbury Plain has the second largest king penguin colony on the island with an estimated 60,000 breeding pairs which swells to 250,000 individuals in total during the moult (only 350 breeding pairs were counted at this site in 1912). Most of the adults had almost completed their moult, although there were still a few more 'grumpy' looking moulting adults in small groups. The chicks were 'well-dressed' and seemed ready to face the winter ravages on their own.



Despite this being a favoured hunting ground for sealers during the 19th century we saw ample evidence of the subsequent rebound in fur seal numbers. There were indeed many rather cute looking small babies around. The more energetic guests and staff took a short climb up on to the hillside overlooking the colony before returning to the waiting zodiacs.

We were back to the ship for lunch, whilst the ship headed for Prion Island. It is a site of high environmental sensitivity. The small island is only about 50m wide by 100m long. The boardwalks are in place to allow us walk through the tussock grasses without causing any erosion or disruption to the burrowing bird species. We saw some rather small albatross chicks which were visible from the top viewing

platform and the South Georgia pipit was abundant amongst the extensive vegetation. South Georgia pintails were also seen during the zodiac cruises near the rocks and kelp not far from the landing site. We were startled by a few of the many fur seal pups and mothers on the boardwalk but fascinated also by the elephant seals lazing on the beach. With the wind now increasing this added a little excitement (and water!) to the last zodiac cruise in the late afternoon.

We rounded off the day with an update from Seba on his plans for tomorrow and, of course, another sumptuous meal cooked by Ralf and his team.





# Wandering Albatross

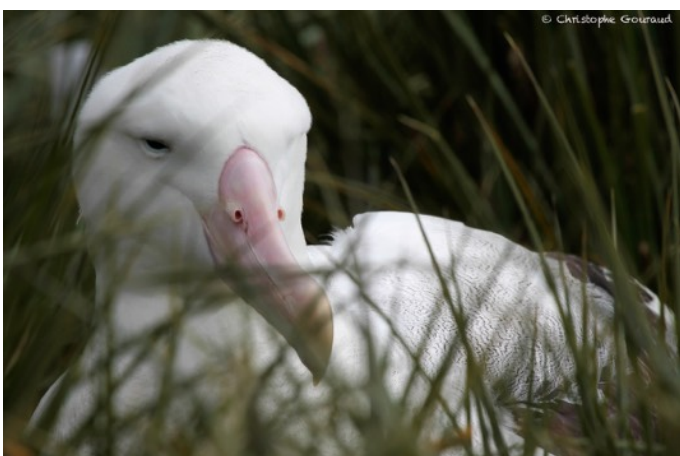
No visit to South Georgia would be complete without seeing the Wandering albatross either from the ship or on the beautiful Prion Island in the Bay of Isles. It is the largest seabird in the world with a wingspan of almost 3.5 metres and weighing up to 10kg. The global population of Wandering albatross is around 8,050 breeding pairs with 1,553 of these breeding on South Georgia. Sadly the numbers have been steadily declining at a rate of 4% per year due to incidental mortality in longline fishing. It makes it even more special for us to see these iconic ocean wanderers.

The birds show a huge plumage variation according to their age but generally have a white body and head with darker upper wings which get whiter with age. Juvenile birds are much darker for the first 6 – 7 years.

The birds are long lived and have been recorded still breeding at over 55 years of age. They are generally loyal birds that will mate for life once they find a mate at the age of 10 years.

The female lays a single egg in a grass and mud nest and both adults will share the 78 day incubation period of the egg. After the chick hatches there then follows a brood guard period of 35 – 40 days where one adult will stay with the chick while the other bird goes out to sea to forage for squid, fish and crustaceans. The adults will swap duties after every trip. During the early fledging period the foraging trips are short, only 2 – 3 days but as the chick gets older these trips get longer and the birds can travel over 10,000 miles on a single trip feeding off the coast of Argentina and Uruguay.

It takes around 278 days for a Wandering albatross chick to fledge during which time it will endure a winter on South Georgia with long periods of fasting between feeds. When it does finally leave the next it will weigh more than the adult birds to ensure that it can survive its early days at sea. Once it has left the island it will remain at sea for the next 6 – 7 years before returning to South Georgia to find a mate and begin the breeding process once more.





## Day 7 – Tuesday April 3<sup>rd</sup> 2018

### St Andrew's Bay and Grytviken, South Georgia

**GPS 08.00 Position:** 54° 26' S / 036° 10' W

**Wind:** Light. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +3°C. **Sea Temp:** +3°C



Hans Verdaat

At first light Officer Arthur brought *Plancius* into position just off St Andrew's Bay to have a look at the conditions. The morning was clear with blue sky and a bright sun painting the snow-covered mountains orange and pink. At 08.00 the staff went ashore to check the landing and to prepare for the passengers' arrival. Landing went smoothly and soon every one of us were strolling around on the sandy beach together with thousands of King Penguins, Antarctic Fur Seals and the occasional Southern Elephant Seals. We also had the option to cross a river and climb a hill to overlook the entire King Penguin colony of 120,000 or so pairs.

At 11.00 we had to make our way back to the landing site and return to the ship in order to head for our next destination, Grytviken. Along our 3-hour northward journey the sky started to turn grey and by the time we reached Grytviken the rain was pouring down. After a toast at Shackleton's grave in the nice little cemetery just outside the settlement, everyone was free to walk around as they pleased among the rusty old buildings. Grytviken is perhaps one of the most fascinating places on South Georgia and it was with mixed feelings we made our way around the buildings. Since we were the last ship this season and the tourist season already finished in Grytviken, the museum guides had already left the island. Luckily a few outstanding Government Officers re-opened the museum as well as the Gift Shop only for us. As the light faded away into a dusk we went back to the ship to dry our clothes and charge camera batteries. The final

event for the evening was a barbeque on deck. Although slightly chilly, most of us enjoyed the fresh air, good food and a nice atmosphere among friends on this remote and beautiful island.



Hans Verdaat

# King Penguins of South Georgia

There are over 450,000 breeding pairs of King Penguins on South Georgia with the largest colony estimated at 200,000 pairs found on St Andrew's Bay. King penguins are the second largest of all penguins standing at 95 – 100cm and weighing up to 12kg. They have a smokey, slate grey back and striking orange 'ear patches' and an orange neck which fades to yellow down their chest. Their long curved beak has orange plates along each side.

They have a unique breeding cycle which lasts over a year which means at any time of year there will be adult penguins and chicks within the colony. A single egg is laid in December and after a 55 day incubation period a small grey chick will hatch. This chick will require constant protection from one of the adults until it is around 5 -6 weeks old at which point it will be left in the 'creche' with the other chicks while both adults go to sea to forage for Lantern fish, their favourite food. King penguins can dive to over 350m to feed spending up to 10 minutes under the water.

The chicks, known as 'Oakam Boys' have long brown down to keep them warm against the cold winds and snow of a South Georgia winter. During the winter months the chick may only receive a feed every few weeks so the autumn months are a critical time for the chick to build up the fat reserves needed to survive the winter.

By spring/early summer the chicks are beginning to shed their brown downy feathers and are transformed into recognisable adult King penguins, at which point the adults will stop feeding them and go to sea themselves for a pre-moult feed. The 'catastrophic' moult that follows lasts around 3 – 4 weeks during which time all the feathers are replaced by new ones and the penguin will remain on shore fasting.

After the moult they return to the sea to feed once more before the whole cycle begins once again.





## Day 8 – Wednesday April 4<sup>th</sup> 2018

### Drygalski Fjord and Cooper Bay, South Georgia

**GPS 08.00 Position:** 54° 49' S / 035° 55' W

**Wind:** W F9. **Sea State:** Moderate. **Weather:** Clear. **Air Temp:** +4°C. **Sea Temp:** +3°C



When Seba woke us this morning, the wind in Cooper Bay was well over 40 knots, far too much to lower the zodiacs and go for a zodiac cruise. So the captain steered the ship into the next fjord, Drygalski, for a ship's cruise. This fjord is surrounded by towering mountains on both sides and stunning glaciers at the end. These glaciers caused strong katabatic winds that kept most of us trying to find some lee behind the ship while looking outside. Several Weddell Seals were seen hauling out on the beaches on both sides and a line of many hundreds of Cape Petrels was seen on starboard side of the ship. At the end of the fjord we were in the lee of the glacier itself and it was more pleasant to be outside. Drygalski Fjord is often called South Georgian's most Antarctic fjord and here we could clearly see why.

After we left Drygalski, we headed back to Cooper Bay, only to see the wind was still too strong to do activities. When, just before lunch, conditions still hadn't changed, Seba was about to start a briefing about our plan D (or was it E already?), when captain came down from the bridge. There was too much swell coming from the north for this plan, but it looked like the wind was calming down. So he turned the ship around and we headed to Cooper Bay once again. And indeed, after lunch the wind died down and, though there was a little swell, ten zodiacs were lowered and all of us went out to explore this scenic bay. Even though the little swell made driving close to the shore sometimes difficult, we all got nice looks on four species of penguin: the Kings and Gentoos that we had seen before, but also Chinstraps and, above all, a



good colony of Macaroni Penguins! Even though this is the most abundant species of penguin on the islands, it's difficult to find as it breeds in the more inhospitable southern side of the island in between large fields of tussock grass. Apart from the penguins South Georgian Shags were seen and of course many Antarctic Fur and Elephant Seals hauling out on the beach. The other highlight of the cruise came towards the end when Bob's zodiac found a large Leopard Seal in between a field of kelp. Soon all ten zodiacs were together and were trying to find this

animal. It didn't really want to show off well and was a bit camera shy, but in the end everybody had nice looks in this southern top predator.

Now it was time to get back to *Plancius* and leave South Georgia behind and turn the ship towards Gough Islands, five days sailing away. But South Georgia had more in store for us! While sailing away, many diving and other petrels were seen near a small iceberg. And a little bit later the very characteristic V-shaped blow of a Southern Right Whale was found! At least two individuals gave a great show, right next to *Plancius*, waving their flukes at us as a sort of farewell from South Georgia.

The evening was filled with a recap about Southern Right Whales and King Penguins, another delicious dinner and discussions about which species had been seen in what numbers, or about anything else for that matter and then we all went to bed, happy with what we had seen in our three days South Georgia.



# Day 9 – Thursday April 5<sup>th</sup> 2018

## At Sea to Gough Island

**GPS 08.00 Position:** 53° 08' S / 032° 12' W

**Wind:** NE F5/6. **Sea State:** Moderate. **Weather:** Overcast. **Air Temp:** +2°C. **Sea Temp:** +3°C

Today greeted us with a northerly wind, choppy grey seas and heavily overcast weather with occasional showers. *Plancius* however was driving ahead through the swell, and as ever a sharp look-out for birds was maintained. This brought it's own rewards through the day, despite the gloomy conditions: a number of sooty and light mantled albatross were sighted along with Kerguelen and white headed petrels, and even king and macaroni penguins, obviously hunting far from their colonies. Sightings of mammals were not so abundant with just a few views of Antarctic fur seals and of hourglass dolphins.

Inside, Seba gave an inspiring lecture on Ernest Shackleton and his heroic expeditions. Perhaps, given the seas we were crossing, the truly marvellous achievement of sailing to South Georgia in the tiny James Caird will have been recognised!

During the afternoon the weather deteriorated somewhat, the seas worsened and the visibility closed in. By nightfall, most outer decks were closed for safety reasons.

Leon gave us a lecture on the history and life of Tristan da Cunha, and the ways of its community. This prompted a lot of very interested and perceptive questions about the governance and infrastructure of the island and its main settlement, Edinburgh of the Seven Seas. This was followed by a showing of 'Blue Planet II – the Deep'.

We finally concluded with a recap session with Marijke speaking about the different seal species we have encountered, and Hans on the over-exploitation of the great whales.





# Day 10 – Friday April 6<sup>th</sup> 2018

## At Sea to Gough Island

**GPS 08.00 Position:** 49° 48' S / 027° 37' W

**Wind:** NW F8. **Sea State:** Rough. **Weather:** Fog. **Air Temp:** +7°C. **Sea Temp:** +3°C

“49° south”, the GPS told us this morning when the first birders look over the Southern Ocean from the bridge wing of *Plancius*. This meant that the expedition, after having passed over the Antarctic Convergence now had entered the Roaring Forties!! And we did so in style... due to the strong winds and high waves outside the lower outer decks had to be closed. The fog from the day before had also not lifted yet what made it not an easy task to look for wildlife.

After breakfast two Killer Whales were shortly seen not too far from the ship. Trailing these whales were roughly 50 seabirds of different species looking for a meal.

In the morning Bob gave the first part of two talks about the natural history of the Atlantic Islands.

After lunch the lecture program continued with a talk from Christophe on endangered bird species and the threats they face. This was followed by the video presented by Leon ‘A Step Out of Time’. A documentary filmed in 1966 about the island of Tristan da Cunha.

During the afternoon several new (for the trip) seabird species were seen including the rare Spectacled Petrel. These and also other species seen today like Atlantic Petrel, Sooty Albatross and White-bellied Storm Petrel all originate from the Tristan Archipelago. As *Plancius* sails from the Southern Ocean into the Southern Atlantic Ocean towards Gough Island all aboard look forward to seeing more of these magnificent birds.





# Day 11 – Saturday April 7<sup>th</sup> 2018

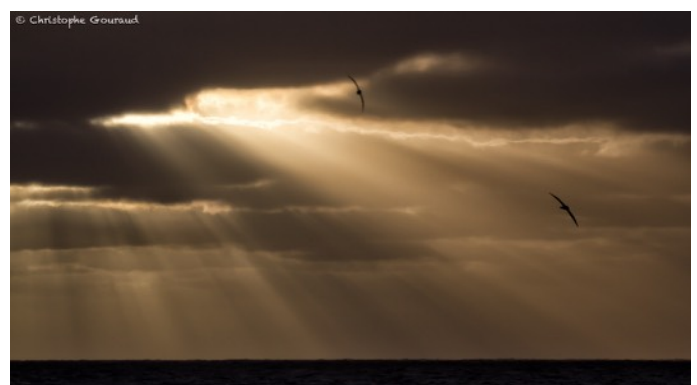
## At Sea to Gough Island

**GPS 08.00 Position:** 47° 00' S / 021° 33' W

**Wind:** WSW F5. **Sea State:** Slight. **Weather:** Overcast. **Air Temp:** +10°C. **Sea Temp:** +11°C

7<sup>th</sup> of April at Sea en route to Gough Island. The weather was again kind to us, coming from behind from the beginning of the day. The visibility was great and the early bird watchers were already seeing sooty albatrosses and black browed albatrosses. The staff continued their lectures with Leon doing his talk on fishing and farming on Tristan da Cunha and Head Chef Ralf talking about how he supplies and prepares the excellent food for this long trip.

In the afternoon there was a whale sighting, but it was a bit too far behind us and moving away to get a positive identification. The evening brought us to quiz time! the staff put together a series of questions about our trip so far from Ushuaia to South Georgia, the guests split into teams to compete. The evening went well! The staff are now planning ahead for the Gough Island visit.



# Day 12 – Sunday April 8<sup>th</sup> 2018

## At Sea to Gough Island

**GPS 08.00 Position:** 44° 06' S / 015° 52' W

**Wind:** ESE F4. **Sea State:** Slight. **Weather:** Cloudy. **Air Temp:** +8°C. **Sea Temp:** +12°C

We found ourselves yet another day at sea, but today with the calmest conditions so far and with the bonus of having clear skies and good visibility. After breakfast more people gathered on deck to enjoy being outside, stretching the legs but also keen to explore the wildlife around the vessel.

At first it was unusually quiet on the wildlife front. It was not until just before lunch time when some commotion on deck was initiated when a 'strange' albatross made a close pass – a new species for this trip: a juvenile Shy Albatross. These are a bit more common in Southern Africa but are rare to encounter in this part of the Atlantic. A lovely surprise.

Leon then gave us a lecture on shipwreck's off Tristan Da Cunha and what the impact this has had on the islands.

After lunch we were soon alerted by a group of small whales which were spotted by our Captain Evgeny. He immediately changed course and an announcement was made so we could all gather on the front decks of the *Plancius*. It took a little while when the whales made another appearance. This time we could confirm that they were rarely-seen beaked whales. These whales are known to be deep divers that favour deep canyons where they can hold their breaths for 1 or even 2 hours at a time whilst they hunt for squid. So little is known about these whales that we don't even know how many species exist. Some have never been seen in the wild. So the next challenge was to take as many photographs as possible with the ultimate aim of photographing the rather long beaks.

The whales made several more approaches and despite their small size (5 or 6 m in length) we could see them really well. But then they arched their backs and disappeared for a long dive. Captain Evgeny resumed our course for Gough Island where we should arrive tomorrow.



Soon after the whales had disappeared a White-headed Petrel followed the *Plancius* for a little while. Strengthened after the delicious lunch, we soon started the vacuum session in the lounge. Vacuuming? Yes! We were again called deck by deck, and we had to bring our outer gear and bags. Our friends the vacuum-cleaners were waiting for us, to clean pockets and Velcro. We have to make sure, that no foreign plant material will be brought on land in the Triston Archipelago.

In the late afternoon, Bob Flood, an expert on seabirds and who is sailing with us, gave a lecture on Black-bellied and White-bellied Storm-petrels and the complications of identifying these small birds in the wild. Good tips and tricks were pointed out to us, so hopefully we can better identify these species during the next coming days.

Aside from the rare treats (Shy Albatross, White-headed Petrel and yet to be identified beaked whales), we also saw Wandering Albatross, Black-browed Albatross, Little Shearwaters, Kerguelen and Grey Petrels. Also more and more prions were seen feeding in the late afternoon, including several Broad-billed Prions.

We rounded off the day with an update from Seba about the plans for tomorrow when we arrive at Gough. Fingers crossed the weather will settle. Marijke gave a recap on the beaked whale encounter, pointing out how rare and special it was to see these whales and why it remains uncertain whether these whales were Strap-toothed or Gray's Beaked Whales. We hope to collect enough images from all photographers and forward the photos to Dr Robert Pitman, who currently holds the photo library of all beaked whales in the Southern Ocean.

The evening was nicely rounded off in the lounge with most guests and expedition team members voting for the best photographs entered into the photo competition ... well done Roger van Hoof and Douwe de Boer!



# Day 13 – Monday April 9<sup>th</sup> 2018

## Arrival to Gough Island

**GPS 08.00 Position:** 41° 23' S / 011° 28' W

**Wind:** NE F6. **Sea State:** Rough. **Weather:** Overcast. **Air Temp:** +14°C. **Sea Temp:** +16°C

After a somewhat rolling night with a strong wind from the northwest we woke up on a grey sea wrapped in low clouds and rain. After breakfast, most of us went out on deck to enjoy the Tristan and sooty albatrosses together with hundreds of great shearwaters, prions and storm petrels. During the morning, Arjen gave an interesting talk about whales and dolphins and after lunch Marijke continued with a lecture about whale vocalization. Excitement started to build during the afternoon as we soon were about to visit one of the remotest islands in the world, Gough Island, with its legendary wildlife. At around 4 o'clock the steep cliffs of Gough Island finally emerged from the mist on the horizon. The number of seabirds was also increasing and during the late afternoon we saw thousands of seabirds around the ship. As we got closer to the island the mist and rain began to fade and the sun came through to cast a beautiful light on the cliffs and the forests on Gough Island, an absolutely astonishing sight! Cruising with the ship as close to the island as we could, we managed to see large colonies of the endangered northern rockhopper penguin on the rocky shoreline as well as a few subantarctic fur seals in the water. As the sun dipped below the horizon thousands of prions were gathering on the water below the cliffs ready to take off over the island to visit their burrows higher up in the forest covered slopes. As the wind increased to 63 knots in the gusts we headed out at sea for the night hoping to return early in morning in an attempt for a zodiac cruise, fingers crossed for tomorrow!





# Day 14 – Tuesday April 10<sup>th</sup> 2018

## Gough Island

**GPS 08.00 Position:** 40° 23' S / 009° 55' W

**Wind:** NW F7. **Sea State:** Moderate. **Weather:** Overcast. **Air Temp:** +17°C. **Sea Temp:** +16°C

Today we woke up full of anticipation: what would the day bring? Had the wind died down enough to do a zodiac cruise around Gough?

During breakfast it didn't look that way, the wind was a bit lower than the evening before, but 30 knots and swell still wasn't what we hoped for. But when the captain brought the ship closer to the island he and Seba found a spot with a little lee, just calm enough to lower the zodiacs. After a short briefing, most of us decided to join the cruise and soon we had all people in the zodiacs and went for a closer look to the island.

Many Subantarctic Fur Seals were found on the beaches and the higher slopes. They were easily separated from the Antarctic Fur Seals we had seen on South Georgia by their two-tone colouring. Besides those seals several colonies of Northern Rockhopper Penguins were found as well. They looked extremely funny with their long yellow crests. The biggest quest, however, was for the Gough finch and the Gough moorhen. Soon enough the call came over the radio: "I see a finch!!" Quickly all boats were diverted that way and most boats managed to find some before they disappeared into the tussock again. A little later even better views were made when some came out and were seen sitting on the rocks. One of the endemics was in the pocket! The lee-side of the island was, unfortunately, not too good for the moorhen. Most of the coast line was fairly steep, not easily accessible for a bird which isn't a very good flyer... After an hour we had to give up our search and had to head back to the ship. Even though we didn't land on Gough (which never is allowed), we all had a great closer look on this beautiful island and its wildlife.

Back on the ship, the captain nicely manoeuvred the ship around the island before turning towards Tristan da Cunha. We passed the small base on Gough, with several of its inhabitants out on the porch waving at us - it must have been nice for them to see some other people, even though at it was at a distance.



On our way to Tristan, we saw many birds again: Tristan albatross, spectacled petrels, white-bellied storm-petrels (or were they black-bellied with a white belly?). During the afternoon, Martin invited us to the Lounge for his talk about penguins. It was great to hear more about the biology of this fascinating group of birds that we had seen several times now.

A little later, Leon showed another movie about his home island Tristan da Cunha. We were all very excited for our next destination and we all hoped conditions would allow us to go ashore, after not touching land for seven days...

# Day 15 – Wednesday April 11<sup>th</sup> 2018

## Tristan da Cunha

**GPS 08.00 Position:** 37° 26' S / 011° 56' W

**Wind:** WSW F7. **Sea State:** Moderate. **Weather:** Cloudy. **Air Temp:** +17°C. **Sea Temp:** +18°C

At Around 11.00 am we had the first sightings of the distinctive volcanic cone of Tristan da Cunha and its surrounding Islands, Nightingale and Inaccessible. Though the excitement was high the weather refused to cooperate. With around 30 knot winds from the west south west and 4m swell from the north west we arrived at the settlement to find the small harbour closed due to bad weather and the heavy swell that sweeps in, right up to the harbour wall.

We then navigated along the south east side of Tristan da Cunha and after waiting some more for the weather to calm, the authorities gave the clearance to do a zodiac cruise close to the shore. The first attempt at a cruise was cancelled as conditions were bad at the gangway. A second attempt was made an hour later and the successful hour long cruise took place from Rookery Point to Halfway Beach, where we had good views of the nesting Atlantic yellow nosed albatrosses, a subantarctic fur seal basking on the boulders, and one single lonely rockhopper sitting high on the shore.

We are all hopeful of a landing at Tristan tomorrow. Fingers crossed for a change in the weather!





# Tristan da Cunha

The island of Tristan da Cunha is the most isolated inhabited place on earth, right in the middle of the vast emptiness of the Southern Atlantic Ocean. It lies 3000 km west of Cape Town, and 3300 km east of Buenos Aires. The nearest human settlement is on the almost equally isolated island of Saint Helena, almost 2500 km to the north. Tristan and its smaller, uninhabited neighbours Nightingale and Inaccessible Island, were first sighted by the Portuguese sailor Tristão da Cunha in 1506. Uninhabited Gough Island, a nesting site for millions of seabirds, lies 450 km to the southeast. The islands are volcanic, the main island Tristan being the youngest, about 200,000 years old. Tristan is a classic cone-shaped volcano, circular, with a diameter of 11km and a central peak with a crater lake, a little over 2000 m high. On all sides, the mountain is flanked by sheer cliffs, rising from the sea, up to 700m. At the foot of these huge cliffs, there are a few low-lying plateaus.

The largest of these plateaus is just 6 km long and about 600 m wide. This is where the people live, and grow their potatoes in the legendary 'Potato Patches'. Permanent settlement started in 1815, when a British garrison was posted on Tristan to help guarding Napoleon on distant St Helena. When the garrison left, Corporal William Glass stayed behind with his wife and two little children, together with some bachelor friends. In 1827 five coloured women from St Helena were imported to marry the bachelors. Later settlers, often shipwrecked sailors, chose to stay and marry one of the locally bred beautiful girls. Today there are seven families on the island: Glass, Rogers, Swain, Hagan, Green, Lavarello, and Repetto, of American, British, Dutch, Italian, Irish, South African, and Saint Helenian descent, with a total population of around 250. There is only one village, officially named Edinburgh of the Seven Seas, but usually just called 'The Settlement'.

In 1961 the entire population was evacuated when the volcano erupted, and a new lava cone arose just next to the village, damaging and burning no more than one house. After spending a year in Britain, where to their great dismay they were turned inside out by legions of scientists and journalists, they returned to their peaceful island, to pick up their simple life of fishing, growing potatoes, raising sheep, and knitting. Their main source of income comes from a rich supply of crayfish around the islands, which is exploited by a South African company, catering for markets in the US and Japan. The second source of income is from the sales of stamps, sought after by collectors all over the world.

Together with Ascension, Tristan is part of the British overseas territory of St Helena and its dependencies, with a governor based in St Helena and an administrator on Tristan. The administration rules together with the island council. Council members and the Chief Islander are elected directly from the entire population for a period of three years. Tristan has a small hospital, with an expat doctor and local nurses. Children go to school till the age of 15. Those who choose further education have to go abroad. Tristan can only be reached by ship, six to eight times per year, five days sailing from Cape Town. Apart from millions of seabirds, the islands host a number of unique, endemic land birds: a thrush, a handful of bunting species, a flightless moorhen, and the most exclusive and elusive of all, the diminutive and dainty Inaccessible Island Flightless rail, the tiniest non-flying bird in the world.



# Day 16 – Thursday April 12<sup>th</sup> 2018

## Tristan da Cunha

**GPS 08.00 Position:** 37° 03' S / 012° 18' W

**Wind:** NW F3. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +18°C. **Sea Temp:** +20°C



After a night of standing offshore, finding the best sheltered waters, we anchored *Plancius* a short way to the west of Edinburg of the Seven Seas, the Settlement. Conditions were noticeably more sheltered, but there was still something of a swell rolling our ship.

We had note from the Harbour that conditions were suitable, so Seba set out with a scouting zodiac to check conditions there, and to familiarize the team with it's configuration. Shortly after we started the landing process, quite lively with the swell running up to the harbour wall, but everyone received a warm greeting from the harbour and local tourist office staff at the top of the steps.

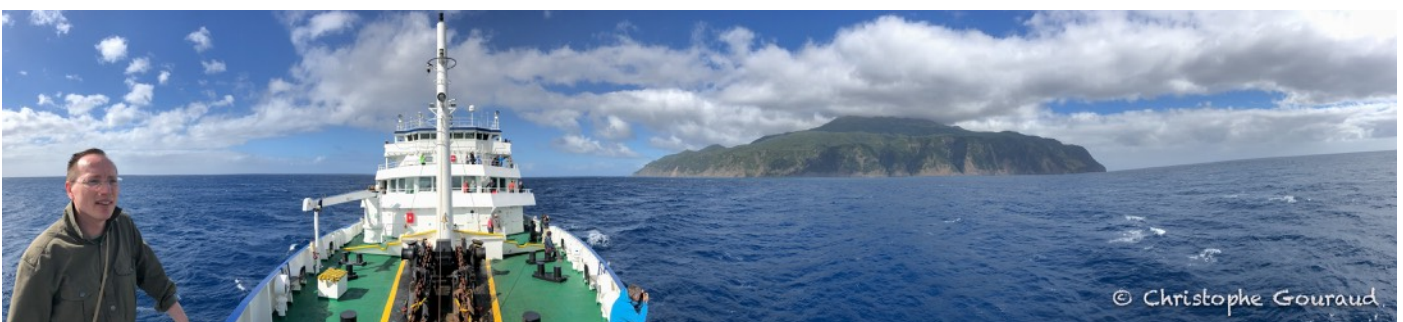


Then everyone went their various ways: some folk opted for a walk up to the volcanic cone that caused so much damage and heartache in 1961; others hiked or taxied to the potato patches; many remained within the Settlement, visiting the local craft shops and other facilities – enjoying the company of the community. Those of a birding disposition found good views of the Tristan thrush (or 'starchy' ) and the reintroduced Tristan moorhen which we had seen from a distance the previous day. Equally interesting experiences were achieved by some in the Albatross pub!



Eventually the day drew to a close, and reluctantly we had to take leave of this friendly, characterful island. With hopes of visiting Nightingale and Inaccessible the next day, this time we were accompanied by local Tristan guides and Leon's father, Connie Glass. The wonderful day was rounded off by a glorious sunset,

which concluded to many folks delight, with a glimpse of the famous, even legendary, green flash that sometimes accompanies the final disappearance of the sun.





# Day 17 – Friday April 13<sup>th</sup> 2018

## Nightingale & Inaccessible Islands

**GPS 08.00 Position:** 37° 26' S / 012° 28' W

**Wind:** NW F5. **Sea State:** Slight. **Weather:** Partly cloudy. **Air Temp:** +18°C. **Sea Temp:** +20°C



"Early birds" at first light saw the first sightings of Nightingale with its distinctive profile at close range. After an early breakfast the expedition staff along with the local guides from Tristan da Cunha assessed the possible landing conditions for Nightingale Island. Even at a distance conditions did not look good for landings at any of the two landing sites.

But to get a closer look, a scout boat was launched, and unfortunately the gangway conditions were deemed too dangerous even for the staff so the attempt was called off. Instead a ship cruise was done around Nightingale, giving us excellent views of the dramatic coast of the island, and its dense growths of tussock grass and *Phyllica* trees. We were lucky to have on-board from Tristan da Cunha, Conrad Glass, who has worked previously on *Plancius* as an expedition guide sharing some local stories and pointing out various landmarks around Nightingale.

Afterward we headed to Inaccessible Island, even though we expected conditions to be bad at the various landing sites since we still had time for a ships cruise around the island, looking at the exposed beaches, reefs and steep cliffs which give the island its name. Finally, we were heading back towards Tristan da Cunha to drop off local guides. The winds were increasing but the guides were safely disembarked and landed in the little harbour. So, as the steep profile of Tristan gradually receded into the distance, we headed towards St Helena. But this wasn't the end of the story: the waters around Tristan had a small gift for us as a group of common dolphins approached the ship as close as 20m., and then, just before dusk, fine views of a young blue whale right beside us - presumably to see us off!



# Day 18 – Saturday April 14<sup>th</sup> 2018

## At Sea to St Helena

**GPS 08.00 Position:** 33° 49' S / 012° 01' W

**Wind:** N F4. **Sea State:** Slight. **Weather:** Partly cloudy. **Air Temp:** +20°C. **Sea Temp:** +22°C

Having left Tristan da Cunha behind us the water and air temperature is slowly increasing further. In this zone between the sub-Antarctic and the tropics the number of seabirds near the ship is low. Only a few Spectacled Petrel, Great-winged Petrels, Soft plumage Petrels and one Sooty Albatross are seen today.

In the morning Bob presented 'Why penguins don't fly'. Although they are birds, there was a strong evolutionary drive to abandon flight. After lunch Hans explained different scientific counting methods to record wildlife at sea. He showed how to count not only marine mammals and seabirds but also large fish and turtles from the air or from ships.

At the end of the afternoon the first part of the BBC documentary "Napoleon" was shown. It tells the history of how a lowly Corsican Army officer could become the Emperor of France.

The day was ended with the second Pub Quiz of this journey. This time it was named "The remotest Pub quiz" as the questions were about our sea days towards Tristan and our visit to the Tristan archipelago.





# Day 19 – Sunday April 15<sup>th</sup> 2018

## At Sea to St Helena

**GPS 08.00 Position:** 29° 23' S / 010° 21' W

**Wind:** NW F4. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +24°C. **Sea Temp:** +25°C

The weather today was still a bit breezy with around 20 knots of wind still coming from the North West and it seems we've had this wind direction for most of our sea days on this voyage. We are all sure that at some point we'll experience some calm tropical weather. Indeed, many of us were in sunshine and holiday mode with short and sandals the order of the day as we made our way around the ship.



There was some time to enjoy the morning sunshine and some distant humpback whales were spotted before breakfast. Also there were a few seabirds seen, including an unidentified Tern, Cory's Shearwater and some faithful Spectacled Petrels.

The first lecture of the day was presented by Seba and was about whaling in the Southern Ocean. He told us about this important part of history and why some whale populations have still not recovered at present.

It was the usual relaxing morning with time to read a book, edit photos and relax out on deck but with a stiff breeze which was a bit like sitting on a seaside promenade except the promenade was moving and there was a constant fine drizzle of salty sea spray in the air. Those sitting up on deck found themselves covered in a fine layer of salt by the end of the morning!



There was great excitement when a group of flying squid and also quite a few flying fish were seen. They seem to soar for huge distances, gaining more speed with a flick of their tail. These continued at various times during the day. After lunch it was a bit quiet around the ship once more but there were always keen wildlife watchers out on deck to make sure that nothing was missed as we continued our journey north.

There was an opportunity to learn more about Atlantic Islands as Bob gave his second lecture about the islands of the mid Atlantic. Around 5pm Arjen invited us to the lounge to watch the second part of the Napoleon documentary.

We ended the day with a Mexican Happy Hour in the lounge with cocktails flowing and nacho chips and salsa available around the lounge. Re-cap was a short briefing from Seba about the expedition schedules for St Helena followed about a talk by Marijke on the blue whale and common dolphin encounters off Tristan Da Cunha and Martin showed us interesting facts about petrels by night. The day was finally rounded off by movie night ..... screening of "In the heart of the sea" which was accompanied by popcorn to make sure that movie goers did not go to bed hungry !





# Day 20 – Monday April 16<sup>th</sup> 2018

## At Sea to St Helena

**GPS 08.00 Position:** 24° 50' S / 008° 31' W

**Wind:** N F3. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +24°C. **Sea Temp:** +25°C

It is becoming the norm now to hear the friendly tones of Seba waking us up in the morning, and this morning was no exception! The day started with a still sea and a clear blue sky. The temperature was already 25°C before breakfast and it was quite pleasant to sit on the outer decks to enjoy the sunshine and light breeze from the northwest as the ship made its way north towards St Helena. The first presentation of the morning was from Marijke, who told us about the fascinating and beautiful flying fish and flying squid we were seeing around the ship already. After the presentation, there were plenty of people out on deck enjoying the sunshine and trying to photograph the flying fish, now with new eyes and with a little bit more respect of these fascinating animals than before. We already left the last birds breeding on the Tristan Island Group behind and today only a few Bulwer's Petrels and Red-billed Tropicbirds were seen. For those of us interested in marine mammals the highlight of the day was probably a beaked whale spotted not far away from the ship. After studying the photos, we learned that we had seen an old male Blainville's Beaked Whale with prominent teeth and scars on the body.



Later during the afternoon Bob gave an interesting presentation about phenomena at sea. The presentation was, however, interrupted by both Dwarf Sperm Whales and a small pod of Strap-toothed Beaked Whales. At 5pm the last one of three episodes about Napoleon and his final time on Santa Helena was screened in the Observation Lounge. It certainly got all our thoughts looking ahead to our next destination.

Re-cap in the lounge was the usual briefing from Seba and then Bob gave an account of the discovery St Helena, and the various navigational challenges it had presented. After dinner, we gathered in the lounge once more for the Tristan da Cunha photo competition. There were 43 entries this time and once again there were some lovely images showing a range of views. Well done to Laurens for his stunning photo of a flying fish!



# Day 21 – Tuesday April 17<sup>th</sup> 2018

## At Sea to St Helena

**GPS 08.00 Position:** 20° 19' S / 007° 03' W

**Wind:** E F2. **Sea State:** Smooth. **Weather:** Cloudy. **Air Temp:** +24°C. **Sea Temp:** +25°C

Today was yet another day at sea. We were definitely getting closer to St Helena, which we could notice by the number of birds that were seen outside. It was not a very busy day yet, but there was an increase in number of birds seen. Several terns, frigate- and tropicbirds were seen, just as several storm-petrels. And those were not the only flying things we saw, next to the ship several species of flying fish and flying squid were seen. The highlight of the day however, was the encounter of a pod of short-finned pilot whales. The captain stopped the ship and managed to stay with the group for quite a while, giving all of us a chance of getting a good look at these animals.

The indoor program for today involved, apart from delicious meals prepared by our chefs, the first part of a lecture by Christophe about bird migration and another one in the afternoon by Marijke about the identification of tropical dolphins. Later in the afternoon Leon showed another movie, this time about the daily life on St Helena.

The day ended in the bar of course, with several drinks and a look at the species list. We were all ready for tomorrow, the day where we could finally set foot ashore again!





# Day 22 – Wednesday April 18<sup>th</sup> 2018

## St Helena

**GPS 08.00 Position:** 15° 55' S / 005° 46' W

**Wind:** E F3. **Sea State:** Smooth. **Weather:** Partly cloudy. **Air Temp:** +21°C. **Sea Temp:** +25°C



A rather grey morning, with slight chop to the sea, greeted us as *Plancius* closed with our next major target – the beautiful and intriguing island of St Helena, named after Helen of Constantine, mother of the famous Emperor. By about 8.00 we had anchored a short way off Jamestown, and were awaiting the arrival of port authorities to clear the ship. Eventually they came across aboard their launch 'Wideawake' and eventually all was set to go ashore.

We ran a schedule of zodiac shuttles through the day, and everyone got familiar with the swell at Jamestown's pier, and pulling on the ropes to get on to dry land. Whilst many enjoyed chilling out ashore after some days at sea, and wandering around the shops and bars of the little community, others embarked on various tours. These included a drive across the island to look at some of the sites where St Helena's endemic plover the wirebird (named after it's thin legs) could be found. Others took a guided tour around the town looking at the various places of cultural and historic interest, whilst others after walk, hopped on a shuttle back to *Plancius*, in order to connect with the local boat *Gannet III* for a boat-birding tour to Speery Island and its seabird colony.





Everyone enjoyed Jamestown – it's relaxed atmosphere, Georgian architecture, the botanic gardens, and even within the town, the beautiful and inquisitive fairy terns, many nesting on branches forking at various heights in the trees. More strenuous activity could be achieved by striding up Jacob's Ladder, all 699 steps, with various boastings about speedy ascents. Others took a more leisurely approach and could be spotted propping up the bar in Anne's just behind the garden.

Our very enjoyable day continued well into the evening with shuttles running out to the brightly *Plancius*, gently rising and falling in the dark night swell.





# Day 23 – Thursday April 19<sup>th</sup> 2018

## St Helena

**GPS 08.00 Position:** 15° 55' S / 005° 43' W

**Wind:** E F3. **Sea State:** Smooth. **Weather:** Cloudy. **Air Temp:** +24°C. **Sea Temp:** +25°C



Our second day at St Helena! A day with lots of activities, and almost too much to join in! The morning boat tour to the seabird colonies left at 09:00 from *Plancius* with the Gannet III and set course to Speery Island. Soon a large group of Pantropical Spotted Dolphins was found and the skipper steered the boat towards them. It was a spectacular sight as the dolphins were bow riding and leaping around us. As the boat approached Speery Island we were met by many of the nesting seabirds – brown noddies, masked boobies, red-billed tropicbirds and band-rumped storm-petrels. Unfortunately it started raining and it was difficult to get good views and photo's and this continued during the way back as we passed along several noddy colonies on the cliffs of St Helena.

At the same time the on land excursions were going on. The Napoleon tour took expedition members along all the sites on the island where not only Napoleon stayed, particularly Longwood House, but also where initially he was buried (before being moved to Paris). For those who wanted to have a look inside Plantation House, the Governor's residence, there was a separate excursion, including the many fine rooms of the house, and also of course including payment of respects to Jonathon the 186 year old tortoise. For the birders who wanted to see the St Helena Plover (wirebird) they could join the excursion or go on their own with a taxi to one of the breeding sites of this endemic species.

As the snorkelling trip was preparing to head off from *Plancius* a very large surprise approached the ship... a whale shark swam right up to the gangway! It was an impressive sight to see this gigantic animal right next to *Plancius* and its zodiacs. The shark swam for over an hour right next to and under *Plancius*. At the end of the afternoon a diving tour set out with some passengers and crew. With nearly crystal-clear waters, they were rewarded with abundant fish, some brilliant underwater landscapes and of course they enjoyed the 25°C temperatures.

Other folks opted for a tour of the High Knoll Fort, a well preserved fort that offered a commanding view over the western end of the island and far out to sea. This was a relic of the turbulent times during Napoleon's exile when Governor Hudson Lowe was so concerned about possible escape attempts.

In the evening some expedition members spent their time in town to enjoy dinner in one of the local restaurants. On board the chef had prepared a BBQ for those that stayed aboard and for a few St Helenian guests. By 23:00 hour the last shuttle zodiac came back to *Plancius*. The next day we would enjoy yet an other day at St Helena.



# Day 24 – Friday April 20<sup>th</sup> 2018

## St Helena

**GPS 08.00 Position:** 15° 55' S / 005° 43' W

**Wind:** SE F3. **Sea State:** Slight **Weather:** Clear. **Air Temp:** +24°C. **Sea Temp:** +25°C



This was our last day in St Helena, and happily much drier than yesterday. Various tours continued, to Napoleon's exile home, Longwood House, and once again the *Gannet III* was called into action for a visit to Speery Island, looking at the seabird colony but also having the pleasure of spotting several rough-toothed dolphins. Another boat tour was lined up for the keen divers to explore the marine life off the island. Staff and guests had a little more time ashore in the morning to do some last minute sightseeing and shopping as well as visiting the very fine little museum with its many relics of the island's complex history. Also in the late morning our friend the whale shark was once again briefly spotted around the ship.

At 2.30pm we set sail for Ascension Island, and there were sightings of pantropical spotted dolphins and a humpback whale as we left St Helena far behind us, and course set for Ascension Island over two days' sail away.





# Day 25 – Saturday April 21<sup>th</sup> 2018

## At Sea to Ascension Island

**GPS 08.00 Position:** 13° 22' S / 008° 31' W

**Wind:** SE F4. **Sea State:** Smooth. **Weather:** Cloudy. **Air Temp:** +26°C. **Sea Temp:** +26°C

After the excitement of the last few days it was almost quite nice to be back on board the *Plancius* and have a day at sea. Some of us could have done without the wake-up call and call for breakfast but in the end we all got ourselves up and about at a reasonable time and began the day on board.

Thank goodness the air conditioning is working well and with the blinds down in the lounge it was pretty cool on indoors.

Already before breakfast some blows were spotted and we were able to see straight away that they were distant Sperm whales. Sadly they took a dive before we were able to change course but where there is one there may be others.....However, a pod of short-finned pilot whales made an unexpected visit and crossed our bow. Soon after breakfast more whales were seen ahead of us and they were False Killer Whales. These are very fast whales and are closely related to both pilot and killer whales. They spent quite some time underwater and were tricky to spot – but some brief views confirmed there were at least 7 animals around.

Marijke then invited us to a lecture on turtle biology. She gave us an overview about nesting behaviour and how well adapted sea turtles are to living in the sea. These cold blooded reptiles have incredible adaptation for life in the oceans and the Green turtles of Ascension are one of the largest species of turtles. It is truly amazing how these huge animals swim all the way from their Brazilian feeding grounds to lay their eggs in this island's golden beaches, nothing for them to eat during the whole voyage, until they return to Brazil, where they gorge on lush sea grass beds. Only the females come ashore, to dig the holes in which they hide their eggs, about a hundred at a time.

As soon as her lecture was over, a call was made of more blows ahead of the . The whales were easily identified once again by their forward, angled spouts and characteristic outline. The whales were staying quite long at the surface, making some shallow dives but soon popping up again and long enough for Captain Evgeny to sail gently and quietly towards them so we could watch them at the surface for a while before taking another breath and disappearing below the surface. There were at least eight female sperm whales around with one whale having quite some pale skin colouration around the dorsal fin. These whales dive very deep to hunt for giant squid and we were lucky to see them as most of the time these animals are down at depths of up to 2000m. and only spend short period of time on the surface.



After lunch, as temperatures continued to increase to peak at around 33 degrees Celsius, it was very quiet around the ship. Seba and Arjen invited passengers to return their muck boots as it will definitely be too hot on Ascension so open sandals and flip flops are much more appropriate footwear! Hans made an announcement that we now also have a swimming pool onboard on deck 3, where one of the zodiacs has been filled up with seawater and where one can sit in the shade and enjoy a breeze of fresh air too.

The afternoon presentation was given by Bob who told us all about the things that we were not told about Napoleon at St Helena. This rather entertaining lecture was followed by a movie about Ascension.

Amongst these afternoon activities a large pod of distant dolphins passed the *Plancius*. It was a pity that they clearly ignored us as they porpoised in an opposite direction and soon were lost out of sight. The photographs later confirmed that they were Clymene dolphins – a type of spinner dolphin that often frequent in the deep tropical seas.

Today was also a good day for seabirds, although usually distant, records including Cory's Shearwaters, Bulwer's Petrels, various Storm-petrels and both South Polar and Long-tailed Skuas.

Our Re-cap was about Ascension and our plans during our stay there. Marijke finished the day explaining about the sperm whales we had seen this morning, which she thought were all females which range in tropical and sub-tropical waters and that the male sperm whales venture into polar seas.



# Day 26 – Sunday April 22<sup>nd</sup> 2018

## At Sea to Ascension Island

**GPS 08.00 Position:** 10° 19' S / 011° 45' W

**Wind:** SE F3. **Sea State:** Smooth. **Weather:** Clear. **Air Temp:** +27°C. **Sea Temp:** +28°C

The morning started once again with a wake-up call from Seba. With another day at sea things got into their usual sea day pattern, some people walking the decks, the birders scanning the horizon for a sign of a bird (any bird will do) and others relaxing in the cool of the Lounge. At 10am Bob invited us to the lounge for a presentation about plankton. A very interesting lecture about organisms easily forgotten, but of huge importance for the ecosystem and, in fact, the global climate.

After the morning talk some people tested out the cool pool on deck 3 aft and other just enjoyed not doing very much at all! After lunch things were very quiet once again around the ship as temperatures reached over 30°C and many people enjoyed an afternoon siesta. The next days are likely to be very busy with early starts and late finishes so most of us took the opportunity to have a rest and make sure memory cards were clear and ready for the days on Ascension Island. By 3pm we were ready for the next presentation of the day, but since we passed a sea mount and quite a few birds were around we decided to delay the lecture an hour, just in case we would find whales. At 4pm Marijke finally gave a lecture about how to identify sea turtles at sea, which apparently is quite difficult to do. Very useful information however! During her lecture the sperm whales finally showed themselves and at least two were seen logging on the sea surface some 400 meters from the ship. As the afternoon drew to a close it was much cooler out on deck so the benches filled on the top deck and we all enjoyed the sea breeze as we continued on our way to Ascension Island. The briefing in the bar before dinner was just that as Seba outlined our plans for the next day and Arjen showing a short movie about St Helena plovers (also called Wirebird) and a re-cap about superstitions at sea. It will be an early start at Boatswain Bird Island and hopefully a late finish with the turtles on the beach at Georgetown and some exciting adventures sandwiched in the middle so there was lots to look forward to!



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# Day 27 – Monday April 23<sup>rd</sup> 2018

## Ascension Island

**GPS 08.00 Position:** 07° 56' S / 014° 18' W

**Wind:** E F3. **Sea State:** Smooth. **Weather:** Clear. **Air Temp:** +29°C. **Sea Temp:** +29°C



When Seba made an early wake up call, it was still nearly dark. However, many of us were outside already. We were approaching Boatswain Bird Island and Ascension Island. Soon everybody was outside, looking at this bird-covered rock in the first light. Several thousands of Ascension frigatebirds, brown, masked and red-footed boobies were seen, together with many white and sooty terns, tropicbirds, most of them white-tailed. For over an hour we kept sailing up and down this small rock. The large numbers of birds breeding

on this island are caused by the lack of introduced predators. On the main island, rats and cats were brought to the island by visitors to the island. But fortunately these never made it to Boatswain Bird Island.

After little over an hour it was bright daylight and time for us to leave the island behind and head to Georgetown. Here we had to be cleared by customs again, but fortunately this didn't take long. Soon we found ourselves in the zodiacs and were heading to shore! The landing looked a little like the one at Jamestown on St Helena, with the same system of ropes to help us getting ashore. The difference, however, was the swell. This little pier was far less sheltered as the one on St Helena and there was quite a bit of swell making it a lot harder to disembark the zodiac. Fortunately Super Leon was standing on the pier, grabbing the zodiac and working as a solid anchor. Then for each of us it was time to grab the hand of one of the expedition staff in the boat and climb, with the zodiac sometimes at a 45° angle, and step on shore.

When we had everybody on land, many cars were waiting for us to take us on a tour through the island. After a short introduction, we headed to a very large sooty tern colony at Mars Bay. Thousands and thousands of birds were flying around us and many more were still sitting on the ground together with their young. It was a really special sight to see this many terns together, seemingly not bothered by



© Marijke de Boer

our presence at all. Now we headed up the, aptly named Green Mountain. The contrast was striking, between the very dry and arid lower parts of the island and the higher parts of this mountain. Only a few hundreds of meters higher, we suddenly found ourselves in very lush and green forests. First we got a tour through a conservation centre, where they are growing several of the endangered endemic plant and fern species to reintroduce them to the island. After this, we went for a little walk around the mountain, which gave great views over the whole island. Another good thing of this place was that, because of the wind and the higher altitude it wasn't as hot as on the lower parts of the island.

Back to the cars, we headed to the Two Boats Club to have lunch and a swim in the pool, after which we finished our tour at the cannons overlooking the island which were used in earlier times to keep the island safe. After this we had some time to visit the museum and have a look in town. Soon everybody was back on the ship to have another delicious dinner. But there was no time to visit the bar or anything, because we had to go ashore one more time.

The conditions this time were slightly more challenging than in the morning, especially as it was dark, but the reward was there. People from the Ascension conservation department took us to a beach where green turtles were laying their eggs. First we got a short introduction into the species and how to behave near the beach and then we were split up in small groups and headed towards the beach. Unfortunately the surf on the beach made it difficult for the turtles to come ashore and many decided to stay in the sea. But in the end all of us got to see a turtle, some of us even saw it deposit her eggs. After some time at the beach we were brought back to the ship where everybody went straight to bed. Happy and tired from our long day on Ascension, and knowing the wake up call would be only a few hours away...





# Day 28 – Tuesday April 24<sup>th</sup> 2018

## Ascension Island

**GPS 08.00 Position:** 07° 55' S / 014° 25' W

**Wind:** Light. **Sea State:** Smooth. **Weather:** Clear. **Air Temp:** +27°C. **Sea Temp:** +28°C



Up early means just that on Ascension, and by 5.00 am the zodiacs were shuttling back and forth from *Plancius* to the pier steps in the dark, with the swell there just as lively as ever. It was certainly worth it – a walk along the sandy track behind the turtle beach took us to places where the young hatchlings were making their way to the sea. It was intimidating surf for any young creature, made even more hazardous by the forays of frigatebirds swooping down and catching unfortunate individuals.

Then it was breakfast back on *Plancius*, more shuttles, and a fairly relaxed time for many, either aboard *Plancius* or in the slightly minimalist facilities of Georgetown. However, some hardy folk elected to have a further visit to the Mars Bay sooty tern colony once more, particularly to get a view of the young, whilst enduring the shimmering heat of that volcanic valley.

Eventually all were back on *Plancius*, and whilst we were enjoying lunch, the rattle of our anchor chain told us that we were under way once more. A further treat was in store however – the opportunity for a second visit to Boatswain Bird Island was too good to be missed, and so once more were we cruising up and down past that guano-covered stack, looking at the frigatebirds and all the other species we'd seen the previous day with the very welcome addition of a lively group of bottlenose dolphins which accompanied the ship for a while.

Then, perhaps a little sadly, it was time to turn northwards, for our passage to the Cape Verde Islands.





## Green Turtles of Ascension Island

Green turtles (*Celonia mydas*) use the sandy beaches of Ascension Island as a breeding ground, spending the rest of their time on the other side of the Atlantic Ocean feeding on the sea grass beds just off the coast of Brazil. They are thought to have been breeding on Ascension Island for the last 10,000 years

The female turtles make this long Atlantic migration every 3 – 4 years arriving in December and staying until July. The males are thought to come to Ascension Island more regularly to mate with the females when they arrive.

The females haul themselves up onto the beaches of Ascension during the night and spend time finding a suitable nesting location above the high tide mark. They then begin the laborious task of first digging out a large primary nesting hole which can be over 2m across and then carefully excavating a deeper nesting chamber in which the eggs will be laid. The nest is then covered up and she returns to the sea to rest for 10 days or so. In each nest chamber there may be up to 120 eggs and she will lay anything up to 5 clutches during the season.

The heat of the sand incubates the eggs for the next 55 – 60 days and it is sand temperature which determines the sex of the turtle hatchlings. Above 29°C the eggs will be female, below 29°C they will be male. Sand temperatures are generally above the critical temperature and so 75% of turtle hatchlings on Ascension Island are female. With global temperatures increasing, this percentage could be set to rise which has implications for turtle populations in the future.

As the hatchlings start to break out of the eggs and burrow their way upwards to the surface, the challenges facing these creatures really begin. Predators include frigate birds, land crabs and larger fish. It is thought that only 1 in 1000 makes it to adulthood.

In the past the green turtles were captured for a source of fresh meat and as turtle soup became a delicacy they were often shipped overseas, particularly to Britain to end up on the tables of royalty. There are the remains of the turtle ponds beside Georgetown where the turtles were kept until they were needed.



# Day 29 – Wednesday April 25<sup>th</sup> 2018

## At Sea to Cape Verde

**GPS 08.00 Position:** 05° 31' S / 015° 22' W

**Wind:** E F3. **Sea State:** Smooth. **Weather:** Clear. **Air Temp:** +30°C. **Sea Temp:** +29°C

*Plancius* is sailing on towards the equator. On this day we are traveling over deep tropical waters. Although these waters are not renowned for their abundant wildlife, the day starts early with the first pod of pilot whales and many feeding sooty terns at sea. While the ship approaches the pilot whale pod a reminder of where we have come from flies above *Plancius*, a south polar skua heading north just like us.

During the morning the Chief Engineer Sebastian presented the work that's being done in the engine room 24 hours per day. With these tropical temperatures the work just continues 'as usual' although the temperatures there exceed 40 degrees Celsius.

During the whole day feeding groups of sooty terns are seen. Also migrating skua's and Leach's storm petrels are seen throughout the day. A group of pantropical spotted dolphins and an other pod of short-finned pilot whales is seen close to the ship.

In the afternoon Bob presented 'Life in the depths' about the life in the deep seas that we are sailing through. After dinner the day and species listing, Martin lead a discussion evening in the dining room on seabird identification of photo's taken during this cruise.

This was our last full day on the Southern Hemisphere, the next morning we would cross the equator.



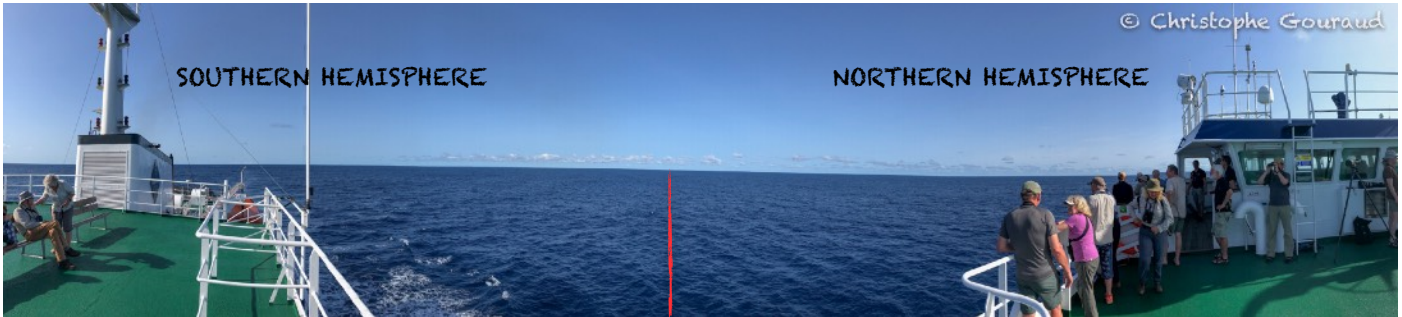


# Day 30 – Thursday April 26<sup>th</sup> 2018

## At Sea to Cape Verde - Crossing the Equator

GPS 08.00 Position: 00° 16' S / 017° 03' W

Wind: SE F3. Sea State: Slight. Weather: Clear. Air Temp: +28°C. Sea Temp: +29°C



The day started very warm as we approached the equator, but we had limited sightings of birds. We actually crossed the equator at approx. 9.15am and proceeded to head towards a sea mount with the hopes of seeing more marine mammals. Sea mount or not, the whole day proceeded with some good cetacean sightings: a record number of sperm whales including a spy-hopping juvenile, a melon-headed whale and numbers of pantropical spotted dolphins.



At 1500 an unexpected visitor appeared on the ship, King Neptune! He demanded tribute to be paid for crossing into his Northern Domain by all those for whom this was a first equator crossing. After the appropriate mess and humiliations the ship took on something of a party atmosphere. At 18.00 dinner and drinks were served on the aft deck to celebrate the visit of Neptune and his cronies, and dancing ensued, with passengers, crew and expedition team executing some neat moves to the disco, as lightening crackled on the far distant horizon.





# Day 31 – Friday April 27<sup>th</sup> 2018

## At Sea to Cape Verde

**GPS 08.00 Position:** 04° 13' N / 018° 51' W

**Wind:** N F4. **Sea State:** Slight. **Weather:** Rain. **Air Temp:** +24°C. **Sea Temp:** +29°C



A drizzly start of the day accompanied by quite a bit of wind making the sea a little choppy at times. A red-footed booby entertained us during the rain showers as it was searching for flying fish – in the end it was rewarded for its hard work when he caught a rather large one. Christophe gave a lecture on bird migration, which was the second part of two. The outside decks slowly dried as the rain had finally stopped and during lunch the spotting conditions improved significantly. Several pods of rather distant spinner dolphins were sighted along with a slightly closer group of pan-tropical spotted dolphins. But it was the Risso's dolphins that made a close approach and some younger dolphins were breaching alongside the *Plancius*. Sperm whales were also briefly seen but these glimpses were nothing compared to what happened next...

A huge and active pod of at least 400 spinner dolphins were seen foraging and whilst the *Plancius* slowly approached some members of the pod decided to come and check out the bow-wave of our vessel. It soon became clear that more members of the pod were checking us out and before soon *Plancius* was surrounded by active 'spinning' dolphins. These tropical slender dolphins are able to spin up to 7 times and at times we were seeing several dolphins doing this involving up to three animals at the same time. This spinning behaviour is part of their communication, hunting strategies but undoubtedly also used when



socialising or at times to get rid of itchy parasites. Whatever the main reasons it was a dramatic spectacle to watch. Mother and small calves also made a close approach and from the bow some of the high pitch whistles could be heard. We stayed with the spinner dolphins for almost one hour before we had to change course and head for Praia.

Hans simply had to postpone his lecture to tomorrow due to all the dolphin activities

and next in line was a lecture given by Bob Flood about how one can age the smaller albatrosses (mollymawks) by looking at the moulting cycles, particularly relating to the primary feathers and bill features.

The day was finalised during recap by Marijke on the spinner dolphins and Bob gave us an insight into Sargassum algae, which we hope to see tomorrow (depending on winds and currents). Hans explained why the Dutch passengers had been wearing orange because the Dutch celebrate the King's birthday. The evening was nicely rounded off in the lounge with most guests eagerly competing during the quizzzzzz...



# Day 32 – Saturday April 28<sup>th</sup> 2018

## At Sea to Cape Verde

**GPS 08.00 Position:** 07° 53' N / 020° 34' W

**Wind:** NE F3. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +28°C. **Sea Temp:** +28°C

The morning took an early start as a pod of Clymene dolphins were seen not far from the ship at around seven o'clock. Half an hour later some lucky passengers also got to see a few rough-toothed dolphins close to the bow. The conditions were still very gentle on board and although temperatures were a little cooler than yesterday, the sun was still intense even in the early hours of the morning. The morning lecture was given by Hans who talked about his expeditions mapping offshore wildlife off West Africa. The talk was, however, divided into two parts as two orcas suddenly were spotted breaching in the distance.



After the lecture, some people enjoyed a walk in the sun while the birders were lucky to see a few Arctic terns, red-footed bobby, and Bulwer's petrels. After lunch, a movie about plastic ocean was shown, a truly terrifying subject! Just before 5pm a tall blow was seen a kilometre from the ship, which turned out to be another blue whale! Unfortunately, it was already behind us and travelling too fast for us to stand a chance of keeping up.



Re-cap started with Seba going through some details regarding Cape Verde and passport procedures, followed by Arjen who showed his beautiful movie about the turtles on Ascension Island. It was also time for Zsuzsanna to explain the procedures for settling accounts and disembarking from the ship in the coming days. After dinner, we were invited to the Lounge for the final photo competition, this time with 39 entries. There was a wide range of subjects and the votes were spread across the entries but it was Rafa's stunning black-and-white crab that took first place. Well done Rafa!





# Day 33 – Sunday April 29<sup>th</sup> 2018

## At Sea to Cape Verde

**GPS 08.00 Position:** 11° 52' SN/ 022° 16' W

**Wind:** NE F4. **Sea State:** Slight. **Weather:** Clear. **Air Temp:** +26°C. **Sea Temp:** +24°C



Our last day at sea but wasn't like that. Everyone started this day in a normal routine. Some of us were reading a book in the lounge or at the top deck, others were screwed to their binoculars hoping to spot more wildlife and so we did ! Shortly after breakfast a pod of short-finned pilot-whales was spotted as well as few bottlenose dolphins that were jumping now and then near the ship. Even a loggerhead turtle joined the feast! At 10 am Arjen lectured about global warming impact on Polar regions. Although far away from most of us, the poles are heavily impacted by the changing climate. The rest of the morning was really quiet and we resumed our activities after another nice lunch.



At 2:30 pm Marijke shared part of her own research about marine by-catch along the coast of West Africa. Conflicts between fisheries and the dolphins that feed in the same fishing grounds sadly lead to by-catch that unfortunately threatens many species. Later in the afternoon we were called to pay our bills to Zsuzsanna and Michael...not the funniest part of the trip as we got used to NOT paying anything for a month! This being done we all gathered to the lounge for our last Recap with our expedition team. Arjen had prepared a fantastic slideshow with all the highlights of our journey since we left Ushuaia. This was followed by Captain's Cocktails. We raised a glass with Captain Levakov to celebrate the end of a very successful voyage. Cheers!



## Day 34 – Monday April 30<sup>th</sup> 2018

### Praia, Cape Verde

**GPS 08.00 Position:** 14° 55' SN/ 023° 30' W

It was now time to say farewell to our great adventure, goodbye to our safe floating home and to our lovely new friends! Some of us, with Bob, went for a city tour whereas others joined Martin for a trip to see more birds! A bus took us to town so that we could do a bit of visit, shopping and mailing, before heading to the airport...our heads full of great memories of a wonderful, truly exceptional cruise, - our SD cards full of pictures!







World's Leading Polar  
Expedition Operator

Total distance sailed on this voyage: 6,790 nautical miles or 12,575 km.

On behalf of Oceanwide Expeditions, Captain Levakov, Expedition Leader Sebastian Arrebola and all the crew and staff, it has been a pleasure travelling with you.



# PHOTOGRAPHY CONTEST 2018

Your chance to win a € 1000 gift voucher for your next polar adventure.

EVERYONE KNOWS A PICTURE IS WORTH A THOUSAND WORDS, BUT DID YOU KNOW THAT YOUR PHOTOS MIGHT NOW ALSO BE WORTH A **€ 1000 GIFT VOUCHER**?

## Share your experience!

Did you catch a rare seabird on the fly? Do you have a panorama of the Northern Lights filling the sky? Did you get up close and personal with a penguin? Did you capture a look of awe or wonder on a fellow passenger's face?

If you've been a passenger on any one of our past voyages we want to see your pictures.

You're free to send in as many pictures as you wish. The best pictures are the ones that capture what it's like to take one of our special expeditions to the remote and beautiful ends of the Earth.



## PRIZES



**€ 1000**

**GIFT VOUCHER**

for Oceanwide Expeditions



**€ 500 gift voucher**

for Oceanwide Expeditions



**€ 250 gift voucher**

for Oceanwide Expeditions

UPLOAD YOUR PHOTO AT

**WWW.OCEANWIDE-EXPEDITIONS.COM/GALLERY**

The size of your photo should be between 2MB and 8MB. Our lucky winners will be contacted by e-mail and Facebook by November 30, 2018. The photography contest runs from April, 30 until October, 30 2018.

Read the terms and conditions of the contest on [www.oceanwide-expeditions.com/page/contest-terms](http://www.oceanwide-expeditions.com/page/contest-terms)





*Kayaking the Waters of Antarctica The weather changes so dramatically down here that you simply cannot say, "this looks like a great day" if it is one – rather you must live in the moment and perhaps a more appropriate phrase might be, "this looks like a great moment"! After enduring Force 8 winds on the Beaufort Wind Scale the Ortelius (our home during this Antarctica cruise) pulled into calm waters at Georges Point affording us our first close look at the breathtaking scenery (icebergs, glaciers and mountains)*

# TRAVEL WRITING COMPETITION 2018

**Your chance to win a € 1000 gift voucher for your next polar adventure.**

FANCY YOURSELF AS A TRAVEL WRITER? ENTER OUR ANNUAL TRAVEL WRITING COMPETITION AND YOU JUST MIGHT WIN YOURSELF A **€ 1000 GIFT VOUCHER** FOR YOUR NEXT POLAR ADVENTURE.

### Write about your experience!

What was it like to camp out under the Antarctic sky? Was it scary when you encountered a polar bear? Was this your first cruise and were you nervous about crossing open waters?

After all, how your expedition made you feel is what you're going to carry with you for the rest of your life. If you share your experience you just might win yourself a € 1000 gift voucher for your next polar adventure.

### Here's what you need to do:

1. Write a post (600 – 1200 words) in Dutch, English, or German about what excited you the most on your Oceanwide Expeditions cruise. The topic is entirely up to you.
2. Make sure you add titles and subtitles to the story.
3. Create a hyperlink or two inside of your post. The link could connect to the ship's page, the trip itinerary, the particular destination's page, or perhaps a page related to one of the activities you enjoyed.
4. Add 3 to 5 pictures (they should be 2 MB minimum in size, in landscape format and attached separately when you decide to send your entry to us).
5. Post it online by completing the entry form "Share your story" (<https://oceanwide-expeditions.com/customer-story/create>) **OR** send your post to us at [marketing@oceanwide-expeditions.com](mailto:marketing@oceanwide-expeditions.com). Either way, make sure you include your full name and e-mail address.
6. **Spread the word!**



## PRIZES



**€ 1000**  
**GIFT VOUCHER**

for Oceanwide Expeditions



**€ 500 gift voucher**  
for Oceanwide Expeditions



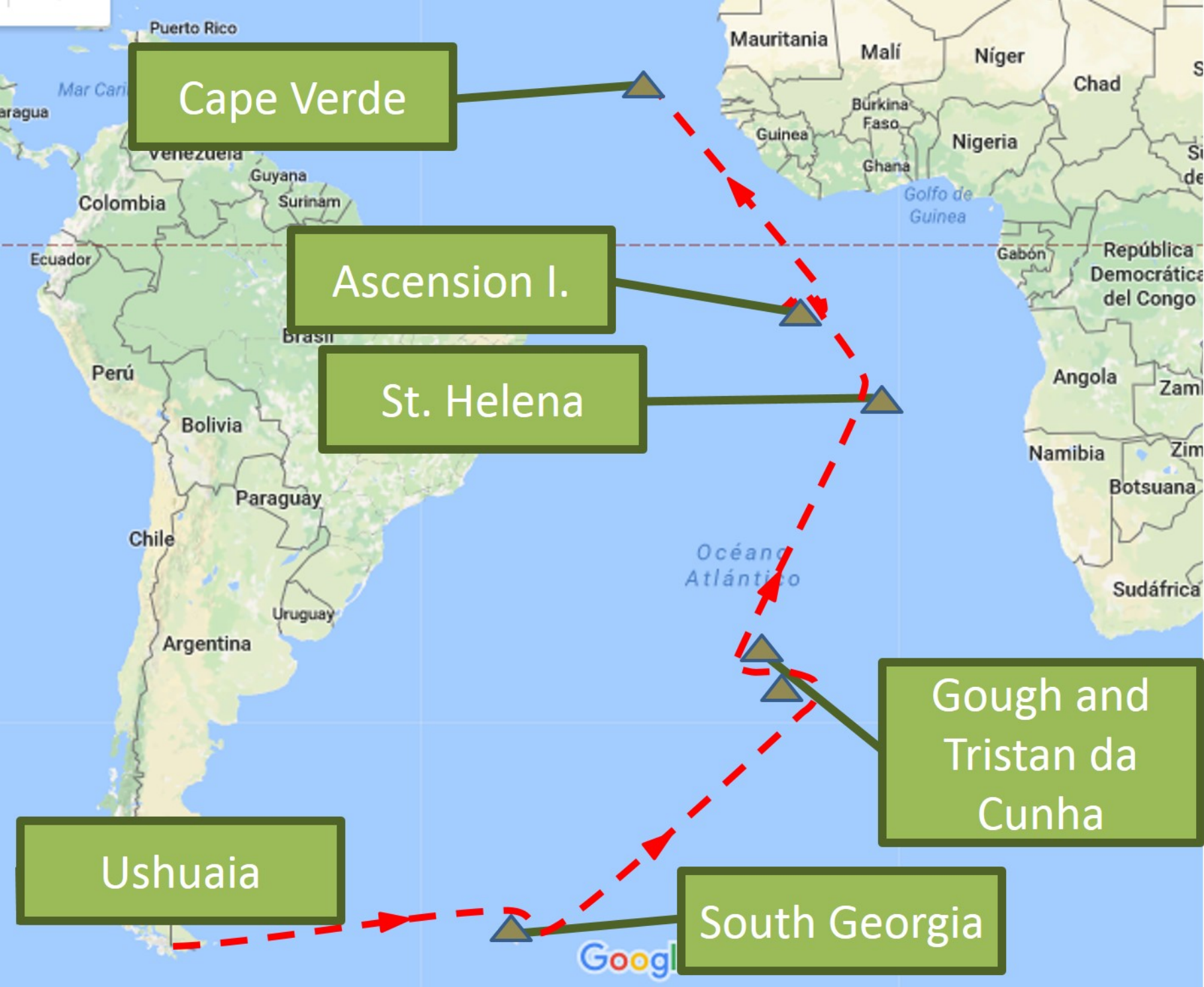
**€ 250 gift voucher**  
for Oceanwide Expeditions



## ENTRIES CLOSE OCTOBER 30

Our lucky winners will be contacted by e-mail and Facebook by November 30, 2018

Read the full terms and conditions on [oceanwide-expeditions.com/page/contest-terms](https://oceanwide-expeditions.com/page/contest-terms)



Cape Verde

Ascension I.

St. Helena

Gough and  
Tristan da  
Cunha

Ushuaia

South Georgia





# South Georgia Island

Prion Island

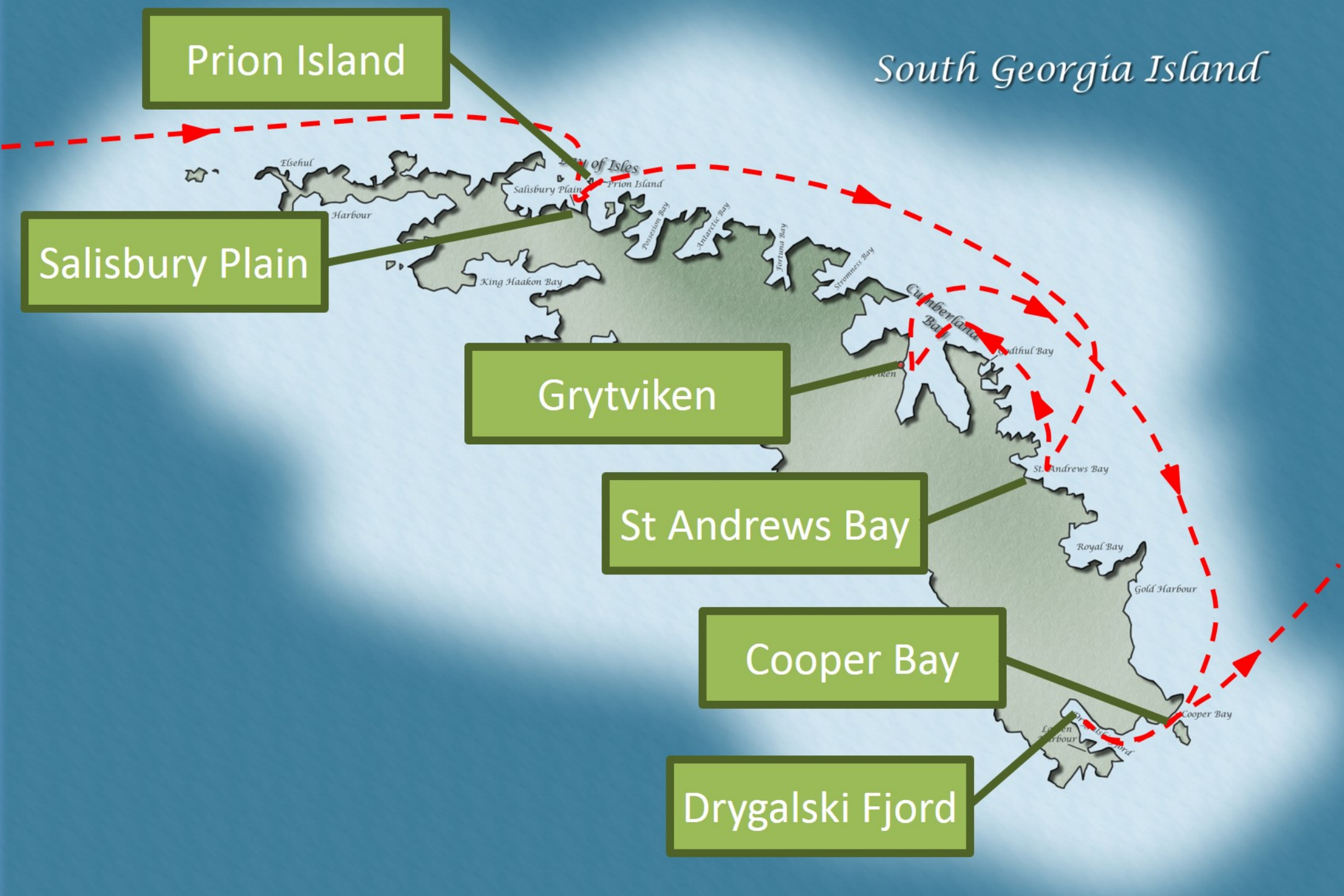
Salisbury Plain

Grytviken

St Andrews Bay

Cooper Bay

Drygalski Fjord



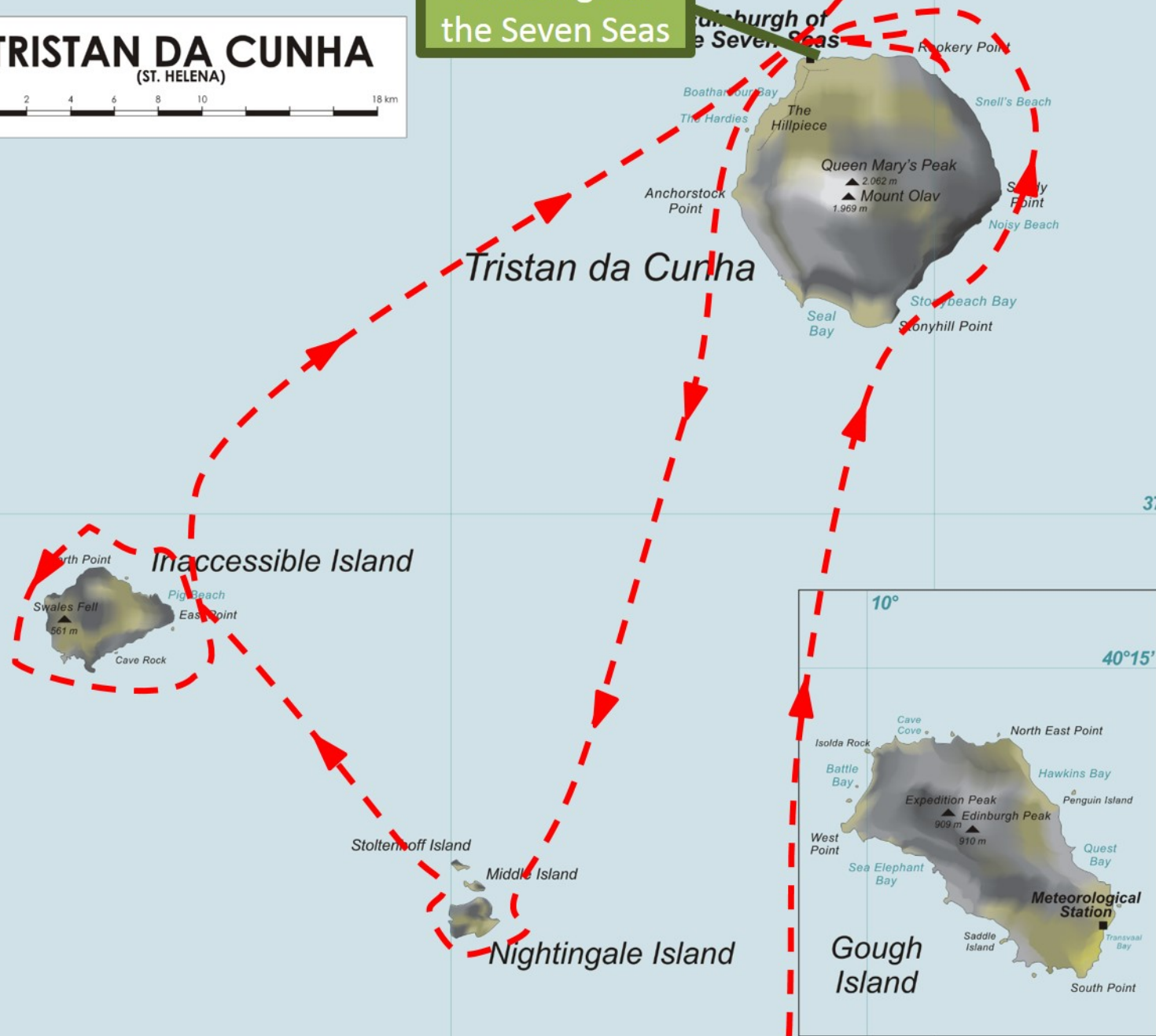
12°45'

12°15'

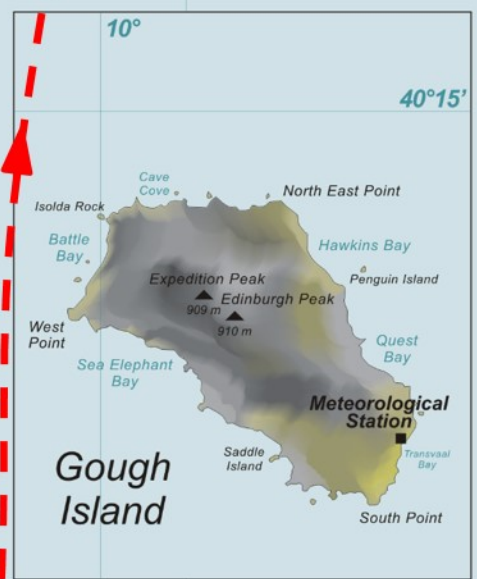
Edinburgh of the Seven Seas

**TRISTAN DA CUNHA**  
(ST. HELENA)

0 2 4 6 8 10 18 km



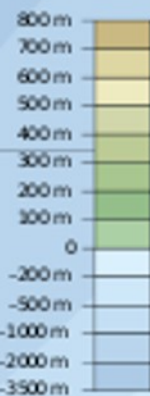
37°15'



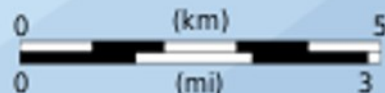
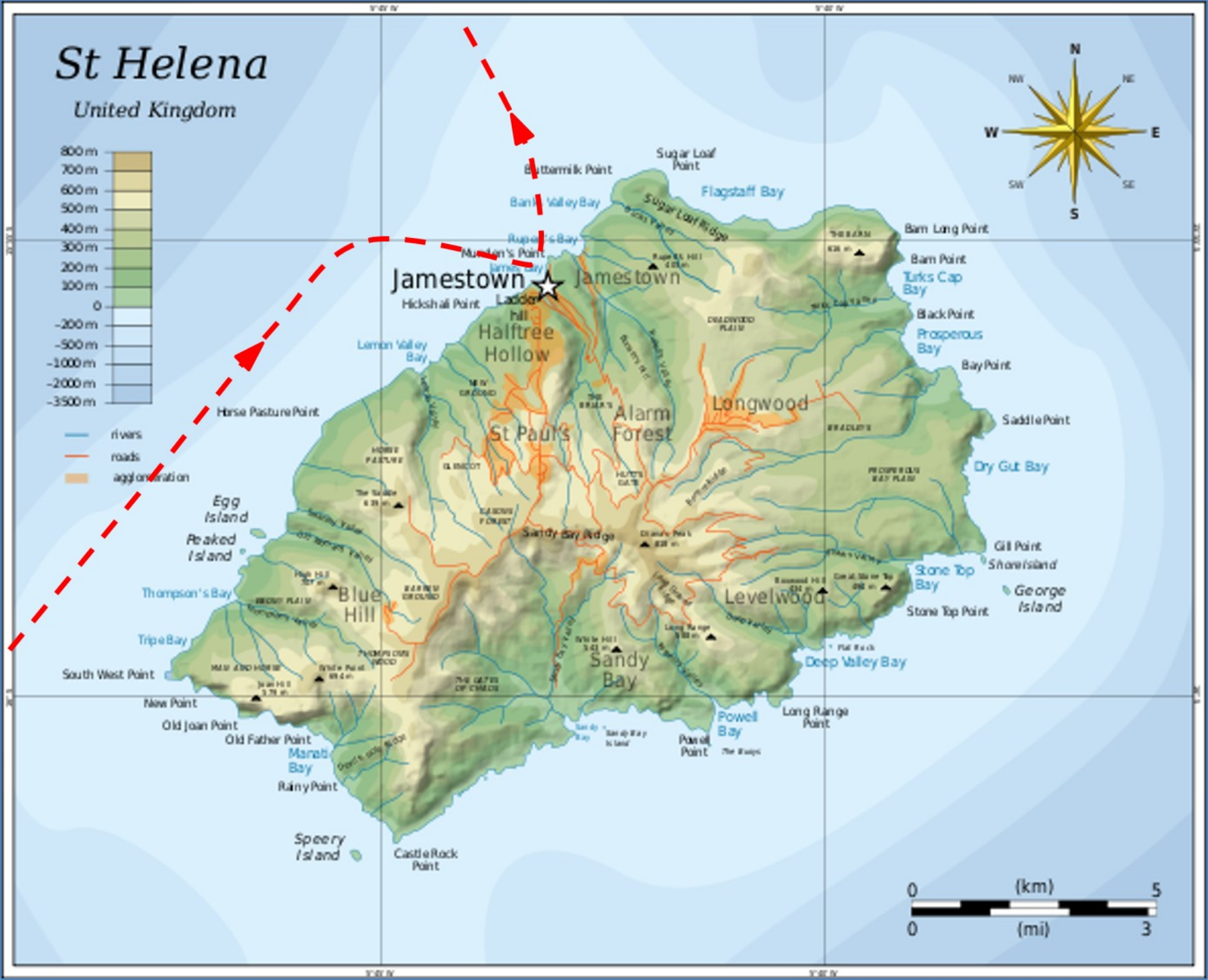


# St Helena

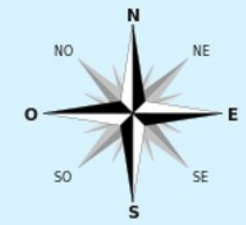
United Kingdom



- rivers
- roads
- agglomeration

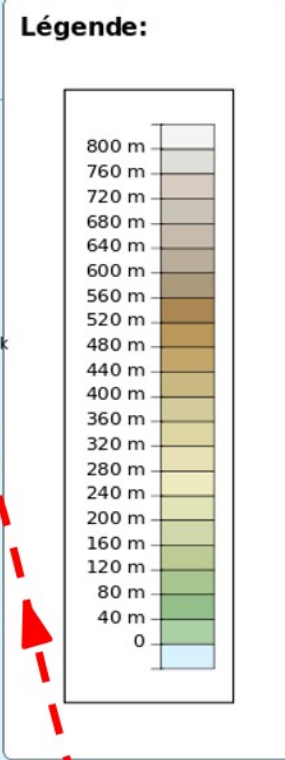


# Île de l'Ascension



**Georgetown**

**Boatswain  
Bird Island**



Zone  
de mouillage  
interdit

Océan Atlantique





25°

24°

23°

17°

17°

16°

16°

15°

15°



**NORTH  
ATLANTIC  
OCEAN**

**ILHAS DO BARLAVENTO**

**ILHAS DO SOTAVENTO**

### Cape Verde

- ★ National capital
- ⊙ Municipality capital
- ⊖ Municipality boundary
- Road
- - - Track

0 10 20 30 km  
0 10 20 mi

Mercator Projection

1. Porto Novo
2. Ribeira Grande
3. Paúl
4. São Vicente
5. São Nicolau
6. Sal
7. Boa Vista
8. Maio
9. Tarrafal
10. São Miguel
11. Santa Cruz
12. São Domingos
13. Praia
14. Santa Catarina
15. Mosteiros
16. São Filipe
17. Brava



Sebastian was born in Buenos Aires, Argentina, where he earned a degree in Tourism. He took a one-year mountain guide training course, climbing in different parts of Argentina such as Mendoza, Bariloche, and Tierra del Fuego.

In 2000, he moved to Ushuaia, Argentina, where he became a Tourist guide in Tierra del Fuego, working as a free-lance guide for different companies in Ushuaia. Concurrently, he worked on several vessels visiting sea mammals and birds colonies at the southernmost tip of South America. He sailed to many places in the world including to the

Mediterranean Sea, the Canadian Arctic, Antarctica, Argentina, Chile, and around the mystic Cape Horn. In 2002, he moved to England for almost two years, where he took different courses on Sea Survival (Including wet drill), Marine Radio Operator (Short Range) and First Aid, all accredited by the Royal Yachting Association.

Sebastian has specialised in polar tourism and natural history. His first trip to Antarctica was on board a 36 ft (12 m) sailing boat, during this one-month voyage he developed skills on ice-navigation, and he familiarised himself with the Antarctic Environment, Exploration History, and Natural History. He has led several expeditions to Antarctica on board different vessels. He also worked as a lecturer (Geography, Ice, and Antarctic History), naturalist and Zodiac Driver. In 2008, his polar experience also extended to the Arctic, sailing in the Canadian Arctic and part of the Northwest Passage.

As a lecturer on Antarctic topics, he has been invited to the annual meeting of the International Superyacht Society, in Fort Lauderdale, Unites States, and to the Antarctic week organized annually in the city of Ushuaia, Argentina.

He has written several articles related to Antarctica in different magazines and publication, like The Great Southern Route, Superyacht Times, and Boat International among others.

Sebastian manages a publishing house [www.sudpol.com](http://www.sudpol.com) specialised in travel books. He is also co-author of “Antarctica, discovering the last continent”.

Sebastian speaks English and Spanish.



## Arjen Drost – Assistant Expedition Leader



When Arjen arrived in Spitsbergen for the first time in 1999 as a biology student, he fell in love with the Arctic. After three summers of research on Barnacle Geese in Ny Ålesund, Spitsbergen he started guiding in small expedition cruise ships for Oceanwide Expeditions. Here he loves to share his passion for the Polar Regions with others.

Arjen was born in the Netherlands and soon started watching birds. Many hours were spent finding and watching birds in the local neighbourhood and enjoying nature. His choice to start studying biology came to no surprise for anybody. During this study he specialized in ecology, especially the interaction between herbivores and plants.

For ten years Arjen has combined guiding in the Arctic with a full time teacher job at a secondary school in the Netherlands, where he taught biology. Now he gave up his teaching job to become a fulltime expedition guide in both Polar Regions. In the past years his 'classroom' included Spitsbergen, Greenland, the Antarctic Peninsula, the Weddell and Ross Sea.

In his spare time Arjen is a keen nature and wildlife photographer, giving photo workshops and lectures and is co-author of several Dutch books on nature photography.

Arjen speaks English, Dutch and German.

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## Christophe Gouraud – Guide & Lecturer

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Christophe was born in France in 1978 and has been passionate about birds since he was a child. After spending five years in Canada on his master degree in ecology, Christophe went to Alaska. He lived on the tiny Middleton Island as a research assistant to study the ecology of seabirds, mainly the Black-legged Kittiwake. He explores polar regions since 2007 and joined many expeditions in Svalbard,

Greenland, Nunavut, Antarctic Peninsula, the Falklands and South Georgia. In 2009, he joined the International Fund for Houbara Conservation and worked as a biologist field worker in Morocco, United Arab Emirates and Kazakhstan, on the Houbara Bustard. In the footsteps of Buffon, Cuvier and Temminck, Christophe inventories collections of birds that have been collected during famous expeditions around the world during the 18 and 19th centuries. He is the scientific referee of the Baillon collection (La Châtre, France) and the Caire-Chabrand collection (Barcelonnette, France).



## Martin Berg – Expedition Guide



Martin's passion for birds and mammals has brought him all over the globe in his search for rare species. He has always been drawn to adventures and has participated in numerous expeditions into the Amazon rainforest, the Arctic, Caucasus, and the Himalayas to study rare and endangered bird species. He has also spent several seasons

studying seabirds on islands in the North Atlantic Ocean and around New Zealand and as well as conducted at-sea surveys on seabirds and marine mammals in waters around Antarctica.

Martin has studied biology at Lund University in Sweden and marine biology at Bamfield Marine Sciences Centre in Canada and is currently doing his PhD at Stockholm University where he is investigating what impact overfishing has on seabird survival and population dynamics. Martin is skilled in bird and mammal identification, and while almost always focused with his binoculars, busy finding birds and whales, he always welcomes a good chat about ecology and conservation.

Hans Verdaat – guide/ lecturer

Hans Verdaat his fascination for nature has been present all of his life. During his study Coastal Zone Management he started working as a tour guide. In 2006 he moved to the Dutch island Texel where he started working as a field researcher for a marine research institute. Since 2004 he has participated in seabird and marine mammal surveys in Antarctica, Spitsbergen, Caribbean, West-Africa and European waters.





Marijke grew up in the Netherlands, Switzerland and Germany. In the early-90s, she worked over a number of summers as a volunteer field biologist specialising in sea turtle conservation in Greece. This was a magnificent experience and formed the inspiration for switching her Academic career towards Marine Biology.

She is fascinated by cetaceans, and has worked with Minke whales in Scotland, Killer whales, Blue whales and Belugas in Canada, Bottlenose whales in the Arctic Labrador Sea, Risso's dolphins in the Irish Sea and Sperm whales off the Azores. She has also participated in various ocean-crossing surveys, namely the Davis Strait, Indian Ocean, South China Sea, Southern Ocean and Antarctica. These surveys formed the core foundation of her detailed in-depth experience with marine mammals.

She completed a MSc in Marine Ecology (University of Utrecht) and a PhD (Marine Mammal Ecology) at the University of Wageningen focusing on the abundance and distribution of cetaceans using (low-cost) seagoing vessels ('Platforms of Opportunity').

Nowadays her research focuses on marine fauna within the Wider Caribbean Region, West Africa and Cornwall (UK). Marijke has produced a wide selection of scientific publications and presented numerous papers to various international conferences and committees.

Whilst she very much enjoys the academic side of her career, her first love is sharing her knowledge in the field. She has worked as a wildlife guide during multiple oceanic expeditions and is happy to 'escape the office'. She currently lives in the Netherlands and Cornwall and speaks Dutch, English and German. The ocean is very special to her – *'after more than 20 years of sailing the seven seas, it never fails to educate, surprise and enthrall me'*.

## Biography – Bob Brown



Bob Brown was brought up in Sussex, as a child getting soaked exploring for marine beasts and birds. University in Belfast and a PhD on mollusc ecology and oystercatcher feeding, led to research in Sweden, before moving to Jamaica to develop oyster farming based on mangrove systems, as well as lecturing, rearing hawksbill turtles and discovering the diverse butterfly life.

Back in Northern Ireland, for about ten years he managed the National Trust's Strangford Lough Wildlife for its birds and marine wildlife, writing a widely acclaimed book on them. In 1991 he became Director of RSPB's operations in N Ireland, working on the Province's most important birds and their habitats. In 2004 he became Chair of the Northern Ireland Biodiversity Group; and for nine years contributed to the work of Northern Ireland's Council for Nature Conservation and the Countryside. For many years he has been a member of the UK's Joint Nature Conservation Committee, chairing their Marine Protected Areas working group.

He also travels widely, notably in the Arctic, Antarctic, and Patagonia as well as other parts of South America, where he leads natural history tours. His main interests are the rich bird life (particularly seabirds), whales and other sea mammals, and the wealth different habitats to be found. In 2004 he was awarded an OBE for services to nature conservation.

















# Captain Evgeny Levakov

and his international crew

including:

Chief Officer:	<b>Artur Iakovlev</b>	[Russia]
2nd Officer:	<b>Romanas Vićas</b>	[Lithuania]
3rd Officer:	<b>Luis Oroceo</b>	[Philippines]
Chief Engineer:	<b>Sebastian Alexandru</b>	[Romania]
Hotel Manager:	<b>Zsuzsanna Varga</b>	[Hungary]
Assist. Hotel Manager:	<b>Michael Frauendorfer</b>	[Austria]
Head Chef:	<b>Ralf Barthel</b>	[Germany]
Sous Chef:	<b>Sean Steele</b>	[Canada]
Ship's Physician:	<b>Laura Dunn</b>	[UK]

**AND**

Expedition Leader:	<b>Sebastian Arrebola</b>	[Argentina]
Assist. Expedition Leader:	<b>Arjen Drost</b>	[Netherlands]
Expedition Guide:	<b>Christophe Gouraud</b>	[France]
Expedition Guide:	<b>Martin Berg</b>	[Sweden]
Expedition Guide:	<b>Hans Verdaat</b>	[Netherlands]
Expedition Guide:	<b>Marijke de Boer</b>	[Netherlands]
Expedition Guide:	<b>Leon Glass</b>	[Tristan da Cunha]
Expedition Guide:	<b>Bob Brown</b>	[UK]

Welcome you on board!





# Atlantic Odyssey

## Embarkation – Ushuaia

### Wednesday 28<sup>th</sup> March 2018

**Welcome on board!** Your luggage will be delivered to your cabin as soon as possible. *After we are all on board*, please check and notify Reception if you are missing anything or have the wrong luggage.

While we are embarking please feel free to explore the ship. The lounge is located on Deck 5 forward.

- ~1700 **Mandatory Safety Briefing in the Lounge. ALL PASSENGERS are required to attend this very important safety briefing. After, we will conduct the mandatory Lifeboat Drill. Please listen for the Alarm.**
- ~1800 Approximate sailing time. As we leave Ushuaia we recommend that you enjoy the views from the outside decks.
- 1830 Soon after sailing we would like to invite you to the **Lounge** (Deck 5) for a **welcome briefing** by Expedition Leader Sebastian Arrebola and an introduction to the ship by Hotel Manager Zsuzsanna Varga.
- Afterwards there will be Captain's Cocktails! Captain Evgeny Levakov invites you to join him for a welcome drink in the Lounge, where you will also meet the Expedition Team.
- 1930 **Dinner** is served in the Dining Room located on **Deck 3** behind **Reception**. Bon appétit!

**Please note that tonight we will be sailing into the open ocean so please secure your valuables and make sure your cupboard doors and drawers are tightly closed.**

**Remember: KEEP ONE HAND FOR THE SHIP AT ALL TIMES & BEWARE OF DOOR JAMS**

**Thank you.**



# Atlantic Odyssey

## At Sea – To South Georgia

### Thursday 29<sup>th</sup> March 2018

0745 Wake Up call.

0800 Breakfast is served in the Dining Room (Deck 3) for one hour.  
*Please wait until the doors are open before entering.*

After breakfast the guides will be out on deck so please feel free to join them to find out more about the seabirds of the Southern Ocean and to get your sea legs at the start of this long voyage.

**Please be careful with the heavy outside doors as you make your way out.**

1100 Having spent some time out on deck, please join Christophe for a presentation about **Seabirds Sentinels of the Seas (Part 1)**. By the end of the presentation you'll be able to distinguish a Prion from an Albatross! This will be in the **Lounge**.

1230 Lunch is served in the Dining Room (Deck 3).

1530 We hope to see cetaceans and other marine mammals on this trip. Please join Marijke in the **Lounge** for a lecture about **Identification of Whales**.

1830 Please join **Seba** and the Expedition Team in the **Lounge** for the Daily Briefing, looking back upon our first day at sea and to our plans for the coming days.

1900 Dinner is served in the Dining Room (Deck 3). Bon appétit.

**Please note that tonight we will be sailing into the open ocean so please secure your valuables and make sure your cupboard doors and drawers are tightly closed.**

**Remember: KEEP ONE HAND FOR THE SHIP AT ALL TIMES & BEWARE OF DOOR JAMS**

**Thank you.**



# Atlantic Odyssey

## At Sea – To South Georgia

### Friday 30<sup>th</sup> March 2018

- ~0730 Sunrise
- 0745 Wake Up call.
- 0800 **Breakfast** is served in the **Dining Room** (Deck 3) for one hour.  
*Please wait until the doors are open before entering.*
- 1030 Many of us will have brought cameras to record the memories of this trip. **Arjen** invites you to the Lounge for a talk where he gives **10 tips** to improve your **nature photography**. This should be suitable for photographers of all levels, from simple point and shoots to the most advanced dSLR's.
- 1230 **Lunch** is served in the **Dining Room** (Deck 3).
- 1500 In a couple of days we will arrive on **South Georgia**. Please join **Martin** in the Lounge for a talk about the **birdlife** on this island. He'll tell all about the identification and ecology of these birds and a little about the habitat restoration that takes place there.
- 1830 Please join **Seba** and the Expedition Team in the **Lounge** for the Daily Briefing, looking back upon our second day at sea and to our plans for the coming days.
- 1900 **Dinner** is served in the **Dining Room** (Deck 3). Bon appétit.
- ~2030 Please join Hans in the **Lounge** to have a look at the species we've seen today and fill in the trip's **species list**.

**Please note that today we will be sailing into the open ocean so please secure your valuables and make sure your cupboard doors and drawers are tightly closed.**  
**Remember: KEEP ONE HAND FOR THE SHIP AT ALL TIMES & BEWARE OF DOOR JAMS**  
**Thank you.**





# Atlantic Odyssey

## At Sea – To South Georgia

### Saturday 31<sup>st</sup> March 2018

- ~0640 Sunrise
- 0745 Wake Up call.
- 0800 Breakfast is served in the Dining Room (Deck 3) for one hour.
- 1000 **South Georgia Bio-Security.** The Government of South Georgia has strict bio-security regulations for visitors ashore in order to try to maintain the pristine environment. Please join Seba in the **Lounge** for this **mandatory briefing**.
- 1100 **Rubber Boots!** This afternoon we will issue you with your Rubber Boots. The Boot Room is on Deck 3 (forward). Please bring your warm socks for trying on the boots.  
*We will call you by deck number, so please listen for announcements.*
- 1230 Lunch is served in the Dining Room (Deck 3).
- ~1400 The vacuum cleaners will be available in the lounge for you to clean your outer gear in line with **South Georgia bio-security regulations**. You will be called by deck so please listen for announcements. Bring jackets, gloves etc backpacks and camera bags.
- 1700 As we are now sailing in the Southern Ocean, we would like to show the first episode of the BBC documentary **Frozen Planet** in the **Lounge**, with beautiful footage of both Polar regions.
- 1830 Please join **Seba** and the Expedition Team in the **Lounge** for the Daily Recap, looking back upon our day at sea and to our plans for the coming days.
- 1900 Dinner is served in the Dining Room (Deck 3). Bon appétit.
- ~2030 Please join Martin the **Lounge** if you're interested in what species have been seen today and fill in your own **species list**.

This evening we will advance the clocks by 1 hour in order to be on South Georgia time.



# Atlantic Odyssey

## Shag Rocks

### Sunday 1<sup>st</sup> April 2018

#### Wake up call - Approx 0645

The timing of this will be dependent on our ETA for Shag Rocks. We hope to view Shag Rocks at first light and spend some time around these amazing rock pinnacles. The rocks are a breeding site for the South Georgia Shags and it can be a good area for whales.

~0710 Sunrise

0800 Breakfast is served in the Dining Room for one hour.

1030 **Zodiac briefing.** Please join Seba in the Lounge for a briefing about our Zodiac operations. These boats will take us from ship to shore and it is important that we know how to embark and disembark safely at the ship and on the beach. This is a mandatory briefing.

1230 Lunch is served in the Dining Room (Deck 3).

1500 **Christophe** invites you to the lounge for the second part of his lecture on **seabird ecology**. In this part he'll explain more about feeding behaviour and seabird conservation.

1700 We like to show the autumn episode of the BBC documentary **Frozen Planet** in the **Lounge**.

1830 Please join **Seba** and the Expedition Team in the **Lounge** for the Daily Recap, looking back upon our day at sea and to our plans for the coming days.

1900 Dinner is served in the Dining Room (Deck 3). Bon appétit.

~2030 Please join Hans in the lounge to see what species we've seen today and fill in your species list.



# Atlantic Odyssey

## Salisbury Plain & Prion Island

### Monday 2<sup>nd</sup> April 2018

0645 Wake-up Call from Seba! Arrival in South Georgia so you'll all be up and awake anyway!

~0655 Sunrise

0700 Breakfast is available in the Dining Room for one hour.

**Salisbury Plain.** For our first landing we hope to take you ashore on Salisbury Plain which is home to the second largest **King penguin colony** on South Georgia. There will also be Fur seals and Elephant seals on the beach. We like to offer a walk to the main penguin colony. You will need to walk out to the colony with the guide but can make your own way back to the landing site independently. The route back will be marked.

0830 Group **Albatross**, please make your way to the gangway

0845 Group **Petrel**, please make your way to the gangway

1230 Buffet Lunch is served in the Dining Room for one hour.

**Prion Island.** We like to offer a split landing and zodiac cruise at and around Prion Island. This small island is home to the biggest and smallest birds found on South Georgia; the Wandering albatross and the South Georgia pipit. There is a boardwalk to take us up to the summit of the island and you must stay on this at all times. Please be aware of fellow passengers on the viewing platforms. The zodiac cruise will take you along the island and gives you the possibility to enjoy the Bay of Isles from the water.

1430 Group **Petrel**, please make your way to the gangway to go ashore first.

1445 Group **Albatross**, please make your way to the gangway to go for a zodiac cruise.

We will swap both groups halfway the landing, so both groups got to do both activities.

1830 Please join **Seba** and the Expedition Team in the **Lounge** for the Daily Recap, looking back upon our day at sea and to our plans for the coming days.

1900 Dinner is served in the Dining Room. Bon appétit.

**Please remember to close your curtains and keep the ship as dark as possible to prevent bird strikes.**





# Atlantic Odyssey

## St Andrew's Bay & Grytviken

### Tuesday 3<sup>rd</sup> April 2018

0645 Wake-up Call from Seba. We will have assessed the weather conditions by this time and will update you on our plans.

0700 Breakfast is available in the Dining Room for one hour.

**St Andrew's Bay.** This beach is home to the largest King penguin colony on South Georgia with 150,000 breeding pairs. We hope to be able to take you ashore and walk to a viewpoint over the main penguin colony. This will depend on weather and river conditions. Wherever we go there will be stunning views and plenty of penguins and seals!!

0815 Group Albatross, please come to the gangway.

0830 Group Petrel, please come to the gangway.

1230 Buffet Lunch is served in the Dining Room for one hour.

**Grytviken.** This is the capital of South Georgia! We will clear customs at this point and afterwards we hope to go ashore to visit the cemetery where Sir Ernest Shackleton is buried, before exploring the whaling station itself. You can visit the fantastic museum and buy souvenirs in the gift shop. There is also a Post Office for mailing letters and postcards home. Bring your money – British pounds, Euros and Dollars, if possible in small denomination currency.

Please remember that there is wildlife here too and remember to keep your backpacks off the ground/grassy areas.

~1500 Group **Petrel**, please come to the gangway.

~1515 Group **Albatross**, please come to the gangway.

1900 Dinner is served..... Location to be announced!!! Bon appétit. (Top Tip – dress warmly!!)

**Please remember to close your curtains and keep the ship as dark as possible to prevent bird strikes.**



# Atlantic Odyssey

## Cooper Bay & Drygalski Fjord

### Wednesday 4<sup>th</sup> April 2018

0715 Wake-up Call from Seba. We will have assessed the weather conditions by this time and will update you on our plans.

0730 Breakfast is available in the Dining Room for one hour.

Today we intent to go to Cooper Bay and Drygalski Fjord. We will first check weather and sea conditions to see which place we will go first. Please stand by for announcements.

TBA\* **Cooper Bay.** We hope to offer a Zodiac cruise in the area of Cooper Bay where we have a chance to see Macaroni penguins and Chinstrap penguins. The area of the bay is very scenic so fingers crossed for some good visibility and calm seas!!

1230 Buffet Lunch is available in the Dining Room for one hour.

TBA\* **Drygalski Fjord.** The captain will bring Plancius into Drygalski Fjord. This extremely scenic fjord with hanging glaciers would be a perfect conclusion to our South Georgia adventures! This fjord is often home to Snow Petrels, so keep your eyes open for these angels of the South.

1830 Please join **Seba** and the Expedition Team in the Lounge to review our day and hear our plans for the tomorrow.

1900 Dinner is served in the Dining Room (Deck 3). Bon appétit.

This afternoon we will leave South Georgia and head again for open sea towards Gough Island. Please make sure your belongings are stored in a safe place and keep always one hand for the ship.

\*TBA To Be Announced

**Please remember to close your curtains and keep the ship as dark as possible to prevent bird strikes.**



# Atlantic Odyssey

## At sea towards Gough Island

### Thursday 5<sup>th</sup> April 2018

- 0745 Wake-up Call from Seba. Feel free to hit the snooze button for a while.....!
- 0800 Breakfast is available in the Dining Room for one hour. But if you turn up at 0859 there might not be any bacon left.....!
- 1000 As we've seen **Shackleton's** grave and visited South Georgia, an island very connected to the Boss, Seba would like to invite you to come to the **Lounge** for a talk about this famous explorer.
- 1230 Lunch is available in the Dining Room.
- 1500 We're now heading towards **Tristan da Cunha**, so it is time to let our own Tristanian **Leon** tell us all about the history of his home island.
- 1700 The next days we are at open sea, so we like to show the first episode of the BBC documentary **Blue Planet 2: the Deep**. Part of this episode was filmed in Antarctic waters.
- 1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea.
- 1900 Dinner is served.

**Tonight the clocks will advance 1 hour as we head towards Gough Island and Tristan da Cunha.**





# Atlantic Odyssey

## At sea towards Gough Island

### Friday 6<sup>th</sup> April 2018

- 0745 Wake-up Call from Seba. You'll miss it when you're home.....!
- 0800 Breakfast is available in the Dining Room for one hour.
- 1000 **The Atlantic Islands.** As we are sailing through the mid-Atlantic and will try to visit several islands, Bob invites you to the **Lounge** for the first part of his talk about the natural history of these islands.
- 1230 Lunch is available in the Dining Room. This will be a plated lunch so please try to be prompt. Thank you.
- 1500 **Endangered birds.** Many of the birds we see are endangered, either by human causes or because they are vulnerable as they only breed on one small islands. Please join Christophe in the **Lounge** to hear more about these birds and their threats.
- 1700 **A Step Out of Time.** A documentary filmed in 1966. This will be the first of our films about the island of Tristan. Leon will be introducing this film and will be available to answer questions afterwards. This will be screened in the **Lounge**.
- 1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea.
- 1900 Dinner is served.
- ~2030 Species listing: for those who are interested, join Martin in the bar to fill in your species list.

# Atlantic Odyssey

## At sea towards Gough Island

### Saturday 7<sup>th</sup> April 2018

- 0745 Wake-up Call from Seba. Ear plugs are available at Reception!
- 0800 Breakfast is available in the Dining Room for one hour.
- 1000 **Farming and fishing on Tristan.** Our own Tristanian Leon will continue talking in the **Lounge** about the daily life on Tristan, this time the main occupations of the island.
- 1230 Lunch is available in the Dining Room. This will be a plated lunch and Ralf, as you know is a big guy so please try to be prompt. Thank you!!
- 1500 Our **Head Chef Ralf Barthel** will give a presentation about how he and his galley team manage to produce three great meals every day on board the ship and how he provisions the ship for a long sea voyage such as the Atlantic Odyssey. Please join him in the **Dining Room** to find out more.
- 1700 **No Place Like Home.** A documentary filmed in 1989. This film looks once again at life on Tristan da Cunha and follows on nicely from the 1966 documentary from yesterday. Once again Leon will be introducing this film and will be available to answer questions afterwards. This will be screened in the **Lounge**.
- 1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea and look ahead to tomorrow's plans.
- 1900 Dinner is served.
- ~2015 Come to the Lounge and join Hans to fill in today's **species list**.
- ~2030 **Atlantic Odyssey Pub Quiz!** Get a drink from Rolando in the **Lounge**, form a team and join the first part of the one and only Atlantic Odyssey Pub Quiz.



# Atlantic Odyssey

## At sea towards Gough Island

### Sunday 8<sup>th</sup> April 2018

- ~0630 Sunrise
- 0745 Wake-up Call from Seba. He tries to wake you gently.....!
- 0800 Breakfast is available in the Dining Room for one hour.
- 1000 **Shipwrecks on Tristan da Cunha.** Please join Leon in the Lounge to find out some of the stories about ships that have come to grief on the remote shores of Tristan da Cunha.
- 1230 Lunch is available in the Dining Room. This will be a plated lunch so please try to be prompt or your lunch will get cold! Thank you!!
- 1430 **Tristan da Cunha Bio-security.** Before arriving on Tristan da Cunha we need to clean our outer gear once again to ensure we aren't transporting introduced species to the island. Be aware that the clothing you wear in the milder climate of Tristan may be different to what you wore on South Georgia so please bring the outer clothes and bags you plan to have ashore. Remember to sign the declaration with staff at the bar. Thank you for your co-operation!
- 1700 **Black- and White-bellied Storm Petrels.** Please join our fellow passenger and seabird expert Bob Flood in the **Lounge** for a talk about the identification of these two difficult to separate species.
- 1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea and look ahead to tomorrow's plans.
- 1900 Dinner is served.
- ~2015 **Species listing.** Please join the expedition team to see what we've seen today.
- ~2030 **Photographic Competition.** Please join the Expedition team in the Lounge to view and judge the entries in the photographic competition.

**Please put your clocks forward by 1 hour tonight. Thank you.**





# Atlantic Odyssey

## Gough Island

### Monday 9<sup>th</sup> April 2018

- 0708 Sunrise
- 0745 Wake-up Call from Guess Who.....??
- 0800 Breakfast is available in the Dining Room for one hour.
- 0930 **Whales.** During the trip we've seen several whales, both baleen as toothed whales. Join Arjen in the lounge for a lecture about their biology and evolution.
- 1230 Lunch is available in the Dining Room. As always on sea days this will be a plated lunch.
- This afternoon we will approach **Gough Island**. Be outside on decks to enjoy the views of this rarely visited islands and their wild- and birdlife. We will assess the conditions and decide between a ships or zodiac cruise. This will be very weather and swell dependent.
- 1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea and look ahead to tomorrow's plans for Gough Island.
- 1900 Dinner is served.
- ~2030 **Species listing.** Join the expedition team in the lounge and see what species have been seen today.



# Atlantic Odyssey

## Gough Island

### Tuesday 10<sup>th</sup> April 2018

0645 Wake-up call from Seba.

0700 Breakfast will be available in the Dining Room for one hour.

0711 Sunrise

This morning will be an **expedition morning**. We will still be at **Gough Island** so we can enjoy the scenery and we'll scout from the ship for more wildlife. If you go to the outside decks, please remember to always have one hand for the ship. Please stand by for announcements.

1230 Lunch is available in the Dining Room.

Sometime in the afternoon we will collect the money for the excursions on Tristan. Stand by for announcements.

1500 **Penguins.** During the trip we've seen several species of penguin. Please join Martin in the Lounge to hear more about the biology of our little friends.

1700 **The Forgotten Island.** A documentary filmed in the 1990's. This film looks, once again at life on Tristan da Cunha and follows on nicely from the previous documentaries taking us through time on Tristan da Cunha. Once again Leon will be introducing this film in the **Lounge** and will be available to answer questions afterwards.

1830 **Re-cap.** Please join Seba and the rest of the Expedition Team in the Lounge to look back on our day at sea and look ahead to tomorrow's plans for Tristan da Cunha. We're nearly there!!!

1900 Dinner is served.

~2030 Species listing. Please join the expedition team in the lounge to fill in your species list.



# Atlantic Odyssey

## Tristan da Cunha

### Wednesday 11<sup>th</sup> April 2018

0730 Wake-up call from Seba. (sunrise: 0709)

0800 Breakfast will be available in the Dining Room for one hour.

If we make good speed overnight and the conditions are suitable for landing, there will be packed lunch items available for you to make a sandwich to take ashore. **Please no Fruit with this. Food is also available on the island from the Café da Cunha at the Albatross Bar and the Island Store.**

On arrival off shore from the settlement of Edinburgh of the Seven Seas we will need to assess the weather and sea conditions both at the gangway and in the harbour.

**The Harbour Master will let us know if the harbour is open for us to go ashore.**

The customs officials will come on board to clear the ship and stamp your passports! We will keep you updated on our disembarkation over the PA system so please listen for announcements.

We hope to make the most of our visit to the island but should conditions change the Staff will let you know or the ship's horn will be sounded.

**We hope you all have a fabulous Tristan day!**

**Zodiac Shuttles will be available to go back to Plancius at the following times:**

**1300**

**1400**

**1500**

**1600**

**Very last Zodiac 1645. The Harbour will close at 1700**

Remember that toilets are available at the Tourist Centre and Prince Philip Community Hall so Zodiac "Toilet Shuttles" will not be available!! Sorry!

1830 Re-cap and briefing with the Expedition Team to outline our plans for tomorrow.

1900 Dinner is served.

**Please remember to close your curtains as it gets dark to avoid bird strikes**





# Atlantic Odyssey

## Tristan da Cunha

### Thursday 12<sup>th</sup> April 2018

### Expedition Day!

0715 Wake-up call from Seba!!

0730 Breakfast will be available in the Dining Room for one hour. If the conditions are suitable for landing, there will be packed lunch items available for you to make a sandwich to take ashore. **Please no Fruit with this. Food is also available on the island from the Café da Cunha at the Albatross Bar and the Island Store.**

**The Harbour Master will let us know if the harbour is open for us to go ashore.**

The customs officials will come on board to clear the ship and stamp your passports! We will keep you updated on our disembarkation over the PA system so please listen for announcements.

We hope to make the most of our visit to the island but should conditions change the Staff will let you know or the ship's horn will be sounded.

**Zodiac Shuttles will be available to go back to Plancius at the following times:**

**1300**

**1400**

**1500**

**1600**

**Very last Zodiac 1645. The Harbour will close at 1700**

Remember that toilets are available at the Tourist Centre and Prince Philip Community Hall so Zodiac "Toilet Shuttles" will not be available!! Sorry!

1830 Re-cap and briefing with the Expedition Team to outline our plans for tomorrow.

1900 Dinner is served.

~2030 Species listing. Join the expedition team in the Lounge to see what we've seen today.

**Please remember to close your curtains as it gets dark to avoid bird strikes**



# Atlantic Odyssey

## Nightingale Island

### Friday 13<sup>th</sup> April 2018

## Expedition Day Again!!

0645 Wake-up call from Seba!!

0700 Breakfast will be available in the Dining Room for one hour.

As soon as there is enough daylight the Expedition staff and the local guides will assess the conditions at **Nightingale Island**.

Please stand by for announcements concerning possible activities on or around this beautiful island.

Shortly before lunch we will re-position Plancius back to the main island of Tristan da Cunha to take our local guides back home again

1230 Buffet Lunch will be available in the Dining Room for one hour.

After lunch we will deliver our guides home and say goodbye to them and their wonderful islands as we set our course northwards to St Helena.

1700 **Krill**. One of the most important animals in the Southern Ocean is one we rarely see: Krill. Almost all animals feed on this little creature. Come and join Martin in the **Lounge** to hear more about this animal.

1830 Re-cap and briefing with the Expedition Team to outline our plans for tomorrow.

1900 Dinner is served.

~2030 Species listing. Please join the expedition team in the Lounge to fill in your species list.

**Please remember to close your curtains as it gets dark to avoid bird strikes**

# Atlantic Odyssey

## At sea towards St Helena

### Saturday 14<sup>th</sup> April 2018

- 0745 Seba loves waking you up every morning so.....
- 0800 Breakfast will be available in the Dining Room for one hour.
- 1000 **Why penguins don't fly.** They are birds, but still they don't fly. Come and join Bob in the Lounge where he explains all about this, for birds, unusual choice.
- 1230 Lunch will be available in the Dining Room.
- 1500 **Recording wildlife at sea.** As we will spent the next days at sea again, Hans likes to explain how scientists count marine mammals and birds on these stretches. Join him in the **Lounge** to hear more about this.
- 1700 **Napoleon – part 1.** As our next destination, St Helena, is the final resting place of Napoleon, we like to show the first part of the BBC documentary “**Napoleon**” which tells you about how a lowly Corsican Army officer could become the Emperor of France. This will be screened in the Lounge.
- 1830 Re-cap and briefing with the Expedition Team to outline our **plans for St Helena.**
- 1900 Dinner is served. Enjoy your meal!
- ~2015 **Species listing.** Please join the expedition team in the lounge to have look at the species we've seen today.
- 2030 **The remotest Pub quiz.** Time to see how much we remember from our sea days towards Tristan and our visit to the Tristan archipelago in the second part of our famous quiz.





# Atlantic Odyssey

## At sea towards St Helena

### Sunday 15<sup>th</sup> April 2018

- 0745 Will there be a wake-up call this morning....? You'll have to wait and see....
- 0800 Breakfast buffet is available and you know where by now.....!
- 1000 **Whaling.** An important part of the history of the Southern Ocean is connected to whaling, and whale populations still haven't recovered fully since this period. Come and join Seba in the **Lounge** for a lecture about this interesting period.
- 1230 Lunch will be available in the Dining Room. Calories don't count on holiday so enjoy your meal!!
- 1500 **Atlantic Islands 2.** Before Gough, Bob gave the first part of his lecture about the islands of the mid Atlantic. Come and join him in the Lounge for the second part of this talk.
- 1700 **Napoleon, part 2.** The second part of this documentary about Napoleon. This episode deals with the time when he was at the height of his powers.
- 1830 Re-cap and briefing with the Expedition Team to outline our plans for tomorrow.
- 1900 Dinner is served.
- ~2030 Species listing. Please join the expedition team in the Lounge to see what we've seen today.



# Atlantic Odyssey

## At sea towards St Helena

### Monday 16<sup>th</sup> April 2018

- 0745 “Good Morning Everyone, Good Morning.....”
- 0800 Breakfast buffet in the Dining Room for one hour.
- 1000 **Flying Fish.** The last days we’ve seen several schools of flying fish. Join Marijke in the **Lounge** to learn more about them.
- 1230 Lunch will be served in the Dining Room. Make the most of it as it will be back to eating your usual sandwich lunch when you get home!
- 1500 **Strange sights, things invisible to see.** At sea, there are many strange phenomena, sometimes visible, sometimes not. Join Bob in the Lounge to learn more about them.
- 1700 **Napoleon**, part 3. Come to the Lounge to see the final episode of the documentary about the life of Napoleon.
- 1830 Re-cap and briefing with the Expedition Team to outline our plans for tomorrow and to look ahead to our time on St Helena.
- 1900 Dinner is served.
- ~2015 **Species Listing** in the Lounge.
- ~2030 **Tristan da Cunha Photo Competition.** Please join the team in the Lounge to view and judge the entries in the photographic competition. Good Luck to everyone taking part!



# Atlantic Odyssey

## At sea towards St Helena

### Tuesday 17<sup>th</sup> April 2018

- 0745 “Good Morning, Good Morning Everyone.....”
- 0800 Breakfast buffet in the Dining Room for one hour. Enjoy your bacon and eggs!
- 1000 **Bird Migration.** Join Christophe in the Lounge to learn more about this interesting phenomenon.
- 1100 **Payment for St Helena Tours.** Seba and Arjen will be waiting in Reception to take payment for the tours you are booked on during our time on St Helena. You can pay in Pounds Sterling, Euros or US Dollars. Thank you!
- 1230 Lunch will be served in the Dining Room. Enjoy your meal!
- After lunch we will continue with the payment for the St Helena Tours.
- 1500 **Tropical Dolphin ID.** As we hope to see more dolphins the coming days, Marijke wants to explain more about how to identify them. This will be in the Lounge.
- 1630 **The Heart Of Saint Helena.** Documentary. This looks at life on St Helena and we’ll hear from some of the locals about life on the island and what the future holds. The documentary is around 1hour 25 mins so make yourselves comfortable with tea, coffee and cake!
- ~1830 **Recap** with the Expedition Team to outline our plans for tomorrow, our first day on St Helena.
- 1900 Dinner is served by your fantastic Galley and Restaurant Team!
- ~2030 **Species listing** in the Lounge.





# Atlantic Odyssey

## St Helena

### Wednesday 18<sup>th</sup> April 2018

0715 “Good Morning, Good Morning Everyone.....” If you’re already up and scanning the horizon you should be able to see the island of St Helena ahead of us.

0730 Breakfast buffet in the Dining Room for one hour. Packed lunch items will be available.

~0830 At this time we hope to be anchoring in the bay just off Jamestown and will send a Zodiac ashore to collect the Customs Officials ready to clear the ship for disembarkation. Once we are cleared by the authorities we will begin to shuttle you ashore for your first day on St Helena. **Please listen for announcements!**

~1000 We hope to have cleared the ship at this time and we will start with **shuttles to shore**.

Lunch time Zodiacs will run between the Landing Pier and Plancius:

**Between 11:15 – 12:00**

1200 Lunch is being served in the dining room.

1230 Shuttles to shore, please give priority for those on the **Wirebird tour**.

1330 Shuttles to shore, please give priority for those on the **Town Tour**. Also shuttles back to the ship for those on the **Boat tour**.

1830 Dinner is being served in the dining room. Enjoy your meal.

Zodiacs will run between the Landing Pier and Plancius:

**14:30          15:00          17:00          18:00          20:00          21:00          22:00**

**Last Zodiac back to the ship 23:00**



# Atlantic Odyssey

## St Helena

### Thursday 19<sup>th</sup> April 2018

- 0645 Wake-up call. Good Morning everyone!
- 0700 Breakfast buffet in the Dining Room for one hour.  
Packed lunch items will be available.
- 0800 At this time we hope to be able to start shuttles to town for those that wish to go ashore. Please give priority to group **Albatross** for their **Napoleon tour**.
- 0830 Shuttle to shore, please give priority to people joining the **Wirebird, Plantation house and High Knoll Fort Tours**.
- Lunch time Zodiacs will run between the Landing Pier and Plancius:  
**Between 11:15 – 12:00**
- 1200 Lunch will be served somewhere on the ship!
- 1230 Shuttle to shore, please give priority to people on the **High Knoll Fort Tour**.
- 1330 Shuttle between ship and shore, please give priority to people joining the **Plantation house tour**. Also time for the people on the **Boat trip** to come back to Plancius.
- 1400 Embarkation for the **Boat tour**. See you on the gangway.
- 1900 BBQ – Summer Party 😊

Zodiacs will run between the Landing Pier and Plancius:

**14:30 15:00 17:00 18:30 20:00 21:00 22:00**

**Last Zodiac back to the ship 23:00**



# Atlantic Odyssey

## St Helena

### Friday 20<sup>th</sup> April 2018

- 0645 Wake-up call. Good Morning everyone!
- 0700 Breakfast buffet in the Dining Room for one hour.
- 0800 At this time we will start **shuttles** to town ready to start the **Napoleon Tour** for group **Petrel** at 0830. The vehicles will meet us at the Pier.
- 0830 **Shuttles** to shore for everybody else who wishes to go ashore one more time.
- 0900 Embarkation for the **boat tour**, see you at the gangway.
- Zodiac **shuttles** back to the ship at     **1000**             **1100**             **1200**
- 1245 **Last Zodiac back** to the ship please!
- 1300 Lunch will be served. Enjoy your meal as we set sail from St Helena and head towards our next destination, Ascension Island.
- During the afternoon it is worth spending some time on deck to see if we can see some more dolphins and maybe even some turtles. Enjoy your afternoon!
- 1600 **Planet Earth II – Islands**. At this time we like to show the Islands episode of Planet Earth II in the Lounge.
- 1830 **Recap** with the Expedition Staff in the Lounge.
- 1900 Dinner will be served in the Dining Room. Enjoy your meal!
- ~2030 **Species listing** in the Lounge.



# Atlantic Odyssey

## At sea towards Ascension

### Saturday 21<sup>st</sup> April 2018

- 0745 It's that time of day again: time to wake up!
- 0800 Breakfast buffet in the Dining Room for one hour
- 1000 **Biology of Sea Turtles.** We hope to see some Green Turtles during our visit to Ascension Island where they lay their eggs on the beaches every year at this time. Please join Marijke in the Lounge to find out more about these turtles and some of the other species of marine turtles that make the oceans their home.
- 1115 **Rubber boots.** As we don't expect any cold weather anymore, we like to collect the rubber boots again. Please make sure they are clean before you hand them in.
- 1230 Lunch will be served in the Dining Room.
- 1500 **Napoleon and St. Helena, the things they didn't tell you.** Join Bob in the Lounge to hear more about Napoleon's stay on the island.
- 1700 **Ascension Island – the South Atlantic Adventure.** A short video introduction to our next destination: Ascension Island.
- 1830 **Information Briefing** with the Expedition Team – they always manage to find something to talk about!!
- 1900 Dinner is served once again!
- ~2030 **Species listing** in the Lounge.



# Atlantic Odyssey

## At sea towards Ascension

### Sunday 22<sup>nd</sup> April 2018

0745 Back by popular request..... An early morning Wake-Up call from Seba!

0800 Breakfast buffet in the Dining Room for one hour

During the morning we will be approaching another sea mount which could be interesting for marine mammals so enjoy some time out on deck and see what we can see.....

1000 **Plankton.** They are only small, but extremely important as they form the base of all marine food chains: plankton. Please join Bob in the Lounge to learn more about these tiny plants and animals.

1230 Lunch will be served in the Dining Room.

1500 **Sea Turtle ID.** After having heard about their biology, it's now time to learn more about how to identify these animals. Please join Marijke in the Lounge for her talk about the identification of sea turtles.

1700 **Documentary time.** Title to be announced.

1830 **Recap** with the Expedition Team to find out our plans for tomorrow as we arrive on Ascension Island.

1900 Dinner is served once again!

~2030 Species listing in the Lounge.



# Atlantic Odyssey

## Ascension Island

### Monday 23<sup>rd</sup> April 2018

0615 An early morning Wake-Up call from Seba as we approach Boatswain Bird Island as it starts to get light. At this time we should start to see hundreds of birds, including the Ascension Island Frigate bird taking off from the island to head out to sea to feed for the day. It can be a spectacular sight!

0745 Breakfast buffet in the Dining Room for one hour. During breakfast we will re-position to our anchorage off Georgetown

~0930 At this time we hope to be able to take you ashore ready to go on the Island Tour but our disembarkation will depend on how long the customs and immigration process takes! Please listen for announcements.

Remember to bring some **water** and **sunscreen** with you, although bottles of water will be available on the tour bus. We recommend you wear shoes not flip flops due to the rough volcanic rock at the Sooty tern colony.

**During the day we will have Zodiacs back to the ship at:**

**The end of the tour & 17:00**

**18:15 – last Zodiac back for Dinner!**

1845 Dinner is served.

After dinner we will go back ashore for our night time turtle tour. We hope to start at around **2000** ready for the start of the tour at around **2030**.

The tour will start with a briefing and short presentation from Ascension Conservation staff and then we will make our way to the beach. You may bring a torch for the walk to the beach but **NOT** while we are looking at the turtles unless you have a red filter. **Please no flash photography with the turtles. Thank you!**

We will bring you back to the ship after the tour which will be around 2230.





# Atlantic Odyssey

## Ascension Island

### Tuesday 24<sup>th</sup> April 2018

0440 An early morning Wake-Up call from Seba.

0500 At this time we would like to go ashore to see the Turtles one more time at dawn. We hope to see females going back into the sea and maybe some hatchlings making their way down to the sea as well. You may bring a torch for the walk to the beach but please **NO flash photography**. Hopefully we will see them as it gets light!

0800 Breakfast buffet in the Dining Room for one hour.

0900 We will begin taking you ashore to Georgetown and shuttles will run on the hour with the **last Zodiac at 1230**

**During the day we will have Zodiacs back to the ship at:**

**10:00 11:00 12:00 Last Zodiac 12:30**

1230 Lunch will be served on board.

During the afternoon we will set sail for Cape Verde. Keep a look out for dolphins and turtles as we leave Ascension Island.

1830 Information Briefing and Re-cap with the Expedition Staff in the Lounge.

1900 Dinner is served! Enjoy your meal!

~2030 **Species listing** in the Lounge.



# Atlantic Odyssey

## At sea towards Cape Verde

### Wednesday 25<sup>th</sup> April 2018

**There will be no wake-up call on board this morning! Enjoy your sleep in!**

- 0800 Breakfast buffet in the Dining Room for one hour.
- 1000 **The Engine room.** A vital part of the ship, manned by people that you hardly see. Come and join our Chief Engineer Sebastian in the Lounge for to see how this ship keeps on running.
- 1230 Lunch will be served in the Dining Room.
- 1500 **Life in the depths.** The seas we are sailing through are sometimes well over 3000m deep. Come and join Bob in the Lounge to see what still lives at these depths.
- 1700 Documentary movie. Title will be announced!
- 1830 **Recap** with the team once again or just the chance to have a drink in the bar before dinner!
- 1900 Dinner is served
- ~2115 **Bird identification.** Have you taken pictures of hard to identify birds? Share them on the computer in the Library and come and discuss them in the Dining Room.

**Don't forget the pools on the back deck are open!**  
**No diving in the shallow end please!**



# Atlantic Odyssey

## At sea towards Cape Verde

### Thursday 26<sup>th</sup> April 2018

**There may be a wake-up call on board this morning..... otherwise..... zzzzzzzzz!**

0800 Breakfast buffet is available for one hour which should be enough time for at least 3 visits to the buffet!!

During the morning we will be approaching the Equator but of course we will need to ask permission from King Neptune before crossing over. He hasn't answered our e-mail requests yet but once we're in Mobile Phone range we'll give him a call or Skype and see if he will allow Plancius and her passengers to pass. Please stand by for announcements and secure your items in your cabin as there will be a bit of a bump when we sail across the Equator!

1230 Lunch will be served in the Dining Room.

During the afternoon King Neptune might want to hold a ceremony for those who have crossed the equator for the first time on a ship. Come and join us on the aft deck. Please listen for announcements.

Dinner will be served at some point this evening but it will all depend on whether we get permission from Neptune to cross the Equator and if he supplies us with some fish.....

**Tonight the clocks will go back one hour!**

An extra hour in bed tonight, hopefully in the Northern Hemisphere!

**Don't forget the pools on the back deck are open!  
No skinny dipping please as we have children on board!**



# Atlantic Odyssey

## At sea towards Cape Verde

### Friday 27<sup>th</sup> April 2018

Not sure if Seba can be trusted to do the Wake-up call on time so you may or may not get woken up by his charming Argentine 'Good Morning' sometime around 0745.....

- 0800 Breakfast buffet is available for one hour
- 1000 **Bird migration 2.** As we've migrated further north ourselves, it is time for Christophe to give the second part of his talk about bird migration. Join him in the Lounge for more information about this fascinating phenomenon.
- 1230 Lunch will be served – only a few more days and you'll have to start making your own again.....! And doing the washing up so make the most of it!
- 1500 **Mauritania – Expeditions mapping offshore wildlife off West Africa.** We are now fairly close to Africa's West coast. Join Hans in the Lounge for his story about several expeditions he took part in to map the off shore wildlife in this region.
- 1700 **Agging Mollymawks.** It's been some time ago, but we've seen and photographed many albatrosses during this trip. Please join Bob Flood in the Lounge for his presentation about the aging of Mollymawks.
- 1830 Information Briefing and re-cap. Please join the Expedition Team in the Lounge as always!
- 1900 Dinner is served! Enjoy your meal.
- ~2030 **Quiz time!** Come to the Lounge and join us for the third and final part of our legendary Plancius Pub Quiz and find out who has paid most attention to everything that was said...





# Atlantic Odyssey

## At sea towards Cape Verde

### Saturday 28<sup>th</sup> April 2018

- 0745 Seba will wake you up at this time!
- 0800 Breakfast buffet is available for one hour.
- 1000 **Mauritania – Expeditions mapping offshore wildlife off West Africa.** We are now fairly close to Africa’s West coast. Join Hans in the Lounge for his story about several expeditions he took part in to map the off shore wildlife in this region.
- 1230 **Lunch will be served** - Enjoy the food and service of our excellent hotel team one more time.
- 1500 **A Plastic Ocean.** One of the major problems of our oceans at the moment is the amount of plastics we consume and throw away. Much of it ends up in the ocean. Come to the Lounge to see this documentary, which also gives some solutions!
- 1700 **Happy Hour – Tropical edition!** Join us on the ‘party deck’ behind the dining room for a special Happy Hour.
- 1830 **Recap.** Join the expedition team in the Lounge for our daily recap.
- 1900 **Dinner** is served! Enjoy your meal.
- ~2030 **Photo competition.** Please come to the Lounge to have a look at the pictures taken by our fellow passengers and decide who is the best!

**Please note: Life jackets are not required in the Zodiacs on the back deck!  
Arm bands and floatation rings are available for the non-swimmers!**



# Atlantic Odyssey

## At sea towards Cape Verde

### Sunday 29<sup>th</sup> April 2018

- 0745 Seba will wake you up at this time!
- 0800 Breakfast buffet is available for one hour.
- 1000 **The Poles in a changing world.** The Polar Regions are the areas where we see the effect of the changing climate the most. Come and join Arjen in the Lounge to hear more about what is happening in both Polar Regions in the last decades.
- 1230 **Lunch will be served** – your final lunch on board Plancius so enjoy your meal and the fabulous service of the restaurant team!
- 1430 **Marine Bushmeat - the bycatch of dolphins in fisheries in West Africa.** This presentation from Marijke is based on her own research into the problem of bycatch in the fisheries off the coast of West Africa. Please join her in the Lounge to find out more about the conflicts between fisheries and the dolphins that feed in the same fishing grounds
- 1700 **Settling Accounts at Reception.** We will call you by deck so please listen for announcements. Euros, dollars, credit and debit cards are accepted.
- 1800 **Final Re-cap and Captain's Cocktails.** Please join us in the Lounge to look back at some of the highlights of our voyage and toast our Atlantic Odyssey with Captain Evgeny Levakov.
- 1900 **Farewell Dinner** is served! Enjoy your final dinner with your fellow passengers!

After dinner payments will continue at reception and the bar will be open of course and you can pay for your last drinks with cash with Rolando.



# Atlantic Odyssey

## Disembarkation at Praia, Cape Verde

### Monday 30<sup>th</sup> April 2018

At first light we will be approaching the islands of Cape Verde and there may be a chance for more wildlife, particularly birds so enjoy the sunrise and see what you can see as we reach our final destination with Plancius.

0715 Seba will wake you for the very last time! Record it for your home alarm!

0730 Your final breakfast buffet is available for one hour.  
Pack lunch available for your tour ☺ Thank you super galley team!

**Please place your heavy check-in luggage outside your cabin door as you head to Breakfast. We will move it to the dockside for you. Please return your CABIN KEYS to Reception.**  
**THANK YOU!**

0830 **All luggage** should be outside your cabin door by this time.

Please **do not disembark the ship** until we have received clearance from the **Cape Verde** authorities.

TBA **General Disembarkation** for the tours of Praia- take care as you head down the gangway located on Deck 4 today. **Please listen for announcements!**

**Please correctly identify your luggage on the pier** and the Expedition Staff will direct you to the right bus (city tour or birding tour).

On behalf of Captain Evgeny Levakov, Expedition Leader Sebastian Arrebola, and all of the Expedition Team and Crew at Oceanwide Expeditions, it has been a pleasure sailing with you!

**Safe travels home!**

**Below the contact details for the day rooms/ Luggage storage hotel on 30th April in Praia:**

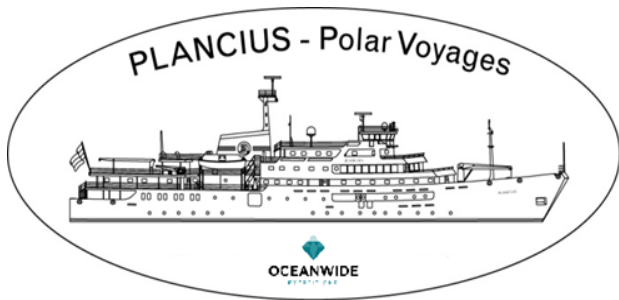
**Apart Hotel Evora/Palma Centre**

Palmarejo - Praia - Santiago - Cabo Verde

aparthotelevora@gmail.com

Telef.: +238 2603360 / Fax.:+238 2620280

# Welcome on Board



# DINNER MENU

28<sup>th</sup> March 2018

Pears poached in Red Wine  
served with crumbled Roquefort  
and Rosemary-Honey Dip

\*\*\*\*

## Option 1

Turkey Breast  
with Mustard Sauce and roast Vegetables

## Option 2

“Tagliatelle ai Frutti di Mare”  
Seafood Pasta in a creamy Fish Sauce

## Option 3, Vegetarian

“Tagliatelle al Pomodoro”  
Pasta in Tomato Sauce and Parmesan

\*\*\*\*

Fruit Salad with Ice Cream



# LUNCH MENU



29<sup>th</sup> March 2018

Cream of Vegetables

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Tender Strips of Chicken Breast  
with melted Feta on a mixed Salad  
served with warm Baguette

\*\*\*\*

Walnut-Toffee Cake

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



29<sup>th</sup> March 2018

Graved Lax with burnt Lemon,  
Vodka-Sour Cream and Crostini

\*\*\*\*

### Option 1

Chimichurri-rubbed Prime Beef  
served with Sweet Potato Crush  
and mixed Vegetables

### Option 2

Pike Perch Fillet  
served with sautéed Cucumbers  
and warm Potato Salad

### Option 3

Potato Cake with Asparagus

\*\*\*\*

Warm Fruit Crumble

# LUNCH MENU



**29<sup>th</sup> April 2018**

Cream of Vegetables

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Poached Chicken Breast  
on a Vietnamese Style Vermicelli Salad

\*\*\*\*

Cake of the Day

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



**29<sup>th</sup> April 2018**

Rose of Graved Lax  
with Honey-Mustard Dressing

\*\*\*\*

## **SUNDAY ROAST**

### **Option 1**

Whole-roasted Prime Beef  
on crushed Potatoes, melted Blue Cheese  
and Shallots Sauce

### **Option 2**

Mushroom Saccotinni Pasta  
with Truffel Oil and Chives

\*\*\*\*

Tricolour Chocolate Cake

# LUNCH MENU



30<sup>th</sup> March 2018

Clear Vegetable Soup with Barley

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Pasta of the Day  
tossed with Olives, Garlic, Herbs  
and Parmesan

\*\*\*\*

Vanilla Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



30<sup>th</sup> March 2018

Watermelon and Feta

\*\*\*\*

### Option 1

Juniper-Berry infused Venison  
with sautéed Vegetables,  
and savoury Bread and Butter Pudding

### Option 2

Ship-made Fish Cakes  
served with Sauce Tatare  
and a small green Salad

### Option 3

Vegetable-filled Filo Parcel Rouille

\*\*\*\*

White Chocolate Mousse

# LUNCH MENU



31<sup>st</sup> March 2018

By the order of the Master, an old Tradition  
of the Dutch Merchant Fleet is to serve  
Pea and Ham Soup  
on Saturdays, no matter where You are!

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Spanish Potato and Chorizo Frittata  
with roasted Capsicum Couli

\*\*\*\*

Fruit Jelly

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



31<sup>st</sup> March 2018

Tomato and Avocado

\*\*\*\*

### Option 1

Thyme-marinated Veal Loin  
on creamy Polenta, green Pepper Sauce  
and Zucchini

### Option 2

Hake Fillet under Olive-Herb Crust  
with mixed Rice and Spinach

### Option 3

Lemon Couscous with grilled Vegetables  
and Mint-Joghurt Sauce

\*\*\*\*

Panna Cotta



# LUNCH MENU



01<sup>st</sup> April 2018

The Fool's in the Galley take the Day Off

If you are lucky  
Zsuzsanna & Michael whipp something  
up for you 😊

# DINNER MENU



01<sup>st</sup> April 2018

## EASTER MENU

### Starter:

Shrimp Cocktail  
and creamed Egg with Caviar

\*\*\*\*

### Main Course:

New Zealand Easter Lamb Rack  
served with Potato Pancakes,  
Balsamic-glazed Onions  
and buttered Vegetables

### Vegetarian Option for Main Course:

Potato Pancakes topped with Tomato,  
Asparagus, Goat Cheese  
and roasted Corn-Chili Salsa

\*\*\*\*

Dessert Variation

# LUNCH MENU



02<sup>nd</sup> April 2018

Sweet and Sour Lentil Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

Moroccan-seasoned Chicken  
served with French Fries

\*\*\*\*

Fresh Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



02<sup>nd</sup> April 2018

Mixed Green Salad  
with Crispy smoked Bacon,  
Raspberry Dressing and Mandarin

\*\*\*\*

## Main Course:

### A Specialty from the Falkland Islands

certificated, long-line hand caught,

### Toothfish Fillet

set on Green Pea Risotto,  
Beurre Noisette and Red Wine Reduction

## Vegeterian Option:

Sweet Potato and Halloumi Bake  
with Beetroot Emoulson

\*\*\*\*

Strawberry Short Cake

# LUNCH MENU



03<sup>rd</sup> April 2018

Chinese Mushroom and Egg Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

Hearty Beef Stew  
with Red Wine and Paprika,  
mashed Potatoes and mixed Vegetables

\*\*\*\*

Fresh Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



03<sup>rd</sup> April 2018



# BBQ

Please dress warmly and come outside  
to Deck 3, behind the Dining Room!  
Frosty, while delicious meals and free drinks  
will be served ☺ (weather permitted)

# LUNCH MENU



04<sup>th</sup> April 2018

Pumpkin Soup with Chili-Sour Cream

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

Pasta Variation

\*\*\*\*

Fresh Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



04<sup>th</sup> April 2018

“Explorers’ Hoosh”

A Stew originally prepared by Ernest Shackleton  
over a methylated spirit burner.

This was a hearty combination of fat-rich pemmican  
and oats enhanced with penguin meat.

Today’s version is a corn beef - hash with potatoes, chicken  
(as a substitute for penguin) oats and seasoning

\*\*\*\*

**Option 1**

Whole-roasted Pork Fillet  
served on Bean-Corn Casserole  
and Cajun Hollandaise

**Option 2**

Seabream served with Pommes Noisette  
and Almond Broccoli

**Option 3**

Quinoa Risotto with Feta

\*\*\*\*

Orange-Polenta Cake



# LUNCH MENU



05<sup>th</sup> April 2018

Chicken Noodle Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Warm Baguette filled with Garlic Aioli,  
Mortadella, Salami and Cheese

\*\*\*\*

Chocolate Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



05<sup>th</sup> April 2018

Assorted Cocktail Bites with Dipping Sauce

\*\*\*\*

### Option 1

Five-spiced Duck Breast  
on warm Vegetable-Rice Noodle Salad  
and sweet Chili Jus

### Option 2

New Zealand Hoki Fillet in Egg Coat  
served with Tomato Rice  
and sautéed Vegetables

### Option 3

Polenta Pizza

\*\*\*\*

Yoghurt Terrine  
with Pineapple Salsa

# LUNCH MENU



6<sup>th</sup> April 2018

Corn and Egg Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

“Bangers and Mash”  
Pair of Sausages  
served on creamy Mash and Onion Gravy

\*\*\*\*

Small Fruit Salad

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



6<sup>th</sup> April 2018

Melon and Ham

\*\*\*\*

### Option 1

Tender Veal Fillet  
set on Papardelle Pasta,  
Broccoli and Truffel Jus

### Option 2

Pan-fried Seabass Fillet  
on Warm Lentil-Vegetable Ragout  
and Citrus Beurre Blance

### Option 3

Mildly-spiced Lentil Dahl  
with Poppadum and Yoghurt Sauce

\*\*\*\*

Crème Brûlée

# LUNCH MENU



7<sup>th</sup> April 2018

By the order of the Master, an old Tradition  
of the Dutch Merchant Fleet is to serve  
Pea and Ham Soup  
on Saturdays, no matter where You are!

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Creamy Mushroom Risotto with Truffle Oil  
and Blue Cheese

\*\*\*\*

Minted Melon and Youghurt

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



7<sup>th</sup> April 2018

Cherry Tomatoes and Feta

\*\*\*\*

### Option 1

Venison Fillet  
served with Capsicum-Polenta Cake,  
sautéed green Beans  
and Dark Chocolate Jus

### Option 2

Tuna Steak  
served on Mediterranean Rissoni Salad  
and spicy Pineapple

### Option 3

Vegetable Quesadillas  
with Avocado Salsa

\*\*\*\*

Peach Cobbler

# LUNCH MENU



8<sup>th</sup> April 2018

Tomato and Egg Drop Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

“Bami Goreng”  
Stir-fried Egg Noodles with Chicken,  
Tofu and Vegetables

\*\*\*\*

Ice Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



8<sup>th</sup> April 2018

Graved Lax  
served on small Potato Rösti  
and Lemon Crème Fraiche

\*\*\*\*

**Sunday Night Roast**  
Whole-roasted Pork Loin  
set on Ship-made “Spätzle”  
and Mushroom Cream Sauce

**Vegeterian Option**  
Ship-made Cheese Spätzle  
as Micheal’s Grandma would do it  
served with Crispy Onions

\*\*\*\*

Rhubarb Tartlet



# LUNCH MENU



9<sup>th</sup> April 2018

Curried Coconut Soup

\*\*\*\*

Freshly baked Bread  
From our on-board Baker, Pepito

\*\*\*\*

Ship-made Beef Lasagne  
with chunky Tomato Sauce

\*\*\*\*

Banana Bread

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



9<sup>th</sup> April 2018

Palm Heart Salad

\*\*\*\*

### Option 1

Mustard-rubbed Sirloin  
served on baked Sweet Potato Wedges  
and Zucchini

### Option 2

Pan-fried Salmon Steak on Wasabi Mash  
and Grapefruit-Fennel Slaw

### Option 3

Sweet Potato, Feta and Beetroot Fritter  
with Red Onion-Caper Salsa

\*\*\*\*

Coconut Mousse

# LUNCH MENU



10<sup>th</sup> April 2018

Roasted Red Onion Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Filled Spinach Wrap  
with Tender Chicken Strips, Lettuce,  
Sour Cream and Cheese

\*\*\*\*

Walnut-Toffee Cake

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



10<sup>th</sup> April 2018

Antipasti

\*\*\*\*

### Option 1

Slow-roasted New Zealand Lamb Leg  
served with roasted Beetroot, Potatoes  
and Rosemary Jus

### Option 2

“Cazuela de Pescado”  
Selection of Fish, Shrimps and Mussels  
served with chunky Vegetables  
and White Wine Cream

### Option 3

Couscous Toastie

\*\*\*\*

Kahlua-Cheese Cake

# LUNCH MENU



11<sup>th</sup> April 2018

Broccoli-Almond Soup

\*\*\*\*

Freshly baked Bread  
From our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

Honey-roasted Pork Kassler Loin  
Served on Sauerkraut, Mashed Potatoes  
and Beer Sauce

\*\*\*\*

Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
Available in the Bar at 16:00

# DINNER MENU



11<sup>th</sup> April 2018

Greek Salad

\*\*\*\*

### Option 1

Slow-roasted Veal Loin  
with melted Blue Cheese  
And warm Pumpkin Salad

### Option 2

Cod filet Baked in Foil  
On Vegetable Spaghetti and Bacon Butter

### Option 3

Warm Pumpkin Salad  
Topped with mildly-spiced Lentil Cake

\*\*\*\*

Chocolate Panna Cotta

# DINNER MENU

12<sup>th</sup> April 2018

Coarse Pâté with Sweet Onion Salad

\*\*\*\*

### **Option 1**

Thyme-marinated Duck Breast,  
with braised Red Cabbage  
and Pommes Noisette

### **Option 2**

Pan-fried Trout Fillet with Lemon Butter,  
Parsley Potatoes and a small Salad

### **Option 3**

Individual Cauliflower Gratin

\*\*\*\*

Caramelized Pineapple  
with Ice cream and Dulce de Leche

# DINNER MENU

12<sup>th</sup> April 2018

Coarse Pâté with Sweet Onion Salad

\*\*\*\*

### **Option 1**

Thyme-marinated Duck Breast,  
with braised Red Cabbage  
and Pommes Noisette

### **Option 2**

Pan-fried Trout Fillet with Lemon Butter,  
Parsley Potatoes and a small Salad

### **Option 3**

Individual Cauliflower Gratin

\*\*\*\*

Caramelized Pineapple  
with Ice cream and Dulce de Leche



# LUNCH MENU



13<sup>th</sup> April 2018

Chick Pea Soup

\*\*\*\*

Freshly baked Bread  
From our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

**Make your own Burger**

Ship-made Beef patties  
in a soft Sesame Bun  
with all your favorite Fillings  
and French Fries

\*\*\*\*

Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
Available in the Bar at 16:00

# DINNER MENU



13<sup>th</sup> April 2018

Vitello Tonnato

\*\*\*\*

**Fresh Tristan da Cunha Lobster**  
served with Asparagus, Papardelle Pasta  
and Sauce Hollandaise

If you do not like Lobster we can substitute  
the Fresh Tristan da Cunha Lobster  
with grilled Chicken Breast

**Vegetarian Option**

Grilled Asparagus with rumbled Egg,  
Herb Potatoes and Sauce Hollandaise

\*\*\*\*

Cherry Trifle

# LUNCH MENU



14<sup>th</sup> APRIL 2018

French Onion Soup

\*\*\*\*

Freshly baked Bread  
From our on-board Baker, Pepito

\*\*\*\*

Thai-style Chicken Curry  
with Vegetables and steamed Rice

\*\*\*\*

Melon and Orange Cocktail

\*\*\*\*

Sweet of the Day  
Available in the Bar at 16:00

# DINNER MENU



14<sup>th</sup> APRIL 2018

Cherry Tomato and Avocado

\*\*\*\*

### Option 1

Venison Loin on Orange Couscous,  
sautéed Green Beans and Pan Juice

### Option 2

Steamed Pike Perch on Risi-Pisi  
topped with Apple-Celery Salad

### Option 3

Grilled Eggplant on Risi-Pisi and Tzatziki

\*\*\*\*

“Kaiserschmarren”  
Traditional Austrian Pancake  
with Apple Sauce

# LUNCH MENU



15<sup>th</sup> APRIL 2018

Potato Soup with Black Pudding

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Bacon and Leek Frittata

\*\*\*\*

Cake of the Day

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



15<sup>th</sup> APRIL 2018

Grapefruit and Blue Cheese Salad

\*\*\*\*

**Option 1:**

**Trio of World-famous  
Tristan da Cunha Potatoes**  
with whole-roasted Beef Fillet,  
Romanesco and Almond Butter

**Option 2, Vegetarian:**

**Trio of World-famous  
Tristan da Cunha Potatoes**  
and soft poached Eggs

\*\*\*\*

Floating Islands

# LUNCH MENU



16<sup>th</sup> APRIL 2018

Thai-flavoured Vegetable Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Mediterranean Vegetable Pasta

\*\*\*\*

Ice Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



16<sup>th</sup> APRIL 2018

Bruschetta

\*\*\*\*

### Option 1

New Zealand Rack of Lamb  
on Ratatouille and Potatoes

### Option 2

Pan-fried Sea Bream Fillet  
on a warm Bean Salad  
and curried Pineapple Salsa

### Option 3

Ratatouille Vegetables

\*\*\*\*

Mousse au Chocolat



# LUNCH MENU



17<sup>th</sup> APRIL 2018

Cream of Vegetables

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Stir-fried Ginger Beef served with Rice

\*\*\*\*

Small Fruit Salad

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



17<sup>th</sup> APRIL 2018

Saffron Risotto

\*\*\*\*

**Option 1**  
“Wiener Schnitzel”  
Tender Veal Schnitzel  
with warm Potato Salad

**Option 2**  
Sea Bass Fillet  
served with sautéed Carrots and Quinoa

**Option 3**  
Eggplant Schnitzel with warm Potato Salad

\*\*\*\*

Crème Caramel

# LUNCH MENU



18<sup>th</sup> April 2018

**Make your own Hot Dog**  
with all your favorite fillings and  
Condiment  
served on the Top Deck  
while we are sailing into  
Saint Helena

# DINNER MENU



18<sup>th</sup> April 2018

Fresh Bread Basket

Selection of 2 Salads

Beef Ragout with mixed  
Vegetables and Mash

Fruit Basket & Cheesboard

# LUNCH MENU



20<sup>th</sup> APRIL 2018

Potato and Fennel Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

**Make your own Hot Dog**  
with all your favorite Fillings

\*\*\*\*

Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



20<sup>th</sup> APRIL 2018

Saint Helena Salad

\*\*\*\*

Saint Helena  
Fresh-caught and bartered Tuna Steak  
served with Vegetables from the Island  
and Lemon Potato Crush

Alternatively we offer a BBQ marinated  
Chicken Breast instead of Tuna

**Vegetarian Option**  
Roasted Chow Chow  
on Lemon Potato Crush

\*\*\*\*

Our own Variation of the  
Original New Zealand Pavlova Roulade

# LUNCH MENU



21<sup>st</sup> April 2018

By the order of the Master, an old Tradition  
of the Dutch Merchant Fleet is to serve  
Pea and Ham Soup  
on Saturdays, no matter where You are!

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Chicken Strips with sautéed Capsicums  
served with a warm Tortilla

\*\*\*\*

Cake of the Day

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



21<sup>st</sup> April 2018

“Okroshka”  
Iced Russian Sour Milk Soup  
with Ham, Potatoes, Cucumber and Eggs

\*\*\*\*

### Option 1

Roasted Guinea Fowl  
served on Herb Couscous  
and spiced dried Fruit Sauce

### Option 2

Pan-fried St. Helena Wahoo Fillet  
with wild Garlic Chive Butter  
and buttered Spaghetti

### Option 3

Grilled Haloumi Cheese  
with Vegetables “al Greek”

\*\*\*\*

Assorted Ice Cream



# LUNCH MENU



22<sup>nd</sup> April 2018

Minestrone

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Bavarian-Style Meat Loaf  
with Potato Salad and Pickles

\*\*\*\*

Fruit Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



22<sup>nd</sup> April 2018

Samosas with Chili-Yoghurt Sauce  
and pickled Cabbage

\*\*\*\*

## Sunday Night Roast

Honey-glazed Ham on the Bone  
with Roasted Spuds and Cranberry Sauce

## Vegetarian Option

Spinach-Ricotta Tortellini  
with Radicchio and Beurre Noisette

\*\*\*\*

Cardamom Crème Brûlée

# DINNER MENU

23<sup>rd</sup> APRIL 2018

Iced Cucumber-Yoghurt Soup  
with grated Lax

\*\*\*\*

## Option 1

Whole-roasted Pork Loin  
with sautéed Shallots, Beer Sauce  
and savory Bread & Butter Pudding

## Option 2

Steamed Pike Perch Fillet  
on Chili-Vermicelli Salad,  
Soja Glace and Vegetables

## Option 3

Stir-fried Vegetables  
with Tofu and Vermicelli

\*\*\*\*

Mango Panna Cotta

# DINNER MENU

23<sup>rd</sup> APRIL 2018

Iced Cucumber-Yoghurt Soup  
with grated Lax

\*\*\*\*

## Option 1

Whole-roasted Pork Loin  
with sautéed Shallots, Beer Sauce  
and savory Bread & Butter Pudding

## Option 2

Steamed Pike Perch Fillet  
on Chili-Vermicelli Salad,  
Soja Glace and Vegetables

## Option 3

Stir-fried Vegetables  
with Tofu and Vermicelli

\*\*\*\*

Mango Panna Cotta

# LUNCH MENU



24<sup>th</sup> April 2018

Clear Chicken Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Selection of Salads

\*\*\*\*

Mildly-spiced Chili served with Corn Muffin,  
Sour Cream and Tomato Salsa

\*\*\*\*

Fruit Basket and Cheese Board

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



24<sup>th</sup> April 2018

Mixed Green Salad  
topped with Feta, Cherry Tomatoes  
and creamy Balsamic Dressing

\*\*\*\*

### Option 1

New Zealand Lamb with Sweet Potatoes,  
Rosemary Jus and Vegetables

### Option 2

Pan-fried Sea Bass  
topped with Olives, Garlic and Herb Salsa  
served with Tomato Rice

### Option 3

Mildly-spiced Lentil Korma  
with Rice and Poppadum

\*\*\*\*

Strawberry Mousse

# LUNCH MENU



25<sup>th</sup> April 2018

Pumpkin-Coconut Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Pasta of the Day  
tossed with Chili, Garlic, Bacon and Herbs

\*\*\*\*

Small Fruit Salad

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



25<sup>th</sup> April 2018

Gazpacho with marinated Prawns

\*\*\*\*

### Option 1

Slices of Veal Loin  
with SweetSour Sauce  
mixed Rice and Vegetables

### Option 2

Pan-fried Salmon Steak  
with Lemon-Butter Sauce,  
Vegetables and Potatoes

### Option 3

Sweet and Sour Vegetables with Tofu  
and crispy Vermichelli Pasta

\*\*\*\*

Ship-made Amaretto Parfait



# LUNCH MENU



26<sup>th</sup> APRIL 2018

Carrot-Ginger Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Ploughman's Lunch  
Selection of cold Meats, Pickels,  
Cheese and Salad  
served with Bread

\*\*\*\*

Profiteroles

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



26<sup>th</sup> APRIL 2018

Depending on Neptun's mood  
you may have dinner or not 😊

# LUNCH MENU



27<sup>th</sup> April 2018

Clear Vegetable Soup

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Pork and Onion Empanadas  
with Green Salad and Sour Cream Dressing

\*\*\*\*

Vienetta Ice Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



27<sup>th</sup> April 2018

Crispy Sushi Rolls  
with pickled Ginger and Soy Sauce

\*\*\*\*

### Option 1

Pan-fried Duck Suprême  
served with Pommes Noisette  
and Vegetables

### Option 2

Sea Bream Fillet on Lentil Ragout,  
grilled Lemon and Vegetables

### Option 3

Roasted Chow-Chow  
with gratinated Blue Cheese  
and Red Wine Reduction

\*\*\*\*

“Kings Day” Orange Cake

# LUNCH MENU



28<sup>th</sup> April 2018

White Bean Soup  
because the Master ordered no more  
Pea & Ham Soup on Saturdays 😊

\*\*\*\*

Freshly baked Bread  
from our on-board Baker, Pepito

\*\*\*\*

Turkey Breast “ a la King”  
with mixed Vegetales and buttered Rice

\*\*\*\*

Ice Cream

\*\*\*\*

Sweet of the Day  
available in the Bar at 16:00

# DINNER MENU



28<sup>th</sup> April 2018

Waldorf Salad and Ham

\*\*\*\*

### Option 1

Stuffed Pork Belly  
on sautéed Wine Cabbage  
and roasted Potatoes

### Option 2

Egg-coated Hoki Fillet  
with creamy Spinach and Saffron Rice

### Option 3

Crushed Potato Cake  
topped with Asparagus

\*\*\*\*

Berry Cheese Cake