

# A journey to the frozen north

Arctic Expedition Cruises

2023



# See what others don't

Some people see things as they are, others look further. Let us take you on a journey, that will change the way you see the world. Sail to some of the most incredible, remote destinations on the planet. When you travel with us, the wonders of the world take on a richer hue.





The Swan's Nest, onboard SH Vega

### Over 70 years of cruise expertise

That's how long we've been navigating the world's waters. Swan Hellenic is built on a passion for exploration, a reputation for safety and professionalism of the highest standard.

### Boutique ships

Just you and nature, that's how you'll feel on our 5 star contemporary Scandinavian inspired ships. With open-plan design, panoramic views and a focus on wellness, they're the perfect place to relax, recharge and explore.

### Intuitive service

When it comes to anticipating your needs, no request is too big or too small. To us, personal and unobtrusive service means everything from making sure you're fully equipped for an Arctic excursion to remembering your favourite gin serve when it comes to pre-dinner drinks.

### Enriching cultural expeditions

Once, we travelled to educate – professors, scientists, researchers. Over the years, we've developed a deep knowledge of the world. Today, we use this knowledge to create immersive cultural experiences that take you to the heart of a place.

# The spirit of adventure

Every Swan Hellenic sailing is an experience unto itself. Although we have an expertly designed programme for each cruise, we are always open to the unexpected. And the unexpected usually finds us.

Whether that's a migrating pod of whales feeding in an inlet that takes us slightly off course, a hungry polar bear devouring his first meal of the season on a lonely iceberg or an impromptu village celebration; these are the stories that are retold for generations.



Hiking tour on the Greenland Icecap near Kangerlussuaq





Sirmilik National Park in Nunavut, Canada



# Exploring with head and heart

Swan Hellenic pioneered cultural expedition cruising in 1954, when we accompanied members of the Hellenic Society around the famous sites of ancient Greece in the company of eminent classicists.

Fort Ross, Nunavut





## Explore

Every Swan Hellenic cruise is the same today as it always was, combining geographical exploration with cultural and scientific discovery. We don't just take you to explore the most extraordinary places on earth. We bring you the company of like-minded people and renowned experts, who offer eye-opening lectures and are on hand for informal questions and discussion throughout your cruise.

## Experience

So when you choose Swan Hellenic to see what others don't – you can be sure you'll do so with a full perspective and real insight into the history, cultures, wildlife, flora, geology and geography of the place. Briefings before each disembarkation and recaps afterwards supplement our lectures and talks, stimulating a relaxed social environment that encourages the sharing of experiences.



## Enrich

At the same time, every Swan Hellenic cruise is also full of opportunities for you to develop your creative passions, with professionals on board to support you in photography and more. A library completes the picture, with a multitude of books on every subject, for you to take your interests to another level.

It's the depth of these other dimensions that's unique to Swan Hellenic, making us the first choice of adventurous minds worldwide.

# Svalbard: Earth's wildest outpost

Just 500 miles from the North Pole, the remote Svalbard archipelago is one of Europe's last great wildernesses. The largest island, Spitsbergen, is home to the northernmost settlement in the world – the rugged Longyearbyen.

Beyond the town, dramatic snowy peaks and enormous glaciers frame vast, seemingly endless tundra deserts and silent watery inlets choked with icebergs. For most of the year, Svalbard is a harsh and foreboding place where only the toughest forms of nature survive. Yet at the height of the Arctic summer, the sun glows through the night, wildflowers pop up across the tundra, and Svalbard comes to life.

The polar bear, often referred to as the King of the Arctic, reigns supreme in Svalbard, while walrus, reindeer, ringed seals, Arctic foxes, and seabirds are also present, as well as several whale species

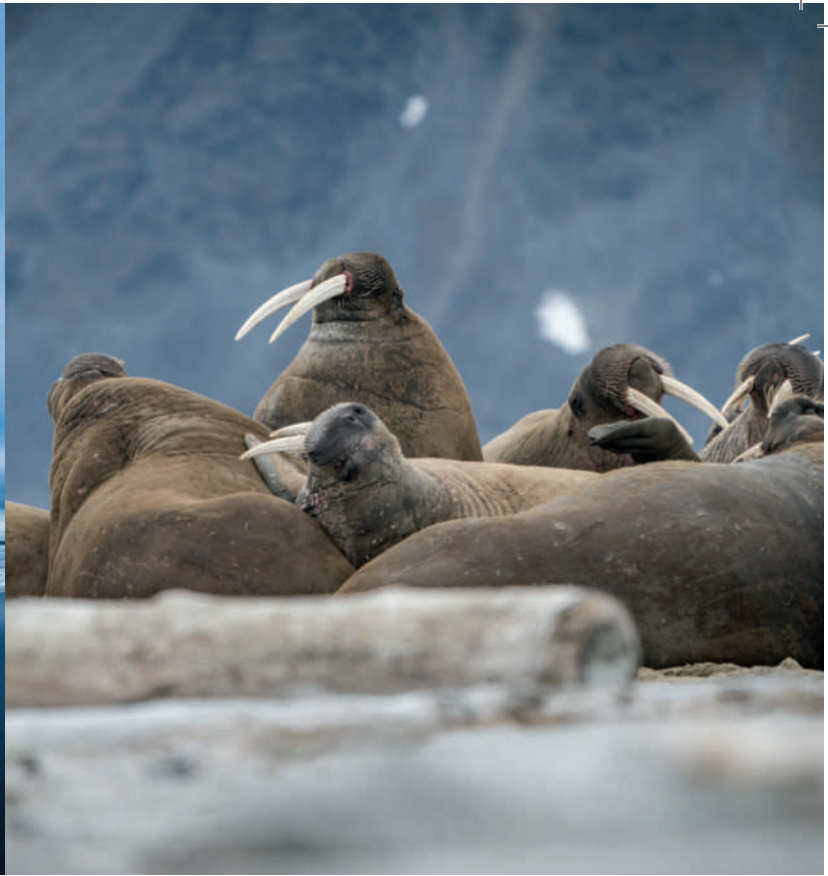
## Extraordinary Encounters

In Svalbard, polar bears are protected by law, and hunting them is illegal. However, given their large numbers and proximity to human settlements, polar bears are considered a threat to human safety, and strict regulations are in place to minimise conflicts between bears and humans. For example, anyone leaving the safety of a settlement must carry firearms at all times.





Billefjorden, Svalbard and Jan Mayen



⚓ Navigate seas that are ice-choked for most of the year. This is when our boutique ice-breaker ship really goes to work – expedition cruising at its finest!

⚓ Visit some of Svalbard's old trapper huts for a glimpse into the harsh living conditions of the past. These huts date back to the 17th century and are an important part of Svalbard's cultural heritage.



⚓ Explore Svalbard's fjord and bay indented coastline. Seemingly barren, these habitats are home to a variety of Arctic flora and fauna including mosses, lichens and Arctic foxes.

⚓ Experience life in one of the most northernmost permanently inhabited settlements, the barren and impossibly remote Longyearbyen.

⚓ Learn about Svalbard's unique and remarkable wildflowers. These beautiful plants have adapted to the tundra's low temperatures and short growing seasons with their compact forms and bright colours.

Unsere Beispielreise nach Spitzbergen zeigt Ihnen Svalbard in 9 Tagen ab/bis Longyearbyen. Wir halten in 2023 und 2024 viele verschiedene Reisevarianten für Sie bereit.

→ Für alle Details & Termine in diesem Fahrtgebiet rufen Sie uns bitte an! 040-7650 050 40



# Iceland in Depth

Experience the wild and fantastic landscapes of Iceland – the land of fire and ice. Circumnavigate the geologically active island, looking out for majestic whales, to see the puffin capital of the world. Along the way, we will discover the phenomena of fjords, spectacular waterfalls and never-ending volcanic scenery. Discover Iceland's oldest houses and meet locals who are proud of their traditional heritage such as fishing or eiderdown making. Hike to thundering waterfalls, duck under the spray of spouting hot geysers, spot Atlantic puffins and trek across remote locations where the only residents are curious arctic foxes.

## Extraordinary Encounters

Since the first settlers arrived in the late 9th century, Iceland's whales have been integral to the country's economy, culture, and in the early days, survival. Whaling in Iceland remained big business until the beginning of the 21st century. Thankfully, the appetite for whale meat has since waned and Icelanders are more interested in observing and studying these ocean giants from afar. Iceland is now regarded as one of the best places in the world for whale watching.



Dynjandi waterfall, Westfjords, Iceland

## 5 Unmissables

🌋 Embrace Iceland's fiery spirit as you explore its **volcanic landscapes**. Learn about the devastating eruptions of the past and watch bubbling lava flow from the country's active volcanoes.

🌋 In contrast is the whites and blues of the deep glacier waters, thundering waterfalls, enormous glaciers and **majestic icecaps**.

🌋 Meet the only family who lives on **Vigur Island** all year round and learn how they live their lives in this extraordinary place.

🌋 Cross into the Arctic Circle on **Grimsey Island** – the northernmost inhabited point in Iceland.

🌋 Take some time to explore cosmopolitan **Reykjavík**. This compact yet quirky city is home to a fantastic foodie scene, eye-catching architecture and an impressive collection of museums and art galleries.



### GEOLOGY IN ACTION

Iceland is one of the most geologically active places on earth – 30 of its 130 volcanoes have erupted in the last 900 years



### ELFISH AFFAIRS

Many Icelanders still believe in the existence of elves (known as Huldafólk, or 'hidden people') – and when construction takes place on certain areas of land, a spokesperson is allocated for the elves.



Diese Beispiel-Expedition führt Sie ab/bis Reykjavík in 9 Tagen rund um Island.  
Wir halten in 2023 und 2024 viele verschiedene Reisevarianten für Sie bereit.

→ Für alle Details & Termine in diesem Fahrtgebiet rufen Sie uns bitte an! 040-7650 050 40



# Greenland in-depth

Discover the rugged majesty of Greenland's rocky coastline and the warmth of its resilient communities. Here, traditional ways of life carry on against a backdrop of stunning arctic scenery and immense mountains. Navigate through intricate fjord systems and learn about the ways of the Vikings as you explore ancient ruins that pepper the landscape. Search for migratory seals, humpback, and bowhead whales as you explore these wild shores. Join us on our voyage to a fascinating and varied part of Greenland, one of the world's last great adventures.

## Extraordinary Encounters

Around 40% of the muskoxen in the world live in Greenland, and they like to forage along the coast, so you have a good chance of spotting some of these incredible bison-like mammals on your cruise. They are particularly visible around Kangerlussuaq. These gentle giants can weigh up to half a tonne and are one of the few hooved animals to have survived the last ice age. They are thought to have been wandering across the tundra for over a million years, which explains their very prehistoric demeanour.



Ilulissat glaciers at fjord Disco Bay West Greenland

## 5 Unmissables

🏔️ Navigate the remote and stunning **Skjoldungen Fjord** – a narrow fjord surrounded by rugged peaks, calving tide-water glaciers and brightly coloured dwarf and willow trees. Look out for the abandoned Inuit dwellings scattered along the shores.

🏔️ Sail through Prins Christian Sund – the steep-sided 100km fjord that separates the mainland from the **Cape Farewell Archipelago**. Choked with ice for most of the year, the narrow route is only accessible in the summer.

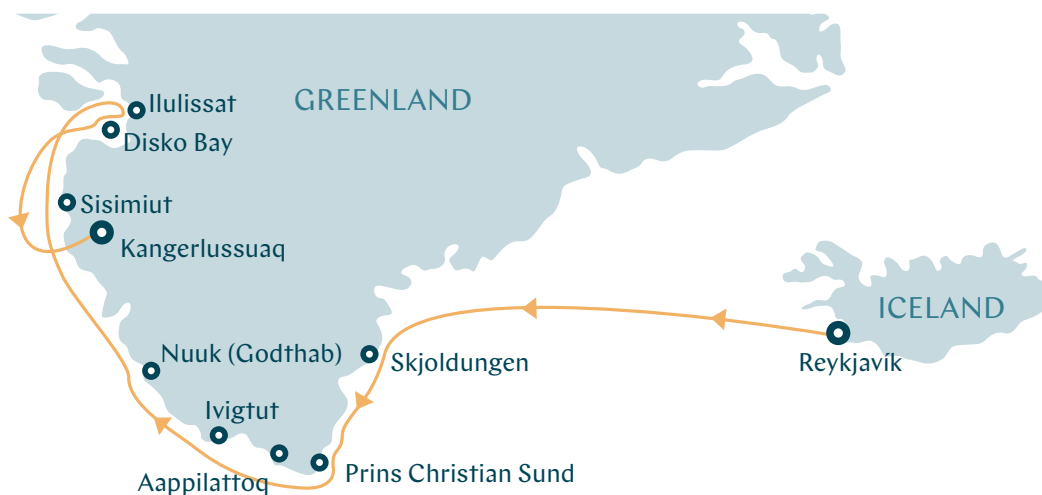
🏔️ Listen to the sound of calving glaciers as you sail through the **Ilulissat Ice Fjord**, a UNESCO World Heritage Site. Marvel at the thousands of massive stranded icebergs at Disko Bay at the end of the fast-moving glacial stream – an awe-inspiring sight.

🏔️ Explore the lively town of Ilulissat and pay a visit to the fascinating museum, the beautiful wooden **Zion's Church** and the traditional kayak displays.

🏔️ Visit the remote colourful **fishing towns** that are dispersed along Greenland's rugged west coast. Wander the charming streets as locals hunt, fish and go about their daily lives in these friendly communities.

### WHAT'S IN A NAME?

Greenland is sometimes called Inuit Nunaat in Greenlandic, which means 'Land of the People'



### CONTINENTALLY DIVIDED

Geographically, Greenland is part of North America but is politically European

Dieses Beispiel für Ihre Grönland-Expedition bietet 10 Nächte an Bord.

Wir halten in 2023 und 2024 viele verschiedene Reisevarianten für Sie bereit.

→ Für alle Details & Termine in diesem Fahrtgebiet rufen Sie uns bitte an! 040-7650 050 40



# Voyage to the Northwest Passage

🕒 5 – 21 Sep 2023 🚢 SH Vega

📍 Kangerlussuaq – Kangerlussuaq 📅 16 nights

Follow in the wake of the great explorers of the past on your own quest through one of history's most notorious sea routes. Explore Baffin Bay in the Canadian Arctic before navigating part of the famous Northwest Passage. Look out for mighty polar bears feeding on the shore as you navigate deep fjords, listening to the haunting sound of creaking icebergs. Your voyage will take you to a region that has been visited by some of history's greatest explorers, including John Franklin, James Ross and Norwegian Roald Amundsen – the first person to successfully sail through the Northwest Passage. You'll also visit friendly Inuit communities, learning how these hardy people make a living in this hostile place.





## 5 Unmissables

🚢 Sail through the **Ilulissat Ice Fjord**, a UNESCO World Heritage Site and take in the sight of thousands of massive stranded icebergs at Disko Bay – an awe-inspiring sight.

🚢 Stop in at the lively town of Ilulissat and pay a visit to the fascinating museum, the beautiful wooden **Zion's Church** and the traditional kayak displays.

🚢 Explore the ruins of the **ancient Thule settlements** – the predecessors to the modern Arctic Inuit.

🚢 Delve into the fascinating history of **Northwest Passage** exploration. Learn about Sir John Franklin's fateful expedition at the Beechey Island permafrost burial sites.

🚢 Visit the abandoned Hudson Bay Company trading post at **Fort Ross** in Nunavut. The store was only in operation for eleven years before closing for good in 1948.



Unsere Beispielreise Nordwest-Passage bietet Ihnen 17 Tage arktisches Abenteuer. Wir halten in 2023 und 2024 viele verschiedene Reisevarianten für Sie bereit.

→ Für alle Details & Termine in diesem Fahrtgebiet rufen Sie uns bitte an! 040-7650 050 40



# Greenland to Nova Scotia

🕒 21 Sep – 6 Oct 2023 🌤️ SH Vega

📍 Kangerlussuaq – Halifax 📅 15 nights

Start your cruise above the Arctic Circle, where the summer sun never sets, on this exploration of the west coast of Greenland and northern shores of Canada. As you set sail from Greenland, gaze in awe at the ice-filled straits and deep fjords crammed with gargantuan icebergs before observing some of the Arctic's most iconic wildlife in Baffin Bay. The remote Northern Canada coast around the province of Nunavut is a haven for caribou and polar bears who roam the treeless tundra. Meet the friendly indigenous Inuit people and listen to the stories of their ancestors in these rugged lands. Then discover ancient Norse sites in Newfoundland as the ship traces a path to Nova Scotia.

Akpatok Island, Labrador Peninsula, Nunavut, Canada





## 5 Unmissables

Look on in awe at the imposing, glistening glaciers as they make their way from the ice-choked Illulissat Icefjord to **Disko Bay**.

Take in all that the lively Arctic town of Ilulissat has to offer – pay a visit to the fascinating museum, stop in at the beautiful wooden Zion's Church and marvel at the **traditional kayak displays**.

Explore Nunavut's friendly yet far-away capital, **Iqaluit** – a dynamic city steeped in culture – where traditional Arctic life coexists with modern living. Visit Nunatta Sunakkutaagngit Museum to learn more about local Inuit life.

Take in the untamed wilderness, spectacular scenery, and vibrant fall colours in Newfoundland's **Torngat Mountains National Park**.

Witness continental drift in action at the spectacular **Gros Morne National Park** – a UNESCO World Heritage Site.



### LET'S TALK

Nunavut has four official languages: English, French and the Inuit languages Inuktitut and Inuinnaqtun



### GLACIAL HISTORY

The Iceberg that sank the Titanic in 1912 is thought to have originated in the Illulissat Icefjord

Dieses Beispiel für Ihre Expedition nach Grönland & Nova Scotia bietet 15 Nächte an Bord.  
Wir halten in 2023 und 2024 viele verschiedene Reisevarianten für Sie bereit

→ Für alle Details & Termine in diesem Fahrtgebiet rufen Sie uns bitte an! 040-7650 050 40



# A new class of exploration

Immerse yourself in breathtaking panoramic views, elegant interiors, and sophisticated onboard facilities.

Our fleet of 5-star boutique ships—SH Minerva, SH Vega and the upcoming SH Diana—have taken expedition cruising to new heights. Built in the Helsinki Shipyard in Finland, these ships combine the latest in expedition technology with stylish, sophisticated design. Featuring elegant interiors, wide unobstructed views throughout the ship and dedicated expedition facilities for a remarkable travel experience. Explore off-the-beaten-track destinations in style and comfort as you take in the scenery from a panoramic sauna, warm up in an outdoor hot tub, dine in a world-class restaurant, and unwind in your elegant stateroom.

## Inkludierte Leistungen

- Vollpension an Bord & 24h-Roomservice
- nahezu alle Getränke an Bord
- Wifi an Bord
- Trinkgelder an Bord
- Lektorate & alle Zodiac-Ausflüge/Anlandungen
- 1 Hotelübernachtung als Vorprogramm der Kreuzfahrt inklusive Transfers







SH Minerva, Antarctica



# Your home away from home

Relax in the understated elegance of your stateroom or suite. A sophisticated blend of muted tones, natural textures and intuitive technology, the Scandi-inspired design seamlessly blends the natural world with 5-star comforts. The variety of lighting options and crackling holographic fire offer the perfect option for cozy evenings, and the floor to ceiling windows and balcony doors ensure that no sunset or surprise sighting goes unmissed.

## Your perfect space

Each of our beautifully designed staterooms has everything you need for a pampered stay. Fluffy dressing gowns, spacious dressing and seating areas and ample storage, as well as a well-stocked minibar and a personal safe. The desk in your room is the perfect place to plan the next day's adventures, and you won't miss a wildlife sighting with your Nikon telescope. Glass-enclosed rain showers with luxury personal care products transform your ensuite into a personal spa.

### Amenities in your cabin

- Welcome Champagne bottle
- Snacks
- Stocked minibar with soft drinks and beer
- Illy Espresso coffee machine with coffee pads
- Tea Kettle and Kusmi tea bags
- TV service
- Free Wi-fi connection, subject to satellite reception
- Hair dryer
- Towels for cabin, swimming pool and gym
- Bathrobe
- Bedroom slippers
- High quality toiletries by Lajatica, custom made for our selection onboard. These include hand soap, shower gel, shampoo, conditioner and body lotion.



### Premium Suite

49m<sup>2</sup> (528ft<sup>2</sup>) | Sleeps 4

Premium Suites feature a king size bed and separate living room with a soothing, flame-effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk-in shower, a spacious walk-in wardrobe and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.



### Suite

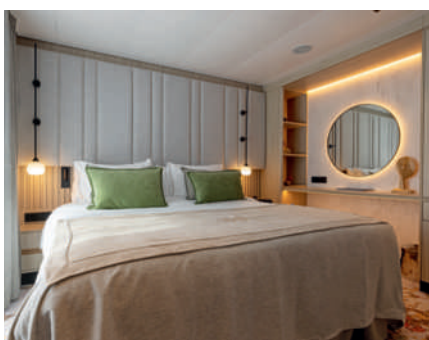
44m<sup>2</sup> (474ft<sup>2</sup>) | Sleeps 4

Suites feature a king size bed and separate living room with a soothing flame-effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk-in shower and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.





Onboard stateroom suite. Suite sizes and categories vary by ship



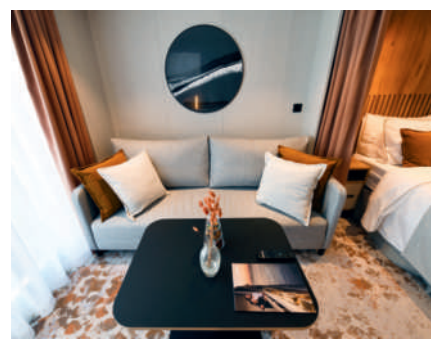
**Junior Suite** (only on SH Diana)  
35m<sup>2</sup> (377ft<sup>2</sup>) | Sleeps 2/3

Features a king size bed, separate living room area with homely flame-effect fireplace, private kitchen, luxurious en-suite bathroom and a 7 sq. m private balcony.



**Balcony**  
28m<sup>2</sup> (302ft<sup>2</sup>) | Sleeps 2/3

Balcony Staterooms feature two single beds or a double bed bedroom with living room area, a luxurious bathroom and your own private 6m<sup>2</sup> (65ft<sup>2</sup>) balcony.



**Oceanview**  
19m<sup>2</sup> (205ft<sup>2</sup>) | Sleeps 2

Oceanview Staterooms feature two single beds or a double bed with living room area and a luxurious bathroom.



# SH Vega

Our elegant 5-star ships offer a boutique home-from-home. With a chic Scandinavian-inspired design and world-class technology, you'll experience an expedition cruise like no other.

## Stateroom Category:

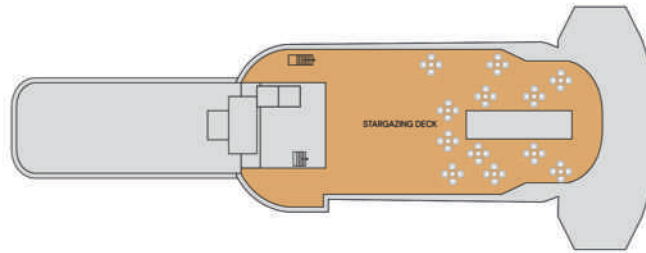
Oceanview D4:	4 (19m <sup>2</sup> )	●
Oceanview M4:	12 (19m <sup>2</sup> )	●
Balcony D5:	8 (28m <sup>2</sup> )	●
Balcony M5:	22 (28m <sup>2</sup> )	●
Balcony D6:	24 (28m <sup>2</sup> )	●
Suite:	4 (44m <sup>2</sup> )	●
Premium Suite:	2 (49m <sup>2</sup> )	●

## Ship Specification:

Guest Capacity	152
Staff	120
No. of Decks	9
Staterooms	76
Length	371ft (113m)
Breadth	75ft (23m)
Tonnage	10,500
Cruising Speed	15.5 knots
3rd Guest Capacity	▲
4th Guest Capacity	■
Connecting Staterooms	↔
Wheelchair Accessible Staterooms	♿ 415
Propulsion	Hybrid Diesel Electric, Polar Class PC5
Registered	Panama
Lifeboats	2
Zodiacs	11 MK V 2 MK VI

The Swan's Nest, onboard SH Minera





**Deck 9**  
Stargazing Deck



**Deck 8**  
Gym  
Sauna  
Jacuzzi  
Spa  
Bridge



**Deck 7**  
Shop  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Observation Lounge



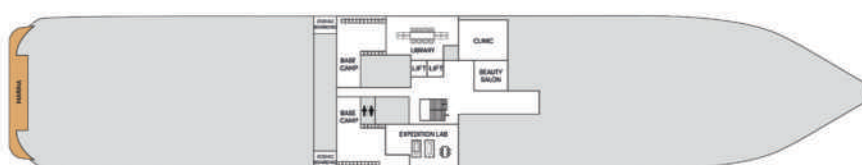
**Deck 6**  
Premium Suites  
Suites  
Balcony Staterooms D6  
Swan's Nest



**Deck 5**  
Balcony Staterooms D5, M5  
Suites



**Deck 4**  
Reception  
Laundrette  
Swan Restaurant  
Oceanview Staterooms D4, M4



**Deck 3**  
Clinic  
Library  
Basecamp  
Beauty Salon  
Expedition Lab





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