THE FOLLOWING ITINERARY IS INTENDED AS A GUIDE ONLY. EVERY VOYAGE IS UNIQUELY SHAPED BY WEATHER AND SEA CONDITIONS.

INSIDER EXPEDITIONS

ITINERARY
LONGEVITY SUMMIT

Learn about living your longest and best life with world renowned experts while discovering the edges of the planet - on the seventh continent.

Featuring brain health experts **Dr. Robert Love** & **Dr. Josh Helman** and New York Times best selling author **Dr. Heather Sandison**

DAY 1 — EMBARKATION
Ushuaia, Argentina

Arrive at the edge of the world in Ushuaia, the southernmost city on Earth, where snow-covered peaks rise above the Beagle Channel and the spirit of expedition begins to take hold.

Board the Terra Nova Adventurer, your home for the journey ahead. Designed specifically for Antarctic exploration, the vessel combines modern comfort with immersive access to one of the most remote places on Earth.

After settling into your cabins, meet fellow travelers and the expedition team as the ship prepares to depart South America. As we sail through the legendary Beagle Channel, enjoy your first evening onboard with a welcome gathering and dinner while the landscapes of Patagonia slowly disappear into the distance.





DAY 2 — INTO THE DRAKE PASSAGE
Southbound Across Open Ocean

The expedition truly begins as we enter the legendary Drake Passage, the powerful stretch of ocean connecting South America to Antarctica. Spend the day settling into the rhythm of life at sea while the expedition team introduces the wildlife, history, and geography of the White Continent through immersive lectures and presentations.

From the outer decks and panoramic observation lounges, scan the horizon for wandering albatrosses, giant petrels, and whales navigating the southern waters alongside the ship. As the hours pass, the modern world begins to feel very far away.



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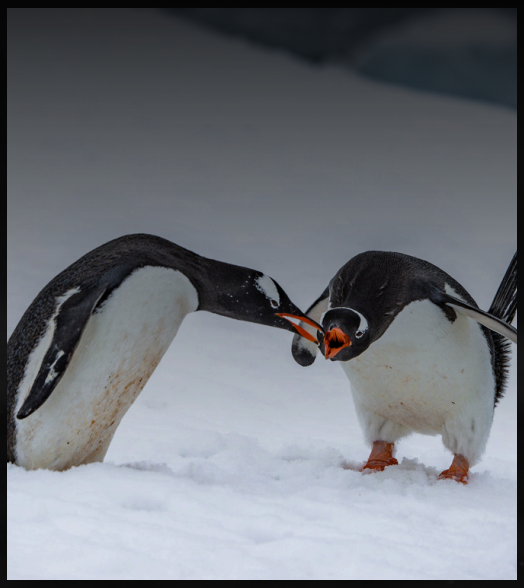
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DAY 3 — FIRST ICEBERGS
Approaching Antarctica

The atmosphere shifts dramatically as we cross the Antarctic Convergence, where cold polar waters transform the ecosystem around us.
The first icebergs begin appearing on the horizon — an unforgettable moment signaling your arrival into Antarctica's world of glaciers, sea ice, and snow-covered peaks.

Weather permitting, preparations begin for the first Zodiac operations and continental landings. Every hour brings changing light, shifting ice, and extraordinary opportunities for wildlife encounters.



FIRST LANDING IN ANTARCTICA
South Shetland Islands

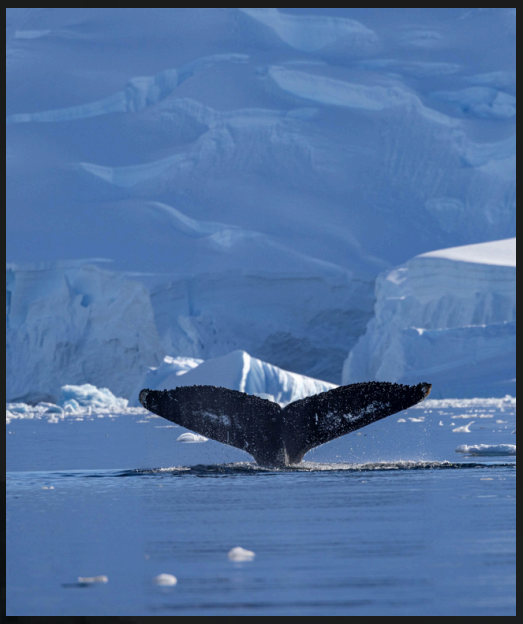
Wake to your first morning surrounded by Antarctica's dramatic landscapes.
Today marks the beginning of our exploration by Zodiac, navigating through icy bays and making our first landing on the Antarctic continent or surrounding islands, depending on weather and ice conditions.

Possible exploration areas include the South Shetland Islands, home to striking volcanic landscapes, penguin colonies, seabirds, and historic expedition sites. Your expedition team will guide you through every landing, offering insights into the region's wildlife, glaciology, and exploration history.



DAY 4 — GLACIERS & ICE CHANNELS
Antarctic Peninsula Exploration

Over the coming days, flexibility becomes the foundation of the expedition experience. No two Antarctic journeys are ever the same. Cruise through spectacular ice-filled channels and towering glacier-lined fjords as the captain and expedition leader carefully adapt the route to weather, wildlife activity, and sea ice conditions. Possible landing sites may include Paradise Bay, Cuverville Island, Neko Harbour, or the breathtaking Lemaire Channel — each offering extraordinary scenery and unforgettable wildlife encounters. Keep watch for humpback whales, crabeater seals, leopard seals, and thousands of penguins moving across the ice.



DAY 5 — DEEP ANTARCTIC EXPERIENCE
Wildlife & Remote Exploration

By now, Antarctica begins to feel both surreal and deeply familiar. Spend the day exploring remote bays and untouched landscapes accessible only by expedition vessel and Zodiac. Conditions may allow additional shore landings, guided hikes, or extended wildlife observation opportunities.

Moments here are often quiet and unforgettable: the distant crack of a calving glacier, the sound of penguins echoing across the snow, or a whale surfacing silently beside the Zodiac. Return onboard to warm lounges, exceptional dining, and conversations shared with fellow travelers as the Antarctic light stretches late into the night.



DAY 6 — THE LAST FRONTIER
Final Antarctic Discoveries

Your final full day in Antarctica offers one last opportunity to experience the scale, silence, and beauty of the White Continent. Depending on conditions, enjoy a final landing or Zodiac excursion before beginning the northbound journey back across the Drake Passage. As the expedition draws the Antarctic chapter to a close, take time to reflect on the extraordinary landscapes, wildlife encounters, and shared moments that define this experience. For many travelers, Antarctica becomes far more than a destination.



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DAY 7— NORTHBOUND
Crossing the Drake Passage Leaving Antarctica behind

Begin the return journey toward South America across the Drake Passage. Spend the day enjoying the comforts of the St Helena while continuing to watch for seabirds and whales from the outer decks and observation areas. Attend additional presentations from the expedition team, revisit photographs from the journey, or simply relax as the ship sails north through the Southern Ocean.



DAY 8 — TRAVELLING BACK TO LAND
Final Day at Sea

Your final day onboard offers time to fully absorb the experience of Antarctica before returning to civilization. Gather with fellow travelers for final presentations, shared stories, and a farewell celebration marking the conclusion of the expedition. As South America slowly reappears on the horizon, many travelers realize they are leaving Antarctica changed in ways difficult to describe.



DAY 9 — DISEMBARKATION
Ushuaia, Argentina

Arrive back in Ushuaia after an unforgettable Antarctic expedition. After breakfast, disembark the Terra Nova Adventurer and say farewell to the expedition team and fellow travelers who shared this remarkable journey to the end of the Earth.

Antarctica leaves a lasting impression — vast, silent, powerful, and deeply moving. Long after the voyage ends, its presence stays with you.

