

# CHRONICLES

NEWS AND INFORMATION FOR ALL ONBOARD EVENTS



**SILVER WIND**  
TUESDAY,  
14 FEBRUARY 2023

**AT ANCHOR**  
KING GEORGE ISLAND,  
ANTARCTICA  
**Approx. Arrival:** 1:00  
**Approx. Departure:** TBD

**SHIP CRUISING**  
ADMIRALTY BAY, ANTARCTICA  
**Approx. Arrival:** TBD  
**Approx. Departure:** 18:00

**TODAY'S WEATHER**  
*Cloudy/Chance of light rain*  
**High:** 0°C / 32°F  
**Low:** -1°C / 30°F



## HUMPBACK WHALES

Humpback whales are known for their magical songs, which travel for great distances through the world's oceans. These sequences of moans, howls, cries, and other noises are quite complex and often continue for hours on end.

The scientific name, *Megaptera novaeangliae*, means "big-winged New Englander" because the population that swam off New England was the best known to Europeans, according to the National Oceanic and Atmospheric Administration (NOAA). Humpback whales are not the biggest whales — that's the blue whale. Humpbacks can grow to 60 feet (18 meters) long, and they can weigh a whopping 40 tons (about half the size of a blue whale). Their flippers can grow up to 16 feet (5 m) long, which is the largest appendage in the world. Their tails are also massive and grow up to 18 feet (5.5 m) wide. Like most whales, females are larger than males.

These whales are found near coastlines, feeding on tiny shrimp-like krill, plankton, and small fish. Humpbacks migrate annually from summer feeding grounds near the poles to warmer winter breeding waters closer to the Equator. The exception is the humpbacks that live in the Arabian Sea.

Females give birth every two or more years. Pregnancies last for 12 months. Mothers and their young swim close together, often touching one another with their flippers with what appears to be gestures of affection. Females nurse their calves for almost a year, though it takes far longer than that for a humpback whale to reach full adulthood. Calves do not stop growing until they are ten years old.

Humpbacks are powerful swimmers, and they use their massive tail fin, called a fluke, to propel themselves through the water and sometimes completely out of it. These whales, like others, regularly leap from the water, landing with a tremendous splash.

Every Humpback Whale has a unique pattern of pigment and scars on its underside. They spend about 90% of their time beneath the water's surface. Humpbacks don't normally have a hump on their backs; the name comes from the large hump that forms when they arch their backs before making a deep dive into the ocean.

Humpbacks are among the most endangered whales and fewer than 10% of their original population remains.

# A PRIVATE PHOTO ZODIAC EXPERIENCE

## MAXIMISE YOUR PHOTOGRAPHY POTENTIAL

### ▶ PHOTO STUDIO, DECK 5

Utilise the space and freedom of your own private zodiac cruise to take in extraordinary wildlife spotting opportunities and landscapes from a unique point of view, all with the support of a professional photographer. The photo zodiac permits a maximum of two guests at a time to allow for the best photography experience possible.

Photo Zodiac availabilities are dependent on weather conditions and schedules according to the Expedition Team. Register interest in the Photo Studio, fees apply.



# SISLEY

## THE BOUTIQUE ABOARD SILVERSEA

### ▶ THE BOUTIQUE, DECK 5

Sophisticated, comfortable, delicate, silky, velvety, fresh... Sisley products offer an array of richly sensorial textures to combine pleasure with effectiveness. Each galenic formula is a concentrate born of experience, innovation, and creativity that has been developed in our laboratories to meet the needs of all skin types.

Sisley's products' natural fragrances and innovative textures ensure that the Sisley beauty ritual is always a time of relaxation and well-being.



**sisley**  
PARIS

# KERATIN EXPRESS BLOW OUT

## SAY GOODBYE TO FRIZZ

### ▶ THE ZÀGARA BEAUTY SPA, DECK 9

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out.

This specially formulated, revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks. With its unique formulation, Express Blow Out infuses natural Keratin in the shortest amount of time so your hair can be washed just eight hours after the treatment.



# RELAXATION PACKAGE

## PAMPER YOURSELF

### ▶ THE ZÀGARA BEAUTY SPA, DECK 9

Pamper yourself with all of these treatments. 50 minutes for only \$199:

- Swedish or Deep Tissue Back Massage
- Soothing Scalp Massage
- Foot and Ankle Massage
- Neck and Shoulder Massage
- Eye Collagen Treatment

Today Only. Call the Zàgara Spa on 8824 or visit us to book your appointment.



## THE DAZZLING DIVERSITY OF SOUTH AMERICA

South America is a continent of dramatic extremes. You can hike through Torres del Paine National Park in southern Chilean Patagonia. Relish a Zodiac tour to the Bellestas Islands. Take a flightseeing trip over the Nazca Lines. Drink fine Chilean wines and Peruvian Pisco. Or experience the stark beauty of the Atacama Desert. Come winter in South America with us on an expedition, from 8 to 14 days.

Save up to 10% on selected sailings if you book today on board.



▶ For more information, please contact your Future Cruise Manager, Barrie on Deck 6, or extension 8871.

**SILVERSEA**  
EXPEDITIONS

# DETOX FOR HEALTH & WEIGHT LOSS SEMINAR



▶ THE ZÀGARA FITNESS CENTRE, DECK 9, AT 15:00

Discover how you can achieve what is detoxifying all about? An informative discussion on basic body detoxifying methods: How to combat fatigue, improve general appearance, sharpen the mind, and feel happier and healthier. Our personal trainer explains what works and what doesn't and why.

# INTERNET ACCESS



Enjoy free Wi-Fi throughout your stay. Once connected to the Silversea Guest Wi-Fi network, launch your Internet browser and type **gosilversea.com**

# TUESDAY, 14 FEBRUARY 2023

SUNRISE 5:12 • SUNSET 21:28

## GOOD MORNING

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1:00	<b>Approx. <i>Silver Wind</i> will be anchor in Maxwell Bay, King George Island</b> Please listen for announcements in the public areas only	
7:30	<b>Approx. Disembarkation for a potential zodiac cruise in Maxwell Bay, King George Island:</b> <b>Zodiac Groups: Purple, Grey, Pink, Yellow &amp; White</b> Please listen for announcements made in public areas. We kindly ask guests to only proceed to the gangway once your zodiac group colour has been called. We recommend you dress warmly and wear waterproof outer layers.	Deck (3)
7:30	Complimentary Stretching Class	Fitness Centre (9)
8:30	Today's Silver Quiz, Crossword Puzzle and Sudoku are available (return the Silver Quiz to Reception by 15:00 - prize points for the most accurate quiz that is returned earliest)	Panorama Lounge (8)
9:00	<b>Approx. Disembarkation for a potential zodiac cruise in Maxwell Bay, King George Island:</b> <b>Zodiac Groups: Red, Black, Green &amp; Brown</b> Please listen for announcements made in public areas. We kindly ask guests to only proceed to the gangway once your zodiac group colour has been called. We recommend you dress warmly and wear waterproof outer layers.	Deck (3)
11:00	Complimentary Footprint Analysis	Fitness Centre (9)
11:30	<b>Boutique Presents:</b> Chanel - Enjoy Chanel fragrances, fashion house founded by Gabrielle "Coco" Chanel who created the ultimate symbol of femininity in 1921 with Chanel No. 5.	The Boutique (5)

## GOOD AFTERNOON

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TBD	<b>Approx. <i>Silver Wind</i> will ship cruise in Admiralty Bay, Antarctica</b> Please listen for announcements in the public areas only	
TBD	<b>Approx. Disembarkation for an expedition afternoon in Admiralty Bay, Antarctica:</b> <b>Zodiac Groups: Purple, Grey, Pink, Yellow, White, Red, Black, Green &amp; Brown</b> Please listen for announcements made in public areas. We kindly ask guests to only proceed to the gangway once your zodiac group colour has been called.	Deck (3)
15:00	<b>Fitness Seminar:</b> Detox for Health & Weight Loss	Fitness Centre (9)
16:00	Pure Form Pilates	Fitness Centre (9)
16:30	<b>Team Trivia:</b> test your general knowledge, win prize points and have fun with Entertainment Host Daniel	Panorama Lounge (8)
17:00	Body Sculpt Bootcamp	Fitness Centre (9)

## GOOD EVENING – DRESS CODE: CASUAL

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18:00	<b>Approx. <i>Silver Wind</i> will sail for President Head, Antarctica</b>	
18:15	Guitarist Tomás performing beautiful pre-dinner tunes	Dolce Vita (5)
18:30	<b>Recap and Briefing</b> with your Expedition Team Join the Expedition Team for a Recap and Briefing on our next day activities	The Show Lounge (6)
18:30	Piano music provided by Alfredo to accompany your pre-dinner cocktails	Panorama Lounge (8)
21:00	<b>Boutique Presents:</b> come and join us for a jewellery chat at the Boutique (Deck 5) where we will be discussing Tanzanite, its characteristics and what makes it unique. We have a beautiful collection of Tanzanite onboard.	The Boutique (5)
21:00	Join Tomás your resident guitarist/vocalist for some after dinner evening music	Dolce Vita (5)
21:30	<b>Magic of the Musicals:</b> you are invited to The Show Lounge to watch your Entertainment Host Daniel perform some of the best songs from New York's Broadway to London's West End.	The Show Lounge (6)
21:30	Piano Bar favourites and requests performed by Alfredo to accompany your after dinner drinks	Panorama Lounge (8)



# ALL DAY DINING

## BREAKFAST

### ROOM SERVICE

6:00 — 9:00

### PANORAMA LOUNGE (DECK 8)

Early Riser 6:00 — 9:30

### THE RESTAURANT (DECK 4)

À la Carte 6:30 — Last Seating 8:30

### LA TERRAZZA (DECK 7)

Buffet 6:30 — Last Seating 9:00

### PANORAMA LOUNGE (DECK 8)

Bouillon 11:00 — 12:00

## LUNCH

### THE RESTAURANT (DECK 4)

À la Carte 12:00 — Last Seating 13:30

### LA TERRAZZA (DECK 7)

Buffet 12:00 — Last Seating 14:00

### THE GRILL (DECK 8) \*\*

12:00 — Last Seating 14:00

## TEATIME

### LA TERRAZZA (DECK 7)

16:00 — 17:00

## ALL AROUND DINING

24-hour

Available from the All Around Dining Menu in your suite. To place your order please contact your butler or call extension 8815. All Around Dining is also available in other public areas when our dining venues are not open for service.

At Silversea Cruises, we take maximum food precautionary measures to ensure the safest quality product is offered to our guests; Worldwide Public Health Services advise that consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.

## VIEW YOUR EXPENSES

Kindly note that your on board expenses can be reviewed anytime on the interactive TV system in your suite. A printed copy of the final statement will be delivered to your suite on the morning of your disembarkation.

## DINNER

As a courtesy to your fellow guests please respect the times of your dinner reservation.

### THE RESTAURANT (DECK 4)

À la Carte 19:00 — Last Seating 21:30

### LA TERRAZZA (DECK 7) \*

À la Carte 19:00 — Last Seating 21:30

### HOT ROCKS (DECK 8) \*/\*\*

À la Carte 19:00 — Last Seating 21:30

### LA DAME (DECK 4) \*

À la Carte 19:00 — Last Seating 21:00

A dining fee per person applies.

Should you wish to cancel your reservation at La Dame, please note that you must do so by latest 14:00 on the day of the reservation, otherwise the full cover fee, per person, will be billed to your Guest Account.

\* For dinner reservations, please dial 8810 during dining hours. Reservations recommended

\*\* Weather permitting

## BAR HOURS

9:00 – 20:00

10:00 – 20:30

10:00 – 20:30

18:00 – late

21:30 – late

21:30 – late

Pool Bar \*\* (Deck 8)

Panorama Lounge (Deck 8)

The Humidor (Deck 8)

Dolce Vita (Deck 5)

Panorama Lounge (Deck 8)

The Humidor (Deck 8)

# SERVICES

## POOL AND JACUZZI\* | DECK 8

8:00 – 19:00

\*Weather permitting

## ZÀGARA SPA | DECK 9

### BEAUTY SALON AND BARBER SHOP

Dial 8824 for appointments.

8:00 – 20:00\*

\*Later appointments until 22:00 available on request.

## FITNESS CENTRE\* | DECK 9

7:00 – 20:00

\*Limited spaces available for classes.

\*Age restriction: over 18 to use the facilities. 16–18 allowed in with guardian.

## SAUNA & STEAM ROOM DECK 9

8:00 – 12:30 | 14:30 – 19:30

## FUTURE CRUISE MANAGER

### DECK 6

14:00 – 18:00

Please dial 8871 to arrange a private appointment or consult your suite ITV to request an appointment

## EXPEDITION DESK | DECK 6

Please note that during Expedition Activities the desk will not be staffed.

## GUEST RELATIONS MANAGER

### DECK 6

Dial 800 for assistance.

8:00 – 12:00 | 16:00 – 19:00

## BOUTIQUES | DECK 5

Dial 8831 or 8832 for assistance.

11:30 – 13:30 | 19:30 – 22:00

Toiletries and other essential items are available for purchase upon request in the Boutique or through your Butler.

## PHOTO STUDIO | DECK 5

11:00 – 13:00 | 18:00 – 21:00

Use Mac and Windows computers with Photoshop and Lightroom at the Photo Studio. Photo printers and photo-retail are also available

## MEDICAL CENTRE\* | DECK 3

Dial 2151 during clinic hours.

8:00 – 9:00 | 17:00 – 18:00

Dial 8800 (Reception) after hours.

Medical assistance available 24 hours.

\*Kindly inquire for charges prior to consultation.

IN THE EVENT OF AN EMERGENCY PLEASE DIAL 911