



Sunday, February 1, 2026 • The HAL Antarctic Experience (Day 4)

Tonight's Attire

Casual

Antarctica Experience

Today we cruise the immaculate waters of Antarctica under the guidance of our Ice Pilot and Expedition Team, and in true expedition style, our exact route may vary due to ice and weather conditions. Please join us in preserving the natural wonder of the places we sail. Do not feed birds or other wildlife, and bring cushions and other light-weight items back in from balconies when not in use.

Scenic Cruising

Today the bow will be open from 7:00am - 5:00pm as we cruise through Antarctica (*weather permitting*). You can access the bow by following the signs on Deck 4, forward. Please ensure any loose articles are secure before stepping outside.

Intermittent commentary may be heard on outside decks and in Crow's Nest, 9.

Today's Highlights

Once Upon a Fairy Tale Scavenger Hunt

2:00pm

Atrium, 3

Can you find today's list of hidden objects around the ship?

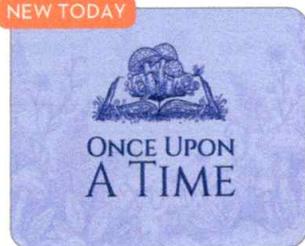


Once Upon a Time

5:30pm, 7:30pm, 9:00pm *Explorer's Lounge, 5*

Join us for an evening of whimsical fun, where storytelling, games and celebration await.

NEW TODAY



VOLENDAM
GRAND
WORLD VOYAGE

TODAY'S ACTIVITIES & PROMOTIONS

In order to fully enjoy the beauty of Antarctica, activities will be kept to a minimum so that you can enjoy scenic cruising during the entire day. Outdoor sports equipment will not be available due to Antarctica Visitor Regulations.

7:00am		The Bow is Open for Scenic Cruising	<i>Bow, 4</i>
7:00am	🕒 👤	Stretch & Release	<i>Fitness Center, 8</i>
7:30am	🕒 👤	Abs Class	<i>Fitness Center, 8</i>
8:00am	🕒 👤	Tai Chi for Everyone	<i>Lido Poolside, 8</i>
8:00am	🕒 👤	Mass is Celebrated	<i>Wajang Theater, 4</i>
8:00am	👤	Sit & Knit with Project Linus until 11:00am	<i>Ocean Bar, 5</i>
9:00am	🕒 👤	Pure Form Pilates \$20	<i>Fitness Center, 8</i>
9:00am	🕒 👤	Interdenominational Service	<i>Explorer's Lounge, 5</i>
9:00am	👤	Ask Your Travel Guide LOCAL	<i>Travel Guide Desk, 4</i>
9:30am	👤	Watercoloring: Magpie	<i>Art Studio, 5</i>
10:00am		<i>ViaMar Fashion Rings: 3 for \$55</i> PROMOTION	<i>The Shops, 5</i>
10:00am		Party Bridge Play until 12:00pm	<i>Hudson Room, 5</i>
10:00am		Mahjong Players Meet until 1:00pm	<i>Explorer's Lounge, 5</i>
10:00am	🕒 👤	Let's Play Cornhole	<i>Lido Poolside, 8</i>
10:30am		Hot Chocolate with Volendam's Officers	<i>Bow, 4</i>
10:30am		<i>L&Co Watch Sets: \$25</i> PROMOTION	<i>The Shops, 5</i>
11:00am	🕒 👤	Ping Pong Tournament	<i>Lido Poolside, 8</i>
11:00am	🕒 👤	Creative Writing	<i>Wajang Theater, 4</i>
11:00am	🕒 👤	Learn to Line Dance	<i>Ocean Bar, 5</i>
11:00am		<i>Pain Management with Acupuncture</i> PROMOTION	<i>Greenhouse Spa, 8</i>
11:30am	👤	Watercoloring: Magpie	<i>Art Studio, 5</i>
1:00pm	🕒 👤	Lightning Trivia	<i>MIX, 5</i>
1:00pm	👤	Once Upon a Mini Golf	<i>Lido Poolside, 8</i>
1:00pm	👤	Cognac Tasting \$39	<i>Ocean Bar, 5</i>
1:00pm	🕒 👤	Tech for Travelers: Q&A	<i>Wajang Desk, 4</i>
1:30pm	👤	Duplicate Bridge Play	<i>Hudson Room, 5</i>
1:30pm	👤	Watercoloring: Magpie	<i>Art Studio, 5</i>
2:00pm	🕒 👤	Once Upon a Fairy Tale Scavenger Hunt	<i>Atrium, 3</i>
3:00pm	👤	Ask Your Travel Guide LOCAL	<i>Travel Guide Desk, 4</i>



Hosted Event



30 min



45 min



1 hr

3:00pm		Pâte à Choux Afternoon Tea	Dining Room, 5
3:00pm		Latin & Ballroom Instruction	Ocean Bar, 5
3:00pm		Today's Movie: MOVIE DisneyNature: Penguins Life on the Edge	Wajang Theater, 4
3:30pm		Origami Folding: Star	Art Studio, 5
4:00pm		Over \$609,000 Paradise Lotto Jackpot Drawing PROMOTION	Casino, 5
4:00pm		Guess the Gemstone	EFFY Jewelry, 5
4:00pm		Cornhole Tournament	Lido Poolside, 8
4:30pm		Origami Folding: Star	Art Studio, 5
4:30pm		Recap and Q&A Session with the Antarctica Expedition Team	World Stage, 4 & 5
4:30pm		Friends of Bill W. Meet	Hudson Room, 5
5:00pm		Have Your Casual Portrait Taken PROMOTION	Atrium, 5
5:00pm		Evening Stretch	Fitness Center, 8
5:30pm		Once Upon a Time with Vivace and Activities Team	Explorer's Lounge, 5
6:00pm		Pre-Owned & Pristine Rolex Watches PROMOTION	The Shops, 5
6:00pm		Tu B'Shvat Service	Hudson Room, 5
6:30pm		Once Upon a Music Trivia	MIX, 5
7:00pm		Short Story Writing Submissions	Explorer's Lounge, 5
7:00pm		King of Color: Watercolors Event PROMOTION	EFFY Jewelry, 5
7:30pm		Once Upon a Time with Vivace and Activities Team	Explorer's Lounge, 5
7:30pm		On World Stage: TAKIN' IT EASY	World Stage, 4 & 5
8:00pm		Scratch Off Tickets on Sale PROMOTION	Casino, 5
8:15pm		Once Upon a Short Story: Public Readings	Explorer's Lounge, 5
8:30pm		Once Upon a Doodle: Pictionary Challenge	Library Café, 5
8:30pm		Today's Movie: MOVIE DisneyNature: Penguins Life on the Edge	Wajang Theater, 4
9:00pm		Once Upon a Time with Vivace and Activities Team	Explorer's Lounge, 5
9:00pm		On World Stage: TAKIN' IT EASY	World Stage, 4 & 5
9:15pm		Dance to the Hits	Crow's Nest, 9
10:00pm		Over \$609,000 Paradise Lotto Jackpot Drawing PROMOTION	Casino, 5
12:00am		Stay and Play Slots All Night PROMOTION	Casino, 5

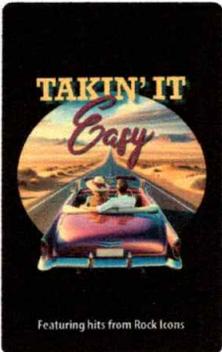
TODAY ON WORLD STAGE *Decks 4 & 5, forward*

4:30pm



Recap and Q&A Session
With the Antarctica Expedition Team.

7:30pm &
9:00pm

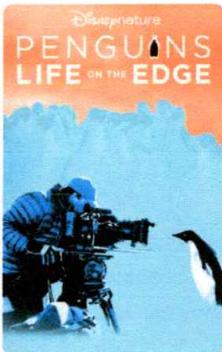


World Stage Cast:
TAKIN' IT EASY

Tonight, we invite you to sit back, unwind, and get ready to rock out as we take you on a journey through the greatest hits from some of the most legendary icons of rock music.

TODAY'S MOVIE *Wajang Theater, 4*

3:00pm
& 8:30pm



DisneyNature: Penguins Life on the Edge

Documentary/Family, Rated G, 1 hour 18 minutes

Follows the witty and tenacious team of filmmakers behind DisneyNature's Penguins (2019), a coming-of-age story about an Adélie penguin named Steve.

LIVE MUSIC

Explorer's Lounge

Once Upon a Time

5:30pm, 7:30pm, 9:00pm

OCEAN BAR

The Dam Band

6:45pm, 8:15pm, 9:15pm, 10:15pm

OCEAN BAR

Piano Bar Entertainer Grace

4:00pm, 5:00pm, 6:00pm

Crow's Nest

Grand World Voyage Band

5:30pm, 6:30pm, 8:30pm

DINING HIGHLIGHTS

South American Brunch

10:00am - 1:00pm

Dining Room, 4

Enjoy the flavors of the region at this exclusive brunch.



TONIGHT IN THE DINING ROOM

Channa Masala

chickpeas, turmeric, garam masala, basmati rice

Baked Alaska

warm brandy Bing cherry sauce

HOURS

Restaurants

Dining Room

Cruising Classics

10:00am - 1:00pm *Brunch*

5:00pm - 9:00pm

Deck 4, aft

Canaletto ^{\$}

Fresh Italian Pasta

5:00pm - 9:30pm

Deck 8, mid-ship

Pinnacle Grill ^{\$}

Steak & Seafood

12:00pm - 1:00pm

5:00pm - 9:30pm

Deck 4, mid-ship

Lido Market

Casual Dining

7:00am - 10:30am

11:30am - 2:00pm

2:00pm - 4:00pm*

5:30pm - 8:00pm

10:30pm - 11:30pm*

Deck 8, mid-ship & aft

Dive-In

Burgers & Hot Dogs

11:30am - 6:00pm

Deck 8, forward

^{\$} cover charges apply

* select stations available

HOURS

Cafés & Bars *A full list of bar hours is available on Navigator*

Crow's Nest Café	9:00am - 12:00am	Deck 9, forward
Library Café	6:00am - 9:00pm	Deck 5, aft
MIX	9:00am - close	Deck 5, mid-ship
Lido Bar	7:00am - 9:00pm	Deck 8, mid-ship
Ocean Bar	10:00am - 12:00am	Deck 5, forward
Sea View Bar	8:00am - 11:30pm	Deck 8, aft

50% Happy Hour: all cocktails, wine by the glass, beers and house spirits under \$12

4:00pm - 5:00pm & 6:30pm - 7:30pm, Crow's Nest, 9

4:00pm - 5:00pm & 6:30pm - 7:30pm, Ocean Bar, 5

4:00pm - 5:00pm & 6:30pm - 7:30pm, Sea View Bar, 8

Guests ages 21+ are welcome to purchase and consume alcoholic beverages. Proper identification is required, and guests will be asked to verify their age.

Recreation

Casino	9:00am - late	Cashier	Deck 5, mid-ship
"No Smoking" Day	10:00am - late	Tables	
	24 hours	Slots	
Fitness Center	6:00am - 9:00pm		Deck 8, forward
Hot Tubs	9:00am - 9:00pm		Deck 8
Pools	7:00am - 9:00pm	Lido	Deck 8
	7:00am - 7:00pm	Sea View	
Spa & Salon	8:00am - 10:00pm		Deck 8, forward

Services

Dining Reservations	24 hours - Dial 88	
Future Cruises	3:00pm - 6:00pm	Deck 5, aft
Guest Services	24 hours - Dial 90	
Medical Center	8:00am - 10:00am 4:00pm - 6:00pm Dial 3200 or 90 for consultations Dial 911 for emergencies	Deck 1, forward
Room Service	24 hours - Dial 92	
Shore Excursions	10:00am - 12:00pm 2:00pm - 4:00pm	Deck 4, mid-ship

Shopping

EFFY Jewelry	10:00am - 10:00pm	Deck 5, mid-ship
Photo Shop	9:00am - 10:00pm	Deck 4, forward
The Shops	10:00am - 10:00pm	Decks 4 & 5