



Thursday, January 29, 2026 • The HAL Antarctic Experience (Day 1)

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. 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

Meet IAATO Observer Andrea

1:00pm

World Stage, 4 & 5

An opportunity to meet and learn from our IAATO Observer Andrea.



Recap and Q&A Session

4:30pm

World Stage, 4 & 5

With the Antarctica Expedition Team.



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	Bow, 4
7:00am	🕒 👤	Stretch & Release	Fitness Center, 8
7:30am	🕒 👤	Abs Class	Fitness Center, 8
8:00am	🕒 👤	Tai Chi for Everyone	Lido Poolside, 8
8:00am	🕒 👤	Mass is Celebrated	Wajang Theater, 4
9:00am		<i>Cariloha Bamboo Bundle 25% Off</i> PROMOTION	The Shops, 5
9:00am	🕒 👤	Ask Your Travel Guide LOCAL	Travel Guide Desk, 4
9:00am	🕒 👤	Tour de Cycle \$20	Fitness Center, 8
9:00am		<i>Joseph Ribkoff: 20% Off</i> PROMOTION	The Shops, 5
9:30am	🕒 👤	Creating Doodle Designs	Art Studio, 5
10:00am		Party Bridge Play until 12:00pm	Hudson Room, 5
10:00am		Mahjong Players Meet until 1:00pm	Explorer's Lounge, 5
10:00am	🕒 👤	Let's Play Ladder Ball	Lido Poolside, 8
10:00am	🕒 👤	Topics with the Rabbi: Antarctica	Explorer's Lounge, 5
10:00am		<i>Skincare Favorites Starting at \$30</i> PROMOTION	The Shops, 5
10:30am		<i>Glitz & Glaciers at EFFY Jewelry</i> PROMOTION	EFFY Jewelry, 5
10:30am		Dutch Pea Soup is Served	Atrium, 3 Bow, 4 Lido Market, 8 Crow's Nest, 9
10:30am	🕒 👤	Origami Folding: Crane	Art Studio, 5
11:00am	🕒 👤	Shackleton's Trans Antarctic Expedition: A Boat Trip Like No Other by Vonda Cummings	World Stage, 4 & 5
11:00am	🕒 👤	Sjoelen Tournament	Lido Poolside, 8
11:00am	🕒 👤	Learn to Line Dance	Ocean Bar, 5
11:00am		<i>Better Sleep, More Energy with Acupuncture</i> PROMOTION	Greenhouse Spa, 8
1:00pm	🕒 👤	Tech for Travelers: Q&A	Wajang Desk, 4
1:00pm	🕒 👤	Today's Trivia: Antarctica	MIX, 5
1:00pm	🕒 👤	Meet IAATO Observer Andrea	World Stage, 4 & 5
1:00pm		Party Bridge Play until 4:00pm	Hudson Room, 5
1:00pm	🕒 👤	Whiskey Tasting \$39	Ocean Bar, 5

2:00pm	  Ping Pong Tournament	Lido Poolside, 8
2:30pm	  Creating Doodle Designs	Art Studio, 5
3:00pm	  Latin & Ballroom Instruction	Ocean Bar, 5
3:00pm	Lipstick Blending Experience PROMOTION	The Shops, 5
3:00pm	  Ask Your Travel Guide LOCAL	Travel Guide Desk, 4
3:00pm	 South American Afternoon Tea	Dining Room, 5
3:00pm	Today's Movie: Explorer MOVIE	Wajang Theater, 4
3:00pm	  \$1,300 Jackpot Bingo Tickets on Sale at 2:00pm	MIX, 5
4:00pm	Golden Hour Mix and Mingle Jewelry Event PROMOTION	EFFY Jewelry, 5
4:00pm	Over \$609,000 Paradise Lotto Jackpot Drawing PROMOTION	Casino, 5
4:00pm	  Cornhole Tournament	Lido Poolside, 8
4:30pm	  Origami Folding: Crane	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
6:30pm	  Game Night: Tone Deaf Ditty	MIX, 5
7:00pm	Eco-Drive Watch Extravaganza PROMOTION	The Shops, 5
7:30pm	  On World Stage: Lifford Shillingford	World Stage, 4 & 5
8:00pm	Scratch Off Tickets on Sale PROMOTION	Casino, 5
8:30pm	 Meet for a Game of Jenga	Library Café, 5
8:30pm	Today's Movie: Explorer MOVIE	Wajang Theater, 4
9:00pm	  On World Stage: Lifford Shillingford	World Stage, 4 & 5
10:00pm	Over \$609,000 Paradise Lotto Jackpot Drawing PROMOTION	Casino, 5

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

11:00am



**Shackleton's Trans Antarctic Expedition:
A Boat Trip Like No Other**
By Vonda Cummings.

1:00pm



Meet IAATO Observer Andrea
An opportunity to meet and learn from our
IAATO Observer Andrea.

4:30pm



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

7:30pm &
9:00pm



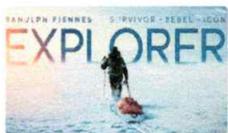
**Vocalist
LIFFORD SHILLINGFORD**

“Putting Some Soul Back!”

Lifford is back with a brand new show putting
the heart into Soul

TODAY'S MOVIE *Wajang Theater, 4*

3:00pm
& 8:30pm



Explorer

Documentary, Rated PG-13, 2 hours 20 minutes
Sir Ranulph Fiennes' story becomes an intimate
look at the legendary explorer who's far more
complex than his record breaking feats.

LIVE MUSIC

Crow's Nest

Solo Guitarist Shelly

4:30pm, 5:30pm, 6:30pm

**OCEAN
BAR**

The Dam Band

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

**OCEAN
BAR**

Piano Bar Entertainer Grace

4:00pm

MIX

Piano Bar Entertainer Grace

7:45pm, 8:45pm, 9:45pm

DINING HIGHLIGHTS

Fire & Malbec

5:00pm - 9:30pm

Canaletto, 8

Let your palate savor the passion, warmth, and unmistakable spirit of Argentina.

Dial 88 for reservations.



TONIGHT IN THE DINING ROOM

Chicken Sancocho

yuca, pork, corn, cilantro

Fajitas del Pollo

spiced chicken, tortilla, guacamole, tomato-cilantro rice

HOURS

Restaurants

Dining Room

Cruising Classics

8:00am - 9:30am

12:00pm - 1:00pm

5:00pm - 9:00pm

Deck 4, aft

Canaletto Ⓢ

Chart Your Course

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 <i>Cashier</i> 10:00am - late <i>Tables</i> 24 hours <i>Slots</i>	Deck 5, mid-ship
Fitness Center	6:00am - 9:00pm	Deck 8, forward
Hot Tubs	9:00am - 9:00pm	Deck 8
Pools	7:00am - 9:00pm <i>Lido</i> 7:00am - 7:00pm <i>Sea View</i>	Deck 8
Spa & Salon	8:00am - 10:00pm	Deck 8, forward

Services

Dining Reservations	24 hours - Dial 88	
Future Cruises	9:00am - 12:00pm	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