



Friday, January 30, 2026 • The HAL Antarctic Experience (Day 2)

**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

### Cheese Fondue & Glühwein is Served

3:30pm *Sea View Poolside, 8*

Join us for complimentary cheese fondue and glühwein served on deck.



### Recap and Q&A Session

4:30pm *World Stage, 4 & 5*

With the Antarctica Expedition Team.



## 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		<b>The Bow is Open for Scenic Cruising</b>	<i>Bow, 4</i>
7:00am	🕒 👤	<b>Stretch &amp; Release</b>	<i>Fitness Center, 8</i>
7:30am	🕒 👤	<b>Abs Class</b>	<i>Fitness Center, 8</i>
8:00am	🕒 👤	<b>Tai Chi for Everyone</b>	<i>Lido Poolside, 8</i>
8:00am	🕒 👤	<b>Mass is Celebrated</b>	<i>Wajang Theater, 4</i>
9:00am		<b>\$10 Deals by Kendall &amp; James</b> <span>PROMOTION</span>	<i>Lido Poolside, 8</i>
9:00am	🕒 👤	<b>Ask Your Travel Guide</b> <span>LOCAL</span>	<i>Travel Guide Desk, 4</i>
9:00am	🕒 👤	<b>Pure Form Pilates \$20</b>	<i>Fitness Center, 8</i>
9:00am		<b>Fragrance Quiz: Find Your Signature Scent</b> <span>PROMOTION</span>	<i>The Shops, 5</i>
9:30am	🕒 👤	<b>Coloring for Adults</b>	<i>Art Studio, 5</i>
10:00am		<b>Party Bridge Play until 12:00pm</b>	<i>Hudson Room, 5</i>
10:00am		<b>Mahjong Players Meet until 1:00pm</b>	<i>Explorer's Lounge, 5</i>
10:00am	🕒 👤	<b>Let's Play Ladder Ball</b>	<i>Lido Poolside, 8</i>
10:00am		<b>Solize Sunglasses: Up to 15% Off</b> <span>PROMOTION</span>	<i>The Shops, 5</i>
10:30am	🕒 👤	<b>Origami Folding: Crane</b>	<i>Art Studio, 5</i>
11:00am	🕒 👤	<b>Sjoelen Tournament</b>	<i>Lido Poolside, 8</i>
11:00am	🕒 👤	<b>Learn to Line Dance</b>	<i>Ocean Bar, 5</i>
1:00pm		<b>Cruiser's Choice: Tanzanite Sale</b> <span>PROMOTION</span>	<i>EFFY Jewelry, 5</i>
1:00pm	🕒 👤	<b>Tech for Travelers: Q&amp;A</b>	<i>Wajang Desk, 4</i>
1:00pm	🕒 👤	<b>Today's Trivia: Ice Cream</b>	<i>MIX, 5</i>
1:00pm		<b>Party Bridge Play until 4:00pm</b>	<i>Hudson Room, 5</i>
2:00pm	🕒 👤	<b>Ping Pong Tournament</b>	<i>Lido Poolside, 8</i>
2:30pm	🕒 👤	<b>Coloring for Adults</b>	<i>Art Studio, 5</i>
3:00pm		<b>Del Sol Nail Polish: Buy Three Get One Free</b> <span>PROMOTION</span>	<i>The Shops, 5</i>
3:00pm		<b>Fashion Show Sign-ups</b> <span>PROMOTION</span>	<i>EFFY Jewelry, 5</i>
3:00pm	🕒 👤	<b>Ask Your Travel Guide</b> <span>LOCAL</span>	<i>Travel Guide Desk, 4</i>
3:00pm	🕒 👤	<b>Latin &amp; Ballroom Instruction</b>	<i>Ocean Bar, 5</i>



Hosted Event



30 min



45 min



1 hr

3:00pm	<b>Today's Movie:</b> DisneyNature: Penguins	MOVIE	Wajang Theater, 4
3:30pm	<b>Cheese Fondue &amp; Glühwein is Served</b>		Sea View Poolside, 8
4:00pm	Complimentary Fine Jewelry Cleaning	PROMOTION	EFFY Jewelry, 5
4:00pm	Over \$609,000 Paradise Lotto Jackpot Drawing	PROMOTION	Casino, 5
4:00pm	  <b>Piano Bar Entertainer Grace Plays</b>		Ocean Bar, 5
4:00pm	 <b>Cornhole Tournament</b>		Lido Poolside, 8
4:30pm	 <b>Origami Folding: Crane</b>		Art Studio, 5
4:30pm	 <b>Recap and Q&amp;A Session</b> with the Antarctica Expedition Team		World Stage, 4 & 5
4:30pm	 <b>Friends of Bill W. Meet</b>		Hudson Room, 5
5:00pm	Have Your Casual Portrait Taken	PROMOTION	Atrium, 5
5:00pm	 <b>Evening Stretch</b>		Fitness Center, 8
6:00pm	 <b>Shabbat Service</b>		Hudson Room, 5
6:00pm	Bulova Debut: 30% Off	PROMOTION	The Shops, 5
6:30pm	 <b>Music Trivia: Colors</b>		MIX, 5
7:00pm	Access the EFFY Vault	PROMOTION	EFFY Jewelry, 5
7:30pm	 <b>On World Stage:</b> May Roman & Williams Malpezzi		World Stage, 4 & 5
8:00pm	Scratch Off Tickets on Sale	PROMOTION	Casino, 5
8:30pm	 <b>Meet for a Game of Phase 10</b>		Library Café, 5
8:30pm	<b>Today's Movie:</b> DisneyNature: Penguins	MOVIE	Wajang Theater, 4
9:00pm	 <b>On World Stage:</b> May Roman & Williams Malpezzi		World Stage, 4 & 5
10:00pm	Over \$609,000 Paradise Lotto Jackpot Drawing	PROMOTION	Casino, 5

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

4:30pm



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

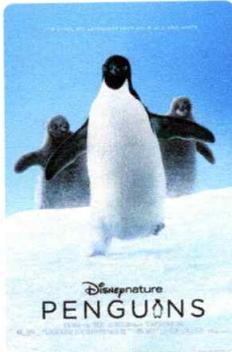
7:30pm &  
9:00pm



**Dance Duo**  
**MAY ROMAN & WILLIAMS MALPEZZI**  
"A Love Story"  
This show takes you through all the stages of a relationship, while enjoying the best music and film composers. Experience the four seasons and all its elements, with unforgettable visuals.

## TODAY'S MOVIE *Wajang Theater, 4*

3:00pm  
& 8:30pm



**DisneyNature: Penguins**  
*Documentary, Rated G, 1 hour 16 minutes*

A coming-of-age story about an Adélie penguin named Steve who joins millions of fellow males in the icy Antarctic spring on a quest to build a suitable nest, find a life partner and start a family.

## LIVE MUSIC

### Crow's Nest

Solo Guitarist Shelly

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

### Explorer's Lounge

Vivace

2:30pm, 4:00pm, 6:15pm

### OCEAN BAR

Grand World Voyage Band

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

### MIX

Piano Bar Entertainer Grace

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

## DINING HIGHLIGHTS

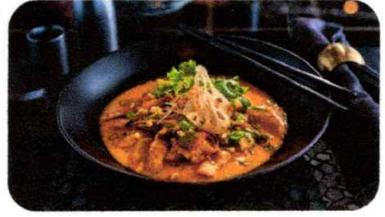
### A Taste of Tamarind

6:00pm - 9:00pm

*Pinnacle Grill, 4*

Indulge in the flavors of Southeast Asia, China and Japan.

*Dial 88 for reservations.*



## TONIGHT IN THE DINING ROOM

### Baba Ganoush

flat bread toast points, olives, endive

### Sticky Pork Belly, Pineapple Soy Sauce

vanilla coconut rice, papaya salad

## HOURS

### Restaurants

#### Dining Room

Cruising Classics

8:00am - 9:30am

12:00pm - 1:00pm

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

6:00pm - 9:00pm\*

*\*A Taste of Tamarind*

*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 10:00am - late Tables 24 hours Slots	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 Lido 7:00am - 7:00pm Sea View	Deck 8
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