

# THE DAILY

Saturday, January 31, 2026 • The HAL Antarctic Experience (Day 3)

## 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

### Antarctic Plunge

2:00pm

Sea View Pool, 8

Brave the icy waters of the Sea View Pool.

NEW TODAY



### For Cakes' Sake

3:00pm

Lido Market, 8

Exclusively on Grand Voyages, our skilled chefs will whip up cakes of every kind.

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  |     | <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>   |
| 9:00am  |     | <i>Joseph Ribkoff Collection: 20% Off</i> <b>PROMOTION</b>                            | <i>Lido Poolside, 8</i>   |
| 9:00am  | 🕒 👤 | <b>Tour de Cycle \$20</b>   | <i>Fitness Center, 8</i>  |
| 9:00am  | 🕒 👤 | <b>Ask Your Travel Guide</b> <b>LOCAL</b>   | <i>Travel Guide Desk, 4</i>                                       |
| 9:30am  | 🕒 👤 | <b>Modern Calligraphy</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>Golf Putting</b>   | <i>Lido Poolside, 8</i>   |
| 10:30am |     | <b>Lentil Stew is Served</b>  | <i>Atrium, 3<br/>Bow, 4<br/>Lido Market, 8<br/>Crow's Nest, 9</i> |
| 10:30am |     | <b>Lentil Stew with Guest Chef Fernanda</b>   | <i>Sea View Poolside, 8</i>                                       |
| 10:30am | 🕒 👤 | <b>Origami Folding: Penguin</b>   | <i>Art Studio, 5</i>  |
| 10:30am |     | <i>Merabella Mimosa Mornings with EFFY</i> <b>PROMOTION</b>                           | <i>EFFY Jewelry, 5</i>  |
| 11:00am |     | <i>Live Acupuncture Demonstration</i> <b>PROMOTION</b>                                | <i>Greenhouse Spa, 8</i>  |
| 11:00am | 🕒 👤 | <b>Sjoelen Tournament</b>   | <i>Lido Poolside, 8</i>   |
| 11:00am | 🕒 👤 | <b>Koffietijd (Dutch Coffee Time)</b>   | <i>Explorer's Lounge, 5</i>                                       |
| 11:00am | 🕒 👤 | <b>Learn to Line Dance</b>  | <i>Ocean Bar, 5</i>   |
| 12:00pm | 🕒 👤 | <b>Single &amp; Solo Traveler Lunch</b>   | <i>Dining Room, 4</i>   |
| 1:00pm  |     | <i>Emeralds Seminar: The Jewel of Kings</i> <b>PROMOTION</b>                          | <i>Ocean Bar, 5</i>   |
| 1:00pm  | 🕒 👤 | <b>Today's Trivia: Antarctic Wildlife</b>   | <i>MIX, 5</i>   |
| 1:30pm  | 👤   | <b>Duplicate Bridge Play</b>  | <i>Hudson Room, 5</i>   |
| 2:00pm  | 🕒 👤 | <b>Antarctic Plunge</b> <b>NEW TODAY</b><br>Brave the icy waters of the Sea View Pool | <i>Sea View Pool, 8</i>   |
| 2:00pm  |     | <i>Luxury Watches Under \$500</i> <b>PROMOTION</b>                                    | <i>The Shops, 5</i>   |
| 2:00pm  |     | <i>Emerald Elegance: Showcase &amp; Sale</i> <b>PROMOTION</b>                         | <i>EFFY Jewelry, 5</i>  |
| 2:00pm  | 🕒 👤 | <b>Mixology Class \$25: Mai Tai &amp; Old Fashioned</b>                               | <i>Ocean Bar, 5</i>   |

|         |  |                      |
|---------|--|----------------------|
| 2:30pm  | Modern Calligraphy   | Art Studio, 5        |
| 3:00pm  | <b>\$1,300 Jackpot Bingo</b><br>Tickets on Sale at 2:00pm          | MIX, 5               |
| 3:00pm  | For Cakes' Sake <b>NEW TODAY</b>                                   | Lido Market, 8       |
| 3:00pm  | Ask Your Travel Guide <b>LOCAL</b>                                 | Travel Guide Desk, 4 |
| 3:00pm  | Latin & Ballroom Instruction                                       | Ocean Bar, 5         |
| 3:00pm  | Today's Movie:<br>The Lake at the Bottom of the World <b>MOVIE</b> | Wajang Theater, 4    |
| 4:00pm  | Over \$609,000 Paradise Lotto Jackpot Drawing <b>PROMOTION</b>     | Casino, 5            |
| 4:00pm  | Cornhole Tournament  | Lido Poolside, 8     |
| 4:00pm  | Ballroom Dance Hour<br>with Grand World Voyage Band                | Ocean Bar, 5         |
| 4:30pm  | Origami Folding: Penguin   | Art Studio, 5        |
| 4:30pm  | Recap and Q&A Session<br>with the Antarctica Expedition Team       | World Stage, 4 & 5   |
| 4:30pm  | Friends of Bill W. Meet  | Hudson Room, 5       |
| 4:30pm  | Introduction to Signature Studio <b>PROMOTION</b>                  | Photo Shop, 4        |
| 5:00pm  | Have Your Casual Portrait Taken <b>PROMOTION</b>                   | Atrium, 5            |
| 5:00pm  | Mass is Celebrated   | Wajang Theater, 4    |
| 5:00pm  | Evening Stretch  | Fitness Center, 8    |
| 6:00pm  | Watches & Scotches <b>PROMOTION</b>                                | The Shops, 5         |
| 6:30pm  | Music Trivia   | MIX, 5               |
| 7:00pm  | EHNY Designer Jewelry Showcase <b>PROMOTION</b>                    | EFFY Jewelry, 5      |
| 7:30pm  | On World Stage: Tomono Kawamura                                    | World Stage, 4 & 5   |
| 8:00pm  | Heat Wave Hot Seats <b>PROMOTION</b>                               | Casino, 5            |
| 8:00pm  | Scratch Off Tickets on Sale <b>PROMOTION</b>                       | Casino, 5            |
| 8:30pm  | Meet for a Game of Uno   | Library Café, 5      |
| 8:30pm  | Today's Movie:<br>The Lake at the Bottom of the World <b>MOVIE</b> | Wajang Theater, 4    |
| 9:00pm  | On World Stage: Tomono Kawamura                                    | World Stage, 4 & 5   |
| 9:00pm  | Dance to the Hits  | Crow's Nest, 9       |
| 10:00pm | Over \$609,000 Paradise Lotto Jackpot Drawing <b>PROMOTION</b>     | 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

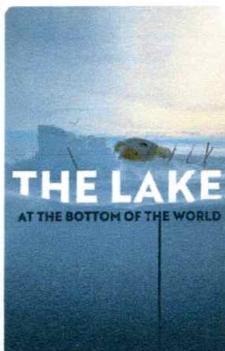


**Pianist**  
**TOMONO KAWAMURA**

Award winning concert pianist, Tomono returns on the stage with a selection of masterpieces by Chopin, Rachmaninoff and more, the repertoires flowing through time connecting emotions and memories inspired by life's moments.

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

3:00pm  
& 8:30pm



**The Lake at the Bottom of the World**

*Documentary, Not Rated, 1 hour 31 minutes*

Scientists probe a buried Antarctic lake for clues to Earth's past and our future.

## LIVE MUSIC

### Explorer's Lounge

Vivace

2:30pm, 4:00pm, 6:30pm, 8:30pm

### OCEAN BAR

The Dam Band

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

### OCEAN BAR

Grand World Voyage Band

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

### Crow's Nest

Solo Guitarist Shelly

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

## 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

### Empanadas de la Argentina

pastry filled with spiced beef, olives, boiled egg

### Churrasco Gaucho

grilled lamb chops, chimichurri, grilled Provoleta cheese

## 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 <i>Cashier</i><br>10:00am - late <i>Tables</i><br>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><br>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<br>4:00pm - 6:00pm<br>Dial 3200 or 90 for consultations<br>Dial 911 for emergencies | Deck 1, forward  |
| Room Service        | 24 hours - Dial 92   |                  |
| Shore Excursions    | 10:00am - 12:00pm<br>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      |