



ANTARCTICA 2023

SILVERSEA EXPEDITION

SILVER WIND

POTPOURRI OF MEDICINE UPDATE

UP TO 24 CME HOURS

FEBRUARY 16 - 28, 2023





Above and Beyond All ExpectationsSM



Itinerary

 5 Ports  3 Countries

Both magical and majestic, nothing comes close to Antarctica. Quite literally, it is the closest thing on earth to another planet – at times unforgiving, the continent is home to rich and varied wildlife. Think minke, humpback, right, blue, sperm and killer whales breaching before your very eyes. Gentee, Chinstrap and Adelie penguins waddling into frozen waters from ice floes. But think as well of not only meeting the personal challenge of reaching the earth's last great wilderness frontier, but reaching it with Silverseas. Now that's luxury.

Santiago

THURSDAY 16 FEB

Chile

Santiago, Chile's capital and largest city, sits in a valley surrounded by the snow-capped Andes and the Chilean Coast Range. Plaza de Armas, the grand heart of the city's old colonial core, is home to 2 neoclassical landmarks: the 1808 Palacio de la Real Audiencia, housing the National History Museum and the 18th-century Metropolitan Cathedral. La Chascona is the home-turned-museum of poet Pablo Neruda.

The city and region are also extremely well known for their love of good food and wine. The vineyards of the nearby Casablanca Valley - first planted in the early 1980s - have earned worldwide recognition in a relatively short space of time. However, Chile's viticulture history does date back much farther than that. De Saavedra brought grape vines on his voyage to South America in order to make his own wine and this led to a new grape brandy being created, Pisco. Today give any Chilean a Pisco and wherever they are in the world, they will be home.

Santiago

FRIDAY 17 FEB

Chile

Puerto Williams

SATURDAY 18 FEB

Chile

Departure 9:00 PM

Puerto Williams is a Chilean city located on Navarino Island on the southern shores of the Beagle Channel. It claims to be the "southernmost city in the world", however owing to its small size – 2500 residents approximately – the much larger Argentinean city of Ushuaia, which sits on the northern side of the same channel, also claims that title. The surrounding scenery is magnificent. The wild windswept mountains rise above the tree line and are regularly dusted with snow. The city itself has the dramatic backdrop called "Dientes de Navarino" (literally "teeth of Navarino"), which rival the famous Torres del Paine further to the north. The area was originally used by the Yaghan people, hunter-gatherers who despite enduring the harsh regional climate, could not weather the arrival of Europeans. The current city was established as a naval base in 1953 and honours the British-Chilean naval commander John Williams Wilson of the 16th century. Initially it served to protect territorial possessions and fishing rights of the area, as well as offering logistical support to Antarctic bases. More recently it has become a departure point for scientific and tourism trips to the Antarctic region. In contrast to the bustle and traffic of a very commercial Ushuaia, Puerto Williams offers a quieter, more relaxed experience. It charms the visitor with a small village feel, complete with rustic buildings and the homely smell of drifting wood smoke. A haven of peace at the end of the world.

Drake Passage

SUNNDAY 19 FEB

Sailing the legendary Drake Passage is an experience that few are ever lucky enough to experience. The southern tip of the Americas already feels like a wild enough environment – but the sensation of watching the distant cliffs of the peninsular known as the ‘End of the World’ fade into the horizon, is one that’s equal parts epic, eerie and magical. Set sail, to slowly drop off the bottom of the map from Cape Horn, and voyage on an expedition down into the icy underworld of Antarctica. Drake Passage is an extraordinary voyage of romantic ocean faring legend, as you aim for Antarctica’s icy realm. On arrival, skyscraper sized icebergs salute you, as you traverse the waters of this continent where snow and ice dwelling creatures like penguins and whales roam undisturbed. Your first sight of this most-unexplored place will most likely be the South Shetland Islands. Walk in the footsteps of some of history’s greatest and bravest explorers as you explore famed, snow-covered landmasses like Elephant and Deception Island. If the journey across Drake Passage sounds daunting, don’t worry – even in rough seas you’re never alone, and will often be accompanied on this spine-tingling adventure by soaring albatrosses and maybe even a protective pod of humpbacks and hourglass dolphins or two. Converging warm and cool ocean currents attract some spectacular animal life to the passage.

Drake Passage

MONDAY 20 FEB

Antarctic Sound

TUESDAY 21 FEB

Antarctica

Few voyages ignite the imagination like a journey down to one of the planet’s most remote, extreme and enchanting wilderness, Antarctica. An adventure in its purest form, only a handful of people will ever be lucky enough to experience the majestic beauty of these monochrome landscapes first-hand. The Antarctic Sound will be one of your first encounters of this whitewash kingdom, located at the northerly tip of the Antarctic Peninsula - which sprawls up like a tentacle towards Tierra del Fuego, South America’s most southerly point, otherwise known as the ‘End of the World’. Taking its name from the first ship to brave the passageway between the peninsular and the Joinville Island groups back in 1902, the Sound is a raw, sensory assault of imposing iceberg slabs, broken away from the disintegrating Larsen Ice Shelf. Come face-to-face with stadium-sized islands of ice and meet the extraordinary birdlife that call this whitewash kingdom home. Watch on, as colonies of Gentoo penguins hop around, and cape petrels sweep overhead, as the continent’s unique wildlife thrives around you. If you’re planning your first venture into Antarctica, you’ll want to brush up on your photography skills in advance, to capture this unforgiving continent in all of its unrestrained glory.

Antarctic Peninsula

WEDNESDAY 22 FEB

Antarctica

The Antarctic Peninsula unravels upwards towards South America, reaching out a beckoning finger to the adventurous, who dare to explore this untamed realm. Stretching up from the heart of the world's southernmost continent, the Antarctic Peninsula lies a mere 620 mile from Tierra del Fuego and, for many, offers a spectacular first taste of the snow-blanketed landscapes and colossal ice sculptures, which make up Earth's least-explored continent. Unseen by humans until 1820 - a blink of an eye ago in relative terms - this is an adventure sure to make your hairs stand on end, as you experience the thrill of the truly unknown and extraordinary. The vast peninsula is sprinkled with research bases, which are at the frontline of human scientific endeavour, pushing to study and understand this unique landscape, its exceptional wildlife, and the impact that humans are having on this pristine continent. Witness cathedral-sized icebergs up close, and blue-hued glaciers, slowly slipping from imposing locations like Hope Bay. Blanched mountain peaks cover the peninsula, and you'll find thousands of adorable Adelie penguin pairs thriving undisturbed in this peninsula's unique setting.

Antarctic Peninsula

THURSDAY 23 FEB

Antarctica

Antarctic Peninsula

FRIDAY 24 FEB

Antarctica

South Shetland Islands

SATURDAY 25 FEB

Antarctica

The ice-coated Antarctic Peninsula forms perhaps the most accessible region of mainland Antarctica, lying a mere 480-miles away from South America, across the fabled waters of Drake Passage. Lying close to the northwestern tip of the Antarctic Peninsula, separated by the Bransfield Strait, the South Shetland Islands fall under the jurisdiction of the Antarctic Treaty, suspending claims on their sovereignty. Several countries maintain research bases here, and with plump elephant seals, and crowds of Gentoo, Chinstrap and Adelie Penguins also calling the islands home, it can even feel a little crowded at times. King George Island is the largest and most hospitable island, hosting the majority of the research stations - some of which are populated all-year-round by tiny, hardy crews. Don't be fooled though, these islands offer extraordinary adventure in one of the most remote locations on earth. The triple peaks of Mount Foster tower above the archipelago, and you'll feel your heart pumping a little quicker, as you sail into the core of Deception Island's magnificent collapsed volcano caldera. Hike the luna landscapes within, and even dip into the improbably warm, geothermally-heated waters of Pendulum Cove. Elephant Island, meanwhile, is written deep into the annals of Antarctic expedition legend, as the site where Ernest Shackleton and the stricken crew of the Endurance miraculously survived a harsh Antarctic winter, in 1916.

Drake Passage

SUNDAY 26 FEB

Cruising Cape Horn

MONDAY 27 FEB

In the past, no two words conjured up more fear to sailors than Cape Horn. With its reputation of ferocious storms and mountainous seas it was a place where a seafarer garnered respect for bravery against the odds. That is, if he lived to tell the tale (he also got to wear a gold hoop ear-ring and dine with one foot up on the table).

The Cape itself is the rugged insular tip of South America that projects into the storm-swept Drake Passage. The Dutch sailor Willem Schouten and merchant Jacob Le Maire, both from the town of Hoorn (hence Cape Horn), put it on the map in 1616 when attempting to circumvent the trade monopoly exercised by the Dutch East India Company over the Straits of Magellan.

Once an unavoidable physical gateway to adventure and commerce in the Pacific Ocean, Cape Horn nowadays has more of a spiritual attraction, drawing intrepid travellers to pay homage to the brave sailors who, by necessity, attempted to pass this wild and inhospitable headland.

During clear weather, when the island is free from the frequent icy squalls that batter its shores, a 7-metre (23 feet) high steel monument can be seen standing about 1.5 kilometres (1 mile) away from the true cape, near the Chilean navy station. It depicts the silhouette of an albatross, a bird that is said to carry the souls of those sailors who perished "rounding the Horn". With that in mind, consider yourself lucky to confront the Horn on a luxury Expedition cruise ship rather than from the wave-washed and perilous deck of a windjammer.

Puerto Williams

TUESDAY 28 FEB

Chile

Arrival 7:30 AM

Santiago

TUESDAY 28 FEB

Chile

When travelling in remote regions tide, wind, ice and weather conditions determine the details of our itinerary. While we will do our best to maintain all suggested activities, some of these may be subject to change. Come with an open mind and a great sense of adventure, together we can turn any voyage into a wonderful Expedition.

Ship - *Silver Wind*

Silver Wind is a perfect illustration of how complete a small-sized ship can be. With just 296-guests, luxury suites and spacious public areas, Silver Wind is one of the coziest and most intimate ships afloat today. Warm welcomes and gracious personalized service inspire our guests to call Silver Wind their “home away from home”.

Silversea Accolades

Silversea Cruises is the defining elite luxury experience, recognized year after year by authoritative guidebooks, distinguished publications, and past guests, who return again and again.

- Best Small Ship Line, Departures
- World’s Best, Conde Nast Traveler US/UK
- Best of the Best Cruise Line, Robb Report
- 6 Plus Stars, Stern’s Guide to the Cruise Vacation
- Best Luxury Cruise Operator, Selling Long Haul UK
- Best Cruise Operator, Telegraph Travel Awards UK
- World’s Best Small Ship Cruise Line, Travel & Leisure
- Top 35 Experiences Worldwide, Conde Nast Traveler
- 5 Star Diamond Award, American Academy of Hospitality Sciences

Silver Wind Dining Options: 4 Restaurants



The Grill

Sourced from volcanic rock and placed in an oven to reach an optimum temperature of 400°C, The Grill invites guests to cook their food directly at their table. With the stone cooking available in the evenings only, The Grill becomes a daytime rotisserie, gourmet salad and burger bar.



La Terrazza

Silversea cruises offers a divine selection of Italy's best cuisine, served à la carte in La Terrazza. Authentic recipes and the freshest ingredients come together with flair and passion — a flavourful expression of Silversea's distinctive Italian heritage.



The Restaurant

Dine amid sparkling crystal, silver and sweeping ocean views in our main dining room. Enjoy Continental or regional specialities impeccably presented and graciously served. The Restaurant is an open-seating dining room, which means there are no assigned times, no assigned tables.



La Dame

Indulge in an evening where fine wines are complemented by a set bespoke menu of regionally-inspired dishes in an intimate, elegant setting. An extraordinary six-course experience celebrating the world's most distinguished wine regions aboard your luxury cruise ship. Per guest reservation fee of US\$60.

Silver Wind Suites

Vista Suite

A quiet sanctuary to escape to on your cruise. The sitting area has plenty of room to relax. Large picture windows frame panoramic ocean views. The perfect backdrop for breakfast in bed.

VISTA SUITE FEATURES

- 240 sq ft
- Large picture window providing panoramic ocean views
- Twin beds or queen-sized bed
- Sitting area
- Bathroom with walk-in shower.
- Walk-in wardrobe with personal safe
- Radio/alarm with iPod docking station
- Direct-dial telephone
- Refrigerator and bar setup, stocked with your preferences
- Premium mattresses and a choice of pillows
- Plush robes and slippers
- Choice of European bath amenities
- Vanity table(s) with hair dryer
- Writing desk(s) with personalized stationery
- Unlimited Standard Wifi
- Flat screen TV(s)
- Complimentary interactive mobile content



Classic Verandah Suite

A Silversea signature, the Classic Veranda Suite is spacious and welcoming. Veranda suites offer floor-to-ceiling glass doors which open onto a furnished private teak veranda. Each spectacular sunset feels like it is yours alone. A must for the world's best cruise line.

CLASSIC VERANDA SUITE FEATURES

- 246 sq ft plus verandah 49 sq ft
- Teak veranda with patio furniture and floor-to-ceiling glass doors
- Twin beds or queen-sized bed
- Sitting area
- Bathroom with walk-in shower
- Radio/alarm with iPod docking station
- Direct-dial telephone
- Refrigerator and bar setup, stocked with your preferences
- Premium mattresses and a choice of pillows
- Plush robes and slippers
- Choice of European bath amenities
- Vanity table(s) with hair dryer
- Writing desk(s) with personalized stationery
- Unlimited Standard Wifi
- Flat screen TV(s)
- Complimentary interactive mobile content



Deluxe Verandah Suite

The Deluxe Veranda Suite offers unbeatable views. A Silversea signature. Spacious and welcoming. Floor-to-ceiling glass doors open onto a furnished private teak veranda. Each spectacular sunset feels like it is yours alone. The Deluxe Veranda Suite offers a preferred central location with identical accommodation to a Veranda Suite. No top cruise line would be complete without such a luxury.

DELUXE VERANDA SUITE FEATURES

- 246 sq ft plus verandah 49 sq ft
- Teak veranda with patio furniture and floor-to-ceiling glass doors
- Twin beds or queen-sized bed
- Sitting area
- Bathroom with walk-in shower
- Radio/alarm with iPod docking station
- Direct-dial telephone
- Refrigerator and bar setup, stocked with your preferences
- Premium mattresses and a choice of pillows
- Plush robes and slippers
- Choice of European bath amenities
- Vanity table(s) with hair dryer
- Writing desk(s) with personalized stationery
- Unlimited Standard Wifi
- Flat screen TV(s)
- Complimentary interactive mobile content



CMEatSEA

Traditional CME offers you the medical knowledge you need for your practice, it's true. What it doesn't offer is a holistic approach to enhancing every aspect of the successful medical practice – traditional and complementary medical knowledge, physical and emotional health, financial and practice management, and rewarding personal relationships. Our innovative learning environment – aboard a magnificent cruise ship – will keep you happy, healthy and relaxed while you experience the best in CME from some of Canada's finest physicians. With CMEatSEA, you will gain technical, management and life knowledge to benefit your practice, while enjoying all the benefits of being aboard an elegant luxury cruise ship, destined for magnificent ports of call. During your time on board, you will participate in general sessions and workshops developed by our Medical Advisory Board. We will combine comprehensive programs for developing and managing your practice with information and education to expand life skills including leadership, fitness and nutrition. We look forward to sharing the adventures in Antarctica with you and your family.

Conference Objectives – CMEatSEA Conferences are designed for Family Physicians, Specialists and Allied Health Care Professionals. Our speakers provide implementable evidence-based materials.

In order to provide unbiased education, this CMEatSEA Conference has not received any pharmaceutical industry sponsorship. Conference sessions generally take place while the ship is at sea to minimize conflict with time in ports.

This was the best organized of the 3 cruises that I have presented at. Your attention to detail was amazing. Family felt part of the experience.

Dr. Roman Jovey (presenter), Mississauga ON

Again... the best CME.

Dr. Catherine Botting, Brooks AB

Thank you guys for a great week! This is a great way to combine vacation & CME!

Dr. Frank Foley, Toronto ON

INCLUDED IN THE CRUISE FARE

- **Travel Insurance (trip cancellation/interruption) §**
 - pre-existing condition waived
 - no age limit
 - no medical questionnaire
- **Economy Class Roundtrip from select gateways (Business class upgrades available)**
- **2 night pre-cruise in Santiago, Chile including:**
 - breakfast daily; 1 dinner
 - Welcome Reception
 - half day city tour
- **Verandah and above received 2 night Winelands tour with the 2 night pre-cruise in Santiago, Chile including:**
 - breakfast daily; 2 lunches; 3 dinners
 - Welcome Reception
 - 2 night Winelands tour include 3 winery tours with tastings
 - Wine Dinner
 - half day city tour of Santiago
- **Transfers (between airport/hotel and ship)**
- **Charter Flight from Santiago to Ushuaia return**
- **Guided Zodiac, land and sea tours, and shoreside activities led by the Expeditions Team**
- **Souvenir Expedition Parka for each guest**
- **up to 300 USD shipboard credit per suite**
- Enrichment lectures by a highly qualified Expeditions Team
- Spacious suites
- Butler service in every suite
- Unlimited Free Wifi
- Personalized service – nearly one crew member for every guest
- Choice of restaurants, diverse cuisine, open-seating dining
- Beverages in-suite and throughout the ship, including champagne, select wines and spirits
- In-suite dining and room service
- Onboard entertainment
- Onboard gratuities