

CHRONICLES

NEWS AND INFORMATION FOR ALL ONBOARD EVENTS



SILVER WIND

SUNDAY, 23 MARCH 2025

EN ROUTE TO

TRISTAN DA CUNHA

TODAY'S WEATHER

Partly Cloudy / Chances of Rain

High: 8°C / 46°F

Low: 6°C / 43°F

CHANGING WHALE SONGS

Noise of melting sea ice may change blue whale songs. Blue and Fin Whales are among the loudest animals in the oceans. Only males sing. Their songs can travel more than 1,000 km (600 miles). In the course of several decades, Blue Whales have gradually been dropping pitch. Researchers may now have clues why. A new study has found a seasonal variation in the whales' pitch that seems to be correlated with breaking sea ice in the Southern Indian Ocean.

The new research rules out noise pollution as the cause of the global long-term trend. The scientists find the same trend of falling pitch in Fin Whales and Madagascan Pygmy Blue Whales. Pitch (i.e. how high or low a note sounds), is a result of the frequency of the sound wave, usually measured in hertz (Hz). The new study finds that Blue Whale calls in the Southern Indian Ocean increase in pitch during the summer, when the sea ice melts and creates loud noises. If the number of free-floating icebergs increases in the summer, so the whales increase their volume. Iceberg crackles are loud. They boom for thousands of kilometers in a frequency range overlapping the pitch of the

Antarctic Blue Whales' calls. To be heard over the noise the whales may need to get a little louder. Singing louder makes the pitch go up.

The new study found Antarctic Blue Whale calls are falling 0.14 Hz per year. Though Fin Whales, Pygmy Blue Whales and Antarctic Blue Whale sing very different songs, the new study observed similar trends in call pitch, depending on the species. The pitch change is likely too small to make a difference in the way the whale calls travel over long distances in the ocean and too subtle for the whales to detect any changes. The Southern Indian Ocean has grown quieter in recent years and its shipping traffic is limited. So any changes in whale songs are unlikely to be related to human-generated noise. A possible explanation could be that rebounding whale populations do not need to sing as loudly to reach other whales. Recent population assessments estimate there are 10,000 to 25,000 Blue Whales around the world (from only a few thousand that were left at the end of commercial whaling in the 1970s).

YOUR SERVICE AT SEA

When the ship is at sea, your mobile phone may automatically connect to a "maritime" network. Be aware that this service incurs. If connected, your phone might automatically download large data updates. To prevent unexpected charges on your mobile bill, ensure your devices are set to Airplane mode while on board.

Your connection to the world will be through wi-fi. To enhance your ability to make phone or video calls, consider upgrading to Premium Access for an enhanced internet experience.

For assistance, please contact the Reception Desk.



LA DAME

THE GRANDE CUISINE FRANCAISE ONBOARD

Experience the pinnacle of French fine dining, where timeless culinary traditions harmoniously blend with contemporary creativity.

La Dame stands as a custodian of the esteemed principles of Grande Cuisine française, a legacy crafted by the illustrious chefs of Louis XIV's court. This heritage is lovingly nurtured by a brigade trained in the finest of houses, who invite you to take part in an extraordinary gastronomic journey.

Delight in a symphony of rich, balanced flavors, whether through meticulously designed tasting menus or à la carte offerings, all complemented by an exquisite selection of wines.

Please contact Maitre d' Outlet to secure your seat.



JEWELLERY CLEANING

THE BOUTIQUE ABOARD SILVERSEA

▶ THE BOUTIQUE, DECK 5

Visit your jewellery specialists in the Boutique for complimentary Diamond and Gem cleaning today. Learn how to maintain and make your jewellery revive its sparkle.



AT-YOUR-SERVICE PHOTOGRAPHER

ENJOY THE BENEFITS OF A PERSONAL PHOTOGRAPHER BY YOUR SIDE

▶ PHOTO STUDIO, DECK 5

Famous people have photographers who follow them to exclusive events. Now you can feel like a celebrity with a professional photographer who will accompany you during shore excursions or around the ship to expertly photograph your best moments and destination experiences. This is a wonderful opportunity to create a high-quality photo collection of the highlights of your journey to share with family and friends. Visit the Photo Studio to arrange this special service. Fees apply.

For more information, please contact your Photo Studio Manager Bogdan.



FRENCH POLYNESIA & PACIFIC

BETWEEN HEAVEN AND EARTH

Remote and renowned, French Polynesia & Pacific islands are perhaps the world's most alluring destination. Stretching from Micronesia in the north to Polynesia in the east and Melanesia in the west, the region covers over 300,000 km² and homes almost 40,000 islands. To say that the area is cast is no understatement.

Both of our **Classic and Expedition Vessels** will take you to this turquoise seas with white powder beaches and kaleidoscopic marine life.

Save up to 10% on selected sailings if you book today on board.



▶ For more information, please contact your Future Cruise Manager Joshua on Deck 6, or extension 8871.

ZÀGARA SPA TREATMENT FOR TWO



▶ AT 8:00 THE ZÀGARA BEAUTY SPA, DECK 9

The Massage Duet. The ultimate way to share quality time together. Both of you will enjoy a deeply relaxing 50, 75 or 90-minute massages as you lay side by side in our reserved suite for two. Warm and soothe your muscles and improve range of motion. Aromatic massage oils are both relaxing and invigorating. While providing tonic for the soul, this massage will improve the function of the circulatory, lymphatic, muscular and nervous systems. Relax your mind and body as this healing treatment relieves muscle tension, improves range of motion and releases toxins that gather in tired, overworked muscles.

SUNDAY, 23 MARCH 2025

SUNRISE 6:54 • SUNSET 18:42

MORNING ACTIVITIES

8:00	Fitness Class: Pure Form Pilates with Fitness Instructor Shyleen (sign-up required)	Dolce Vita (5)
8:30	Today's Silver Quiz, Crossword Puzzle and Sudoku are available (Return the Silver Quiz to Reception by 15:00 - prize points for the most accurate quiz that is returned earliest)	Panorama Lounge (8)
9:30	Enrichment Lecture with Greg – Going... going... gone! Principles of rarity and extinction On this voyage, some of our destinations are at the front line of the struggle to preserve local and regional biodiversity from being overwhelmed. "Going, going, gone!" explores some of the reasons why, using principles of rarity and endangerment as well as factors contributing to population declines, using local case histories.	The Show Lounge (6)
9:30	Coffee Chat with your Expedition Team (until 12:00)	Panorama Lounge (8)
9:30	Deck Watch – Watching out for Wildlife (until 12:00) - Join your Expedition Team members behind the Panorama Lounge (deck 8, Aft) and at the Observation Lounge (deck 9, Fwd)	Panorama Lounge (8) and Observation Lounge (9)
10:00	Fitness Class: Fab Abs with Fitness Instructor Shyleen (sign-up required)	Fitness Centre (9)
10:30	FLOTEL – Come and join Hotel Director Csaba and the heads of department onboard the <i>Silver Wind</i> in this fun Q&A style session. You will have the opportunity to ask some of those burning questions about how the floating hotel industry operates.	The Show Lounge (6)
11:00	Workshop: Drop-in Session – Wildlife ID Wow, what was that?! Did you spot something from the ship, ashore, on a zodiac cruise that you can't ID? Did you take a picture? Stop by our Wildlife ID drop-in session and we can help you identify what you saw.	Observation Lounge (9)
11:30	Visit your jewellery specialists Harsh & Remus in the Boutique for complimentary Diamond and Gem cleaning today. Learn how to maintain and make your jewellery revive its sparkle. 2 items per guest only! Between 11:30 and 14:00	The Boutique (5)

AFTERNOON ACTIVITIES

12:00	Frühshoppen – Embark with us on a German-Style Lunch Adventure! Our Executive Chef Pia and her Team are delighted to serve you traditional, hearty German delicacies including a tasty selection of sausages and famous dishes like Spätzle, Sauerkraut and more. Enjoy your Lunch and Bon Appetit! (music by Pianist Florandy)	The Restaurant (4)
14:00	Ping Pong Table will be available for your own leisure (until 17:00)	Lobby Deck (4)
14:00	Enrichment Lecture with Kevin – Having a Whale of a Time: Toothed Whales A look at the diverse range of toothed whales, from the Sperm Whale to beaked whales, and dolphins to porpoises, and the species we might encounter.	The Show Lounge (6)
14:00	Coffee Chat with your Expedition Team (until 17:00)	Panorama Lounge (8)
14:00	Deck Watch – Watching out for Wildlife (until 17:00) - Join your Expedition Team members behind the Panorama Lounge (deck 8, Aft) and at the Observation Lounge (deck 9, Fwd)	Panorama Lounge (8) and Observation Lounge (9)
14:15	Spa Seminar: Do you want to lose weight or water retention? Tone muscles? Have you reached your plateau and can't lose extra few pounds? Our personal trainer specialises in individualised programs to help you achieve your goals. Find out how balanced your body is and how effectively it is working for you.	The Zagara Spa (9)
14:30	Ping Pong Tournament: join your Entertainment Hostess Chloë for this Daytime Activity	Lobby Deck (4)
15:00	Bridge Game: join your fellow Guests for this Daytime Activity – until 17:00 (unhosted)	The Conference Room (6)
15:00	Workshop: You're a Poet and You Don't Know It! Not quite sure what to do with all the fabulous photographs you've taken during the voyage? Join Jess for a fun and interactive poetry writing workshop to create a travel memento to last a lifetime! Suitable for all levels. Limited to 10 people.	The Conference Room (6)
16:00	Sommelier Wine Team Trivia: join your Entertainment Hostess Chloë and Head Sommelier Maria for this Daytime Activity.	Panorama Lounge (8)
16:30	Enrichment Lecture with Martin Renner – Meet the greatest navigators of the world: Albatrosses of the Southern Ocean Living above the waves, albatrosses are the ultimate masters of the high seas, thriving in the gales of the roaring forties and furious fifties. If not on the outer deck, marveling albatrosses weaving through the waves, please consider joining Martin to hear how the different species manage in these challenging conditions, the amazing diversity of albatrosses we can expect, whether their family life is more outrageous than that of Hollywood celebrities, and why most species are now considered endangered.	The Show Lounge (6)
17:45	Visit your jewellery specialists Harsh & Remus in the Boutique for complimentary Diamond and Gem cleaning today. Learn how to maintain and make your jewellery revive its sparkle. 2 items per guest only! Between 17:45 and 19:00	The Boutique (5)
17:45	Recap and Briefing with your Expedition Team	The Show Lounge (6)

EVENING ACTIVITIES – DRESS CODE: ELEGANT CASUAL

18:00	Cocktail hour with Guitarist Nicolas. Cocktail of the day: Bloody Mary	Dolce Vita (5)
18:00	Pianist Florandy performs live for your listening pleasure	Panorama Lounge (8)
18:00	Fitness Class: Evening Stretch with Fitness Instructor Shyleen (sign-up required)	Fitness Centre (9)
19:00	Solo Travellers Get Together with Fellow Guests (unhosted)	Panorama Lounge (8)
19:30	Interdenominational Service with Fellow Guests (unhosted)	The Conference Room (6)
20:00	Boutique Presents: Bvlgari Fragrances - Indulge your senses with exquisite and unmistakable fragrances and perfumes from Bvlgari's master perfumers at tax and duty free prices	The Boutique (5)
20:30	Pianist Florandy returns for your listening pleasure	Panorama Lounge (8)
21:30	Guitarist Nicolas performs for your enjoyment (until late)	Dolce Vita (5)
21:30	Karaoke Night – Get ready to sing the night away with your Entertainment Hostess Chloë	Panorama Lounge (8)
22:15	Pianist Florandy returns for your listening pleasure (until late)	Panorama Lounge (8)



ALL DAY DINING

BREAKFAST

ROOM SERVICE

6:00 – 10:00

PANORAMA LOUNGE (DECK 8)

Early Riser 6:30 – 11:00

THE RESTAURANT (DECK 4)

À la Carte 8:00 – Last Seating 9:30

LA TERRAZZA (DECK 7)

Buffet 7:30 – 10:00

PANORAMA LOUNGE (DECK 8)

Bouillon 11:00 – 13:00

LUNCH

THE RESTAURANT (DECK 4)

À la Carte 12:00 – Last Seating 13:30

LA TERRAZZA (DECK 7)

Buffet 12:00 – 14:00

THE GRILL (DECK 8) **

12:00 – Last Seating 15:00

TEATIME

LA TERRAZZA (DECK 7)

16:00 – 17:00

IN-SUITE DINING

24-HOUR

Available from the In Suite Dining Menu on your ITV.

To place your order please contact your butler or call extension 8815.

In Suite Dining is also available in other public areas when our dining venues are not open for service.

At Silversea Cruises, we take maximum food precautionary measures to ensure the safest quality product is offered to our guests; Worldwide Public Health Services advise that consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.

HAND WASHING & HAND SANITIZING

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands. Please use the hand sanitizers situated at the entrance door of the dining outlets and various locations around the ship.

DINNER

As a courtesy to your fellow guests please respect the times of your dinner reservation.

THE RESTAURANT (DECK 4)

À la Carte 18:30 – Last Seating 21:00

LA TERRAZZA (DECK 7) *

À la Carte 18:30 – Last Seating 21:00

THE GRILL (DECK 8) * / **

À la Carte 18:30 – Last Seating 21:00

LA DAME (DECK 4) *

À la Carte 18:30 – Last Seating 21:00

A dining fee per person applies.

Should you wish to cancel your reservation at La Dame, please note that you must do so by latest 14:00 on the day of the reservation, otherwise the full cover fee, per person, will be billed to your Guest Account.

* For dinner reservations, please dial 800 during dining hours. Reservations recommended

** Weather permitting

OPEN 24 HOURS

OBSERVATION LOUNGE (DECK 9)

A perfect spot to gaze over the sea.

BAR HOURS

10:00 – 22:00

Pool Bar ** (Deck 8)

10:00 – 19:30

Panorama Lounge (Deck 8)

20:30 – until late

Panorama Lounge (Deck 8)

10:00 – 19:30

Connoisseur's Corner / The Humidor (Deck 8)

20:30 – until late

Connoisseur's Corner / The Humidor (Deck 8)

18:00 – until late

Dolce Vita (Deck 5)

SERVICES

POOL* | DECK 8

8:00 – 22:00

*Weather permitting

JACUZZI* | DECK 8

8:00 – 22:00

*Weather permitting

ZÀGARA SPA | DECK 9

BEAUTY SALON

Dial 8824 for appointments.

8:00 – 20:00*

*Later appointments until 22:00 available on request.

FITNESS CENTRE* | DECK 9

7:00 – 21:30

*Limited spaces available for classes.

*Age restriction: over 18 to use the facilities. 16-18 allowed in with guardian.

SAUNA & STEAM ROOM | DECK 9

8:00 – 20:00

FUTURE CRUISE MGR | DECK 6

9:00 - 12:00 | 15:00 - 19:00

Please dial 8871 to arrange a private appointment or consult your suite ITV to request an appointment.

EXPEDITION DESK | DECK 6

9:30 - 11:30 | 14:00 - 17:00

Please note that during Expedition Activities the desk will not be staffed.

GUEST RELATIONS MGR | DECK 6

Dial 800 for assistance.

8:00 – 12:00 | 16:00 – 19:00

BOUTIQUES | DECK 5

10:00 - 21:00

Toiletries and other essential items are available for purchase upon request in the Boutique or through your Butler.

PHOTO STUDIO | DECK 5

9:00 – 12:00 | 14:00 – 19:00

Use Mac and Windows computers with Photoshop and Lightroom at the Photo Studio at anytime. Photo printers and photo-retail are also available

MEDICAL CENTRE* | DECK 3

Dial 2151 during clinic hours.

8:00 – 9:00 | 17:00 – 18:00

Dial 8800 (Reception) after hours.

Medical assistance available 24 hours.

*Kindly inquire for charges prior to consultation.

**IN THE EVENT OF AN
EMERGENCY PLEASE DIAL 911**