### SILVERSEA EXPEDITIONS

#### DAILY

# CHRONICLES NEWS AND INFORMATION FOR ALL ONBOARD EVENTS



#### SILVER WIND TUESDAY, 25 MARCH 2025

**EN ROUTE TO** TRISTAN DA CUNHA

#### **TODAY'S WEATHER** *Mostly Cloudy*

High: 18°C / 64°F Low: 17°C / 63°F

# DID YOU KNOW?

Water properties are many. Physicists tell us that at normal temperatures, water should be a gas, but weak hydrogen holds its molecules together and make it liquid. As such, its is more viscous than might be expected with a high surface tension, which makes it 'wet'.

Much heat is required to convert water from solid to liquid form and from liquid to gas, and water has remarkable powers of dissolving other substances. When a solution is cooled and ice starts to form, the ice crystals separate themselves from the dissolved materials. Thus, the pack ice that forms on the sea is pure frozen water, albeit often contaminated with brine. When cooled, water molecules pack down together. This causes the density of the water to increase, but only as far as 4°C (38.5°F). Between 4°C and freezing point, water density decreases slightly. One important consequence of that is on a pond in winter time, cold water sinks from the surface to the bottom but the coldest layer of all forms on top. At 0°C (32°F), the molecules arrange themselves in layers to form ice crystals but remain sufficiently far away from one another to ensure that ice is less dense than water.

Thus for the same reason ice will form on the surface of a pond as against at depth, pack ice will form on the surface of the sea, not on the seabed. There are many forms of ice, depending on water temperature and pressure. Normally, a hard, fairly elastic and solid ice flows under pressure, producing those splendid monuments to gravity called glaciers. Likewise, ice passes readily from solid to gas as proved by the fact that clothes on a line will continue to dry when frozen stiff. Similarly, glaciers and ice sheets loose substance by "ablation" (evaporation) even when it is too cold for them to melt.

# SPECIAL OFFER FOR A KEEPSAKE VIDEO

Relive your voyage on *Silver Wind* with a special offer for a video memento. In partnership with URLIFE Media and their team of talented editors who will expertly compile, compose, and edit your photos and videos, create a shareable keepsake to tell the unique story of your experience. Watch your memories come to life! Scan the QR code to learn more.



ELEMIS BIOTEC

# HUBERT: LARIMAR

THE BOUTIQUES ABOARD SILVERSEA

AVAILABLE IN THE BOUTIQUE, DECK 5

Found in the Dominican Republic, Larimar has become a popular gemstone for jewellery, with its ranging shades of blue resembling these Icelandic masterpieces, carved by the hands of Mother Nature. The finest stones can display an aqua blue but sky blue colours, with cloud-like patches of white are highly prized. Visit the boutique for the first unveiling of this beautiful gem, the perfect memory of your cruise.

# SWITCH YOUR SKIN BACK ON WITH ELEMIS BIOTEC

ELEMIS BIOTEC FACIALS



The BIOTEC machine offers multiple advanced technologies that help to renew, revitalize and regenerate the skin cells. Combined with seven highly concentrated active complexes utilizing plant stem cells and absolutes, we can penetrate deep beneath the surface of the skin targeting: age spots, pigmentation, sagging skin, wrinkles, sun damage, enlarged pores, dehydration and all skin conditions associated with both intrinsic and extrinsic aging. Book a complimentary consultation to select the best facial for your concerns.

### SMARTPHONE PHOTOGRAPHY WORKSHOP

#### LEARN TO TAKE HIGH-QUALITY PHOTOS YOU'LL BE PROUD TO SHARE



You don't need to be a professional photographer to take great photos on your smartphone. Mobile phones have

evolved considerably over the years and now you can use your

Android or iPhone for serious photography. Gain a better understanding of how to use light, composition, perspective, and editing as you discover professional tips and tricks that will make your photos stand out. Visit the Photo Studio for details. Fee applies.

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



#### THE LEGENDARY LANDSCAPES OF NORTHERN EUROPE & BRITISH ISLES

Discover the fabled grandeur and legendary landscapes of Northern Europe and the British Isles.

Visit Scotland's St. Kilda archipelago, a World Heritage Site. Take a Zodiac tour along steep bird cliffs. Roam medieval towns and castles. Wind through Norway's narrow Geirangerfjord. Savour local delicacies and

wine. 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.

### SILVERSEA EXPEDITIONS

# PHONE ETIQUETTE ONBOARD



As a courtesy to your fellow guests, we kindly ask you to refrain from using the speaker function on your cell phone in any public area or public venue onboard.

# ROYAL GEOGRAPHICAL SOCIETY

#### ART FOR YOUR HOME ON SILVERSEA

We are delighted to announce that a display of rare and historically important maps, photographs and other beautiful images from the Royal Geographical Society,



with Institute of British Geographers are now being exhibited throughout the ship.

All images and prints are available for purchase at a privileged price on-board the ship via the portal www.ArtOnSilversea.com , and delivered directly to your address.

#### TUESDAY, 25 MARCH 2025 SUNRISE 7:12 • SUNSET 19:00

#### WHY BIOSECURITY?

Invasive animal and plant species pose a very real threat to environment. By complying with simple measures you will personally be making a real and valuable contribution to the conservation of the environment. The mandatory biosecurity measures implemented are intended to protect this wilderness by preventing the introduction or transfer between sites of any organic material including animals, plants, seeds, soil and diseases. We kindly request all guests to ensure all gear, parka and boots are thoroughly cleaned before proceeding ashore.

#### **MORNING ACTIVITIES**

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8:00	Fitness Class: Fab Abs with Fitness Instructor Shyleen (sign-up required)	Fitness Centre (9)	
3:30	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)		
7:30	Coffee Chat with your Expedition Team (until 10:30)	am (until 10:30) Panorama Lounge (8)	
9:30	Deck Watch – Watching out for Wildlife (until 10:30) On your Expedition Team members behind the Panorama Lounge (deck 8, Aft) and at the Observation Lounge (deck 9, Fwd)		
9:30	Enrichment Lecture with Kevin – Birds of Tristan da Cunha A look at the birds of these remote islands, and what is being done to protect them. From the Northern Rockhopper Penguin with its impress plumes to the Tristan Albatross, the Sooty Albatross to the Atlantic Petrel. And the songbirds that have managed to reach these remote Atlanti	Penguin with its impressive ach these remote Atlantic islands.	
7:30	Fitness Class: Morning Stretch with Fitness Instructor Shyleen (sign-up required)	Fitness Centre (9)	
10:30	Mandatory Tristan da Cunha Biosecurity for all Guests This is a Biosecurity check for all guests where the Expedition Team will be looking for any seeds, grass and other organic materials. Guests are required to bring any outer layers (hats, scarf, poles, camera tripods, gloves, etc) that have previously worn in other areas of the Please note that new items are not needed to undergo inspection. (Please listen for the announcements as you will be called by your Zodiac Groups)	The Show Lounge (6) r areas of the world.	
10:45	Boutique Special: Hubert Gems Silver and Larimar Collection – Larimar, a gemstone that attracts good energy. It's blue and white colors will remind y of your sails on the ocean every-time you look at it.	you The Boutique (5)	
AFTE	RNOON ACTIVITIES		
12:00	Enjoy a delicious selection of cozy and creamy Soups and enjoy our tasty Sandwich Buffet! Our Executive Chef Pia and her team have prepared wonderful culinary delights to enhance your Lunch experience. Bon Appetit! (music by P	The Restaurant (4) ic by Pianist Florandy)	
14:00	Mid-Atlantic Ridge Crossing Captain Sasha and Hotel Director Csaba cordially invite you to join the crew of the Silver Wind on Pool Deck (8) for a fun-filled afternoon of activities, and celebrations as we commemorate our crossing of the Mid-Atlantic Ridge!	Pool Deck (8) loon of games,	
14:30	Coffee Chat with your Expedition Team (until 17:00)	Panorama Lounge (8)	
14:30	<b>Deck Watch - Watching out for Wildlife</b> (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)	
15:00	Workshop: Art Workshop Join our artist residence, Yvonne, for a delightful watercolour workshop! No prior experience is needed – just bring your creativity and enthusiasm and join us for a fun and relaxing experience with watercolours! All materials will be supplied.	The Conference Room (6)	
15:00	Bridge Game: join your fellow Guests for this Daytime Activity - until 17:00 (unhosted)	The Conference Room (6)	
16:00	Team Trivia: join your Entertainment Hostess Chloë for this Daytime Activity	Panorama Lounge (8)	
16:30	<b>Enrichment Lecture with Alexandra – Tristan da Cunha: Life on the Island at the End of the World</b> Alone in the South Atlantic Ocean, 1,750 miles from South Africa, Tristan da Cunha is the most remote populated place on earth. Join Alexandra as she introduces life in Edinburgh of the Seven Seas, or what the 236 British locals call "The Settlement."	The Show Lounge (6)	
16:30	Spa Seminar: "How to improve your posture"	Fitness Centre (9)	
17:45	Fitness Class: Meditation with Fitness Instructor Shyleen (sign-up required)	Fitness Centre (9)	
17:45	Recap and Briefing with your Expedition Team	The Show Lounge (6)	
EVEN	IING ACTIVITIES – DRESS CODE: ELEGANT CASUAL		
18:00	Cocktail hour with Guitarist Nicolas. Cocktail of the day: Amaretto Sour	Dolce Vita (5)	
18:00	Pianist Florandy performs live for your listening pleasure	Panorama Lounge (8)	
18:30	ue Presents: Save The Duck – High performance coats, jackets and parkas get high-style treatment from this Italian fashion brand. The Boutique (! ed with a strong commitment to create products that are respectful of animals, people and the environment. Their stand-out designs hical production result in fashion you can feel good about.		
19:00	Solo Travellers Get Together with Fellow Guests (unhosted)	Panorama Lounge (8)	
19:15	<b>Dinner with Future Cruise Manager:</b> Would you like to know more about your voyages to the Galapagos? Join our Future Cruise Manager Joshua for a thematic dinner. (please sign-up at reception)	The Restaurant (4)	

The Boutique (5)

Dolce Vita (5)

Panorama Lounge (8)

Panorama Lounge (8)

22:15 Pianist Florandy returns for your listening pleasure (until late)

21:30 Pianist Florandy performs live for your listening pleasure

Gift for yourself and your loved ones in the boutique today with tax free savings and special discounts across selected brands. Come and see us, we will be delighted to help you find the perfect gift.

live music and you need to figure out who sang that song! With Double prize points to be won.

Name that tune - Join Entertainment Hostess Chloë & Guitarist Nicolas for this fun interactive music trivia where they will be performing

Boutique Special: Holiday Savings!

20:30 Pianist Florandy plays for your listening pleasure

20:00

21:30



# 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.

#### 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		
10:00 - 19:30		
20:30 – until late		
10:00 - 19:30		
20:30 – until late		
18:00 – until late		

Pool Bar \*\* (Deck 8) Panorama Lounge (Deck 8) Panorama Lounge (Deck 8) Connoisseur's Corner / The Humidor (Deck 8) Connoisseur's Corner / The Humidor (Deck 8) Dolce Vita (Deck 5)

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.

#### **SLIPPERY DECKS**

Due to the weather, our outside decks can be very slippery at times. We ask you to take extra caution at all times when you are enjoying our outside decks. Thank you.

# 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 - 12:00 | 15:30 - 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 – 13:30 | 14:45 – 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