We are rock and rolling our way to Elephant Island. Making good progress but waves of 4 to 5 metres are making it harder to walk around the ship. Best to sit down!

Position at 8am local time was 57.6S 47.5W. We are over half way now and should arrive about breakfast time Tuesday.

**At Sea to Antarctica**

"*If there is magic on this planet, it is contained in the water… its substance reaches everywhere; it touches the past and prepares the future." - Lorne Eisley*

**CLOCKS HAVE GONE BACK ONE HOUR**

0800 - 0900 **Breakfast** is served in the Dining Room (Deck 3)

0930 Presentation: ***'Antarctica Gives up her Secrets: Current Science Projects Around the Continent'*** will be presented by **Jean**

10 30 Please join **Lynna** for **Rise and Shine Yoga** in the Main Lounge

1130 Presentation: ***'Ice Forms We'll See in the Antarctic'*** will be presented by our geologist and glaciologist **Norm**

1230 - 1330 **Lunch** is served in the Dining Room (Deck 3)

1400 **Biosecurity Procedures:** We will all participate in a thorough cleaning of the outer clothing and equipment we expect to take ashore in Antarctica. Please listen to announcements for further instruction.

1530 Please join **Lynna** for **Restorative Yoga** in the Main Lounge

1600 **Afternoon tea** is served in The Club (Deck 4 aft)

1630 Presentation: ***'Food Web - the Web of Intrigue'*** will be presented by our marine biologist **Annie** in the Main Lounge

1800 Join the **Expedition Team** for a **Recap & Briefing** in the Main Lounge

1930 - 2100 **Dinner** is served in the Dining Room (Deck 3)

After Dinner Join **Franny** in the Main Lounge for a casual bar talk **'Life of a River Ninja: 32 Days on the Coppermine River'**