



WINTER 2023-2024

October • April cruises

THE ANTARCTIC • NORWEGIAN FJORDS • THE CARIBBEAN & LATIN AMERICA
THE INDIAN OCEAN, ASIA & THE MIDDLE EAST • OCEANIA & POLYNESIA





Explore. Experiment. Delight.

There will be a taste of elation and exclusivity to winter 2023-2024. First comes elation, with unique experiences at every opportunity. With a humanistic and open-minded focus, we take you to discover the Māori and Polynesian cultures, along with the traditional Papuan ceremonies and the ancestral customs of the Embera Indians of Darién, Panama, as shown on the cover of this brochure. Share in moments from the daily lives of the Vezos of Madagascar, some of the planet's few remaining 'nomads of the sea', or the Norwegian Sámi, valiant reindeer herders of the north. These experiences will overturn our certain beliefs and illustrate that there are many ways of inhabiting the planet, as pointed out by ethnologist Serge Guiraud in an interview dedicated to ethnotourism (page 105).

After this follows exclusivity, with new itineraries and new stops. Be sure to note in your agenda our first end-of-winter visit to the Norwegian fjords. We take you to the Daymaniyat Islands, natural gems of the Gulf of Oman, where we are the only cruise visitors permitted. We invite you to the secluded Chatham Islands 800 km off the New Zealand coast, and to the picturesque Mascarene Islands off Madagascar, or to the heart of the wild Valdes Peninsula in Argentina or on a new Weddell Sea adventure aboard *Le Commandant Charcot*, with the chance of spotting emperor penguins.

New teams of scientists will embark on our polar exploration ship to Antarctica, taking turns to carry out their research on polar environments and raise guests' awareness of current issues. To support us in this, for the first time we are publishing the PONANT traveller's ethical charter, which is part of our work aimed at more responsible tourism.

We look forward to welcoming you on board very soon!

Hervé Gastinel

Summary

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Explore the world with PONANT

Arctic Circle

The Caribbean and Latin America



The Antarctic

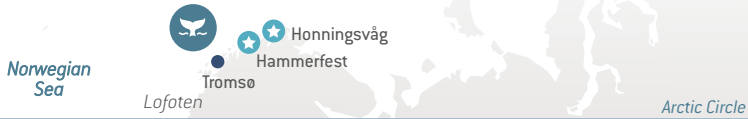
Antarctic Circle



Get a real feel:

Experience our destinations as if you were actually there!
Aim the QR code scanner of your smartphone at this pictogram
or go to: en.ponant.com/immersion-360.

Norwegian fjords in winter



The Indian Ocean, Asia and the Middle East



Oceania



The Antarctic



Highlights



UNESCO Sites



Activities aboard
Le Commandant Charcot



Peoples
in polar regions



Emperor
penguins



Peoples
in tropical regions



Diving



Scientific
Research



Dogsled



Penguins



New stopovers



Hikes



Sea Kayak



Emblematic fauna
in polar regions



Emblematic fauna
in tropical regions

Itinerary calendar

The Antarctic



Polar expedition

	Departure	Ship	Itinerary	Nights		Page
2023	3 rd November	<i>Le Commandant Charcot</i>	Punta Arenas • Ushuaia	14	❄️ NEW	56
	5 th November	<i>L'Austral</i>	Ushuaia • Ushuaia	16	❄️	47
	7 th November	<i>Le Lyrial</i>	Montevideo • Ushuaia	15	❄️	47
	17 th November	<i>Le Commandant Charcot</i>	Ushuaia • Ushuaia	12	❄️ NEW	56
	18 th November	<i>Le Boréal</i>	Ushuaia • Ushuaia	10	❄️	46
	21 st November	<i>L'Austral</i>	Ushuaia • Ushuaia	10	❄️	46
	22 nd November	<i>Le Lyrial</i>	Ushuaia • Ushuaia	10	❄️	46
	28 th November	<i>Le Boréal</i>	Ushuaia • Ushuaia	10	❄️	46
	29 th November	<i>Le Commandant Charcot</i>	Ushuaia • Ushuaia	14	❄️ NEW	57
	1 st December	<i>L'Austral</i>	Ushuaia • Ushuaia	10	❄️	46
	8 th December	<i>Le Boréal</i>	Ushuaia • Ushuaia	10	❄️	46
	11 th December	<i>L'Austral</i>	Ushuaia • Ushuaia	10	❄️	46
	13 th December	<i>Le Commandant Charcot</i>	Ushuaia • Ushuaia	14	❄️ NEW CHRISTMAS	57
	21 st December	<i>L'Austral</i>	Ushuaia • Ushuaia	15	❄️ CHRISTMAS & NEW YEAR	46
	23 rd December	<i>Le Soléal</i>	Dunedin • Dunedin	14	❄️ CHRISTMAS & NEW YEAR	51
	27 th December	<i>Le Commandant Charcot</i>	Ushuaia • Ushuaia	12	❄️ NEW YEAR	56
2024	5 th January	<i>L'Austral</i>	Ushuaia • Ushuaia	15	❄️	46
	6 th January	<i>Le Soléal</i>	Dunedin • Dunedin	14	❄️	51
	8 th January	<i>Le Commandant Charcot</i>	Ushuaia • Lyttelton	28	❄️	58
	20 th January	<i>Le Soléal</i>	Dunedin • Dunedin	21	❄️	50
	2 nd February	<i>Le Lyrial</i>	Ushuaia • Ushuaia	15	❄️	46
	6 th February	<i>Le Commandant Charcot</i>	Lyttelton • Ushuaia	26	❄️	59
	10 th February	<i>Le Soléal</i>	Dunedin • Dunedin	21	❄️	50
	16 th February	<i>Le Boréal</i>	Ushuaia • Ushuaia	10	❄️	46
	17 th February	<i>Le Lyrial</i>	Ushuaia • Ushuaia	10	❄️	46
	27 th February	<i>Le Lyrial</i>	Ushuaia • Buenos Aires	17	❄️	47
	28 th February	<i>L'Austral</i>	Ushuaia • Ushuaia	13	❄️	48
	4 th March	<i>Le Commandant Charcot</i>	Ushuaia • Montevideo	17	❄️	57
	7 th March	<i>Le Boréal</i>	Ushuaia • Buenos Aires	18	❄️ NEW	49
	12 th March	<i>L'Austral</i>	Ushuaia • Buenos Aires	14	❄️	48

Norwegian fjords



	Departure	Ship	Itinerary	Nights	Page
2024	1 st March	<i>Le Bellot</i>	Tromsø • Tromsø	10 NEW	66
	11 th March	<i>Le Bellot</i>	Tromsø • Tromsø	10 NEW	66
	21 st March	<i>Le Bellot</i>	Tromsø • Tromsø	10 NEW	66
	31 st March	<i>Le Bellot</i>	Tromsø • Tromsø	10 NEW	66
	31 st March	<i>Le Bellot</i>	Tromsø • Copenhagen	20 GRAND VOYAGE	128
	10 th April	<i>Le Bellot</i>	Tromsø • Copenhagen	10	67

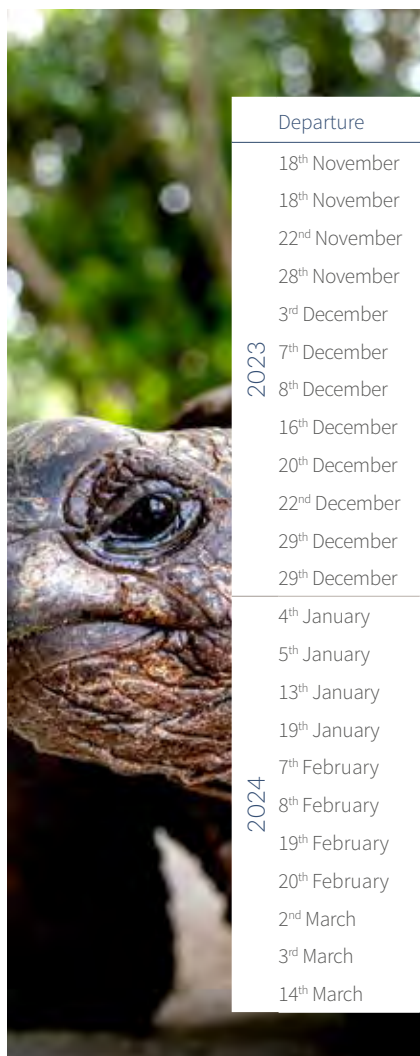
The Caribbean and Latin America



Tropical expedition

	Departure	Ship	Itinerary	Nights	Page
2023	5 th November	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	8	76
	13 th November	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	8	76
	14 th November	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	7  NEW	78
	21 st November	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	12	76
	21 st November	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	7  NEW	78
	28 th November	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	7  NEW	78
	5 th December	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	7  NEW	78
	12 th December	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	7  NEW	78
	15 th December	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	12 CHRISTMAS	76
	19 th December	<i>Le Dumont-d'Urville</i>	Belize City • Belize City	9  NEW CHRISTMAS	79
	27 th December	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	12 NEW YEAR	76
	28 th December	<i>Le Dumont-d'Urville</i>	Belize City • Colón	10  NEW NEW YEAR	80
2024	7 th January	<i>Le Dumont-d'Urville</i>	Colón • Puntarenas	10 	81
	8 th January	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	12	76
	20 th January	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	8	76
	24 th January	<i>Le Dumont-d'Urville</i>	Colón • Puntarenas	10 	81
	5 th February	<i>Le Bellot</i>	Fort-de-France • Fort-de-France	8	76
	9 th March	<i>Le Dumont-d'Urville</i>	Colón • Fort-de-France	12	77
	9 th March	<i>Le Dumont-d'Urville</i>	Colón • Fort-de-France	24 GRAND VOYAGE	127
	21 st March	<i>Le Dumont-d'Urville</i>	Fort-de-France • Fort-de-France	12	76

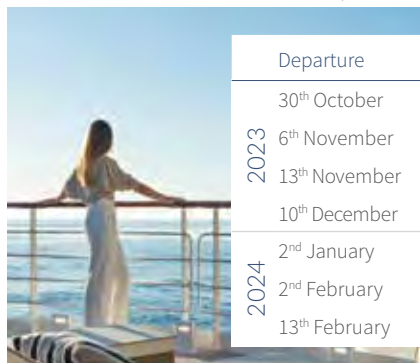
The Indian Ocean, Asia and the Middle East



Tropical expedition

	Departure	Ship	Itinerary	Nights	Page
2023	18 th November	<i>Le Bougainville</i>	Muscat • Doha	10 NEW Guest of honour	96
	18 th November	<i>Le Champlain</i>	Mahé • Port Louis	15 	94
	22 nd November	<i>Le Jacques-Cartier</i>	Mahé • Port Louis	15 	94
	28 th November	<i>Le Bougainville</i>	Doha • Muscat	10 NEW MUSIC	96
	3 rd December	<i>Le Champlain</i>	Port Louis • Port Louis	13  NEW	95
	7 th December	<i>Le Jacques-Cartier</i>	Port Louis • Port Louis	13  NEW	95
	8 th December	<i>Le Bougainville</i>	Muscat • Doha	7	97
	16 th December	<i>Le Champlain</i>	Port Louis • Port Louis	13  NEW CHRISTMAS	95
	20 th December	<i>Le Jacques-Cartier</i>	Port Louis • Mahé	15  CHRISTMAS NEW YEAR	94
	22 nd December	<i>Le Bougainville</i>	Muscat • Doha	7 CHRISTMAS	97
	29 th December	<i>Le Bougainville</i>	Doha • Muscat	7 NEW YEAR	97
	29 th December	<i>Le Champlain</i>	Port Louis • Mahé	15  NEW YEAR	94
2024	4 th January	<i>Le Jacques-Cartier</i>	Mahé • Colombo	15  NEW	92
	5 th January	<i>Le Bougainville</i>	Muscat • Dubaï	7	97
	13 th January	<i>Le Champlain</i>	Mahé • Port Louis	15 	94
	19 th January	<i>Le Jacques-Cartier</i>	Colombo • Mumbai	12 WELL-BEING – Le Tigre Yoga	92
	7 th February	<i>Le Champlain</i>	Zanzibar • Mahé	12 	93
	8 th February	<i>Le Bougainville</i>	Mahé • Zanzibar	12 	93
	19 th February	<i>Le Champlain</i>	Mahé • Zanzibar	12 	93
	20 th February	<i>Le Bougainville</i>	Zanzibar • Mahé	12 	93
	2 nd March	<i>Le Champlain</i>	Zanzibar • Mahé	12 	93
	3 rd March	<i>Le Bougainville</i>	Mahé • Zanzibar	12 	93
	14 th March	<i>Le Champlain</i>	Mahé • Mahé	8 	94

Ocean Voyages



	Departure	Ship	Itinerary	Nights	Page
2023	30 th October	<i>Le Bellot</i>	Gloucester • Fort-de-France	6	129
	6 th November	<i>Le Dumont-d'Urville</i>	Gloucester • Belize City	8	129
	13 th November	<i>Le Lapérouse</i>	Brisbane • Wellington	5	129
	10 th December	<i>Le Lapérouse</i>	Dunedin • Hobart	4	129
2024	2 nd January	<i>Le Lapérouse</i>	Hobart • Lyttelton	5	129
	2 nd February	<i>Le Lapérouse</i>	Auckland • Auckland	6	129
	13 th February	<i>Le Bellot</i>	Fort-de-France • Tromsø	17	129

Oceania and Polynesia



Tropical expedition



Polar expedition

	Departure	Ship	Itinerary	Nights	Page
2023	11 th October	<i>Le Lapérouse</i>	Darwin • Bali	11	117
	14 th October	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118
	17 th October	<i>Le Soléal</i>	Darwin • Cairns	16 PONANT Yacht Club	114
	21 st October	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118
	28 th October	<i>Le Paul Gauguin</i>	Papeete • Papeete	11	118
	2 nd November	<i>Le Soléal</i>	Cairns • Cairns	10	112
	5 th November	<i>Le Lapérouse</i>	Cairns • Brisbane	8	110
	8 th November	<i>Le Paul Gauguin</i>	Papeete • Papeete	10	119
	12 th November	<i>Le Soléal</i>	Cairns • Honiara	11	112
	18 th November	<i>Le Paul Gauguin</i>	Papeete • Papeete	14	119
	18 th November	<i>Le Lapérouse</i>	Wellington • Wellington	7 NEW	108
	23 rd November	<i>Le Soléal</i>	Honiara • Nouméa	10	115
	25 th November	<i>Le Lapérouse</i>	Wellington • Dunedin	8 NEW	109
	2 nd December	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118
	3 rd December	<i>Le Lapérouse</i>	Dunedin • Dunedin	7	109
	9 th December	<i>Le Soléal</i>	Auckland • Wellington	7 NEW	108
	9 th December	<i>Le Soléal</i>	Auckland • Dunedin	28 GRAND VOYAGE	126
	9 th December	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118
	14 th December	<i>Le Lapérouse</i>	Hobart • Hobart	9	111
	16 th December	<i>Le Soléal</i>	Wellington • Dunedin	7	110
2024	16 th December	<i>Le Paul Gauguin</i>	Papeete • Papeete	14 CHRISTMAS	119
	23 rd December	<i>Le Lapérouse</i>	Hobart • Hobart	10 CHRISTMAS & NEW YEAR	111
	30 th December	<i>Le Paul Gauguin</i>	Papeete • Papeete	14 NEW YEAR	119
	13 th January	<i>Le Paul Gauguin</i>	Papeete • Papeete	11	118
	24 th January	<i>Le Paul Gauguin</i>	Papeete • Papeete	10	119
	3 rd February	<i>Le Paul Gauguin</i>	Papeete • Papeete	14	119
	8 th February	<i>Le Lapérouse</i>	Auckland • Wellington	7 NEW	108
	15 th February	<i>Le Lapérouse</i>	Wellington • Dunedin	7	110
	17 th February	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118
	22 nd February	<i>Le Lapérouse</i>	Dunedin • Wellington	7 NEW	109
	24 th February	<i>Le Paul Gauguin</i>	Papeete • Papeete	11	118
	6 th March	<i>Le Paul Gauguin</i>	Papeete • Papeete	10	119
	7 th March	<i>Le Lapérouse</i>	Cairns • Cairns	12	113
	8 th March	<i>Le Soléal</i>	Nouméa • Guam	16 NEW	116
	16 th March	<i>Le Paul Gauguin</i>	Papeete • Papeete	14	119
	19 th March	<i>Le Lapérouse</i>	Cairns • Darwin	16	114
	6 th April	<i>Le Paul Gauguin</i>	Papeete • Papeete	7	118

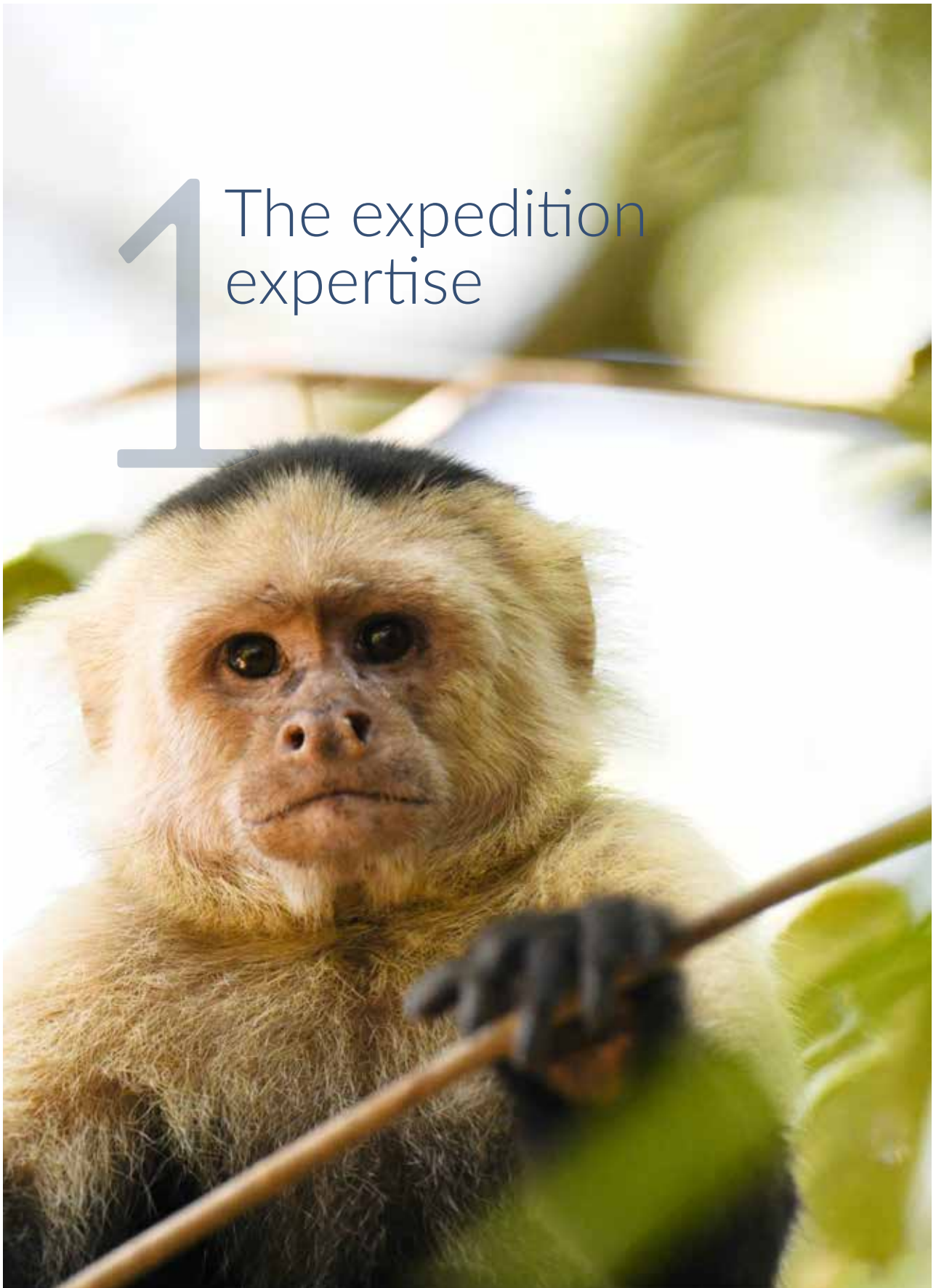




The ultimate experience

Ten reasons to sail with PONANT

1 The expedition expertise



“All expedition cruises stem from the dream of travelling to incredible places. The teams then set to work for two years to make this dream come true for guests.”

José Sarica
Expedition Experience Director

THERE'S ADVENTURE AT EVERY TURN

Our specialists have been busy preparing to lift the lid on some of the most beautiful destinations, both at the poles and in warmer climes. They have been exploring the world over in search of those historical, geological, cultural and natural gems. They've met with indigenous people and local authorities. They've evaluated the safety level on take-offs. For more than 30 years, they have been travelling to the four corners of the Earth to offer you places off the beaten track, with total peace of mind.

EXPERT NATURALIST GUIDES

Our expedition leaders are specialists who will share their knowledge of flora and fauna, local cultures and natural phenomena with you. They organise safe disembarkations and shore excursions according to the opportunities afforded at each expedition. On board, the enjoyment is extended by cultural, scientific and historical conferences.



AN ALL-INCLUSIVE EXPERIENCE

On an expedition cruise, everything is included in our services:

- Zodiac inflatables outings and landings
- The support of the expedition team
- Conferences and briefings on board
- During certain stopovers, land activities requiring the presence of local guides (one activity included per day and per person)

On a polar expedition:

- Parka gift
- Rental of boots

During some cruises, optional paid excursions are also offered to round off your discovery.





Cultural enrichment

Our theme-based collections

*Each season, we design meaningful trips around four major themes.
To provide you with these new experiences, we rely on the expertise of our renowned
partners, represented on board by inspiring personalities.*

THE PLANET

Awakening the world and rising to the challenges of protecting the oceans and the poles by travelling alongside explorers, scientists and naturalists of international renown is our commitment. We design specialised itineraries with major media outlets, and we share our vision with prestigious partners, such as the Institut Oceanographique de Monaco, which is committed to encouraging people to “love, understand and protect” the ocean to the greatest extent possible.

CULTURE

To be moved when listening to a concerto, discovering ancient pieces of art work or meeting contemporary artists: For us, the art of travel is part of an open-minded approach. We organise our theme-based trips in partnership with major cultural institutions. For several years, Radio Classique has been providing music to our cruises by inviting renowned artists on board. Literature and history are not forgotten, thanks to leading experts in these fields.



“Cultural enrichment is an integral part of a PONANT cruise. The goal is to highlight the added value of our partners in the most relevant ways possible.”

Christel Hancy
Director of Themes & Partnerships

LIFESTYLE

Taking care of yourself and getting back to basics, that's what we offer with our 100% unplugged experiences for discovering the world's spiritualities, flavours and inspiring techniques that span the gap between restraint and hedonism. On board, you'll find renowned speakers and chefs who will elevate your adventure with an epicurean theme.

GEOPOLITICS

On some departures, you'll have an opportunity to decipher the visited region through the lens of cultural, civilisational and geopolitical issues with our media partners. Meet journalists, essayists, diplomats, historians and researchers who provide their insights on the destinations during lectures, debates or informal encounters.

Highlights of the season

*Spend the winter of 2023-2024
with music and wellness.*

MUSIC OF ONE THOUSAND AND ONE NIGHTS



Classical music specialist Alain Duault and our partner, Radio Classique, have assembled a group of outstanding artists to bring to life the magic of the Persian Gulf through several vocal, piano and chamber music performances. Meet pianists François Chaplin and Nicolas Stavy, violinist Ayako Tanaka, cellist Ophélie Gaillard, baritone Jérôme Boutillier and soprano Jeanne Crousaud during this 10-night cruise, which sails between Doha and Muscat.

More details regarding this cruise can be found on page 96.





SERENITY AND TRANQUILLITY IN INDIA

For 12 days between Sri Lanka and India, you'll have an opportunity to explore the elements, your emotions and your body through introductory workshops, discussions with our speakers and outside activities. A supplementary retreat, in which the spiritual practice will be more concentrated, is also offered for those who wish to go further in their quest for personal growth and in the exploration of nature.

During this cruise, you'll meet Élodie Garamond, founder of the Tigre Yoga Club, a wellness brand that's synonymous with the lifestyle aspect of yoga.

More information on this cruise can be found on page 92.



Élodie Garamond

A Parisienne communication expert who decided to turn her for passion and yoga lifestyle into a professional endeavour surrounded by family. Élodie published her second book, *Du chaos naissent nos étoiles* (*From Chaos our Stars are Born*) in February 2019 through Editions Flammarion. Publicly committed to the defence of yoga studios at the time of the COVID crisis, she was elected in January 2021 as President of the Union of Yoga Professionals.



Learn more about the yoga retreats on board and the philosophy of the Tigre Yoga Club.



For a more sustainable tourism

For over 30 years, PONANT, driven by its seafaring ethos, has been taking guests to the planet's most secret places where nature reigns supreme. Making this choice means that we have responsibilities towards the ecosystems and communities that live there. This is why, with our PONANT Blue Horizon programme, we are working every day towards more responsible and sustainable tourism.

By booking your cruise, you are supporting the PONANT Foundation. It was created to support projects whose objective is to contribute to the preservation of the oceans, to support the acquisition of scientific knowledge on the polar environment and to promote interactions between peoples and cultures. For more information, go to en.ponant.com/foundation.

*“Sustainable future
is our destination.”*

Hervé Gastinel
CEO PONANT

We are committed to supporting global research through the PONANT SCIENCE programme. For some years now, we have been working in close collaboration with scientists, enabling them to reach remote polar regions to conduct their research. To go even further, we invite them to share their knowledge with our guests. *Le Commandant Charcot*, the very first hybrid-electric polar exploration ship, is powered by liquefied natural gas and incorporates fully equipped scientific laboratories and unique observation points for conducting research on site.

 **PONANT**
BLUE HORIZON



1st
cruise company in
the world to **abandon**
heavy fuel oil



Conducted **environmental
& societal impact studies**
on new destinations in order to
better understand
and preserve natural
ecosystems
and populations



Food products come from
suppliers who comply with
the requirements of
**the standards for food safety
and the environment**



Activities between
**guests and local
communities**



100%
**of waste water
is treated**



75%
electricity savings
thanks to LED bulbs
on board



All our ships are in the process
of being fitted with **electrical**
**connections for linking to local
networks at the quayside**



**Participatory science
workshops** on board
Le Commandant Charcot



Read our sustainable
development report here.



4 Conscious travels

COMMITMENTS AND RECOGNITIONS



Executive member of **IAATO**, International Association of Antarctic Tour Operators, and **AECO**, International Association of Arctic Expedition Cruisers, which brings together stakeholders in the polar zone to establish responsible tourism.



Ocean Approved label awarded by the Fondation de la Mer and audited by Bureau Veritas, for companies that aim to minimise the impact on the marine environment.



We also received the **Palmes du Tourisme Durable prize**, 'Travel' category for the total elimination of heavy fuel oil in favour of low-sulphur marine diesel (LSMGO).



Winner of the Charte Bleue trophy from Armateurs de France de France, which rewards the company's dynamism in terms of social and environmental responsibility.



Signatory to the Global Tourism Plastics Initiative, **a United Nations programme**, to ban the use of single-use plastics.

The German NGO NABU awarded us the title of **the most environmentally friendly cruise company**.

See the complete list of our award on en.ponant.com.

THE TRAVELLER'S ETHICAL CHARTER

Whether on sea, on land or on ice: we strive to minimise our footprint and ask you to do the same. In the polar regions, the expedition team will provide you with guidance for ensuring compliance with the IAATO and AECO regulations.

Before the trip

- Take an interest in the destination and find out about its inhabitants – their customs and practices – its wildlife, its culture and its history, setting aside all prejudices and preconceived ideas
- Only pack the essentials
- Ensure compliance with the prohibition on the import of forbidden products

During the trip

- **Leave no lasting signs of your visit**
 - ▷ Do not leave litter on site
 - ▷ Do not move anything or remove anything from the places visited (sand, stones, bones, plants, etc.)
 - ▷ Do not carve on rocks, ruins or buildings
 - ▷ Avoid trampling on the vegetation
- **Do not disturb the wildlife**
 - ▷ Keep conversation low and move slowly
 - ▷ Comply with the minimum distance guidelines
 - ▷ Leave all food on board the ship
 - ▷ Give right of way to the animals when they're on the move and accessing water
- **Show respect to the communities**
 - ▷ Behave in an open manner
 - ▷ Adapt to the local customs
 - ▷ Certain populations, in the tropical regions, wear little clothing: avoid inappropriate staring
 - ▷ Ask first before taking photographs
 - ▷ Do not walk in the gardens, cemeteries, remains or other archaeological sites, and do not look into the windows of dwellings unless invited to do so
 - ▷ Contribute to the local economy by purchasing craft souvenirs (unless they contain feathers, fossils, bones, plants and stones: ask the naturalist guides for advice)
- **Comply with the security guidelines**
 - ▷ Listen carefully to the instructions issued by the crew and the expedition team
 - ▷ Stay on the signposted footpaths
 - ▷ Follow the group
 - ▷ Do not interact with guides responsible for bear watching
 - ▷ Dress appropriately for the climatic and landscape conditions
 - ▷ Know and respect your physical limits

After the trip

- Share your experience with others
- Raise the awareness of your friends and family and encourage them to get involved
- Continue to keep up-to-date on the regions visited

CERTIFICATIONS



100%
of the fleet labelled
CleanShip by
Bureau Veritas in 2021.



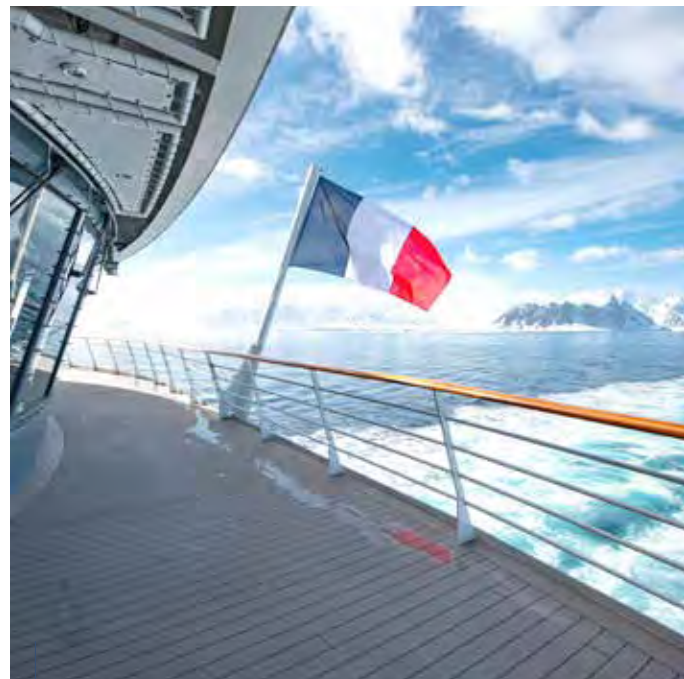
First cruise line to obtain
the **Green Marine Europe** certification
in 2021 (label of the North American
Green program).

A modern and safe fleet

The most advanced technologies,
for responsible and secure seafaring.



Ships designed on a human scale,
between 16 and 165 staterooms.



The only cruise line under the French flag,
considered one of the safest
in the world.

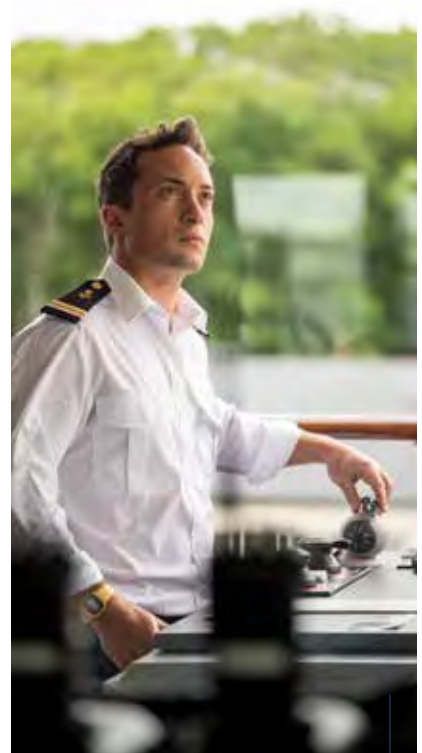
“Promoting sustainable tourism means planning for ships to be environmentally friendly before they are even constructed.”

Health and safety protocols are always respected and adapted in real time according to the situation.

Mathieu Petiteau
New Build Director



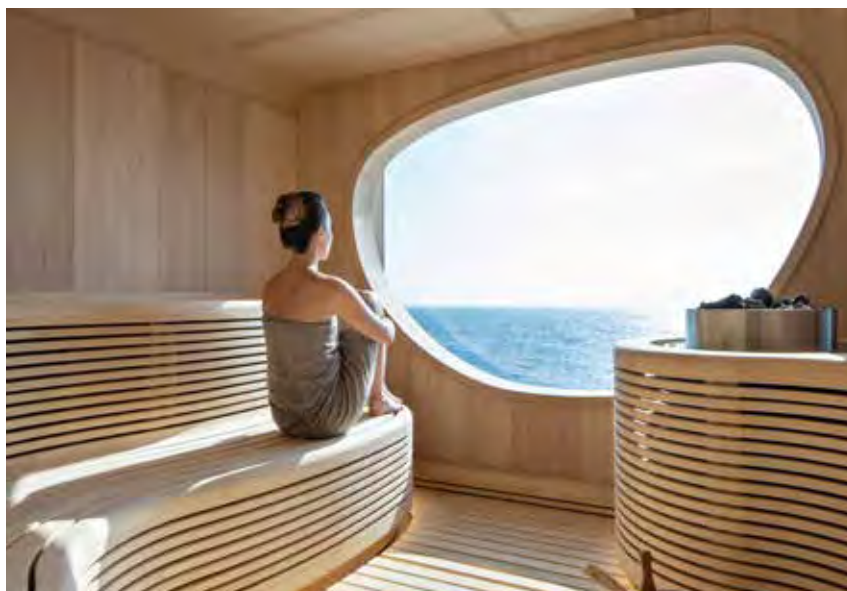
Regular strict controls leading to fleet certification by Bureau Veritas. Each vessel is ISM (International Safety Management) certified.



The officers and crew regularly follow safety and navigation training in specific conditions to ensure expert and calm seafaring every day.

6 Lifestyle

On board our ships, enjoy the comfort and sleek design of the communal areas. They are like cosy cocoons where you can relax any time.



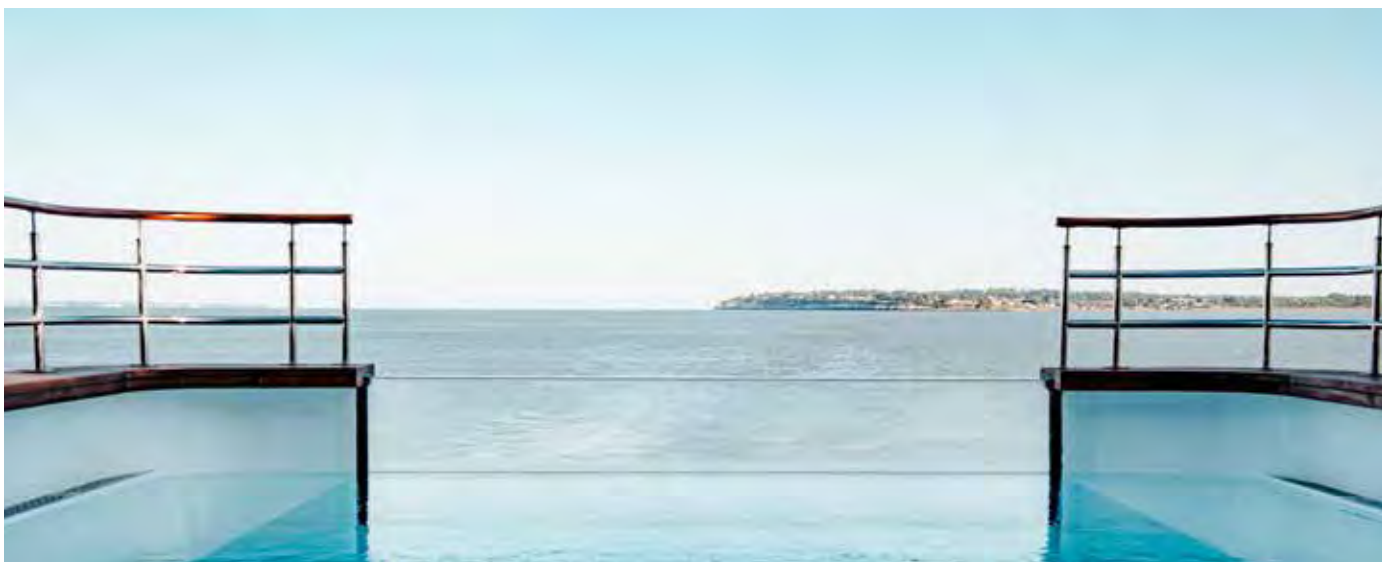
The spa

All our ships have a wellness and beauty area with a spa or steam room, a hair and nail salon, and a gym. *Le Commandant Charcot* also features a snow cabin, a detox bar and an indoor pool.

Enjoy:

- Sothys skincare products on board the Sisterships series, as well as *Le Lapérouse*, *Le Champlain*, *Le Bougainville* and *Le Dumont-d'Urville*
- Clarins treatments on board *Le Jacques-Cartier* and *Le Bellot*
- Treatments by Biologique Recherche and Davines on board *Le Commandant Charcot*
- The Algotharm spa on board *Le Paul Gauguin*





The swimming pool

Except for *Le Ponant*, all our ships have an outdoor pool.
On board *Le Commandant Charcot*, you can also
enjoy a heated indoor pool.



The theatre

Briefings, lectures, film and documentary
screenings, dance performances, concerts...
The theatre plays a role in the cultural programme
we offer during your trip.

*“We ensure
the everyday wellbeing
of our guests. From the welcome
and the dishes we serve,
to the comfort of the cabins
and the implementation of protocols:
we ensure compliance with
the top-quality PONANT standards.”*

Frédéric Zana
Director of Onboard Hospitality



The fine-dining restaurant

All of our ships have a fine-dining restaurant
and a more casual restaurant as well as several
outdoor bars and bars with stunning views.



Find the specifics of each ship
by scanning this QR code.

On the PONANT table



A hearty breakfast
and fresh pastries for early
and late risers.



Fresh produce,
detox juices, ripened
cheeses, fine wines
and a cellar full of
grand crus.

Refined French cuisine enriched with
local flavours, à la carte dishes or a
variety of buffets, depending on the
restaurant.



*Every day
on the menu...*



A wide selection of pastries, desserts
and sweet treats made by the pastry chef.

“Let us delight you with generous cuisine enhanced by local influences.”

Bread – organic baguettes, sandwich breads, speciality breads, gluten free breads – all prepared and baked on board.



Sylvain Posso
Hotel Operations Director



24-hour room service.



Various tea times and samplings of exceptional products – pata negra, caviar, salmon gravlax, etc.

THE DUCASSE CONSEIL EXPERTISE

We have partnered with Ducasse Conseil*, the expert catering centre of chef Alain Ducasse. From the design of the culinary offer to the training of the Company's chefs, we continue to raise the bar of culinary standards of PONANT.



On board *Le Commandant Charcot*, we are pushing our collaboration further. The signature dishes of Alain Ducasse are the finishing touch to a menu specially designed by the Michelin-starred chef.

*Not available on board *Le Paul Gauguin* or *Le Ponant*.

A complete package

The French art of living, attentive service, fine dining, activities, wellness spaces: allow yourself to be carried along the water, between moments of relaxation, adventure and discovery, thanks to all the services reserved for you on board.

SERVICES INCLUDED

- All inclusive from arrival to departure
- Fine dining in all the restaurants
- All drinks in restaurants, bars and minibars
- 24-hour room service
- Butler service in some suites
- Free and unlimited Wi-Fi service on board
- Parties, shows and other activities
- Access to the fitness centre and steam room or sauna, depending on the ship
- Conferences delivered by naturalist guides and guests of honour
- Non-motorised water sports activities, such as kayaking or stand-up paddling (diving not included)
- Taxes for national parks and conservation areas
- All port and security fees

ON AN EXPEDITION CRUISE

Polar and tropical expedition cruises require specific support, which includes additional services, such as:

- Zodiac outings and landings
- All excursions
- Conferences and information sessions on board with naturalist guides
- Parkas provided for polar expeditions
- Rental of rubber boots for polar expeditions





OUR BEST FARE OFFER

Plan your trips in advance and take advantage of the best fares by booking early. When bookings commence on our cruises, we'll offer you the best possible fares. These are subject to change over time depending on the availability of our cruises.

The fares mentioned in this brochure reflect the best rates available at the time of publication, September 2022.



All beverages are included (selection of Champagne, wines and spirits, beers, cocktails, water, soft drinks, hot drinks). Excluding premium à la carte beverages. Butler service is available for the following suites: Le Boréal, L'Austral, Le Soléal and Le Lyrial: all suites on Deck 6; PONANT Explorers: Owner's Suite, Grand Deluxe Suites, Privilege and Prestige Suites on Deck 6; Le Commandant Charcot: Owner's Suite, Duplex Suites, Privilege and Prestige Suites; Le Paul Gauguin: Owner's Suites, Grand Suites, A Veranda Suites and B Veranda Staterooms. Please note that the Wi-Fi connection may be slow and possibly interrupted depending on the geographical area or in circumstances beyond our control.



A tailor-made
journey

We're here for you, from the booking of your cruise to your departure as well as your entire time on board. We offer a wide range of services to facilitate the planning of your trip.

OUR 'À LA CARTE' SERVICE

Opt for a completely personalised stay. Our dedicated advisors are at your service and will tailor your trip to suit your wishes before, during and after your cruise. You'll be able to take advantage of additional tours, private excursions and overnight stays in hotels according to your wishes.

You'll also have the opportunity to book flights to and from your cruise on your regular airline through our Travel Consultants. For certain hard-to-reach destinations, we offer private flights. Transfers between the airport and the port of embarkation or disembarkation are also possible, as is pick-up from your home.

THE PONANT MOBILE APP

You can download the PONANT app, which will guide you in your travel planning and throughout your time on board.

Before your trip, you'll receive notifications regarding advance bookings for both your pre- and post-cruise itineraries as well as your excursions. You can also view details of your trip and the amenities in your cabin. You can follow the position of your ship in real time, access your luggage checklists, clothing recommended for your destination and the formalities to be completed before your departure.

Once onboard, the PONANT app makes everything easier for you. View the main events and highlights of your cruise day-by-day. You have the option of booking your excursions and ordering your breakfasts and meals in your cabin. You also have access to the conference programme and the spa menu. Additionally, all your important on-board appointments will be noted in the application.



Discover our A to Z support, from the booking of your trip to your boarding, by scanning this QR Code

Download the application on the App Store or on Google Play



LE COMMANDANT CHARCOT CONCIERGE

Travelling aboard *Le Commandant Charcot* means experiencing a unique voyage. The Concierge's mission is to make your stay unforgettable by offering you customised services, such as private transfers, access to airport lounges, home services in your absence and individualised land excursions, etc.

Our team of concierge professionals is at your disposal. You may contact them on +33 4 91 26 62 20 or by email: conciergerievoyage@ponant.com.

10

Your advantages





SOLO TRAVELLER

Each year we offer
more than 150 'no single supplement' cruises.
 Enjoy a double stateroom at no extra cost.

FAMILY & FRIENDS

From the fifth person in the same booking,
**the whole party benefits from a 5% discount on the same
 port/port cruise** (excluding port taxes).
Children and teenagers up to the age of 17 sharing
 a stateroom with two adults are also free.⁽¹⁾



HONEYMOON & WEDDING ANNIVERSARY

For all cruises made within 12 months of your marriage or civil
 union ⁽²⁾, PONANT offers you a **5% discount on your cruise** as well
 as surprises on board. On board *Le Paul Gauguin*, a traditional
 Polynesian blessing can be organised.

For every multiple of five years of marriage or civil union, we offer
 you **€200 discount per cabin.** ^{(1) (3)}

CONSECUTIVE CRUISES

Continue the fun by combining several cruises
and benefit from the following offers: ⁽⁴⁾

ON ALL OUR CRUISES

- 10 %
off all consecutive
cruises

ON A PARTICULAR SELECTION OF CRUISES

20 %
off when the cruise
is your 2nd

30 %
off when the cruise
is your 3rd

40 %
off when the cruise
is your 4th

REFER YOUR FRIENDS AND FAMILY

As a referrer, you will receive a €500 discount per stateroom on your next cruise (as soon as your referral is booked). **Your referral benefits from a €500 reduction on their first cruise.** As the number of referrals is not limited, you can accumulate your discounts. ⁽⁵⁾



Offers indicated are subject to change without notice. (1) Offer cannot be combined with other referral, honeymoon or wedding anniversary offers. (2) Offer valid upon presentation of proof and is applicable once per anniversary year. (3) Offers valid for a cruise during the anniversary year, upon presentation of proof. Can only be combined with PONANT Yacht Club loyalty status offers. (4) Discount applicable on the port-to-port cruise fare only and excludes port taxes. Not applicable on ocean voyages. Ocean voyages are not included in the calculation of the cruise position. (5) Offer cannot be combined with the welcome offer applied upon the booking of a first cruise.

PONANT YACHT CLUB

Join the PONANT Yacht Club when you book your second cruise.

You will benefit from special attention, exclusive services on board and on land, as well as privileged services.



	MAJOR	ADMIRAL	GRAND ADMIRAL	COMMODORE
	After you confirm your 2nd cruise	After you confirm your 4th cruise	After you confirm your 7th cruise	After you confirm your 20th cruise
Discount on your future bookings (see opposite)	5 %	7.5 %	10 %	12.5 %
Discount for all onboard expenses, except excursions		20 %	25 %	25 %
Onboard credit	50 €	100 €	150 €	200 €
Complimentary onboard laundry service	✓	✓	✓	✓
The opportunity to join the PONANT Yacht Club's Loyalty cruises	✓	✓	✓	✓
Possibility of upgrading (according to availability)		✓	✓	✓
Change your choice of cruise without incurring charges			✓	✓
Dedicated phone line				✓
Priority boarding according to availability				✓

As a member of the PONANT Yacht Club:

- Join the PONANT Yacht Club's Loyalty cruise Chairman's Cruise – New Guinea Odyssey, for English-speaking, loyal guests only. Learn more about this departure on page 114.
- Meet us at the 2023 edition of the PONANT event tour. After the success of the 2022 edition in France, Belgium and Switzerland, we will be on the road again to meet you, to help you (re)discover the world of PONANT and to share with you and share with you new and exclusive products.
- Join the private Facebook group PYC.
- Take along your PONANT passport, which you received with your membership card. On board, get the different theme pages stamped according to your destination, ship or loyalty status.

Your PONANT moments

*"A picture is worth a thousand words," says the adage.
And yours reflect your own experience on one of our ships,
amidst fascinating scenery. Where else is as magical
as the Antarctic to immerse yourself in travel memories?*



This section features a selection of the best photos you've shared in the PONANT Yacht Club Facebook group.





2



3

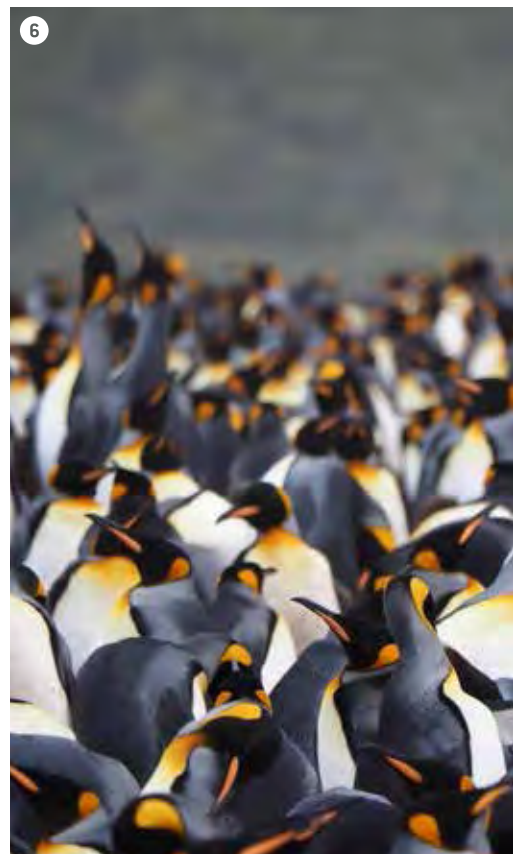


4

- 1 - St. Andrews Bay, South Georgia, Jack Flick.
- 2 - Sunrise, Orne Islands, Sylvie Turgeon.
- 3 - Leopard seal, Veronique Fauchoux.
- 4 - Moonrise, Patrick Roux.
- 5 - Danco Island, Emmanuel Wentzel.
- 6 - Gold Harbour, François Blanchard.



5



6



A close-up, high-contrast photograph of a penguin's head. The penguin has dark, textured feathers. A prominent, bright yellow patch is visible on its forehead, partially obscured by a dark, curved shape that appears to be its eye or a shadow. The lighting is dramatic, highlighting the texture of the feathers and the vibrant color of the yellow patch.

The Antarctic

Raw. Wild. Hypnotic.

1 - Gentoo penguin, Ross Sea.

2 - Ice detail.

3 - Zodiac inflatable outing in Paradise Bay, Antarctic Peninsula.

Explore with PONANT

Photogenic parades

Engines stop and the zodiac inflatables rock gently. Everyone holds their breath. Only the water lapping against the edges of the boat breaks the silence. No matter how you listen you cannot escape it. The hubbub comes from the coast of the Antarctic Peninsula, the most penguin-populated area on the entire White Continent. They waddle haphazardly along the beaches to reach their nests or tend to their young. This is the moment to take out the cameras. Especially peaceful and curious, whether they are gentoo, Adélie or chinstrap varieties, they aren't camera shy. The eye passes from the shore over to the icy depths. Rich in nutrients, they provide life for many seals, sea lions, whales and orcas. The show is everywhere.

An unforgettable expedition

Even if Antarctica remains an enigmatic territory today, imagine what it must have been like just a century ago. The vast continent saw expeditions each more mythical than the next: those of the *Astrolabe* of Jules Dumont d'Urville, the *Pourquoi Pas?* vessel of Jean-Baptiste Charcot, the *Endurance* of Sir Ernest Shackleton and many more. Either sailing, sea kayaking or hiking, we invite you to follow in the footsteps of these pioneers whose explorations continue to feed the imagination of contemporary explorers. The feelings and emotions that some trips evoke cannot be told; they simply need to be experienced.

Ice in all its states

Sometimes a powdery white as if sparkling with thousands of sequins, sometimes of an intense and striking blue. Sometimes streaked with grey, sometimes pierced by golden rays. Sometimes as stable as a rock, sometimes crumbling. The ice encapsulates all expectations, all the hopes of exploration, all the dreams of purity. Its presence is everywhere: on the landscape, on the waves. Snowy mountains, giant icebergs, ice barriers, glaciers, pack ice. Everywhere and at every moment it is a part of these elements that reminds us that, in these places, we are masters of nothing, only able to leverage extreme adaptability, flexibility and exercise caution over the magic of this ice in all its states.





Through the eyes of Florence Kuyper

Experience the unknown

Florence Kuyper, expedition leader aboard the PONANT fleet for many years, has a gift for sharing her admiration of the Antarctic, a world that has yet to reveal all its secrets. Her passion knows no limits, like the region itself.



When you're in this polar region, you feel that you're in a universe that is simply too big for us, as humans. It's quite humbling to be faced with the scale and power of nature in this way. And when you look at a map and realise that you are only visiting a tiny part of this immense space, it doesn't take a lot of imagination to see our place on this Earth in its true perspective. The vast emptiness of the Antarctic is stunning. You always have the impression that you're the first person to ever set foot there.

"There's a sort of magic there. A land with no people, that belongs to no one – I just find that fascinating. Nothing has been transformed. If there's been no human life here, other than a few scientists, it's because we're not really welcome. The more we learn about this continent, the more we realise that we don't know enough. Antarctica is still a vast area of interest for scientists.

"With Le Commandant Charcot, we remain true to the spirit of science and exploration, but we want to go even further in this adventure, and to reach places that could not be visited before because there was too much ice. We are in unknown territory. Today, can we still live in the unknown?

"To find yourself so far away from everywhere else, as if you have just landed on Earth, gives you the chance to have a remarkable inner exploration. Many people have told me that travelling to the Antarctic changed them, that the meaning they had hitherto given their lives was turned completely upside down."

Must-sees



The Antarctic Peninsula and the Drake Passage

Let yourself be dazzled by the magic of a place like no other. The Antarctic Peninsula, a mythical land if ever there was one, harbours real fascination and promises moments you'll never forget. It's hard work to get there. First, you have to cross the mythical Drake Passage, located at the height of the famous Furious 50s between Cape Horn and the South Shetland Islands. Here a soft and surreal atmosphere reigns throughout, with the mist adding a note of mystery. Glaciers, pack ice, tabular icebergs, mountainous peaks, volcanic beaches, enchanting bays: so many spectacular landscapes that, swept by a light with multiple reflections, invite us to contemplation.

Itineraries: Emblematic Antarctica and The Great Austral Loop, page 46; The great adventure and The Antarctic Odyssey, page 47.

South Shetland Islands

On the edge of the Antarctic Peninsula, 120 km (70 miles) from the White Continent, the South Shetland Islands offer surreal and mysterious scenery. On these volcanic islands of dark rock, the landscapes alternate between long, jagged and snow-covered coast and large, gently sloping bays. These lunar and wild lands are home to important scientific research stations and a large number of animal species: chinstrap penguins, crabeater seals or Weddell seals, Antarctic terns, giant petrels and elephant seals have taken up residence here.

Itineraries: Emblematic Antarctica and The Great Austral Loop, page 46; The great adventure, page 47.



The Falkland Sound

Between the two main lands of the Falkland Islands, West Falkland and East Falkland, your ship will cut a path to the heart of these remote islands. For the first time, a cruise ship will sail on the Falkland Sound, a channel where the deep blue of the water merges with the distinctive green of the peat-covered moors. Admire this peaceful prairie landscape punctuated by coves and bays, which you will discover as you sail along.

Itinerary: Wild nature between Argentina & the Falkland Islands, page 48. Other itineraries going through the Falkland Islands: The Great Austral Loop, page 46; The Antarctic Odyssey, page 47; Falklands, South Georgia & Valdes Peninsula: in the heart of the wilderness, page 49.





South Georgia

A region formed by an underwater mountain chain that extends from the Andes to the Antarctic Peninsula, all the wildlife of the Far South can be found in South Georgia: king and gentoo penguins, elephant seals and fur seals... If you are fortunate enough to land at St. Andrews Bay, you can expect a wonderful spectacle: more than 300,000 king penguins have taken up residence there. At sea, orcas, humpback whales and other cetaceans will escort you along your navigation.

Itineraries: *The Great Austral Loop*, page 46; *The great adventure and The Antarctic Odyssey*, page 47; *Falklands, South Georgia & Valdes Peninsula: in the heart of the wilderness*, page 49.



In the heart of the Chilean fjords

Your ship will chart a course towards the South of Chile, to meandering fjords where majestic glaciers seem to meet the ocean. Here, the sea is scattered with islands and powerful glaciers. The Agostini, Brügger and El Brujo glaciers particularly stand out. These living giants crack, rumble and suddenly calve chunks of ice in iridescent colours. This is a real treat for photographers. During some stopovers, you will have opportunities to set out aboard our zodiac inflatables to get as close as possible to this untamed natural world, where the presence of human beings is almost imperceptible.

Itinerary: *Exploring the Chilean Fjords*, page 48.



Valdes Peninsula

You will be able to follow the narrow strip of land formed by the isthmus for a few kilometres, to reach the Valdes Peninsula nature reserve, a UNESCO World Heritage Site. Its microclimate, protected from the extreme conditions of the Southern Atlantic, makes this an ideal breeding ground for southern right whales, but also for southern elephant seals, southern sea lions, and orcas. The sight of orcas washing up on the beach to hunt young elephant seals is a truly unique spectacle on a world scale.

Itineraries: *Wild nature between Argentina and the Falkland Islands*, page 48; *Falklands, South Georgia & Valdes Peninsula: in the heart of the wilderness*, page 49.



New Zealand's Subantarctic Islands

Situated in the Southern Ocean between the Antarctic and Subtropical Convergences, New Zealand's Subantarctic islands are renowned for their surprisingly rich biodiversity, which has earned them their place as UNESCO World Heritage Sites. Comprised of: Campbell Island, reputed for its fascinating megaherbs; the Antipodes Islands inhabited by albatrosses; the Snares Islands, one of New Zealand's last preserved regions; and the Auckland Islands, these archipelagos will delight enthusiasts of unspoiled nature.

Itineraries: *Scott & Shackleton's Antarctic – Ross Sea Expedition*, page 50; *Expedition to New Zealand's Subantarctic Islands*, page 51.

Emblematic Antarctica

USHUAIA • USHUAIA 11 days/10 nights
L'Austral | *Le Boréal* | *Le Lyrial*: many
 departures in November and December 2023,
 and in February 2024
From €10,110 instead of €12,790⁽¹⁾



NATURE. To help you remember, *AUKS* can be found in the *ARCTIC* (Northern hemisphere), and *PENGUINS* live in *ANTARCTICA* (Southern hemisphere). Unlike auks, penguins cannot fly.

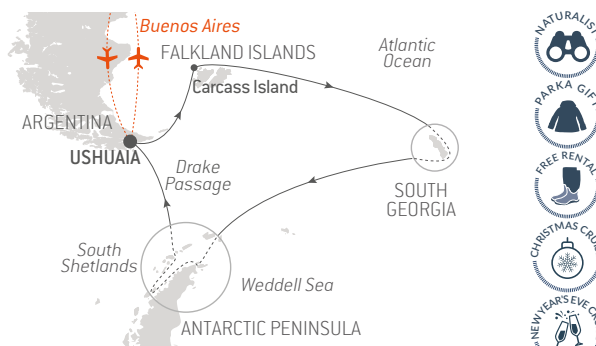
Included in your cruise: return flights Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, visits and transfers.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Lectures and information sessions hosted by our naturalist guides, covering wildlife, history, geopolitics, the great explorers, environmental protection.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- Hiking opportunity.
- Visit research stations and former whaling stations, if conditions allow.
- Landscapes: a multitude of drifting icebergs, ice floes, imposing glaciers and tall, snow-covered mountains.
- Wildlife: humpback whales; gentoo, Adélie and chinstrap penguins; leopard, crabeater and Weddell seals.

The Great Austral Loop

USHUAIA • USHUAIA 16 days/15 nights
L'Austral: 21st December 2023; 5th January 2024
Le Lyrial: 2nd February 2024
From €15,960 instead of €19,380⁽¹⁾



2nd February 2024 departure: **the stop in Carcass Island is replaced by a stop in New Island in the Falkland Islands.**

Included in your cruise: return flights Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, visits and transfers.

HIGHLIGHTS:

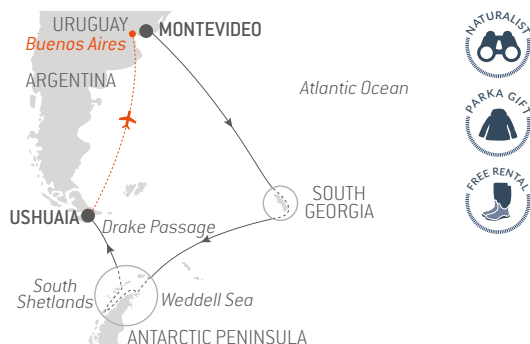
- The knowledgeable support of naturalist guides throughout your cruise.
- Lectures and information sessions hosted by our naturalist guides, covering wildlife, history, geopolitics, the great explorers, environmental protection.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- Hiking opportunity.
- Wildlife: black-browed and light-mantled albatrosses; Magellanic, gentoo, Adélie, chinstrap, king, macaroni and southern rockhopper penguins; crabeater, leopard, Weddell, elephant and fur seals; humpback whales.
- Landscapes: white-sand beaches and turquoise waters in the Falkland Islands; black-sand beaches, alpine landscapes, lush green plains and glaciers in South Georgia; icebergs, ice floe and snow-capped mountains in the Antarctic Peninsula.

The great adventure

MONTEVIDEO • USHUAIA
16 days/15 nights *Le Lyrial*: 7th November 2023

USHUAIA • BUENOS AIRES
18 days/17 nights *Le Lyrial*: 27th February 2024

From €10,670 instead of €13,820⁽¹⁾



GLOSSARY. The Roaring 40s and the Furious 50s: names for the latitudes between the 40th and 60th parallels in the Southern hemisphere, where the winds are particularly violent. Beyond the 60th parallel, it is customary to refer to them as the Shrieking 60s.

Included in your cruise: flight Ushuaia/Buenos Aires, transfer after disembarkation.

HIGHLIGHTS:

- An expedition cruise in the wake of the great explorers.
- The knowledgeable support of naturalist guides throughout your cruise.
- Lectures and information sessions hosted by our naturalist guides, covering wildlife, history, geopolitics, the great explorers, environmental protection.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- Hiking opportunity.
- Landscapes: icebergs, ice floe, glaciers and snow-capped mountains in the Antarctic Peninsula; black-sand beaches, alpine landscapes, lush green plains and glaciers in South Georgia.
- Wildlife: humpback whales; gentoo, Adélie, king, macaroni and chinstrap penguins; leopard, crabeater, elephant, fur and Weddell seals.

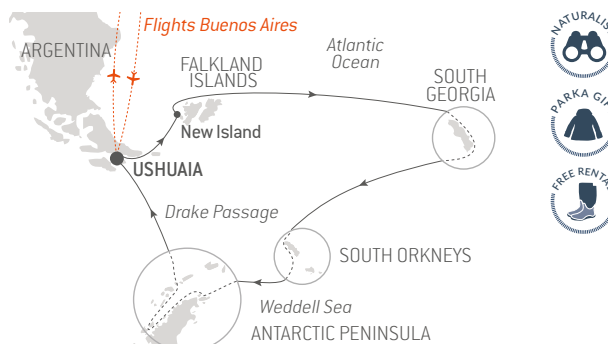
The Antarctic Odyssey

USHUAIA • USHUAIA

17 days/16 nights

L'Austral: 5th November 2023

From €15,580 instead of €18,890⁽¹⁾



CLIMATE. With 280 days of snowfall, 520 hours of sunshine per year, and strong winds, the climate of the South Orkney Islands is one of the harshest on the planet. Incidentally, 85% of the islands is covered by glaciers.

Included in your cruise: return flights Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, visits and transfers.

HIGHLIGHTS:

- The most comprehensive of our Antarctic cruises: the Falkland Islands, South Georgia, the South Orkney Islands, before reaching the Holy Grail of all explorers – the shores of the White Continent.
- The knowledgeable support of naturalist guides throughout your cruise.
- Lectures and information sessions hosted by our naturalist guides, covering wildlife, history, geopolitics, the great explorers, environmental protection.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- Hiking opportunity.
- Landscapes: moors, black- and white-sand beaches, turquoise waters, plains, glaciers, snow-capped mountains, icebergs, ice floe.
- Wildlife: black-browed and light-mantled albatrosses; Magellanic, gentoo, Adélie, chinstrap, king, macaroni and southern rockhopper penguins; crabeater, leopard, Weddell, elephant and fur seals; humpback whales.

Exploring the Chilean Fjords

USHUAIA • USHUAIA

14 days/13 nights

L'Austral: 28th February 2024

From €7,680 instead of €9,500⁽¹⁾



ESSENTIAL. The largest glacier in the Southern Hemisphere excluding Antarctica, the Pío XI Glacier is the third largest ice cap in the world. It covers an area of 1,265 km² and its total length spans 64 kilometres. As it lies on the coast, it can be easily admired from the sea.

Included in your cruise: return flights Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, visits and transfers.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Explore the magic of Chilean Fjords with a sea kayak adventure (*optional activity, booking required*).
- Landing on Cape Horn (if weather conditions allow it).
- Tortel, a picturesque village with wooden pontoons and footbridges.
- Sail along narrow passages, the Strait of Magellan, and Ainsworth Bay, in the heart of the Alberto de Agostini National Park, dominated by the Cordillera Darwin Icefield.
- Depending on opportunities, observe Magellanic penguins, guanacos, caracaras, dolphins, humpback whales, fur seals, sea lions, alpacas, condors and cormorants.
- Landscapes: fjords dominated by the snow-capped peaks of the Andes, iridescent glaciers and mountain lakes.

Wild nature between Argentina and the Falkland Islands

USHUAIA • BUENOS AIRES

15 days/14 nights

L'Austral: 12th March 2024

From €7,680 instead of €9,640⁽¹⁾



NATURE. In the Falkland Islands, each species of birds marks its own territory. The cold Falkland Current provides them all with the prey they need to survive. Facing threats, the black-browed albatrosses found a refuge in the cliffs of the archipelago where they could reproduce in summer.

Included in your cruise: single flight Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, transfer.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- Five days to discover the Falkland Islands: be among the first to sail in the Falkland Sound aboard a cruise ship.
- Discover the Valdes Peninsula, a UNESCO World Heritage Site due to its exceptional biodiversity.
- Landing on Cape Horn (if weather conditions allow it).
- Hiking opportunity.
- Landscapes: moors scattered with moss and lichen, white-sand beaches and turquoise waters, shrub steppe.
- Wildlife: gentoo, king and Magellanic penguins; sea lions, elephant and fur seals; light-mantled and black-browed albatrosses; orcas, sei whales, guanacos, Commerson's dolphins.

Falklands, South Georgia & Valdes Peninsula: in the heart of the wilderness

NEW

USHUAIA • BUENOS AIRES

19 days/18 nights

Le Boréal: 7th March 2024

From €10,270 instead of €13,030⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Explore the magic of Antarctica with a sea kayak adventure (*optional activity, booking required*).
- South Georgia and the Falkland Islands, two subantarctic archipelagos of singular beauty, where the variety of fauna and flora is astonishing.
- Discover the Valdes Peninsula, a UNESCO World Heritage Site due to its exceptional biodiversity.
- Wildlife: gentoo, king, macaroni and Magellanic penguins; sea lions; elephant and fur seals; light-mantled and black-browed albatrosses; orcas; sei whales; guanacos; Commerson's dolphins.
- Landscapes: alpine landscapes, black-sand beaches, plains and glaciers in South Georgia; moors scattered with moss and lichen, white-sand beaches and turquoise waters in the Falkland Islands; shrub steppe in southern Argentina.



Included in your cruise: single flight Buenos Aires/Ushuaia, the night in Buenos Aires before embarkation, transfers.

A brand-new port of call: West Point Island

It is no coincidence that West Point Island was once called Albatross Island. Like everywhere else in the Falkland Islands, seabirds have taken up residence here. Among them, the huge colonies of black-browed albatrosses observe your arrival by zodiac inflatables, from the surrounding cliffs. The gentoo and king penguins are also curious about travellers arriving by sea. The turquoise waters of the island wash up against the undulating shores, where the stretches of yellow gorse brighten the scenery composed by this wild natural environment. On the hill overlooking the bay stand the dwellings of the few people still living in this remote land. The calm and serenity of the island is only broken by the sound of the wind.



Scott & Shackleton's Antarctic – Ross Sea Expedition

DUNEDIN • DUNEDIN

22 days/21 nights

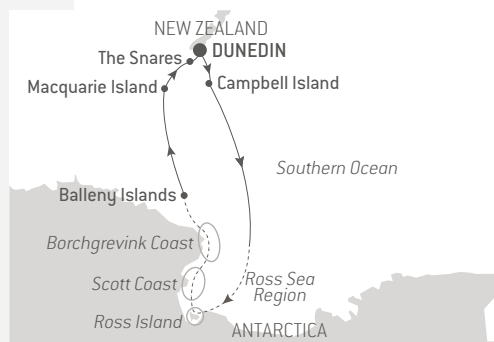
Le Soléal: 20th January and 10th February 2024

From €18,570 instead of €22,950⁽¹⁾



HIGHLIGHTS:

- Visit the most pristine expanse of ocean on Earth.
- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO World Heritage Sites: New Zealand's Subantarctic Islands (Campbell Island, the Snares Islands) and Macquarie Island.
- Follow in the footsteps of the heroic age of Antarctic expeditions and explore the historic huts of Scott, Shackleton and Borchgrevink.
- Explore Snares Islands, home to more nesting seabirds than the entire realm of the British Isles.
- Wildlife: fur, southern elephant, Weddell and crabeater seals; New Zealand Sea Lions; breeding seabirds; African, Adélie, royal, gentoo, chinstrap, southern rockhopper and macaroni penguins.



In the wake of another explorer: Sir Ross

The southernmost sea in the world, the Ross Sea owes its name to Sir James Clark Ross, both a naturalist and a Royal Navy officer, who first explored the area in 1841 with both *HMS Erebus* and *HMS Terror*. It is bounded on the east by Roosevelt Island and the Edward VII Peninsula in Marie Byrd Land, on the west by Ross Island and the coastal mountains of Victoria Land, and on the south by the Ross Ice Shelf, the largest ice shelf in Antarctica located some 320 km from the geographic South Pole. Today, the region is home to many research stations. Among the possible stopovers, Cape Adare, at the northern end of the Borchgrevink coast, is home to the world's largest colony of Adélie penguins.



Expedition to New Zealand's Subantarctic Islands

DUNEDIN • DUNEDIN

15 days/14 nights

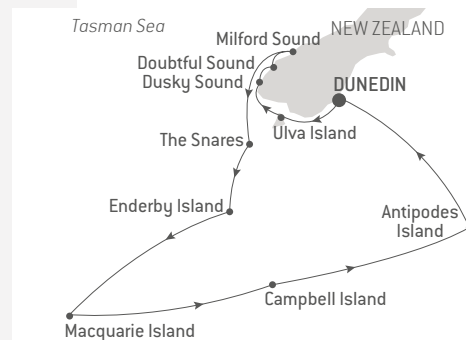
Le Soléal: 23rd December 2023 and 6th January 2024

From €9,250 instead of €12,100⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Landings on idyllic and deserted beaches.
- UNESCO World Heritage Sites: Te Wāhipounamu and its majestic Milford Sound, Dusky Sound and Doubtful Sound; New Zealand's Subantarctic Islands (Snares, Auckland and Campbell islands) and Macquarie Island.
- Undertake a guided walk on the predator-free sanctuary of Ulva Island (Te Wharawhara), now a haven for many species of birds and plants and home to an undisturbed podocarp forest.
- View breeding populations of New Zealand, Antarctic and Subantarctic fur seals, New Zealand sea lions and Southern elephant seals.
- Explore Snares Islands, home to more nesting seabirds than the entire realm of the British Isles.

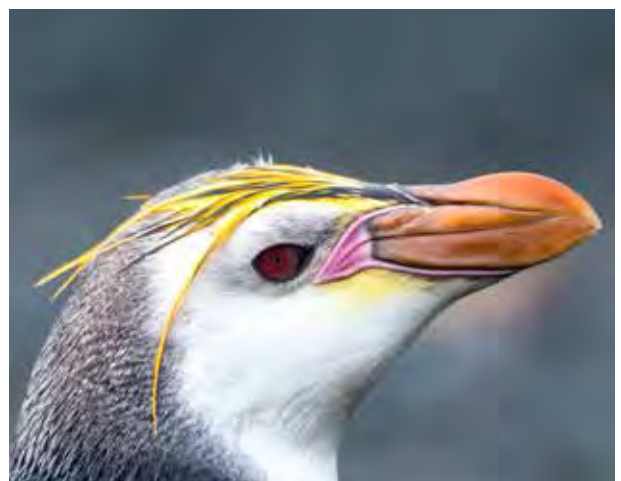


23rd December 2023 departure:
experience a magical Christmas
and New Year's Eve in the heart
of New Zealand's Subantarctic Islands.



A large number of endemic species

New Zealand's Subantarctic Islands are of particular interest to biologists and naturalists. Indeed, there are many endemic and rare species here. For example, they are home to the Snares penguin, which nests only on the small islands of the same name, as well as royal penguins, which are curious and incredibly charismatic. The Auckland and Campbell islands are home to the rarest penguin in the world – the hoiho or yellow-eyed penguin. In 2019, the population of the Auckland Islands was estimated to be 570 breeding pairs, while the last estimate of the Campbell Island population (399 breeding pairs) now dates back to 1992.



Technological feats for eco-friendly sailing

RECYCLED ENERGY

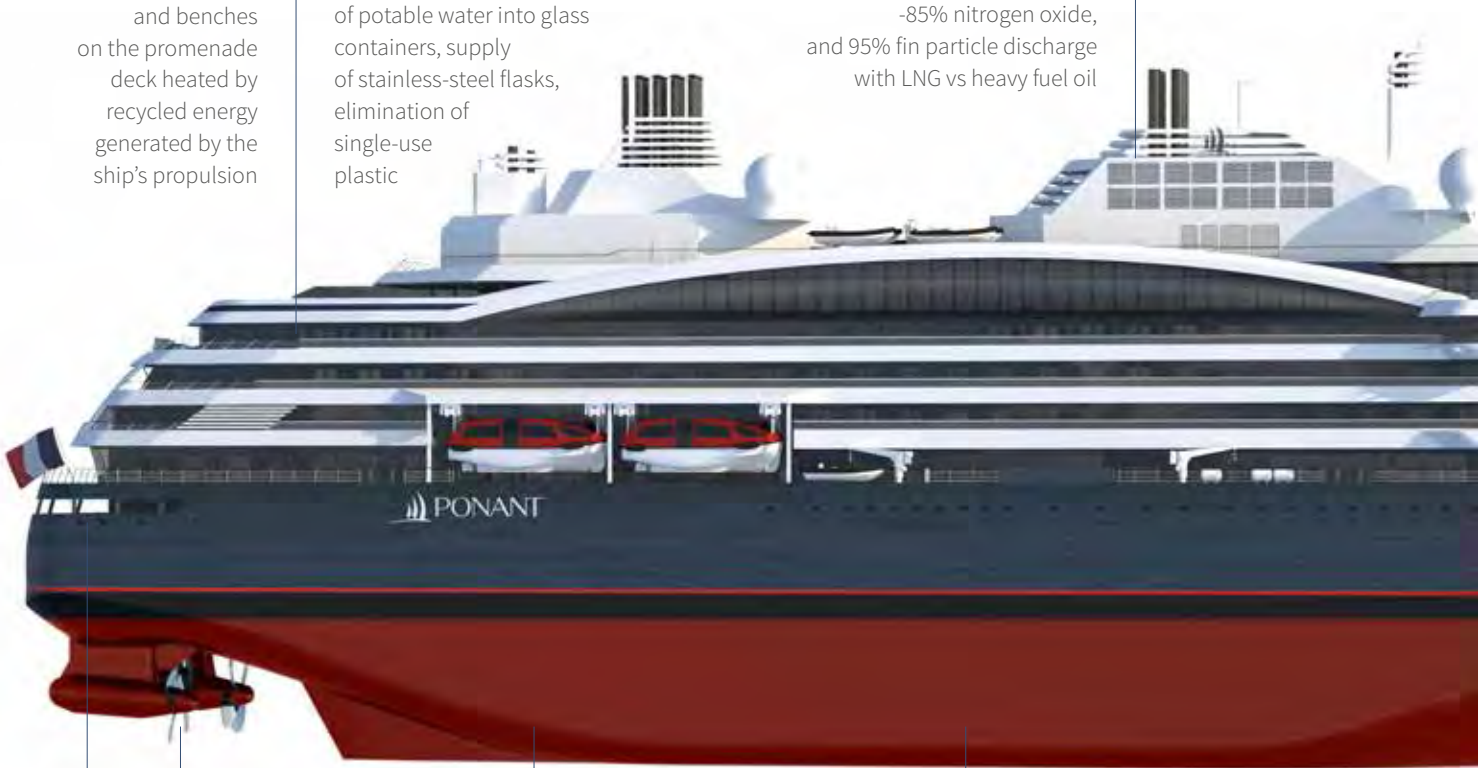
Blue Lagoon baths and benches on the promenade deck heated by recycled energy generated by the ship's propulsion

WASTE REDUCTION

Production and bottling of potable water into glass containers, supply of stainless-steel flasks, elimination of single-use plastic

LOW EMISSIONS

Up to -20% carbon emissions, -85% nitrogen oxide, and 95% fine particle discharge with LNG vs heavy fuel oil



AZIPODS

Exceptional propulsion, safety and 360-degree manoeuvrability in sea ice

SHORE-TO-SHIP

power supply in equipped harbours

HYBRID PROPULSION

Use of liquefied natural gas (LNG) and electric batteries – the largest battery bank ever used on a cruise ship – for both zero atmospheric emission and silent sailing

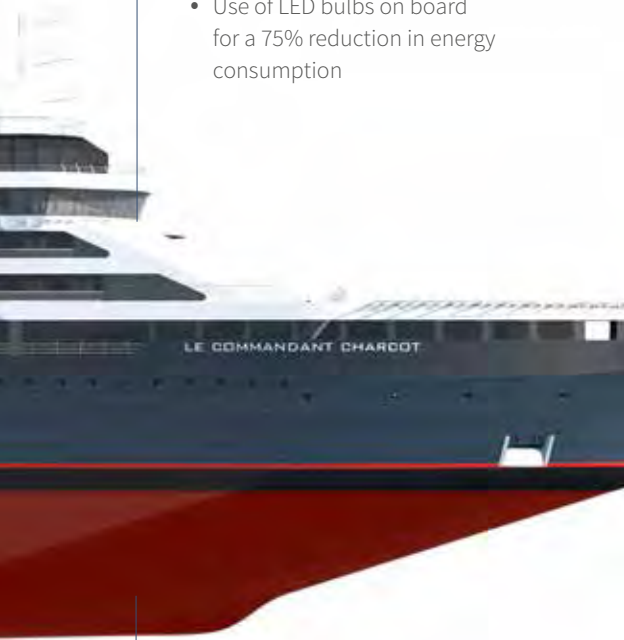
RESPECTFUL TOWARDS MARINE ECOSYSTEMS

- Bottom and sea creature detectors
- Electronic positioning system without the need for anchoring in protected areas
- Ballast water processing
- Reduced noise and vibrations

Le Commandant Charcot was awarded the Special Achievement Awards – Outstanding Environmental Initiative by the readers of the Global Traveler luxury travel magazine at the 2022 Global Traveler Leisure Lifestyle Awards.

CONTROLLED ENERGY CONSUMPTION

- Optimisation of navigation routes thanks to custom-developed software
- Energy management systems
- Ship speed limitation
- Use of LED bulbs on board for a 75% reduction in energy consumption



PC2 SHELL

This vessel is the only passenger ship in the world with a PC2 polar class shell, ensuring total safety and the ability to travel through channels inaccessible to other expedition ships

Through the eyes of Patrick Marchesseau

The magic of the Antarctic

An iconic figure among PONANT sailors, Patrick Marchesseau has been at the helm of *Le Commandant Charcot* since its first season in the Antarctic in 2021. He gives us his first impressions of the discovery of the White Continent on board such a magnificent ship.



As a captain, I feel happy to be entrusted with such an asset, and I truly appreciate it. At the end of the season, my colleague Captain Étienne Garcia and I were pleased that the ship made it through without any technical issues. It's a new ship, and there are a lot of new technologies and challenges; however, it has worked very well, which is a guarantee of safety for us, as we travel to isolated places. As a second point, I was personally able to discover things that I had never seen before.

"The Antarctic with *Le Commandant Charcot* at the beginning of the season is encapsulated by going to the edge of the ice pack where emperor penguins walk. It is a magical experience, in a setting of landfast ice, in which tabular icebergs can be seen and many seals are to be found.

"The change of scenery is truly evident. We observe and experience things in the Antarctic that we don't see elsewhere. In the Ross Sea, for example, the sea was covered with "pancakes", or ice ridges; it steams at -15°C, while we kept warm or enjoyed the outdoor swimming pool under midnight sun, with unforgettable parhelion effects! If we are lucky, we can even admire the mythical Mount Erebus, the volcano of Antarctica."

Must-sees



Experience Antarctica differently

Gain new experiences for an intense immersion in the heart of the polar world. Each activity* on board *Le Commandant Charcot* receives the support of our expedition team, made up of experts in their field, so that you can perceive this extreme territory in a different way. Experience mindfulness during discoveries in zodiac inflatables, a kayak ride, an excursion or a snow-shoe hike. Feel the thrill during a dive in icy waters in a dry suit or even in a swimsuit. Contribute to scientific knowledge by helping our naturalists and the team of scientists with data collection. This is where the journey takes on its meaning in full.

** The number of places available per experience is limited. These experiences are subject to weather conditions and vary from day to day and with each departure. The captain and expedition leader will do their utmost to ensure that your experience is as rich as possible, in compliance with safety guidelines and IAATO regulations. Our participatory science activities are subject to the availability of the PONANT science teams and scientists on board.*

In the footsteps of the legendary explorers

Although the existence of an Antarctic Continent was mentioned by Aristotle from the Antiquity, it wasn't until 1773 that James Cook crossed the Antarctic Polar Circle for the first time. Other explorers would follow in his footsteps. Dumont d'Urville, Charcot, Shackleton, Scott, Mawson, Ross, Amundsen... Aboard *Le Commandant Charcot*, the names of these legendary explorers resonate at every moment. We humbly invite you to retrace the journeys of these pioneers, who conquered the final frontiers of the great South, at the very ends of the Earth, where there is still room to feed your dreams.



A region for peace and science

The White Continent is the only territory on the planet that has never been inhabited by an indigenous people. Since 1959, it has been protected by the Antarctic Treaty. Initially ratified by Argentina, Australia, Belgium, Chile, France, Japan, Norway, New Zealand, South Africa, the United Kingdom, the United States and the USSR, the treaty froze all territorial disputes relating to the continent and dedicated the space to peaceful cohabitation between countries in order to further scientific research. Forty research stations have been set up in Antarctica, continuing the legacy of Jean-Baptiste Charcot, the first explorer to have brought back a wealth of scientific data from his expeditions.





Uncharted and captivating territories

Le Commandant Charcot not only offers the opportunity to visit places that can't be reached by traditional ships, but also to see them earlier in the season. You will sail along Charcot Island and the Larsen Ice Shelf, which are extremely difficult to reach. You will head towards Marie Byrd Land, one of the last unclaimed areas on the planet; Adélie Land, where Paul-Émile Victor founded the French base Dumont d'Urville; and Victoria Land, which will forever be associated with the explorer Mawson, who defied winds that could exceed 240 km per hour. The most distant waters of the Weddell Sea, the Ross Sea, the Bellingshausen Sea and the Amundsen Sea will plunge you into the heart of a true polar adventure.



The bewitching Weddell Sea

The Weddell Sea is a real challenge for navigators as most of it is covered by a frozen blanket of sea ice. In the heart of the pack ice — both dislodged and compressed — the wonder never fades. Meanwhile, immense tabular icebergs drift by. Fauna is everywhere. You will spot Adélie penguins, Weddell seals, Minke whales, orcas and snow petrels. With a bit of luck, you might come across a rare Ross seal or even emperor penguins.

Itineraries: The Weddell Sea & Larsen Ice Shelf and The Emperor Penguins of Weddell Sea, page 56; In the footsteps of Shackleton and the Endurance, page 57.



The Larsen ice shelf, a precious barrier

At the heart of the Weddell Sea lies the Larsen ice shelf. It was formed from ice accumulated over thousands of years, which, due to gravity, flows into the sea. About 11% of the Antarctic's surface is made up of these shelves, with the Larsen being the peninsula's largest. It remains fragile, however, as notes Antoine Viot, glaciologist and guide aboard *Le Commandant Charcot*. "Initially, it had three parts. The first two of these disintegrated in 1995 and 2002. So today, the Larsen ice shelf covers 48,600 square kilometres, compared to 86,000 just 25 years ago."

Itinerary: The Weddell Sea & Larsen Ice Shelf, page 56.



The amazing emperor penguins

In the Weddell Sea, the ice floe is home to emperor penguins, the largest penguins on the planet and unique in their kind. The emperor penguin is the only animal to stay and reproduce in Antarctica during the southern winter. This means that the young can venture out on their own in early summer, when food is most abundant. The emperor penguin is the only animal in the world capable of surviving in such an environment. It has four layers of feathers in the form of scales, a thick layer of fat and a network of blood vessels that ensures excellent insulation.

Itineraries: The Weddell Sea & Larsen Ice Shelf and the Emperor Penguins of Weddell Sea, page 56.

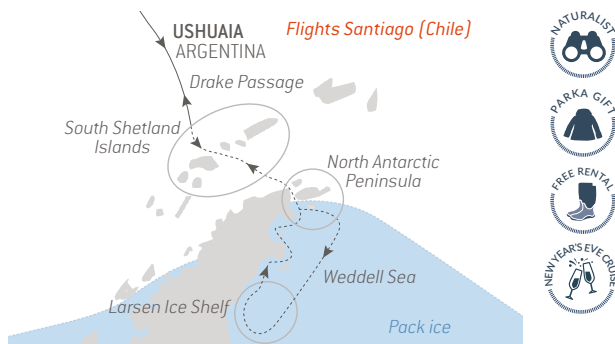
The Weddell Sea & Larsen Ice Shelf

USHUAIA • USHUAIA

13 days/12 nights

Le Commandant Charcot: 27th December 2023

From €18,590 instead of €23,970⁽¹⁾



OUT OF THE ORDINARY. Because Antarctica is largely uninhabited and under international governance, the continent is not officially divided into time zones. The research stations choose which time zone to stick to: that of the country that finances them or geographically closest to their base.

Included in your cruise: return flights Santiago/Ushuaia, the night in Santiago before embarkation, transfers.

HIGHLIGHTS:

- Experience a magical New Year's Eve in Antarctica.
- The knowledgeable support of naturalist guides throughout your cruise.
- Conferences and information meetings on board with our polar region specialists.
- Landscapes: immense glaciers, table top icebergs, the impressive Larsen Ice Shelf, immersion in the heart of the ice floes.
- Wildlife: Adélie, chinstrap and gentoo penguins; leopard, crabeater and Weddell seals; humpbacks, Minke whales and orcas, and the possibility of observing emperors penguins and Ross seals.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.

The Emperor Penguins of Weddell Sea

NEW

PUNTA ARENAS • USHUAIA 15 days/14 nights

Le Commandant Charcot: 3rd November 2023

USHUAIA • USHUAIA 13 days/12 nights

Le Commandant Charcot: 17th November 2023

From €20,440 instead of €26,430⁽¹⁾



Included in your cruise: return flights Santiago/Ushuaia, the night in Santiago before embarkation, transfers.

3rd November 2023 departure:
**you will benefit from two extra days
in the almost inaccessible Weddell Sea.**

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Conferences and information meetings on board with our polar region specialists.
- Landscapes: immense glaciers, table top icebergs, immersion in the heart of the ice floes.
- Wildlife: the possibility to observe emperor penguins and Ross seals; Adélie, chinstrap and gentoo penguins; leopard, Weddell and crabeater seals; humpback, Minke whales and orcas.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.

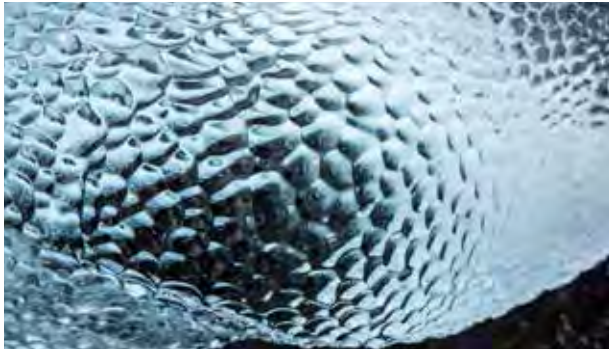
In the footsteps of Shackleton and the *Endurance*

USHUAIA • MONTEVIDEO

18 days/17 nights

Le Commandant Charcot: 4th March 2024

From €18,690 instead of €24,250⁽¹⁾



HISTORY. South Georgia is the resting place of Sir Ernest Shackleton's remains. The British explorer went down in history for having kept his men alive for 22 months in Antarctica after the loss of his ice-crushed ship in the Weddell Sea, during the *Endurance* expedition. The wreck was found in 2022, almost a century after Shackleton's passing.

Included in your cruise: return flights Santiago/Ushuaia, the night in Santiago before embarkation, transfers.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Conferences and information meetings on board with our polar region specialists.
- The exploration from the sea of Elephant Island, in the South Shetland archipelago, where the *Endurance* crew awaited help after getting shipwrecked in the Weddell Sea.
- Landscapes: drifting icebergs, ice floe, glaciers, snow-capped mountains, alpine landscapes, black-sand beaches.
- Wildlife: humpback whales, leopard, crabeater and Weddell seals, king penguins, elephant and fur seals.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.

In the wake of Jean-Baptiste Charcot

NEW

USHUAIA • USHUAIA

15 days/14 nights

Le Commandant Charcot: 29th November and 13th December 2023

From €21,240 instead of €27,470⁽¹⁾



13th December 2023 departure:
experience a magical Christmas Eve in Antarctica.

Included in your cruise: return flights Santiago/Ushuaia, the night in Santiago before embarkation, transfers.

HIGHLIGHTS:

- Cross the Arctic Circle and the exploratory approach of the distant Charcot Island.
- The knowledgeable support of naturalist guides throughout your cruise.
- Conferences and information meetings on board with our polar region specialists.
- Wildlife: Adélie, chinstrap and gentoo penguins; leopard, crabeater and Weddell seals; humpbacks, Minke whales and orcas, and the possibility of observing emperors penguins and Ross seals.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.

Unexplored Antarctica between Two Continents

USHUAIA • LYTTTELTON

29 days/28 nights

Le Commandant Charcot: 8th January 2024

From €41,660 instead of €54,680⁽¹⁾



HIGHLIGHTS:

- The Bay of Whales, a natural harbour that served as a base for Roald Amundsen's victorious expedition in 1911.
- The crossing of three southern seas: Bellingshausen, Amundsen and Ross.
- The exploratory approach to some of the most little-known islands in the world: Charcot Island, Peter I Island and the Marie Byrd Land islands.
- The knowledgeable support of naturalist guides throughout your cruise.
- The landscapes: ice shelves, including that of Ross, surrealist glaciers, monumental icebergs, immersion in the heart of the ice floe.
- Wildlife: crabeater, leopard and Weddell seals; royal, king and Adélie penguins; humpback whale and orcas.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.



Included in your cruise:
single flight Santiago/Ushuaia, the night in Santiago before embarkation, transfers.

Ross sea, "the last ocean"

"The last ocean" is what scientists from all around the world call this deep bay that runs along the edge of Antarctica between Marie Byrd Land and Victoria Land. In 2016, Ross Sea, the last intact marine ecosystem, became the world's largest marine protected area. The starting point for the greatest southern expeditions – particularly to the South Pole – it was explored by James Clark Ross between 1839 and 1843. It was then that he discovered the enormous barrier formed by a gigantic ice shelf extending out to the open sea and from which titanic icebergs are calved.



From Dumont d'Urville to Mawson: retracing Heroic Age expeditions

LYTTELTON • USHUAIA

27 days/26 nights

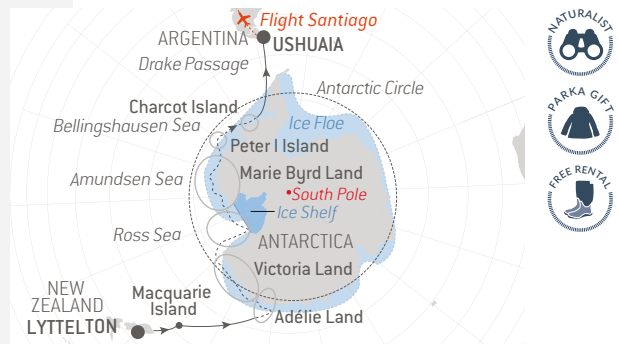
Le Commandant Charcot: 6th February 2024

From €38,030 instead of €50,120⁽¹⁾



HIGHLIGHTS:

- A UNESCO World Heritage Site: the Macquarie Island.
- The approach to Adélie Land, to the Dumont d'Urville scientific station and the exploration of Victoria Land.
- Set off in the footsteps of the famous Sir Ernest Shackleton and Robert Falcon Scott on Ross Island.
- The crossing of five southern seas (Dumont d'Urville, Somov, Ross, Amundsen and Bellingshausen) and the exploratory approach to some of the least-known islands in the world (Charcot, Peter I and the Marie Byrd Land).
- The knowledgeable support of naturalist guides throughout your cruise.
- Landscapes: ice shelves, surrealist glaciers, monumental icebergs, immersion in the heart of the ice floe.
- Wildlife: crabeater, leopard and Weddell seals; royal, king and Adélie penguins; humpback whales and orcas.
- Many activities: kayaking, hiking, snowshoeing, polar plunge without suit, polar swim with drysuit, participative science.



Included in your cruise:
flight Ushuaia/Santiago, transfer after
disembarkation.

Adélie Land, science and auks

Adélie Land covers around 400,000 km² (around 250,000 square miles) of the White Continent between the 136th and 142nd meridians longitude East. This French area dedicated to science in Antarctica is home, on Petrel Island, to Dumont-d'Urville station, which is named after the eponymous French explorer who investigated the region in 1840. Here, the few resident scientists share the Antarctic desert with Adélie penguins, seals and orcas, as well as emperor penguins during the winter. The extreme climate of this land at the edge of the world, characterised by its very low temperatures and its violent winds or blizzards, makes it difficult to access its shores.



Pre- & Post-Cruise Programmes

We invite you to enhance your cruise and extend your trip with carefully designed, high-quality programmes organised to tie in with the flights selected by PONANT. Please find below samples of the programmes available in South America for Winter 2023-2024 season.

To Ushuaia, Argentina **Patagonia, land of contrasts**

(4 nights, pre-cruise programme)

This rich and varied programme invites you to explore the seductive and exciting Argentinian capital independently, before discovering the unspoilt Patagonian countryside in the Torres del Paine Nature Reserve on the Chilean side. A UNESCO Site, its emerald lakes, translucent glaciers and vast forests offer those who love wide open spaces the opportunity to refocus on the essentials of life. The Perito Moreno Glacier, on the Argentinian side, with its spectacular panoramas, will complete this adventure within the South American borders.

To Talcahuano, Chile **The Atacama desert**

(3 nights, pre-cruise programme)

After a day spent strolling freely through the streets of Santiago and a domestic flight to Calama, you'll explore one of the most arid deserts in the world. Here, ruined Inca fortresses and expanses of land for as far as the eye can see, between the Pacific and the Andean Cordillera, guarantee you a complete change of scenery. The Salar de Atacama, the largest salt flat in Chile, is studded with lakes, lagoons and bird sanctuaries, including those of the Chilean flamingo. Several kilometres away, the Valle de la Luna, sculpted by the wind and sun, will reveal its beautiful light and colours at twilight.

Le Commandant Charcot tailor-made

To Ushuaia, Argentina **From Santiago to Valparaíso, through the vineyards**

(3 nights, pre-cruise programme)

Departing from the Chilean capital of Santiago, you'll discover the wine-growing areas, which benefit from an ideal combination of Pacific and Andean influences. You'll reach Valparaíso, a pretty port whose historic quarter is recognised as a UNESCO Heritage Site. Enjoy the combination of the comfort of your boutique hotel and the intoxicating experience of the Central Valley landscapes.

Optional flights from/to Paris

For more peace of mind, PONANT books your flights from and to Paris, or other cities as required, to complete your Antarctic cruises.

From Ushuaia, Argentina **Exclusive overnight in Santiago**

(1 night, post-cruise programme)

After your Antarctic expedition, all cruise guests aboard *Le Commandant Charcot* that end in Ushuaia will enjoy a night in a 5* boutique hotel in Santiago. Enjoying the elegant atmosphere and regional gastronomy, your trip will conclude in a refined setting before you take your flight home the next day.

A unique concierge service

Before embarking *Le Commandant Charcot*, our team will take care of making your wishes come true and offer you unique and personalised services for an exceptional trip, in complete serenity (see page 33).

These are group excursions, and are available either immediately before or after your cruise; they must be booked before departure. Full tour programme and prices are available on our website www.ponant.com 12 months prior to your cruise departure, or call your travel agent.



- 1 - Guanaco, in the Torres del Paine Nature Reserve.
- 2 - The Atacama desert; in the background, the Andes Mountains.
- 3 - Chilean vineyard.
- 4 - View over the financial district from Bicentennial Park in Santiago, Chile.



Norwegian fjords in winter

Authentic. Unprecedented. Luminous.



- 1 - Cottage in Alta.
- 2 - Sámi traditional clothes.
- 3 - Reindeer.

Explore with PONANT

See Norway in a new light

Many may have seen it in summer, when the fjords reveal their verdant vegetation, the waterfalls flow and the villages show off their summer charm. Now we give you the unique and unprecedented experience of exploring Norway at the end of winter. With ambient temperatures around -3 °C, take the opportunity of two itineraries with stopovers inside the Arctic Circle and vibrant landscapes of rarely experienced intensity: snow-capped peaks, frosty plains, fjords misted in a thin layer of frost, and, of course, the possibility of seeing the Northern Lights. The first half of March is indeed the best time of year to experience this colourful spectacle, especially from Alta.

Encounters in the land of the Sámi

The Sámi represent one of the last indigenous cultures on European soil. Today, some 40,000 Sámi live in Norway and perpetuate their heritage while being fully rooted in the 21st century. Known for herding reindeer – the country is home to 200,000 of them – you will receive their hospitality at a particularly important time for them, just before the great migration of the herds, which occurs during April and May each year. They are proud to share their culture and will invite you to listen to traditional tales, taste some of their typical dishes and visit traditional camps in Alta and Narvik.

Natural sanctuary

Don snowshoes, go hiking, take a comfortable sleigh ride pulled by dogs, enjoy our navigation of the fjords of Geiranger and Ofotfjord, among the most typical in Norway, around the isolated Bear Island and the mysterious archipelago of the Lofoten Islands... All set against the backdrop of an unspoiled and preserved natural environment. In March and April the trees glisten in the sun, shrouded in a thin white mantle, and the landscapes seem to float in a muffled silence, interspersed only by the cries of the many birds that take refuge in the region.





Through the eyes of Cécile Manet

The reindeer people

Naturalist guide with a passion for history, Cécile Manet has been travelling the world with PONANT for many years. In particular, she has lived in the Nordic countries where she rubbed shoulders with the Sámi people and learned about their culture and traditions.



The Sámi are a people found in Norway, Sweden, Finland and Russia, in the north of the Arctic Circle. Their lives are intrinsically linked to the reindeer. Originally, they were nomads and followed their migration. With the emergence of borders and, especially today, wind farms, many have settled down. However, the animals' rhythm continues to set the Sámi pace and the whole culture and daily life of the Sámi people revolves around their reindeer: the herders must gather their reindeer to mark them, to designate those that will go to slaughter. Their meat will be consumed, their fur will be used to create clothes and warm boots. I attended a course to make boots, which they make with the hair in a way that facilitates walking in the snow. Some families are also turning to tourism by offering reindeer sleigh rides. However, never ask a Sámi how many reindeer he has, it's the same as asking him how much money he has in his bank account!

"The Sámi culture is very much centered on the relationship between humankind and nature, which is conveyed in particular in the joik, traditional songs, which are sometimes very melancholic. They believe in the presence of spirits in all things. For them, the Northern Lights are the tail of a fire fox. They are also very sensitive about the climate changes we are experiencing today."



Find the interview
with Cécile Manet
on our *Escales* blog.

Nordic discoveries & traditions

NEW

TROMSØ • TROMSØ

11 days/10 nights

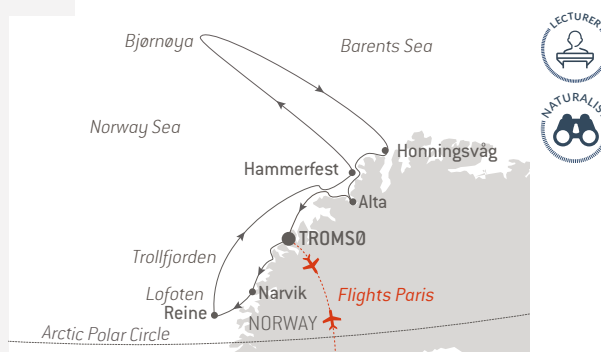
Le Bellot: 1st, 11th, 21st and 31st March 2024

From €8,350 instead of €10,510⁽¹⁾



HIGHLIGHTS:

- The discovery of the traditions and customs of one of the last European indigenous people, the Sámi.
- UNESCO World Heritage Site: the Struve Geodetic Arc in Hammerfest.
- The possibility of observing the enchanting show offered by the phenomenon of the Northern Lights.
- The discovery of two brand new ports of call: Hammerfest and Honningsvåg, and the opportunity to reach the North Cape, the northernmost point of Europe.
- Gain an insight into the culture and incredible diversity of life from your expert expedition team.
- Introduction to Nordic activities: dog sleigh, ice fishing, snowshoeing, chasing the Northern Lights – subject to weather conditions (optional activities).



Included in your cruise: return flights Paris/Tromsø and transfers between airport and port.

21st March 2024 departure: the stop in Reine will be replaced with a stop on the island of Leknes (both part of the Lofoten archipelago).

New stopovers: Hammerfest and Honningsvåg

Competition between these two peaceful fishing ports is fierce, since each claims the status of the northernmost city on the European continent. Located beyond the 70th parallel north, Hammerfest and Honningsvåg (starting point for the North Cape) both have the feel of the end of the world. On the horizon, just sea as far as the eye can see. Now only the Svalbard archipelago separates you from the North Pole. Hammerfest has a rich history, as evidenced by certain vestiges dating from the Stone Age, the Napoleonic wars and even the Second World War. Honningsvåg offers a setting for the boreal lights, a huge cliff plunging into the sea, with thousands of puffins, gannets and cormorants.



Ancient traditions & Norwegian fjords

TROMSØ • COPENHAGEN

11 days/10 nights

Le Bellot: 10th April 2024

From €7,360 instead of €9,410⁽¹⁾



HIGHLIGHTS:

- The discovery of the traditions and customs of one of the last European indigenous people, the Sámi.
- UNESCO World Heritage Sites: the Geiranger fjord and Bryggen, former Hanseatic port of Bergen.
- Cross the Arctic Circle.
- The stops in Alta and Narvik, two cities that are on the verge of obtaining the 'sustainable destination' label.
- The Lofoten Islands, an archipelago with jagged coastline where countless bird colonies make their nests.
- Bergen, a veritable openair museum, home to a thriving artistic community of painters, potters, jewellers.
- Introduction to Nordic activities: dog sleigh, ice fishing, snowshoeing, chasing the Northern Lights – subject to weather conditions (*optional activities*).



Included in your cruise: flight Paris/Tromsø and transfer from airport to port before embarkation.

200 kilometres north of the polar circle

Go beyond the Arctic Circle and you will come to Narvik, nestled in the heart of impressive mountains that plunge into the Ofotfjord fjord. Narvik is in the process of obtaining the 'sustainable destination' label (national label for destinations committed to a sustainable approach for responsible tourism). The city still retains vestiges of the battle of the same name, which took place during the Norwegian campaign in the spring of 1940. From Narvik, it is possible to take the Ofoten railway line, a historic route which is notable in that its only destination is in Sweden, from where iron ore is imported. In this northernmost section of Norway, the 'Arctic train' crosses changing landscapes, between fjords and alpine terrain.





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Pre- & Post-Cruise Programmes

We invite you to enhance your cruise and extend your trip with carefully designed, high-quality programmes organised to tie in with the flights selected by PONANT.

Please find below samples of the programmes available in Northern Europe for Winter 2023-2024 season.

From Tromsø, Norway Lapland land adventure

(4 nights, pre-cruise programme)

Treat yourself to a break in the northern latitudes with this programme, when you will cross the borders of the three countries that make up Fennoscandia. From Luleå, a Swedish coastal town in the far north of the Baltic Sea, to Tromsø in Norway, passing through Finland, you'll discover Swedish Lapland. Historically occupied by the Sámi people for thousands of years, the region covers a quarter of the country and will delight all those who love wide open spaces, extreme experiences, unspoilt nature, history and traditional cooking. Also on the programme, a unique winter tourist and artistic project: discover an ice hotel, a structure sculpted each year in the ice, which disappears in the spring!

From Copenhagen, Denmark Copenhagen, city of art and history

(2 nights, post-cruise programme)

Facing the open sea, now a dynamic and cosmopolitan city, Copenhagen does not forget its long history and its past as a modest fishing harbour. Come and discover the Danish capital and the region's main attractions. You will visit Frederiksborg Castle, the largest palace in Scandinavia, as well as Kronborg Castle, which played a significant role in the history of Northern Europe from the 16th to the 18th century and is now a UNESCO World Heritage Site. You will have dinner in the enchanting Nyhavn district, surrounded by brightly coloured houses and located along the canal in the centre of Copenhagen. This programme also includes a guided visit of the Louisiana Museum of Modern Art.

From and to Tromsø, Norway Comfort package: night in Paris Charles de Gaulle airport

(1 night, pre- and post-cruise programme)

Enjoy one night in Paris Charles de Gaulle airport, before and/or after your private flight from or to Tromsø. A comfort programme including your transfer to or from the airport.

1 - Lapp forest in winter.

2 - Kronborg Castle, close to Copenhagen.

These are group excursions, and are available either immediately before or after your cruise; they must be booked before departure. Full tour programme and prices are available on our website www.ponant.com 12 months prior to your cruise departure, or call your travel agent.





The Caribbean and Latin America

Natural. Divine. Unforgettable.

1 - Young Emberá woman.

2 - Jacana, Livingston.

3 - A beach in the islands of the San Blas archipelago.

Explore with PONANT

Secret getaways

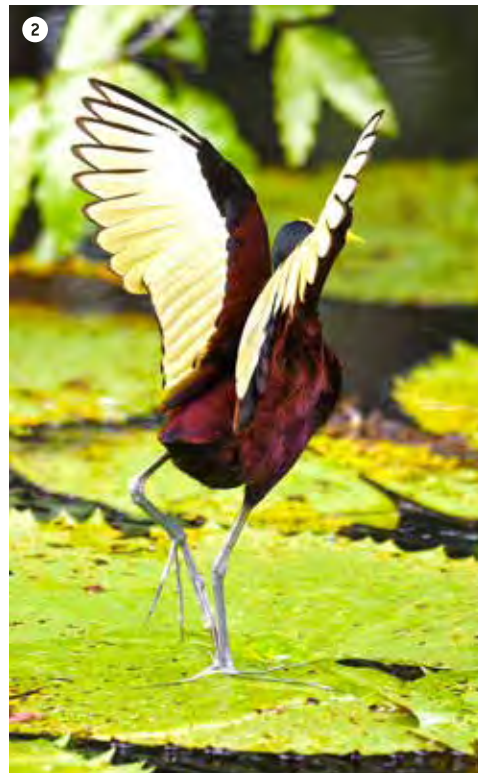
At first glance, Latin America and the Caribbean seem to be standard tourist destinations. However, our thirst for adventure, knowledge and discovery has led us to seek out of some of the most untouched ports of call, providing a true getaway in these areas. Along with the legendary Caribbean islands, including Guadeloupe, Martinique, and Saint Kitts and Nevis, we offer you secret escapes and idyllic breaks in the Pearl Islands Archipelago, Cébaco Island, Water Caye atoll or San Blas Islands in Panama, Cayos Cochinos and Roatán in Honduras, the Corn Islands of Nicaragua or Willemstad in Curaçao.

Authentic meetings

Discover the traditional craft of *molos*, sumptuous embroidered fabrics made by the Guna people in the San Blas Islands. Admire the authentic colourful and embroidered dresses of the women of the Ngöbe-Buglé community or delve into the everyday life of the Emberá people in the Darién National Park, a UNESCO World Heritage Site in Panama. Talk to the Garifuna people of Belize, whose culture results from a mix of African and Caribbean influences. Visit the inhabitants of a Mayan village at Punta Gorda in Belize, and learn of their way of costume making and creating traditional musical instruments, producing chocolate or using plants as medicine.

Nature reigns

Latin America is a haven for anyone who holds nature close to their heart. Often, protected areas provide a link between land and sea and are home to rich biodiversity. This is certainly the case for the Darién National Park, where thousands of birds flutter between ancient trees, or the Cabrits National Park in the Dominican Republic, with 520 hectares of forests, mangroves and coral reefs. We also suggest you visit the Curú Wildlife Refuge in Costa Rica, the Jeannette Kawas National Park and the Cuero y Salado Wildlife Refuge in Honduras, where you can see primary forests where many species of monkeys roam, mangrove swamps where caimans live, as well as superb beaches and coral reefs.





Through the eyes of Margot Sib

In all simplicity

In the Darién province, the most isolated area of Panama, Emberá Indians maintain their customs and share them with privileged travellers. Margot Sib, photographer with PONANT ships, tells us about this unique experience.



Our ship arrived in the early morning. It seemed like another world. It was rocky and volcanic, but very colourful as well. The stopover lasted two hours, but we felt that it would be something really special. In front of us was a large black sand beach. In the background, there was an incredibly dense and green tropical forest. The men from the village approached us and came aboard the zodiac boats to guide us through the rough sea to the shoreline.

"Ashore, shirtless and tattooed men in loincloths waited for us to help guests disembark. Then, women and children appeared from under the palms, coming from everywhere. They gave us a warm welcome. They approached us with real openness, even if they were quite shy. The connection was instant, and we immediately felt that Emberá Indians were really genuine.

"Women and children wore colourful pareos and large necklaces. They had picked hibiscus flowers that morning and decorated their hair with them, as well as that of their children. The Emberá are close to nature and have a simple way of life. This was the most genuine encounter I had ever had. I felt very emotional when arriving on the beach. I was amazed by their kindness and generosity."

Must-sees



Caribbean Islands

How can one resist the pull of those golden beaches edged with coconut trees, the hidden coves and quiet bays where time seems to stretch on forever? In the Caribbean, the sea offers an amazing underwater world, made up of coral reefs and shoals of multicoloured fish, waiting to be explored on our stopovers in some of the 12 islands on which we plan to land. Discover Dominica, Martinique and Saint Lucia, where natural beauty, historical heritage, and UNESCO World Heritage Sites (such as the Antigua shipyard, the Morne Trois Pitons National Park on Dominica, the rocky peaks of Saint Lucia, and many more) are intertwined.

Itineraries: Pearls of the Caribbean and The essentials of the Caribbean, page 76; Panama, Colombia & Caribbean Islands, page 77.

A paradise with an enticing name

The Grenadines island chain spreads its string of atolls over cobalt blue waters, protected by a coral reef. Relax on the beaches of Mayreau, the smallest inhabited island in the archipelago; prepare to be amazed by the underwater wildlife, including the green turtles of the Tobago Cays, which are the subject of a wildlife conservation programme; take a stroll through Kingstown, the capital of the archipelago, and its botanical garden, the oldest in the western hemisphere... Whether you're a diving enthusiast or looking for a peaceful getaway, the Grenadine Islands offer a myriad of wonders.

Itineraries: Pearls of the Caribbean and The essentials of the Caribbean, page 76; Panama, Colombia & Caribbean Islands, page 77.



Les Saintes, a historic and dreamlike bay

Made up of nine small islets and discovered by Christopher Columbus, Les Saintes awaken the imagination of travellers and offer extraordinary panoramas. Proudly ranked as the third most beautiful bay in the world, Les Saintes Bay, which formerly attracted pirates and privateers, is now a highly desirable anchorage. Do not miss the chance to discover the richness and diversity of the underwater world in these crystal-clear waters, and let your gaze wander to the horizon, guided by the entertaining ballet of the saintoises, the small and colourful local fishing boats.

Itineraries: Pearls of the Caribbean and The essentials of the Caribbean, page 76; Panama, Colombia & Caribbean Islands, page 77.





Belize: a diver's dream

In the shadow of the Maya Mountains, Belize presents itself as a strip of land bordering the Caribbean Sea. Its coastline is home to the second largest barrier reef in the world, in particular boasting the Great Blue Hole. As a UNESCO World Heritage Site, this coastal area benefits from strict protection prohibiting oil drilling activity. The presence of tropical fish, sharks, turtles and mangroves is now part of a sustainable future.

Itineraries: Caribbean mosaic, between mangroves & lagoons, page 78; Natural sanctuaries & Caribbean encounters, page 79; A tropical odyssey in Central America, page 80.



Punta Gorda, authentic Belize

Nestled at the southern end of Belize, in Amatique Bay, Punta Gorda is a true postcard of the Caribbean. This small, picturesque coastal town, on offer for the first time, keeps a historical legacy with strong Garifuna, Creole and Mayan influences. You'll also have the chance to delve deep into legendary Mayan civilisation. You'll discover costumes and traditions by visiting a traditional village renowned for its cocoa production. In addition, you'll be able to participate in making Belizean chocolate treats.

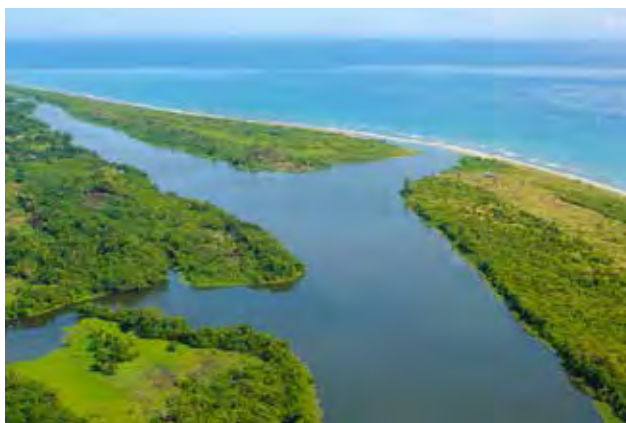
Itineraries: Caribbean mosaic, between mangroves & lagoons, page 78; Natural sanctuaries & Caribbean encounters, page 79.



Panama: new stop at Bocas del Toro

Located on the northwest coast of Panama, the Bocas del Toro Archipelago is home to the country's only national marine park, Isla Bastimentos, protecting a rich coral reef housing more than 200 species of fish. It welcomes visitors to a typically Caribbean atmosphere and completes the visit to a country offering a varied tapestry of culture, from the paradise-like archipelago of the Pearl Islands to the Panama Canal, as well as a meeting with the Guna people on the San Blas Islands or the Emberá people in the Darién National Park.

Itinerary: A tropical odyssey in Central America, page 80.



Secret Honduras

In the heart of the Central American isthmus, we invite you to discover Honduras through four unprecedented stops, including Cayos Cochinos and Roatán with preserved marine ecosystems. Wildlife reserves have a crucial role in the development of the Honduran landscape, such as the Cuero y Salado National Park created in 1987 at the estuaries of three rivers. Travelling via boat through mangroves, lagoons and rivers, you will journey through the Punta Sal National Park, renamed Jeannette Kawas as a tribute to the environmental activist murdered in 1995.

Itineraries: Caribbean mosaic, between mangroves & lagoons, page 78; Natural sanctuaries & Caribbean encounters, page 79; A tropical odyssey in Central America, page 80.

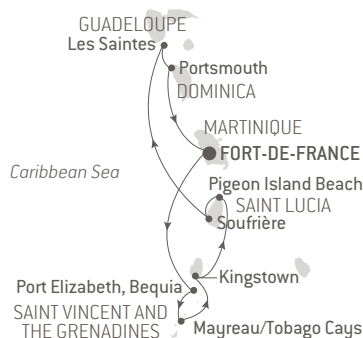
Pearls of the Caribbean

FORT-DE-FRANCE • FORT-DE-FRANCE

9 days/8 nights

Le Bellot: 5th and 13th November 2023,
20th January and 5th February 2024

From €3,450 instead of €4,470⁽¹⁾



OUT OF THE ORDINARY. The droppings of parrotfish, made up of ground coral, accumulate on the shores of the West Indies to form the white sandy beaches for which the archipelago is famous. Each year, just one of these fish can produce a hundred kilograms of sand or more than two tons in twenty years, their average life expectancy!

HIGHLIGHTS:

- UNESCO World Heritage Sites: Morne Trois Pitons National Park on Dominica; Saint Lucia's rocky peaks.
- Discover the Grenadine Islands, considered one of the world's most stunning archipelagos.
- On Mayreau Island, private use of a beach for the day, including a barbecue.
- In Kingstown, the possibility of visiting the magnificent Botanic Gardens and enjoying a catamaran trip with views over La Soufrière Volcano.
- Exceptional seabed with possibility of seeing turtles, barracuda, spiny lobsters and parrotfish.
- On Dominica, the National Park of Cabrits and Fort Shirley.
- Possibility of diving (PADI Open Water Diver or equivalent).

The essentials of the Caribbean

FORT-DE-FRANCE • FORT-DE-FRANCE

13 days/12 nights

Le Bellot: 21st November, 15th and 27th December 2023,
8th January 2024 | *Le Dumont-d'Urville*: 21st March 2024

From €5,180 instead of €6,710⁽¹⁾



15th and 27th December 2023 departures:
experience a fairytale Christmas and
New Year's Eve in the heart of the Caribbean.



21st November, 27th December 2023
and 21st March 2024 departures: **the stop in Saint Bathélemy
is replaced with a stop in Saint Martin.**

HIGHLIGHTS:

- UNESCO World Heritage Sites: Antigua Naval Dockyard; Brimstone Hill Fortress National Park in St. Kitts and Nevis; Morne Trois Pitons National Park on Dominica; Saint Lucia's rocky peaks.
- Exceptional seabed with possibility of seeing turtles, barracuda, spiny lobsters and parrotfish.
- Discovering the British Virgin Islands, where each white-sand beach is more stunning than the next.
- On Dominica, the National Park of Cabrits and Fort Shirley.
- On Mayreau Island, private use of a beach for the day, including a barbecue.
- Possibility of diving (PADI Open Water Diver or equivalent).

Panama, Colombia & Caribbean Islands

COLÓN • FORT-DE-FRANCE

13 days/12 nights

Le Dumont-d'Urville: 9th March 2024

From €4,950 instead of €6,400⁽¹⁾



HIGHLIGHTS:

- UNESCO World Heritage Sites: the fortifications of Portobelo; Cartagena de Indias, an old colonial city; Willemstad, capital of the island of Curaçao; Saint Lucia's volcanic Pitons.
- On Mayreau Island, private use of a beach for the day, including a barbecue.
- In Kingstown, the opportunity to visit the magnificent Botanic Gardens and enjoy a catamaran trip with views over La Soufrière Volcano.
- The idyllic islets of San Blas and the Grenadines and their magnificent seabeds.
- In Panama, the opportunity to learn about the crafts and traditions of the Guna people in the San Blas Islands.
- Lecturers on board, selected for their areas of expertise.
- Possibility of diving (PADI Open Water Diver or equivalent).



Cartagena de Indias, a picturesque city

A splendid harbour city in the north of Columbia, a source of inspiration for the Colombian writer Gabriel García Márquez, Cartagena will win you over with its well-preserved colonial architecture and warm, friendly atmosphere. You can visit the UNESCO World Heritage fortified historical centre, whose churches and houses have magnificent multi-coloured façades. The Las Bóvedas neighbourhood will charm you with its colourful arcades. Once used as prisons, they are now home to stalls selling local handicrafts, such as hammocks, hats, ponchos, bags, jewellery, etc. From one of the city's hills, the San Felipe de Barajas fortress, the largest Spanish fort on the South American continent, offers an exceptional view of this 16th century city.



Caribbean mosaic, between mangroves & lagoons

NEW

BELIZE CITY • BELIZE CITY

8 days/7 nights

Le Dumont-d'Urville: 14th, 21st and 28th November, 5th and 12th December 2023

From €3,590 instead of €4,680⁽¹⁾



HIGHLIGHTS:

- UNESCO World Heritage Sites: the Belize Barrier Reef with Half Moon Caye and the Great Blue Hole.
- A diving opportunity at Belize's Great Blue Hole, one of the 10 most beautiful dive sites in the world according to Captain Cousteau (for PADI Advanced Open Water Diver or equivalent only).
- An encounter with the Garifuna people, descended from a mix of freed slaves and Caribbean and Arawak people.
- The opportunity to explore the pre-Columbian Mayan civilisation and its cultural heritage.
- New ports of call: Punta Sal, Cayos Cochinos, Cuero y Salado, Punta Gorda.
- From Livingston, accessible only by sea, the chance to experience the treasures of the Río Dulce, between hot springs and eco-responsible development project.
- Landscapes: palm-fringed beaches, blue lagoons, heavenly islands, mangroves, tropical rainforests, coral reefs, rich seabed, hot springs, rivers.
- Wildlife: howler monkeys, white-headed monkeys, caimans, turtles, tropical birds, multicoloured fish.



Great Blue Hole, a must-see of Belize

Eighty kilometres from the coast of Belize, at the heart of the Lighthouse Reef, the world opens up before the eyes of curious visitors one of the most fascinating geographical phenomena: the Great Blue Hole, classed as a UNESCO World Heritage Site. This underwater cenote (a Mayan term meaning 'sacred well') is encircled by a gigantic ring of coral reef with a diameter of 318 metres. Reaching 124 metres in depth, this is the second deepest chasm of this type in the world. A natural curiosity especially due to its perfectly circular form, which gives it the nickname of 'the eye of the world', one that can be explored while scuba diving.



Natural sanctuaries & Caribbean encounters

NEW

BELIZE CITY • BELIZE CITY

10 days/9 nights

Le Dumont-d'Urville: 19th December 2023

From €4,620 instead of €6,020⁽¹⁾



HIGHLIGHTS:

- Christmas celebrations in an exceptional environment.
- UNESCO World Heritage Sites: the Belize Barrier Reef with Half Moon Caye and the Great Blue Hole.
- An encounter with the Garifuna people, descended from a mix of freed slaves and Caribbean and Arawak people.
- The opportunity to explore the pre-Columbian Mayan civilisation and its cultural heritage.
- New ports of calls: Punta Sal, Cayos Cochinos, Cuero y Salado, Punta Gorda, Placencia.
- In Placencia, experience an unexpected interlude of captivating marine and terrestrial biodiversity, enchanting landscapes and an intoxicating Afro-Caribbean atmosphere.
- Explore Livingston, accessible only by sea.
- Wildlife: howler and white-headed monkeys, caimans, turtles, tropical birds, multicoloured fish, dolphins, rays, manatees, saltwater crocodiles.
- Multiple diving opportunities, including at the Great Blue Hole (for PADI Advanced Open Water Diver or equivalent only).



Cayos Cochinos: at the heart of the Barrier Reef

Off the coast of Honduras, we invite you to a unique stop in the Bay Islands, home to Cayos Cochinos, an archipelago made up of two islands, Cayo Menor and Cayo Grande, and of 13 cays of coral origin. Located in the great barrier of the Mesoamerican Reef in a marine reserve created in 1994, its seabed is a coral garden where shoals of tropical fish roam. Against this idyllic backdrop, breaks for a swim will bring unparalleled joy and boating activities offer delightful interludes near the shores, among the most beautiful landscapes the Caribbean has to offer.



Highlights represent possible experiences only and cannot be guaranteed.

A tropical odyssey in Central America

NEW

BELIZE CITY • COLÓN

11 days/10 nights

Le Dumont-d'Urville: 28th December 2023

From €5,360 instead of €6,990⁽¹⁾



HIGHLIGHTS:

- Celebrate the New Year aboard *Le Dumont-d'Urville* and enjoy unforgettable moments in an idyllic setting.
- New ports of call: Placencia, Roatán and Bocas del Toro.
- An encounter with the Garifuna people descended from a mix of freed slaves and Caribbean and Arawak people.
- From Santo Tomás de Castilla, an extension is possible to visit the famous Tikal pyramids, incredible vestiges of the ancient Mayan civilisation, listed as a UNESCO World Heritage Site.
- The possibility of meeting the largest indigenous community of Panama, the Ngöbe-Buglé, and discovering their cultural traditions.
- Landscapes: palm-fringed beaches, blue lagoons, heavenly islands, mangroves, tropical rainforests, coral reefs, rich seabed, rivers, canals.
- Wildlife: howler monkeys, white-headed monkeys, raccoons, sloths, otters, agoutis, armadillos and porcupines, multicoloured fish, tropical birds including the toucan, green ibis, frigate bird, yellow-crowned night-heron and the boat-billed heron.



Placencia, an unprecedented stop

We'll take you on an inaugural visit to this ancient fishing village located in southern Belize. Here the Afro-Caribbean atmosphere shows itself in the traditional houses with vibrant colours and the deep blue of the Caribbean Sea, while an enchanting landscape invites you to get away. As a natural land and water sanctuary, Placencia has become an eco-destination that is increasingly popular in the Caribbean, especially for those who love diving and marine life. Among others, its sumptuous lagoon shelters manatees, saltwater crocodiles, dolphins and several species of tropical fish.



Secrets of Central America

COLÓN • PUNTARENAS

11 days/10 nights

Le Dumont-d'Urville: 7th and 24th January 2024

From €5,660 instead of €6,960⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO Sites: the fortifications of Portobelo; the Darién National Park from Playa Muerto, and its magnificent jungle.
- In Costa Rica, outings in the Curú Wildlife Refuge, sanctuaries of unspoiled nature.
- The magnificent San Blas archipelago, its fabulous underwater wildlife and the opportunity to learn about the crafts and traditions of the Guna community that lives there.
- Sail through the Panama Canal.
- A boat trip around Pacheca Island to observe the mesmerising ballet of the many species of tropical birds.
- The Pearl Islands, an unexpected haven of idyllic beaches and enchanting marine biodiversity.
- Fauna and lush flora: tropical forest, howler monkeys, sloths, tropical birds.
- Encounter with the indigenous Emberá tribe in the Darién National Park.



The San Blas Islands, a Caribbean paradise

Located on the north-east coast of Panama, the San Blas archipelago is a string of coral islands that graces the heart of the Caribbean Sea. Over 300 islands and cays covering an area of 300 square kilometres offer travellers seeking a change of scene a multitude of treasures and paradisiac anchorages. The archipelago is inhabited by the Guna, a people who proudly guard this sacred territory and maintain a traditional way of life. They move from island to island to trade their crafts, especially *molos*, multicoloured weavings with various designs that adorn their clothes.



Highlights represent possible experiences only and cannot be guaranteed.



- 1 - Snowy egret in the Tayrona National Park, Colombia.
- 2 - Catamaran, Saint Vincent and the Grenadines.
- 3 - Pigeon Island beaches, Saint Lucia.
- 4 - Seashore, Les Saintes, Guadeloupe.

Excursions during your cruise

On the majority of your ports of call, we invite you to enhance your trip with specially designed, optional excursions, whether cultural or sporty.

Antigua and Barbuda

English Harbour, Antigua

- Discover Antigua (3 h)
- Adventure & beach break (3 h 30)



Saint Barthélemy

Gustavia

- ATV Adventure (2 h)
- Boat & snorkelling tour (1 h 30)



British Virgin Islands

White Bay, Jost Van Dyke

- Catamaran & snorkelling (3 h)



Saint Kitts and Nevis

South Friars Bay, Saint Kitts

- Sail & snorkel (4 h 15)
- Yoga under the Caribbean sky (2 h 45)



Colombia

Cartagena

- Mangrove in traditional canoe (3 h)
- Rosario Islands, from nature to relaxation (6 h)



Santa Marta

- The Tayronaka ruins (7 h)
- Quebrada hike & waterfall (4 h 45)



Saint Lucia

Pigeon Island Beach

- Soufrière by sea & land (7 h)



Soufrière

- Soufrière and botanical garden (3 h 30)
- Magical Soufrière (2 h)



Dominica

Portsmouth

- Chocolate between history & tasting (3 h)
- Traditional Kalinago cultural experience (5 h)



Saint Vincent and the Grenadines

Kingstown

- Discover Saint Vincent (2 h 30)
- Volcano viewing & west coast by boat (3 h 30)



Port Elizabeth, Bequia Island

- Catamaran & snorkelling (3 h 30)
- Catamaran sunset cruise (3 h 30)



Guadeloupe

Les Saintes

- Walking tour & Napoleon fortress (4 h)
- Les Saintes by boat & swimming (2 h 45)



Price: € = less than € 50, € € = from € 50 to 100, € € € = from € 100 to 150, € € € € = more than € 150

Full tour programme is available on our website www.ponant.com 12 months prior to your cruise departure. You can also pre-book your PONANT shore-excursions up to 2 months before your cruise, and have them billed on board. Final programme will be sent with your cruise documents.

Pre- & Post-Cruise Programmes

We invite you to enhance your cruise and extend your trip with carefully designed, high-quality programmes organised to tie in with the flights selected by PONANT. Please find below samples of the programmes available in Central America for Winter 2023-2024 season.

To Belize City, Belize

On the path of the Maya civilization

(5 nights, pre-cruise programme)

Treat yourself to a cultural and sporting break during this touring programme, designed for a small group, and including bus journeys and daily changes to your hotel. Departing from Cancún airport, you'll explore various iconic Mayan sites, among them the ancient cities of Chichén Itzá and Calakmul, both UNESCO World Heritage Sites. You'll continue your adventure by getting off the beaten track to seek the less well-known, but just as important traces of this civilisation. Also on the programme is: tasting local specialties, an immersion in the Mexican jungle on foot, and a night near Bacalar, the Lagoon of Seven Colours. The border crossing between Mexico and Belize is included in your trip.

From Puntarenas, Costa Rica

Natural wonders of Costa Rica

(3 nights, post-cruise programme)

Enjoy three days discovering the unspoilt landscape of Costa Rica's national parks. Take time to slow down to the rhythm of the *pura vida*, enjoying life to the full, according to this famous Costa Rican expression. Become one with your surroundings and immerse yourself in the thermal waters while staying for two nights in an eco-lodge. Go hiking to get close to the iconic crater of the Arenal volcano. Admire the turquoise blue waters of the Río Celeste in the Tenorio Volcano National Park. Go down the Peñas Blancas river via a lush forest and savour the sights and sounds of the rich tropical wildlife. During this trip, you may have the opportunity to see frogs, butterflies, monkeys, sloths, iguanas, crocodiles and many tropical birds.

To Belize City, Belize

Discovery of Tulum and transfer to Belize

(2 nights, pre-cruise programme)

Immerse yourself in the Mayan civilisation before boarding for your cruise with a touring programme that covers Cancún and Belize City, including crossing the border between Mexico and Belize. Explore the unmissable and iconic Tulum city. Built and inhabited by the Mayans, it enjoyed its peak between the 12th and 15th centuries and managed to survive around 70 years after the beginning of the Spanish occupation of Mexico. Enjoy two nights on the Riviera Maya, bordering the Caribbean Sea, at Playa del Carmen and Tulum. You will have the opportunity to enjoy Mexican food and drink, an immersion into one of the most popular culinary traditions on the planet.

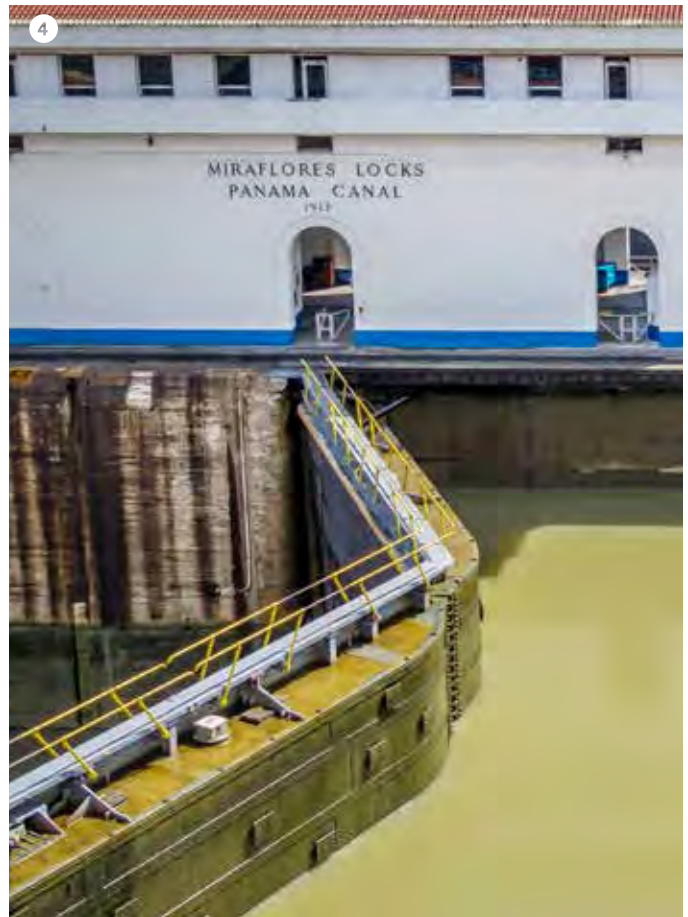
To Colón, Panama

Cultural and natural heritage of Panama

(3 nights, pre-cruise programme)

This programme will take you on a discovery of the history and delicate ecosystems of Panama. In the eponymous capital and the bustling historic centre of Casco Antiguo, you'll appreciate the colonial and Baroque architectural treasures. Sometimes called the 'eighth wonder of the world', the Miraflores Locks open the way from one ocean to another for gigantic ships: don't miss visiting the exhibition space, which provides precious information about the history and functioning of the Panama Canal, its impact on international commerce, the close relationship between this impressive waterway and its environment and more. Get to know the Panamanian biodiversity by visiting the Biomuseo in particular, also called the Gehry museum, in honour of the architect who designed it.

These are group excursions, and are available either immediately before or after your cruise; they must be booked before departure. Full tour programme and prices are available on our website www.ponant.com 12 months prior to your cruise departure, or call your travel agent.



- 1 - Mayan sculpture at Chichén Itzá, Mexico.
- 2 - Mayan city of Tulum, Mexico.
- 3 - Río Celeste waterfall, Tenorio Volcano National Park, Costa Rica.
- 4 - Miraflores Locks, Panama Canal.



*The Indian Ocean,
Asia and
the Middle East*

Striking. Intense. Fascinating.

- 1 - Aldabra Atoll, Seychelles.
2 - Ruins of the Qal'at al-Bahrain fort, close to Manama, Bahrain.
3 - Traditional barge in the Kerala 'backwaters', India.

Explore with PONANT

The essential Seychelles

The Seychelles archipelago, a dusting of islands scattered in the Indian Ocean, exudes calm and beauty against a backdrop of coconut trees, white sand and crystalline waters, with ports of call that will take your breath away including La Digue Island, Praslin Island, Aride Island, Astove Island and Curieuse Island. Visit the archipelago's many parks and natural reserves and spot exceptional wildlife, from giant tortoises to any of the many marine species that live in the turquoise sea. That's exactly what you'll find at Aldabra, a coral atoll that is a UNESCO World Heritage Site. Cousin Island, an unprecedented port of call, is home to the largest number of endemic plants and animals in the Seychelles.

New ports of call in the Persian Gulf

Next to the young, distinctly vibrant cities that are Doha, Dubai and Abu Dhabi, you can still find a few hidden gems shaped by centuries of history. There is Manama, for example — an unprecedented stopover in Bahrain. Traces of the ancient civilization called Dilmun, which dates back to 5,000 years BC, have been uncovered there. Another country, another magical discovery: in Saudi Arabia, Dammam acts as the gateway to the Al-Ahsa Oasis, the largest in the world and a UNESCO World Heritage Site. Local archaeological sites are evidence that humans settled there during the Neolithic period. In Oman, the Daymaniyat Islands — a destination exclusive to PONANT — offer an opportunity to explore the sultanate in a whole different way: underwater.

Soft perfumes of India

Coastal India, from Mumbai to Chennai, is an unmissable destination for travellers in search of authenticity, discovery and escape. Fascinating Mumbai offers an authentic immersion in Hindu culture. You will marvel at Cochin, the largest city in the Kerala region. Its rich cultural heritage combines former colonial residences, ancestral fishing methods and charming landscapes in the backwaters. Like masala, the spice mixture that seasons dishes, India is a real and delightful melting pot, and will transport you into a universe with a thousand faces.





Through the eyes of Francine Kreiss

Under the surface

World freediving champion, nature guide and underwater photographer Francine Kreiss enthusiastically shares her vision of a hypnotic environment which, in the Seychelles, is adorned with unmatched discoveries.



“

The Seychelles is a destination where wild spots can still be uncovered. If you find the right people who take you to the right place, you can reach the very origin of the world. There is a kind of endemic wildness, something beautiful and raw that you can find if you are well accompanied.

“In the Seychelles, if you go off the beaten track you can discover living reefs and colourful coral. This is quite striking at a time when fatalism is strong. I've been on underwater trips here that gave me emotions I hadn't felt since I was a kid. For example, the Astove Wall is exceptional. It is an underwater vertical wall where I was able to take incredible pictures in its clear zone: there were colours everywhere as well as fish and turtles. I also like Assumption Island very much, where I found a very nice spot with barracudas, giant trevally, and where the water is extremely clear in the morning. On the mainland, I recommend Curieuse Island, where there are hundred-year-old turtles, and a very nice hiking trail that goes through the mangrove which you can cross using to a wooden bridge (this is truly something rare). While passing on the other side, we landed on a magnificent beach. There are real jewels in the Seychelles.”



Read the complete interview
on our *Escales* blog.

Must-sees



The Daymaniyat Islands, a destination exclusive to PONANT

We are the only ones to take our guests to the Daymaniyat Islands as part of a cruise. The archipelago, which floats on the turquoise waters of the Gulf of Oman, was declared a natural reserve in the 1980s. Some 40 kilometres (25 miles) off the coast from Muscat, their craggy coastlines form natural pools that house an incredible biodiversity. The different types of coral reefs that dot this ecosystem, the turtles that nest there, and the numerous species of fish make this an ideal destination for scuba diving and snorkelling. This rocky landscape is also the favourite spot of many birds, both endemic and migratory.

Itineraries: *Oriental wonders & civilisations*, page 96;
Treasures of the Arabian Gulf, page 97.

Cochin, jewel of the Malabar Coast

An important port in the South-West of India, Cochin (*Kochi*) is one of the most beautiful cities on the Malabar Coast, where the scent of cardamom mingles with cloves. It was here that Vasco de Gama disembarked over 500 years ago. But how many Phoenicians, Greeks, Arabs and Romans dropped anchor before him in the turquoise waters of the Arabian Sea? At a time when pepper from Malabar was almost as precious as gold, so many nations left these shores laden with valuable spices. Today, the city, a metropolis with multiple identities, has a rich cultural and natural heritage.

Itinerary: *Treasures of India*, page 92.



Aldabra, a haven for giant tortoises

Located in the very heart of the heavenly Seychelles archipelago, the Aldabra Atoll is considered to be one of the last virtually untouched sanctuaries on earth. The largest population of Aldabra giant tortoises has found refuge there. Listed as a UNESCO World Heritage Site, this vast tract of land is formed by small coral reef islands separated by narrow passes and enclosing an emerald water lagoon lined with mangrove and fine-sand beaches. Approach these shores with their glistening pure waters and allow yourself to be charmed by this natural marvel, believed to be one of the largest atolls in the world.

Itinerary: *Zanzibar, Aldabra & the treasures of the Indian Ocean*, page 93.





Pemba, 'the Green Island'

The second-largest island in the Zanzibar archipelago, edged with fine sand and bathed in a sea in infinite shades of turquoise, Pemba Island astounds with the whiteness of its shores and its abundant tropical forest. It is mountainous with hills full of fertile land and has the nickname 'the Green Island'. You'll fall in love with its quiet shores, full of authenticity. Banana trees, coconut trees, clove trees, nutmeg trees... Its lush vegetation ensures the local production of spices that has made its reputation.

Itinerary: Zanzibar, Aldabra & the treasures of the Indian Ocean, page 93.



Underwater spectacle in the Seychelles

Lying off the coast of Mahé, the Sainte Anne Marine National Park has been protecting the natural riches and exceptional sea beds of the verdant islands and turquoise lagoons of Sainte-Anne, Longue, Ronde, Moyenne and Cerf since 1973. These dream islands with their white sandy beaches edged with granite rock, crystal-clear waters and coconut trees promise unforgettable moments of relaxation and discovery. Colourful reefs and granite rocks and their large swathes of seagrass are home to a multitude of tropical fish as well as sea turtles, dolphins and several species of ray, including the manta ray.

Itinerary: The essential Seychelles, page 94.



Madagascar, the 'Great Red Island'

The geographic isolation of Madagascar, detached from the continent 240 million years ago, explains the presence of a high number of endemic species. It is home to nearly a thousand different orchids and a large number of lemurs that enliven the forest with their calls as they leap from tree to tree. With its landscapes backdropped by baobabs and ochre earth, this island continent will take you on a timeless journey. The southern part of the island, your port of call, boasts veritable natural treasures, where land and sea weave together as the scents of vanilla and ylang-ylang accompany your exploration.

Itineraries: Adventures in Madagascar, page 94;

Madagascar & the Mascarene Islands adventure, page 95.



Sri Lanka's elephants and leopards

A large fishing harbour of Malay origin, Hambantota lies on the southern coast of former Ceylon. Established between two lagoons, it is known for the presence of wild elephants, whose population represents 10% of the total number in the country. An abundant wildlife can be observed a few kilometres away, in Yala National Park, the second largest park in Sri Lanka. This wildlife sanctuary offers a unique opportunity to admire sloth bears, mongooses, crocodiles, monkeys, buffaloes and elegant leopards while out walking.

Itineraries: Treasures of India and Seychelles to Sri Lanka Expedition, page 92.

Treasures of India

COLOMBO • MUMBAI

13 days/12 nights

Le Jacques-Cartier: 19th January 2024

From €4,750 instead of €6,150⁽¹⁾



In partnership with **LE TIGRE YOGA CLUB**
and with the exceptional presence of **Élodie Garamond**,
yoga instructor and founder of **LE TIGRE YOGA CLUB**.

An invitation to experience peace during a journey inward,
between introductory sessions to yoga and meditation,
wellness workshops, and mindfulness walks.

HIGHLIGHTS:

- UNESCO World Heritage Sites: in Sri Lanka, the old town of Galle and its fortifications; the churches and convents of Goa; the Elephanta Caves and the Chhatrapati Shivaji Terminus railway station (formerly known as Victoria Terminus) in Mumbai.
- From Hambantota, the opportunity to explore the Udawalawe National Park, where over 400 wild Indian elephants roam in complete freedom.
- Kerala's lush landscapes during an excursion in the 'backwaters': rivers edged with palm trees, rice paddies, fishing villages.
- The cultural heritage of Goa, a former Portuguese colony.
- Overnight stays in Kochi and Mumbai to explore their distinctive atmosphere and eclectic architecture as well as the hustle and bustle of these iconic cities.

Seychelles to Sri Lanka expedition

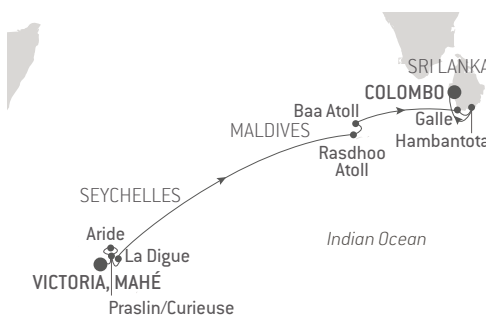
NEW

VICTORIA, MAHÉ • COLOMBO

16 days/15 nights

Le Jacques-Cartier: 4th January 2024

From €7,180 instead of €9,330⁽¹⁾



LANDSCAPES. Idyllic islands, enchanting seabeds, beaches lined with coconut trees... Sri Lanka, the Seychelles and the Maldives no longer require an introduction. Why choose? With PONANT, you can visit all of their treasures in the course of a single cruise. It's a great opportunity to not only compare them, but above all to indulge in their unrivalled delights.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO World Heritage Sites: the Vallée de Mai nature reserve in Praslin, the Baa Atoll biosphere reserve, the old town of Galle and its fortifications.
- The Yala National Park in Sri Lanka, a nature sanctuary with abundant biodiversity reputed for sheltering one of the world's largest leopard populations.
- From Hambantota, the opportunity to explore the Udawalawe National Park, where over 400 wild Indian elephants roam in complete freedom.
- Wildlife: manta rays, humphead wrasse, hammerhead sharks, marine turtles, tortoises, coral...
- Possibility of diving (Level 2 or equivalent required) and snorkelling.

Zanzibar, Aldabra & the treasures of the Indian Ocean

VICTORIA, MAHÉ • ZANZIBAR

13 days/12 nights
Le Bougainville: 8th February and 3rd March 2024
Le Champlain: 19th February 2024
From €6,220 instead of €8,100⁽¹⁾

ZANZIBAR • VICTORIA, MAHÉ

13 days/12 nights
Le Champlain: 7th February and 2nd March 2024
Le Bougainville: 20th February 2024
From €6,220 instead of €8,100⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Landings in zodiac inflatables on idyllic beaches.
- UNESCO World Heritage Sites: Aldabra, the largest coral atoll in the world; the ruins of Kilwa Kisiwani; Zanzibar's Stone Town.
- In the Seychelles, Anse Source d'Argent, the most famous beach of La Digue, surrounded by large blocks of granite and edged with coconut palms.
- Possibility of observing tortoises and many species of birds on Aldabra Atoll.
- The beaches of Assumption Island, which are major egg-laying and breeding sites for sea turtles.
- The stop in Misali, a protected conservation area renowned for its underwater world.
- Possibility of diving (Level 2 or equivalent required) and snorkelling.



Kilwa Kisiwani: the story of a golden city

Near the Tanzanian coast, around 300 km south of Dar es Salaam, the island of Kilwa Kisiwani is a UNESCO World Heritage Site. It was described in the 14th century by the Moroccan explorer Ibn Battûta as “one of the most beautiful cities in the world”. A former Swahili trading city, the island prospered from the trade of gold and ivory from the inland regions. The remains of its former port city cover a large part of the island. Those of its superb Great Mosque, the oldest mosque remaining on the coast of East Africa, are well worth a visit.



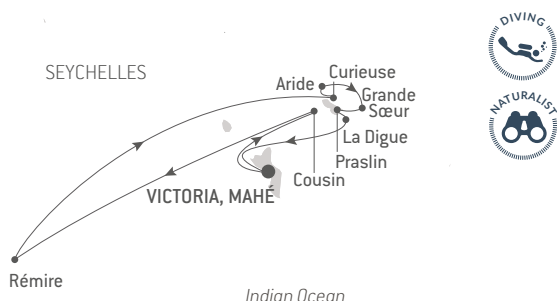
The essential Seychelles

VICTORIA, MAHÉ • VICTORIA, MAHÉ

9 days/8 nights

Le Champlain: 14th March 2024

From €4,210 instead of €5,170⁽¹⁾



OUT OF THE ORDINARY. The Aldabra giant tortoise found in the Seychelles can grow to an incredible size: males can reach 1.2 metre and weigh up to 300 kilos. Some have reached the age of 140 or more, giving them the title of world's oldest land animal. Jonathan the tortoise celebrated his 190th birthday in 2022.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO Site: the Vallée de Mai nature reserve in Praslin.
- The all-new port of call on Cousin Island, home to the greatest number of endemic plants and animals in the Seychelles.
- A stop on the coral island of Rémire, an intimate destination with lush vegetation.
- The Aride nature reserve, with some 73 hectares of vegetation and more than one million birds.
- The bare red earth of Curieuse, a granite island in the Seychelles, with the possibility of observing tortoises.
- Anse Source d'Argent, the most famous beach of La Digue, surrounded by blocks of granite and edged with coconut palms.
- Possibility of diving (Level 2 or equivalent required) and snorkelling.

Adventures in Madagascar

VICTORIA, MAHÉ • PORT LOUIS

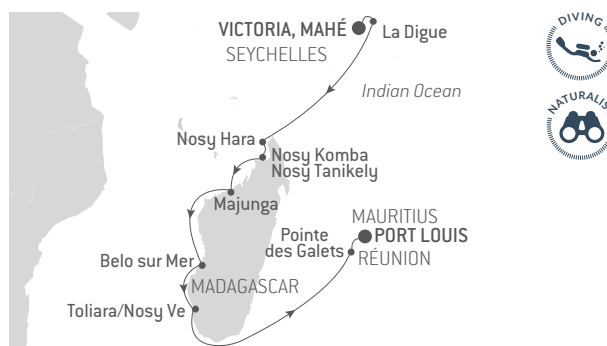
16 days/15 nights

Le Champlain: 18th November, 29th December* 2023,

13th January 2024 | *Le Jacques-Cartier*: 22nd November,

20th December* 2023

From €7,450 instead of €9,690⁽¹⁾



20th December 2023 departure: **experience a memorable Christmas and New Year's Eve in the Indian Ocean.**

29th December 2023 departure: **experience a memorable New Year's Eve in the Indian Ocean.**

**Reversed itineraries.*

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO World Heritage Sites: the Biosphere Reserves in the south-west of Madagascar (Belo sur Mer, the coastline of Toliara and Sarodrano, Nosy Ve); the area of Pitons, cirques and ramparts of Réunion Island.
- Landscapes: coral reefs, lagoons, rainforests or thorny forests, baobabs, white-sand beaches, granite islands, volcanoes.
- The fauna of Madagascar: multicoloured fish and green turtles, ring-tailed and red ruffed lemurs, chameleons, red-tailed tropicbirds, radiated tortoises.
- An exceptional encounter with one of the planet's last 'sea nomad' people, the Vezo.
- Possibility of diving (Level 2 or equivalent required) and snorkelling.

Madagascar & the Mascarene Islands adventure

NEW

PORT LOUIS • PORT LOUIS

14 days/13 nights

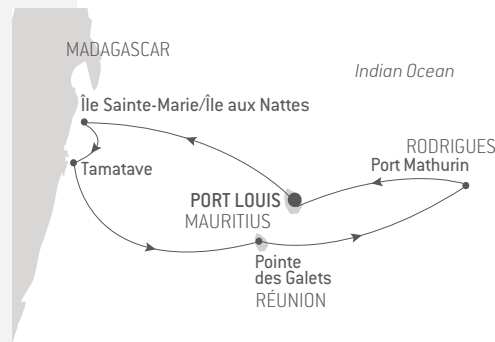
Le Champlain: 3rd and 16th December 2023 | *Le Jacques-Cartier*: 7th December 2023

From €6,740 instead of €8,770⁽¹⁾



HIGHLIGHTS:

- An all-new port of call in Port Mathurin, which concentrates all the charms of this unique ocean: white-sand beaches lined with palms, lush vegetation, a lagoon with translucent water and a picturesque market.
- The pitons, cirques and ramparts region of Réunion Island, a UNESCO World Heritage Site.
- Discover north-eastern Madagascar, its rich and preserved endemic fauna and flora, and its rich local culture.
- The Île aux Nattes, surrounded by a coral reef, with fringed shores that are home to natural pools.
- Overnight stays at Pointe des Galets on Réunion Island, Port Mathurin on Rodrigues Island and Port Louis on Mauritius to take the time to immerse yourself in the islands' atmosphere and customs.
- Possibility of diving (Level 2 or equivalent required) and snorkelling.



16th December 2023 departure:
experience a memorable Christmas Eve
in the heart of the Indian Ocean.

Sheer nature of the Mascarene Islands

A brand-new stop, Rodrigues is the smallest and most little-known of the Mascarene Islands. In the small, charming regional capital Port Mathurin, the people live to the rhythm of the sun. The large town market, with its spicy aromas and fruity scents, is where the locals meet and mingle, and where they come to stock up on ingredients to make local dishes with multiple influences that you absolutely must try. From this picturesque port, set off to discover Rodrigues, its mountains, of volcanic origin, but also its deep valleys, its turquoise lagoons and hidden coves, its coral reefs and its shores lined with coconut trees. The incredibly rich fauna and biodiversity make this island a paradise for all nature lovers.



Highlights represent possible experiences only and cannot be guaranteed.

Oriental wonders & civilisations

NEW

MUSCAT • DOHA

11 days/10 nights

Le Bougainville: 18th November 2023

From €5,350 instead of €6,240⁽¹⁾

DOHA • MUSCAT

11 days/10 nights

Le Bougainville: 28th November 2023

From €5,870 instead of €7,670⁽¹⁾



HIGHLIGHTS:

- From Dammam, the possibility of exploring, for the first time, the site of Al-Ahsa, the largest oasis in the world and a UNESCO World Heritage Site.
- From Manama, an all-new port of call, the possibility of visiting the Unesco Site Qal'at al-Bahrain.
- PONANT exclusive: an all-new port of call on the Daymaniyat Islands, a marine reserve renowned for its abundant marine life.
- Sur, a traditional fishing port, famous for its shipyard where the Omani perpetuate ancestral methods, and the possibility of exploring a *wadi*, an oasis in the very heart of the desert.
- The visit of the 'fjords of Arabia' – also called the Musandam fjords – between canyons, oases and dune deserts.
- An overnight stay at Abu Dhabi to enjoy the treasures of the cultural capital of the Emirates (the Louvre Museum, the Sheikh Zayed Grand Mosque).
- Before your cruise: from Muscat, possibility of visiting the Sultan Qaboos Grand Mosque, and the Nizwa Fort.



18th November 2023 departure: **with the exceptional presence of Hubert Védérine, senior French civil servant and politician.**



28th November 2023 departure:
Music of one thousand and one nights
cruise, in partnership with
RADIO CLASSIQUE, with the presence
of Alain Duault and a musical line-up.

New stop at Manama

At the crossroads of trade routes since ancient times, Manama, the capital of Bahrain, still bears traces of what were, for centuries, the pillars of the economy in the Persian Gulf: pearl harvesting, and the construction of traditional sailing vessels called *dhows*. But the major draw of this small island in Bahrain is undeniably the vestiges of human presence dating back nearly 5,000 years. The ancient harbour and capital of Dilmun, Qal'at al-Bahrain, is, along with the Dilmun Burial Mounds scattered across the island, an essential relic of this Mesopotamian civilisation. Both are listed as UNESCO World Heritage.



Treasures of the Arabian Gulf

MUSCAT • DOHA

8 days/7 nights

Le Bougainville: 8th and 22nd December 2023; 5th January* 2024

From €3,440 instead of €4,470⁽¹⁾

DOHA • MUSCAT

8 days/7 nights

Le Bougainville: 29th December 2023

From €3,950 instead of €5,150⁽¹⁾



HIGHLIGHTS:

- Sur, a traditional fishing port, famous for its shipyard where the Omani perpetuate ancestral methods, and the possibility of exploring a *wadi*, an oasis in the very heart of the desert.
- PONANT exclusive: an all-new port of call on the Daymaniyat Islands, a marine reserve renowned for its abundant marine life and for the many underwater activities it has to offer.
- The visit of the 'fjords of Arabia' – also called the Musandam fjords – between canyons, oases and dune deserts.
- The visit of Dubai, renowned for its architectural follies – the world's tallest skyscraper, souks and traditional districts.
- An overnight stay at Abu Dhabi to enjoy the treasures of the cultural capital of the Emirates, with its magnificent Louvre Museum, its magical Sheikh Zayed Grand Mosque and the possibility to visit the Al-Ain oasis, a UNESCO World Heritage Site.
- Before or after your cruise: from Muscat, possibility of visiting the Sultan Qaboos Grand Mosque, and the Nizwa Fort.



22nd December 2023 departure:
experience a magical Christmas Eve
off the coast of the Arabian Peninsula.



29th December 2023 departure:
experience an exceptional New Year's Eve
off the coast of the Persian Gulf.

**Disembarkation will take place in Dubai instead of Doha.*

The Norway of Arabia

From Khasab, the fjords of Musandam — also called the 'fjords of Arabia' — shape a breathtaking landscape that features canyons, oases and desert dunes. Called the 'Norway of Arabia', the little-known region has managed to preserve its untamed nature and an authentic lifestyle. The fishing villages are dotted about the landscape, and here and there small boats float in the clear waters. It is fascinating to see how the *dhow*s are traditionally made. Interesting fact: it was on Telegraph Island that the British built, in 1864, a telegraph post connected by an underwater cable to India and Pakistan.





1



2



3



4

- 1 - Dubai desert, United Arab Emirates.
- 2 - Al Qarah caves, Al-Ahsa oasis, Saudi Arabia.
- 3 - Stilt fisherman, Galle, Sri Lanka.
- 4 - Basilica of Bom Jesus, Goa, India.

Excursions during your cruise

On the majority of your ports of call, we invite you to enhance your trip with specially designed, optional excursions, whether cultural or sporty.

Bahrain

Manama

- Cultural heritage of Bahrain (4 h)
- Manama, capital of Bahrain (8 h)



Saudi Arabia

Dammam

- Al-Ahsa, the forgotten oasis (8 h)



India

Cochin

- Harbour cruise & *kathakali* performance (4 h)
- Alleppey 'backwaters' cruise by houseboat (7 h)



Mormugao (Goa)

- Churches of Old Goa (4 h 15)
- Ethnographic museum & Portuguese mansion (7 h 45)



Mumbai (ex Bombay)

- Culture of Mumbai (4 h 30)
- Mumbai masalas (3 h 30)



Trivandrum

- Kuthiramalika Palace & Napier Museum (5 h)



Oman

Khasab

- Musandam fjords *dhow* cruise (3 h 30)
- Jebel Harim mountains by 4WD (4 h)



Sur

- Ancestral traditions and Omani *wadi* landscape (6 h 30)



Sri Lanka

Galle

- Stilt fishermen & virgin white tea (3 h 30)
- Virgin white tea & Galle fort (4 h 30)



Hambantota

- Elephants of Udawalawe (7 h 30)
- Yala National Park (6 h)



United Arab Emirates

Abu Dhabi

- Sheikh Zayed mosque (3 h 30)
- Yas Marina Circuit (3 h 30)
- Louvre Abu Dhabi (3 h)
- Past, present & future of Abu Dhabi (6 h 30)
- Emirati house experience (4 h)



Dubai

- Culinary experience with Emirati chef (4 h)
- Museum of the Future & Dubai Frame (4 h 15)
- Snapshot of Dubai by helicopter (3 h 30)
- Safari by jeep and dinner in the desert (6 h 30)



Price: € = less than € 50, € € = from € 50 to 100, € € € = from € 100 to 150, € € € € = more than € 150

Full tour programme is available on our website www.ponant.com 12 months prior to your cruise departure. You can also pre-book your PONANT shore-excursions up to 2 months before your cruise, and have them billed on board. Final programme will be sent with your cruise documents.

Pre- & Post-Cruise Programmes

We invite you to enhance your cruise and extend your trip with carefully designed, high-quality programmes organised to tie in with the flights selected by PONANT. Please find below samples of the programmes available in the Middle East, Asia and the Indian Ocean for Winter 2023-2024 season.

To Doha, Qatar Beautiful Petra and traditions of Jordan

(3 nights, pre-cruise programme)

In the heart of the region of Amman, one of the oldest towns in the world, you'll discover culture, gastronomy and the great sites of Jordan, before going to Qatar to board your cruise at Doha. Petra, the fabulous city of the Nabataeans, awaits you, hidden behind narrow gorges. With spices, fragrances, colours and culinary traditions, Jordan will offer you a genuine festival of sensations.

To and from Zanzibar, Tanzania Safari to Serengeti National Park

(3 nights, pre- and post-cruise programme)

The second largest animal park in Africa and a UNESCO World Heritage Site with a population of four million animals, the Serengeti National Park is a real paradise for safaris. From your 5* lodge, ideally located to experience the rhythm of nature, your vehicle will take you every day to discover this precious ecosystem. Experience breathtaking moments when meeting the kings of the savannah. This stay includes the transit to Zanzibar Island, before or after your cruise.

From Port Louis, Mauritius Iconic stay in Mauritius

(2 nights, pre-cruise programme)

Enjoy the comfort of your hotel, one of the most prestigious in Mauritius, before a walk in the Pamplémousses Botanic Garden, famous for its 85 varieties of palm trees from all over the world. A jewel of the 19th century, the Château de

From Muscat, Oman Treasures of Oman desert

(3 nights, pre- and post-cruise programme)

Treat yourself to an immersion into Omani culture. As well as exploring Muscat, the capital of the Sultanate, you'll enjoy a night in the desert to fully appreciate the complete change of scenery offered by the magnificent dunes with their changing colours. With natural pools, palm trees and gorges, the Wadi Bani Khalid oasis promises to be a refreshing and wondrous haven. The desert also is home to inconspicuous wildlife: at sunrise, you may notice traces in the sand of these furtive guests...

From Victoria, Mahé, Seychelles Relaxing getaway in an authentic nature

(2 nights, pre- and post-cruise programme)

Enjoy two nights in a 5* eco-friendly hotel nestled between the Morne Seychellois National Park, the Marine National Park and the Port Launay nature reserve. The hotel offers a wide range of activities to satisfy all desires and every curiosity. The day after you arrive, two optional activities will be on offer: a workshop with a local painter and an exclusive cocktail on a private estate in Cape Lazare, while admiring the sunset.

la Bourdonnais will immerse you in the old-world charm of Creole houses. You will then visit the estate's rum distillery and taste their delicious creations.

These are group excursions, and are available either immediately before or after your cruise; they must be booked before departure. Full tour programme and prices are available on our website www.ponant.com 12 months prior to your cruise departure, or call your travel agent.



- 1 - Petra, city of the Nabataeans, Jordan.
- 2 - Wadi Bani Khalid oasis, Oman desert.
- 3 - Sunset on Mahé Island, Seychelles.
- 4 - African elephants, Serengeti plains, Tanzania.





Oceania and Polynesia

Heavenly. Sweet. Captivating.

- 1 - Motu in Bora Bora, Polynesia.
2 - Maori sculpture, in New Zealand.
3 - Papuan ceremony in Tufi, Papua New Guinea.

Explore with PONANT

Polynesian magic

Polynesia, a bewitching and fascinating getaway with idyllic landscapes, always delivers on all its promises. Come see the Polynesian atolls: paradise-like coral sandy islands dotted around the Pacific Ocean. Formed as a result of underwater volcanoes, these atolls have steep and lush terrains. Marvel at their turquoise waters, which are home to hundreds of species of tropical fish, and enjoy the hospitality of the Polynesian locals, whose warm welcome is a testament to a true art of living and a calming philosophy towards everyday life.

An ancestral Māori identity

Experience the age-old culture of the brave Māori warriors, a Polynesian population that has been settling in New Zealand in successive waves since the 13th century. The Māori culture, an ancient tribal lifestyle, lives on from generation to generation. The Māori people's language and gestures, which include song and dance, are at the heart of New Zealand's identity, as is the impressive practice of the art of tattooing. Wellington, the capital of New Zealand and an ancient centre of Māori life, is home to the national museum, Te Papa Tongarewa, which shines a light on this captivating culture.

Do you speak Papuan?

Papua New Guinea, a land at the end of the world, comprises more than 600 islands, most with an active volcano. As luxurious as it is intoxicating, Papua New Guinea promises an escape from your reality. Surrounded by wild nature, it is a wonderful blend of mountainous landscapes covered by tropical forest and fine sandy beaches with turquoise waters. Inhabited by tribes living in almost-autarky, the country with a thousand cultures and close to 800 languages promises meaningful encounters and exhilarating discoveries, from traditional hunting and fishing methods to animistic rituals.





Through the eyes of Serge Guiraud

Different ways to live on this planet

Serge Guiraud, an ethnologist specialising in visual anthropology, an expert on the peoples of Amazonia and Melanesia and a PONANT naturalist guide since 2011, shares his views on ethnotourism.



Ethnotourism involves seeking out otherness. No matter how isolated the population being visited, it should be understood that this community is a contemporary society not frozen in time. External features such as clothing, watches, mobile phones and televisions demonstrate nothing more than their ability to borrow these elements from outside and integrate them into their culture. These borrowings do not detract from their unique perception of the universe, and the way they act and interact within their community and with the world around them.

"Often, interaction takes place through a ceremony, through song or dance. The participants wear their ceremonial clothes: loincloths, body paint and decoration. It is one way to assert an identity and a unique relationship with the universe. Visitors are met with something out of the ordinary. The visitor is automatically involved, by observing or participating. This observation is not a one-way street. Indeed, the visitor is also being observed by the indigenous person.

"The team of naturalist guides plays an important role in the success of these encounters. Educating and conceptualising about the experience is essential to make guests aware that there are alternative ways of living the human condition and inhabiting the Earth."



Find Serge Guiraud's articles
on our *Escales* blog.

Must-sees



The grandiose Tasmania

Immerse yourself in Tasmania's unspoilt environment located 199 km off the south-east coast of Australia. On the Tasman Peninsula, impressive dolerite spires shoot out from the sea, creating the highest sea cliffs in Australia. Striking rock formations are astonishing sights, including the grids of the Tessellated Pavement, the Blowhole (a cave through which water surges upwards), Tasman's Arch and the Devil's Kitchen, carved by the onslaught of the waves... Highlights also include the marine reserves at Port Davey and Maria Island, which are UNESCO World Heritage Sites. The region is home to Australian fur seals, fairy penguins (the world's smallest penguin), whales, dolphins, and much more.

Itineraries: Tasmania circumnavigation and Food, wine & yacht race in Tasmania, page 111.

The Great Barrier Reef: living water

To understand how important the Great Barrier Reef is, there is nothing better than some figures. With a surface area of 348,000 km², the Great Barrier Reef is the largest ecosystem of coral reefs in the world. It includes 2,900 reefs, 900 islands, 400 species of coral, 1,500 species of fish, 4,000 species of molluscs and close to 240 species of birds. The priceless environment has long been declared a UNESCO World Heritage Site and is considered to have the most remarkable biodiversity on the planet.

Itinerary: Queensland's islands and reefs, page 110.



The thousand-year-old Fiordland

People come here to recharge their batteries. Fiordland, the largest national park in New Zealand, depends on the region called Te Wāhipounamu, which is a UNESCO World Heritage Site, and offers visitors an escape into the wild. Dusky Sound, Doubtful Sound and Milford Sound: feast your eyes on fjords shaped by 100,000 years of ice ages and surrounded by majestic cliffs. The fjords are home to many animal species such as cormorants, gulls, New Zealand fur seals and Fiordland penguins — a rare and endemic species.

Itineraries: Ancient fjords and unspoiled islands of southern New Zealand, page 109; New Zealand's Fiordland, page 110.





A cultural change of scenery in Vanuatu

Picture a small country made up of 83 islands, most volcanic, which are home to around 280,000 inhabitants who speak 113 different languages, many of which have several dialects. The Republic of Vanuatu, which has been independent since 1980, has the highest cultural and linguistic diversity given its small population. The inhabitants keep local traditions alive through song, dance and an artistic sensitivity that is reflected in their masks, headgear, tattoos and elaborate sculptures.

Itineraries: Revealing the mysteries of Melanesia, page 115; From New Caledonia to Micronesia, page 116.



Unprecedented stops in Micronesian atolls

With every new season come new discoveries! In the heart of the North Pacific, join us for a visit to the Lamotrek and Ifalik coral atolls. Both are part of the Caroline Islands, which have one of the greatest varieties of coral and tropical fish species in the world. Under the sea, there is no shortage of thrills. Above the surface, the white sand beaches round off the idyllic scenery. In the distance, you can hear enchanting traditional songs sung by the 300-odd islanders amidst nature that is unlike anywhere else.

Itinerary: From New Caledonia to Micronesia, page 116.



Society Islands: Polynesian perfume

The Society Islands are a dream destination. In the soft shades of blue that colour its lagoon, Bora Bora unfurls its majestic volcanic decor around which the *motu* form a magical belt. From the Belvedere Lookout on Moorea, admire the silhouette of Mount Rōtui, a sacred mountain steeped in legend. There is no better place to experience the sweet life of Polynesia than Taha'a, vanilla island. And on our private *motu*, Motu Mahana, you can expect time to stand still for you.

Itineraries: Tahiti & Society Islands and Cook Islands & Society Islands, page 118; Society Islands & The Tuamotus and Marquesas, The Tuamotus & Society Islands, page 119.



Wild and mysterious Marquesas Islands

The most isolated archipelago of French Polynesia is made up of 12 islands possessing unrivalled and wild beauty. Each island of 'the Land of Men' is more majestic than the next. At the heart of dense and luxuriant forests, mysterious petroglyphs, many thousands of years old, can still be found, as well as the remains of *marae* – temples with a religious and political purpose. Reputed for their arts and crafts throughout Polynesia, the Marquesas Islanders distinguish themselves with their ancestral savoir-faire. They sculpt wood, stone or bone, but are also well-known for their mastery of the complex art of tattooing.

Itinerary: Marquesas, The Tuamotus & Society Islands, page 119.

New Zealand's North Island & Chatham Islands

NEW

WELLINGTON • WELLINGTON

8 days/7 nights

Le Lapérouse: 18th November 2023

From €4,440 instead of €5,810⁽¹⁾

AUCKLAND • WELLINGTON

8 days/7 nights

Le Soléal: 9th December 2023 | *Le Lapérouse*: 8th February 2024

From €4,100 instead of €5,360⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Gain an insight into the history and the diversity of flora and fauna from your expert expedition team on board and whilst exploring by zodiac.
- Meet the Māori people, brave warriors with ancestral traditions and customs.
- The isolated Chatham Islands, 80 million years old, and home to several endemic bird species.
- Discover sublime New Zealand landscapes with exceptional diversity.
- From Tauranga or Whakatane (Auckland • Wellington itineraries): the possibility of visiting the Wai-O-Tapu Thermal Wonderland, amidst volcanoes, hot-water springs, geysers, rivers, gorges, lakes...
- 18th November 2023 departure: a stop in Napier, where pure Art Deco lines are mixed with traditional Māori designs.



18th November 2023 departure: **the stop in Whakatane is replaced with a stop in Napier.**

8th February 2024 departure: **the stop in Whakatane is replaced with a stop in Tauranga.**

The unprecedented and secluded Chatham Islands

Experience it for yourself: even seasoned travellers aren't familiar with the Chatham Islands. It would seem that neither are some Australians. And that's just as well. Located 800 km off the coast of New Zealand's South Island, the archipelago featuring a dozen islands — only two of which are inhabited — has retained its charm and authentic feel. The unprecedented and not-to-be-missed port of call is an opportunity to see endemic wildlife and many species of birds, including blackbirds and Chatham albatrosses, which move about the islands peacefully (Chatham Islands have a resident population of about 700).



New Zealand's South Island & Chatham Islands

NEW

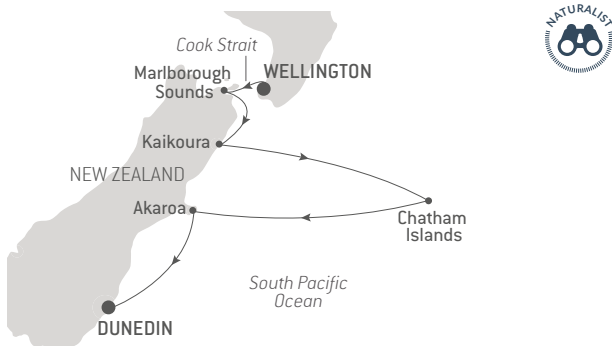
WELLINGTON • DUNEDIN

9 days/8 nights - *Le Lapérouse*: 25th November 2023

DUNEDIN • WELLINGTON

8 days/7 nights - *Le Lapérouse*: 22nd February 2024

From €4,440 instead of €5,810⁽¹⁾



22nd February 2024 departure:
no stop in Marlborough Sounds.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- The isolated Chatham Islands, 80 million years old, and home to several endemic bird species.
- Discover the historic centre of Akaroa, a former French colony, and its picturesque bays, formed by thousand-year-old volcanoes.
- The spectacular limestone formations of the Kaikoura peninsula, where many marine mammals, such as whales, dolphins, seals, sea lions, as well as sea birds, can be found near its shores.
- 25th November 2023 departure: a stop in Marlborough Sounds, a vast network of submerged valleys located opposite Wellington, across the Cook Strait.

Ancient fjords and unspoiled islands of southern New Zealand

DUNEDIN • DUNEDIN

8 days/7 nights - *Le Lapérouse*: 3rd December 2023

From €4,440 instead of €5,810⁽¹⁾



OUT OF THE ORDINARY. In August 2019, a team of scientists announced that they had identified the fossil of a giant penguin on New Zealand's South Island. The animal lived 66 to 56 million years ago, was 1.6 metre tall and weighed 80 kilos. This made it 40 centimetres taller and 4 times heavier than today's penguins.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- UNESCO World Heritage Sites: Fiordland National Park and Snares Islands, New Zealand's Subantarctic archipelago, home to more nesting seabirds than the entire realm of the British Isles.
- Discover Ulva Island, one of the few predator-free sanctuaries of New Zealand, now a haven for many species of birds and plants and home to an undisturbed podocarp forest.
- Landscapes: glacial fjords 100,000 years in the making, primary forests.
- Wildlife: marine mammals (fur seals and sea lions), seabirds (albatrosses, shearwaters and Snares crested penguins).

New Zealand's Fiordland

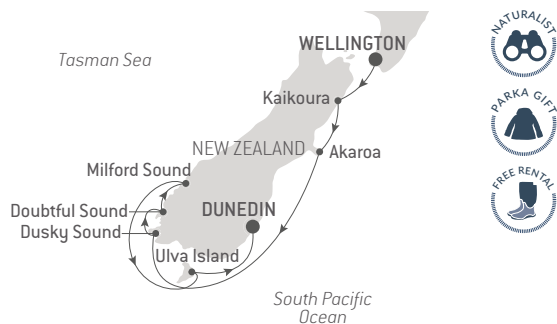
WELLINGTON • DUNEDIN

8 days/7 nights

Le Soléal: 16th December 2023

Le Lapérouse: 15th February 2024

From €4,100 instead of €5,360⁽¹⁾



SCENERY. Each fjord of the Fiordland National Park has a surprise when you sail through it. The shimmering lakes and primitive forests of Dusky Sound are each more beautiful than the next. The vertical waterfalls, cliffs and peaks around Milford Sound are vertigo-inducing. With its three branches and 421 metre depth in places, Doubtful Sound is one of the biggest fjords in New Zealand.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Gain an insight into the history, culture and incredible diversity of the area from your expert expedition team.
- Zodiac inflatable landings on deserted and idyllic beaches.
- Explore Te Wāhipounamu – South West New Zealand UNESCO World Heritage Area, home to the Fiordland National Park.
- Landscapes: glacial fjords 100,000 years in the making, primary forests, spectacular waterfalls, etc.
- Wildlife: Fiordland crested penguins, New Zealand fur seals, Hector's dolphins, the rich marine life of Kaikoura, etc.

Queensland's islands and reefs

CAIRNS • BRISBANE

9 days/8 nights

Le Lapérouse: 5th November 2023

From €3,660 instead of €4,750⁽¹⁾



NATURE. Of the 51 islets and cays and 30 separate reefs and atolls that make up the Coral Sea Islands Territory, Willis Island is the only permanently inhabited island. The Willis Island weather monitoring station was established in 1921 to provide a cyclone early warning service for Queensland, and four weather observers usually live there.

HIGHLIGHTS:

- A cruise to discover some of the Coral Sea's treasures, from unspoiled islands to turquoise lagoons with an exceptional biodiversity.
- The knowledgeable support of naturalist guides throughout your cruise.
- Many opportunities for swimming, snorkelling and relaxing on unspoiled islands, with white-sand beaches and crystal-clear water.
- View the remote Willis Islets and their associated cays through zodiac inflatable outings.
- From Hardy Reef, the opportunity to observe some of the world's most beautiful coral reefs and diverse undersea life.
- Relax on the picture-perfect Percy Island.

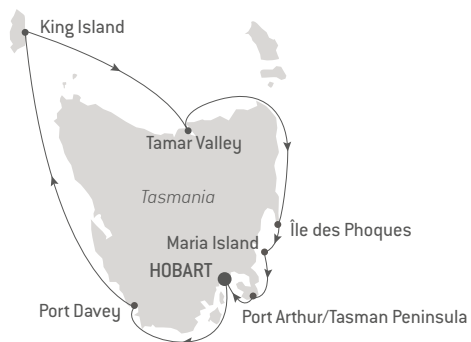
Tasmania circumnavigation

HOBART • HOBART

10 days/9 nights

Le Lapérouse: 14th December 2023

From €5,000 instead of €6,520⁽¹⁾



ENVIRONMENT. Scientists believe that Tasmania has the world's purest air. This is because it is relatively isolated. To the north, 240 kilometres separate the island from the continent. To the west, Argentina is over 8,000 kilometres away. To the south, there is only the Antarctic. This means that the air driven by the Roaring Forties arrives in Tasmania pollution-free.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Zodiac inflatable landings on deserted and idyllic beaches.
- UNESCO World Heritage Sites: Port Davey, Port Arthur and Maria Island.
- Explore one of the last expanses of temperate wilderness in the world at Port Davey.
- Taste world-renowned cool climate wines and artisanal produce of Tasmania's East Coast.
- The spectacular painted cliffs of Maria Island, great bird watching hot spots (forty-spotted pardalote, Cape Barren goose...).
- Delve into Tasmania's colonial history.
- Wildlife: Australian fur seals, dolphins, short-tailed shearwaters, fairy prions, etc.

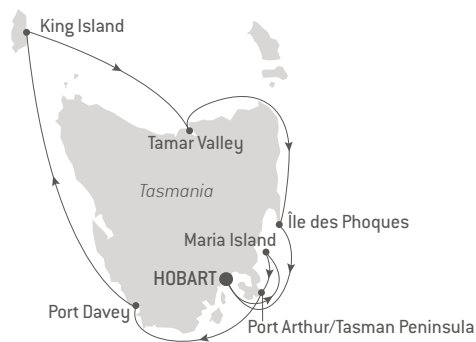
Food, wine & yacht race in Tasmania

HOBART • HOBART

11 days/10 nights

Le Lapérouse: 23rd December 2023

From €7,030 instead of €8,190⁽¹⁾



EVENT. Foodies and sailing enthusiasts especially are bound to enjoy unforgettable moments during an intensive gourmet sailing tour of Tasmania. Watch live as the contestants reach the finish line of Australia's most popular and most difficult race: the Sydney to Hobart Yacht Race. The Bass Strait is an exceptional challenge for all the participants.

HIGHLIGHTS:

- Savour the gourmet produce of King Island.
- Enjoy some of the finest award-winning wines of the Tamar Valley.
- Experience Australia's biggest and longest running Food and Wine festival.
- The knowledgeable support of naturalist guides throughout your cruise.
- Zodiac inflatable landings on deserted and idyllic beaches.
- UNESCO World Heritage Sites: Port Davey, Port Arthur and Maria Island.
- Wildlife: Australian fur seals, dolphins, short-tailed shearwaters, fairy prions, etc.
- View the New Year's Eve fireworks in Constitution Dock in Hobart.

Islands and cultures of Papua New Guinea

CAIRNS • CAIRNS

11 days/10 nights

Le Soléal: 2nd November 2023

From €5,260 instead of €6,840⁽¹⁾



GASTRONOMY. Papua New Guinea's inhabitants mainly eat the fruit and vegetables grown locally: mostly sweet potato, taro, sago, breadfruit, banana, papaya, mango and coconut. The villages near the sea or rivers are the only ones to eat fish. Elsewhere, chicken and pork are the most common meats.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Visit the remote Tami Islands and meet local artisans.
- Witness the cultures and traditions of Morobe region and the traditional ceremonies of the Asaro Mudmen of Madang region.
- Understand the colonial history of Samarai Island and Papua New Guinea's role during World War II.
- Walk on the picture-perfect postcard Lusancay Islands, considered to be a real paradise of coral reefs and white-sand beaches.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.

Ancient cultures of Papua New Guinea

CAIRNS • HONIARA

12 days/11 nights

Le Soléal: 12th November 2023

From €5,410 instead of €7,040⁽¹⁾



TRADITIONS. *Kula* is a traditional exchange system that spans more than 18 Trobriand island communities. All *kula* valuables are traded for purpose of enhancing one's social status and establish strong, lifelong relationships between the exchange parties.

Included in your cruise: flight Honiara/Brisbane and transfer from port to airport after disembarkation.

HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Meet local populations and discover their cultures and traditions.
- Swim and snorkel in the warm, clear tropical waters of the Solomon Sea.
- Enjoy a guided walk through the diverse landscapes of Fergusson Island and view the Dei-Dei Hot Springs where smoke and geysers form a magical sight.
- Snorkel on the wreck of the *World Discoverer* in Roderick Bay.
- Learn about Papua New Guinea's role during World War II.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.

Cultures and nature in Papua New Guinea

CAIRNS • CAIRNS

13 days/12 nights

Le Lapérouse: 7th March 2024

From €6,650 instead of €8,170⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- A fabulous stopover in Dregerhafen, strongly impacted by World War II.
- From Tufi, journey on an outrigger canoe into the ancient fjords of Cape Nelson.
- Visit the remote Tami Islands and meet local artisans.
- Witness the traditional ceremonies of the Asaro Mudmen of Madang region.
- Discover the colonial history of Samarai Island.
- Visit the Trobriand Islands, made famous as the 'Islands of love'.
- Walk on the picture-perfect postcard Lusancay Islands, considered to be an idyllic paradise of coral reefs and white-sand beaches.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.



Multicultural Madang

Once known as the 'prettiest town in the South Pacific', Madang's peninsula setting is a showcase of parks, waterways, luxuriant shade trees and sparkling tropical islands. This captivating province features great geographical variety, reflected in the 170 different languages that are spoken here. This diversity is showcased in the Madang festival with its colourful displays performed by numerous cultural groups from across the province. These include the mysterious Asaro Mudmen, who, with their bodies coated in clay and wearing masks of mud, re-enact a warrior episode from their history.



New Guinea Odyssey

DARWIN • CAIRNS

17 days/16 nights

Le Soléal: 17th October 2023

From €10,310 instead of €11,370⁽¹⁾

CAIRNS • DARWIN

17 days/16 nights

Le Lapérouse: 19th March 2024

From €8,880 instead of €10,900⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Visit the remote Tami islands and meet local artisans.
- Experience traditional ceremonies of the Asaro Mudmen of Madang region.
- Cenderawasih Bay, where the world's largest fish, the whale sharks, are now regular visitors.
- A zodiac voyage through the spectacular rainforest-capped karst islands of Triton Bay.
- 17th October 2023 departure: Banda Neira in the Maluku Islands, without doubt the most historically significant and interesting of all the Spice Islands.
- 19th March 2024 departure: explore Kei Islands, home to multicoloured coral reefs and magnificent snorkelling sites.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.



17th October 2023 departure: **PONANT Yacht Club's Loyalty cruise Chairman's Cruise – New Guinea Odyssey**, for English-speaking and loyal guests only, hosted by Sarina Bratton AM – Chairman Asia Pacific for PONANT and award-winning Australian businesswoman (*notwithstanding a force majeure event*).

Tufi, 'Scandinavia of the tropics'

Tufi's spectacular volcanic 'fjords', or rias, rise over 150 metres vertically above the water, making for a spectacular backdrop. The traditional way of life plays an important role amongst the villagers living in isolated areas along the coast of Cape Nelson and on the slopes of Mount Trafalgar. The area is known for its production of *tapa* cloth, made from the bark of the paper mulberry tree and skilfully decorated. Guests will travel into the ancient mangrove forests of the fjords to witness one of the most vibrant traditional performances in all of Papua New Guinea. There is also the opportunity to swim and snorkel in the clear waters of Kamo Beach.



Revealing the mysteries of Melanesia

HONIARA • NOUMÉA

11 days/10 nights

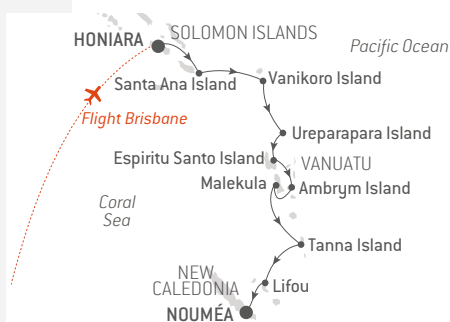
Le Soléal: 23rd November 2023

From €5,880 instead of €7,230⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Exploring Vanuatu, considered by some as the 'happiest country in the world'.
- Understand the fate of French explorer Jean-François de La Pérouse's vessels on Vanikoro Island.
- Sail into the Caldera of Ureparapara.
- From Espiritu Santo, don't miss a unique performance by the 'water music women'.
- On Tanna Island, walk to the rim of the active volcano of Mount Yasur and view a fireworks spectacle like no other.
- Discover the arts and traditions of Kanak culture, the tribes of the 'Big Nambas' on the island of Malekula and the famous Rom dance of the Ambrym Islanders.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.



Included in your cruise: flight Brisbane/Honiara and transfer before embarkation.

The lighthouse of the Pacific

A visit to Vanuatu is not complete without viewing the erupting Mount Yasur Volcano on the island of Tanna. Regarded as the world's most accessible active volcano and known for its spectacular persistent strombolian activity (regular small to violent explosions), it has been in more-or-less continuous activity since Captain James Cook observed ash eruptions in 1774. Often referred to as 'the lighthouse of the Pacific', the glow of the volcano apparently led Captain Cook to Tanna during the first European journey to the island. Today it is considered a sacred area by members of the John Frum cargo cult, who believe their deity resides in the heart of the volcano.



From New Caledonia to Micronesia

NEW

NOUMÉA • GUAM

17 days/16 nights

Le Soléal: 8th March 2024

From €7,630 instead of €9,910⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Brand-new ports of call on Lamotrek Island and the Ifalik atoll, featuring spectacular beaches and traditional villages.
- Encounters with local people: cultural performances, dances, arts and crafts.
- From Espiritu Santo, don't miss a unique performance by the 'water music women'.
- The stop in Rabaul, a tropical port surrounded by six volcanoes, one of which is still active today.
- Region's rich Second World War history, particularly Chuuk (Micronesia), where a number of Japanese wrecks can be found under water, and Honiara, where the Battle of Henderson Field took place.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.



Chuuk Lagoon, veritable underwater museum

Chuuk, made up of 16 much-eroded volcanic islands with mangrove swamps along their coasts, is one of the four states of the Federated States of Micronesia. Its lagoon is hugely popular with scuba divers thanks to the incredibly interesting shipwrecks: at depths of 15 to 40 metres, divers can explore a veritable underwater museum of wrecks from the Japanese land-based, aerial and naval fleet bombarded by the Americans in February 1944 in retaliation for the attack on Pearl Harbour. These shipwrecks have become foundations for new reef growth and extraordinary marine fauna.



Tropical Indonesian odyssey

DARWIN • BALI

12 days/11 nights

Le Lapérouse : 11th October 2023

From €6,190 instead of €7,600⁽¹⁾



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Komodo National park, a UNESCO World Heritage Site where Komodo dragons can be found.
- Encounters with the local people to learn about their customs and culture.
- Explore the Maluku Islands, with Kei, Banda and Barat Daya, a natural paradise on the Spice Route.
- Banda Neira's mix of Portuguese, Dutch and British architecture.
- A zodiac voyage through the spectacular rainforest-capped karst islands of Triton Bay, home to an exceptional biodiversity.
- Occasions for swimming and snorkelling.
- Opportunity of diving (PADI Advanced Open Water Diver or equivalent) and of snorkelling.



King Komodo

Between Sumbawa and Flores islands, Komodo National Park, a UNESCO World Heritage Site, invites visitors to explore its natural wonders. In the heart of the Indonesian archipelago, the three islands that form it — Komodo, Rinca and Padar — owe their popularity to the famous namesake dragons that inhabit its grassy savannah. The Komodo dragon is the largest lizard in the world and can reach more than two metres in size. Locals treat the fascinating animals with the utmost respect and consider them to be reincarnations of their loved ones.



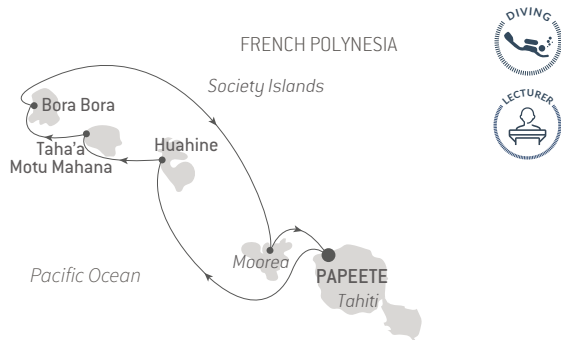
Tahiti & Society Islands

PAPEETE • PAPEETE

8 days/7 nights

Le Paul Gauguin: 14th and 21st October, 2nd and 9th December 2023; 17th February and 6th April 2024

From €2,560 instead of €3,610⁽¹⁾



17th February 2024 departure: an additional stop in Raiatea.

MUSIC. Polynesian music is notably represented by *himene*: ancient airs combining Polynesian song with Protestant influences. They are accompanied by traditional flute-like instruments and ukuleles imported from Hawaii by sailors.

HIGHLIGHTS:

- Slow down and let stress float away on secluded Huahine: explore the local village on foot, wander through lush rainforests, float in crystal-clear lagoons...
- Live the life idyllic with a memorable day on Motu Mahana, our own private slice of paradise.
- Enjoy an overnight in Bora Bora and explore this laid-back destination's dramatic mountain peaks, romantic lagoon and impossibly turquoise waters.
- Explore Moorea, with its emerald lagoon, white sandy beaches and endemic lush gardens.
- Possibility of diving (PADI Open Water Diver or equivalent).

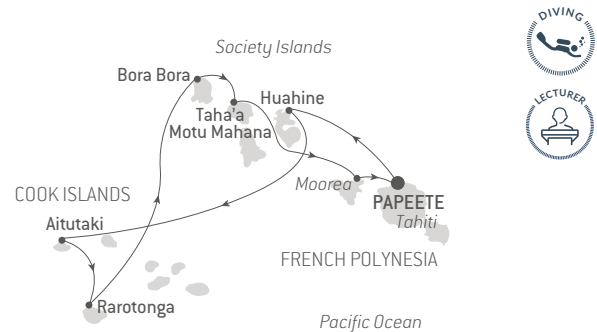
Cook Islands & Society Islands

PAPEETE • PAPEETE

12 days/11 nights

Le Paul Gauguin: 28th October 2023, 13th January and 24th February 2024

From €4,930 instead of €6,120⁽¹⁾



SCIENCE. During their underwater expeditions in French Polynesia, French scientists working on the Under the Pole project have shown that corals migrate to deeper water to find refuge. This unprecedented discovery could provide remarkable hope in terms of restoring corals to the surface.

HIGHLIGHTS:

- Enjoy an overnight in Bora Bora, with its dramatic mountain peaks, romantic lagoon, and impossibly turquoise waters.
- Encounters with local people.
- Live the life idyllic with a memorable day on Motu Mahana, our own private slice of paradise.
- Explore Moorea, the 'magic island' that has inspired many artists, such as Paul Gauguin and Jacques Brel.
- Fauna: lemon sharks, blacktip reef sharks, spotted eagle rays, manta rays, superb coral, sea turtles, giant green morays, emperor angelfish, humphead wrasse, butterflyfish and more...
- Possibility of diving (PADI Open Water Diver or equivalent).

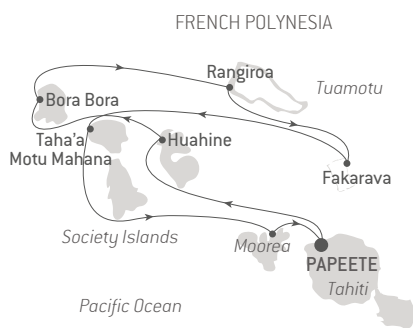
Society Islands & The Tuamotus

PAPEETE • PAPEETE

11 days/10 nights

Le Paul Gauguin: 8th November 2023,
24th January and 6th March 2024

From €4,700 instead of €6,650⁽¹⁾



GASTRONOMY. Fish is everywhere in French Polynesia. It is eaten from breakfast onwards. Skipjack and tuna fillets are marinated in lemon juice, coconut milk, onions, tomatoes, chives and garlic. This recipe is reminiscent of South American ceviche. You absolutely must try it!

HIGHLIGHTS:

- Enjoy an overnight in Bora Bora and explore its dramatic mountain peaks, turquoise lagoon, and impossibly turquoise waters.
- UNESCO World Heritage Site: the Fakarava biosphere reserve.
- Discover the 'infinite lagoon' on Rangiroa, the biggest atoll in French Polynesia, which is famous for its 'wall of sharks'.
- Live the life idyllic with a memorable day on Motu Mahana, our own private slice of paradise.
- Discover Polynesia's culture and traditions.
- Fauna: manta rays, spotted and common eagle rays, lemon and blacktip reef sharks, sea turtles and multicoloured fish.
- Possibility of diving (PADI Open Water Diver or equivalent).

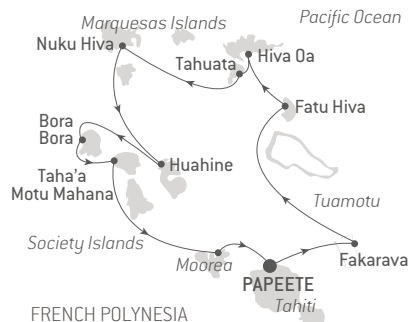
Marquesas, The Tuamotus & Society Islands

PAPEETE • PAPEETE

15 days/14 nights

Le Paul Gauguin: 18th November, 16th and 30th December 2023,
3rd February and 16th March 2024

From €6,280 instead of €7,790⁽¹⁾






16th December 2023 departure:
experience a magical Christmas Eve off the coast of the most beautiful Polynesian islands.

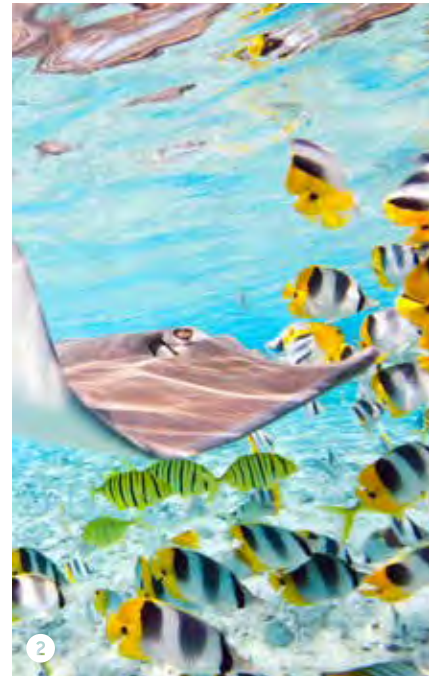
30th December 2023 departure: **experience an exceptional New Year's Eve in the heart of French Polynesia.**

HIGHLIGHTS:

- History and culture on the island of Hiva Oa, home to the largest stone sculptures in the Marquesas, which are said to be linked to the famous *tiki* of Easter Island.
- Discover Polynesian culture: ancient crafts in Fatu Hiva, 7,000 petroglyphs in Taiohae, etc.
- UNESCO World Heritage Site: the Fakarava biosphere reserve.
- Live the life idyllic with a memorable day on Motu Mahana, our own private slice of paradise.
- Landscapes: towering peaks, imposing cliffs, plantations, forests, turquoise lagoons, unspoilt beaches, deserted coves, underwater caves.
- Possibility of diving (PADI Open Water Diver or equivalent).



1



2



3



4

1. White-sand beach in Aitutaki, Cook Islands.
2. Underwater wildlife in Bora Bora, Society Islands.
3. Teahatea beach, Fakarava, Tuamotu Islands.
4. Stilt bungalow, Moorea Island.

Excursions during your cruise



On the majority of your ports of call, we invite you to enhance your trip with specially designed, optional excursions, whether cultural or sporty.

Cook Islands

Aitutaki

- Aitutaki discovery safari (3 h 30)
- Circle island tour (2 h 30)
- Lagoon cruise with beach break (6 h)



Rarotonga

- Rarotonga safari by 4WD (3 h)
- Pa 'Son of Rarotonga' (3 h)
- Muri lagoon cruise (3 h)



French Polynesia

Atuona, Marquesas

- Atuona to Taaoa (3 h 30)



Bora Bora, Society Islands

- A day at the beach (Bora Bora) (6 h)
- Lagoon cruise & Polynesian feast (5 h)
- Lagoon excursion with Maohi Nui (3 h)
- Lagoonarium – Open-air aquarium snorkelling experience (3 h 30)
- By helicopter: 30 min flightseeing Bora Bora and Tupai (1 h)
- Pure snorkelling with reef discovery (3 h 30)
- Aquasafari – Underwater walk (2 h)
- Blue lagoon escapade (4 h)
- Sharks & stingrays encounter (3 h)
- Sunset cruise on outrigger canoe (2 h)



Fakarava, Tuamotu Islands

- Fakarava pinnacle snorkel (3 h 30)
- ATV guided tour (1 h 30)
- Half day to Teahatea beach (3 h 30)
- Waverunner & snorkelling (1 h 30)
- Full-day tour to South Pass with snorkelling (7 h)
- E-bike tour of Rotoava & the North shore (2 h)



Hapatoni, Tahuata, Marquesas

- Hapatoni discovery (3 h 30)



Huahine, Society Islands

- Island tour & snorkelling (by boat) (3 h)
- Lagoon cruise & snorkelling (3 h)
- Motu picnic (6 h)
- Cultural highlights of Huahine (3 h)
- Huahine exploration by 4WD & boat (3 h 30)
- Sacred sites & legendary places (4 h)
- Huahine Iti by e-bike (4 h)



Moorea, Society Islands

- Dolphin-watching expedition (8 h 30)
- Ocean addict whale expedition (3 h 30)
- Lagoon discovery with snorkelling (3 h 30)
- Aito Off-Road safari (3 h 30)
- Aquablue – Underwater walk (3 h 30)
- Sunset sail (1 h 30)
- Capture Moorea – Photo adventure (4 h)
- BBQ on Motu & snorkelling (5 h)



Motu Mahana, Taha'a Island, Society Islands

- Snorkel & Black pearl farm adventure (3 h 30)
- Taha'a cultural tour (3 h 30)
- By aquaplane: Taha'a, Bora Bora & Tupai 45 min flightseeing (1 h 30)
- Coral garden drift snorkelling (3 h 30)



Omoa, Fatu Hiva, Marquesas

- Omoa petroglyphs walk (3 h)
- Scenic drive to Hanavave (3 h 30)



Rangiroa, Tuamotu Islands

- Glass-bottom boat (1 h 30)
- Black pearl farm (1 h 30)
- Snorkelling Rangiroa's 'aquarium' (1 h 30)



Taiohae, Nuku Hiva, Marquesas

- Taipivai Valley excursion (4 h)



Price: € = less than € 50, €€ = from € 50 to 100, €€€ = from € 100 to 150, €€€€ = more than € 150.

Tours are sold on board Le Paul Gauguin in US dollars. The dollar/euro conversion is made according to the exchange rate above as of July, 2022. The final price of the excursion will be communicated to you on board.

Full tour programme is available on our website www.ponant.com 12 months prior to your cruise departure. You can also pre-book your PONANT shore-excursions up to 2 months before your cruise, and have them billed on board. Final programme will be sent with your cruise documents.

Pre- & Post-Cruise Programmes

We invite you to enhance your cruise and extend your trip with carefully designed, high-quality programmes organised to tie in with the flights selected by PONANT. Please find below samples of the programmes available in Oceania and Polynesia for Winter 2023-2024 season.

From Nouméa, New Caledonia **Getaway in the Caledonian 'brousse'** *(2 nights, pre-cruise programme)*

Between the sea and the mountains, fall under the spell of the treasures of New Caledonia. You will visit Bourail, a charming rural town on Grande Terre Island, before exploring the Roche Percée site, famous for its quartz monolith sculpted by the waves. On the following day, the Parc des Grandes Fougères will welcome you for a timeless visit. Finally you will head to the city of Nouméa for a scenic tour.

From Wellington, New Zealand **Wonders of North Island** *(4 nights, pre- and post-cruise programme)*

This North Island crossing will take you on an exploration of the Māori culture, among others. Wellington, the departure point for this adventure, has a contagious energy. On your trip, you'll visit Auckland, as well as Rotorua, famous for its intense geothermal activity. Whisps of smoke, craters, geysers, hot- and cold-water springs make up an unforgettable and almost supernatural landscape.

From/to Dunedin, New Zealand **Natural beauties of South Island** *(4 nights, pre- and post-cruise programme)*

Treat yourself to a revitalising break on the southern latitudes: on the programme are hikes, a visit to a vineyard and immersion in unspoilt countryside. On the edge of Lake Wakatipu, Queenstown is known for its gastronomy and the variety of outdoor activities on offer. The Fiordland National Park, a UNESCO World Heritage Site, has landscapes sculpted by lakes, rivers, rainforests and fjords. You will have an opportunity to observe the Fiordland southern rockhopper penguins, a rare local bird.

From Papeete, Tahiti **Stay in the Marquesas Islands** *(6 nights, pre-cruise programme)*

Savour Marquesan pleasures during this prelude to your cruise. The tombs of Jacques Brel and Paul Gauguin, as well as the cultural centres dedicated to them, await your visit in Atuona, on the island of Hiva Oa. The Puamau Valley, home to the biggest *tiki* (wooden sculptures) in French Polynesia, then the Hatihe'u Valley on the island of Nuku Hiva, will delight nature and heritage lovers. Let your creativity loose during a wooden sculpture workshop.

Comfort and relaxation

Our comfort and relaxation programmes are specially designed to allow you to rest and freely enjoy the wonderful setting of a prestigious hotel hand-selected for you in Polynesia. Choose the option that suits you best: for a day of relaxation with or without an overnight stay, or the opportunity to enjoy the magic of Polynesia for a little longer and discover the beauty of the place at your own pace.

Day use after your cruise*

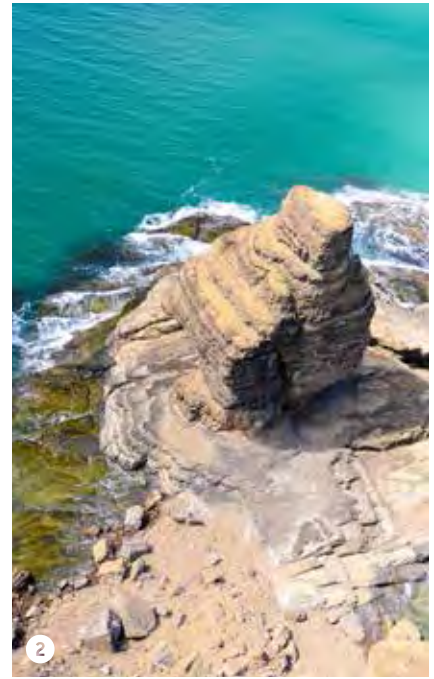
- 1 room day use at Hilton Hotel Tahiti

3 nights after your cruise

- 3 nights at Intercontinental Bora Bora Resort & Thalasso Spa
- 3 nights at Sofitel Kia Ora Moorea Beach Resort

**Service offered in connection with international flights.*

These are group excursions, and are available either immediately before or after your cruise; they must be booked before departure. Full tour programme and prices are available on our website www.ponant.com 12 months prior to your cruise departure, or call your travel agent.



- 1 - View of Queenstown's mountains, New Zealand.
- 2 - Roche Percée, close to Bourail, New Caledonia.
- 3 - Te Puia Thermal Park, Rotorua, New Zealand.
- 4 - Kamuihei archaeological site, Nuku Hiva Island.



Grand Voyages

Discovering New Zealand and its Subantarctic Islands

AUCKLAND • DUNEDIN

29 days/28 nights

Le Soléal: from 9th December 2023 to 6th January 2024

From €17,510 instead of €18,850⁽¹⁾

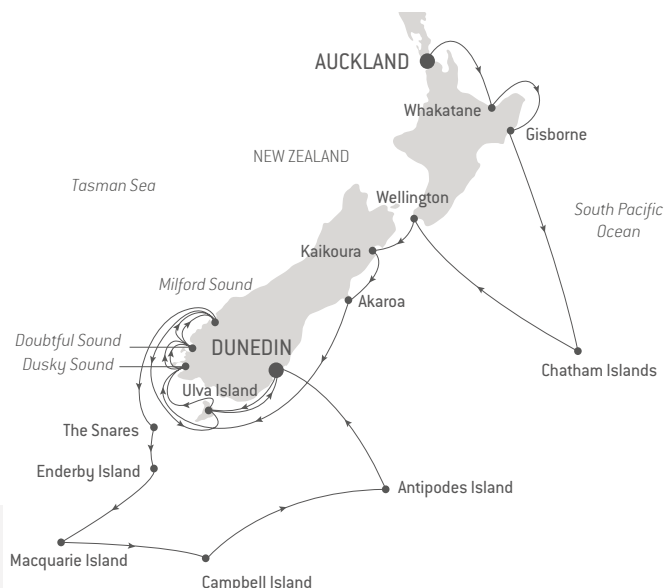


This Grand Voyage is made up of the following cruises:

- **New Zealand's North Island & Chatham Islands**
9th December 2023 - see page 108
- **New Zealand's Fiordland**
16th December 2023 - see page 110
- **Expedition to New Zealand's Subantarctic Islands**
23rd December 2023 - see page 51



For the formalities of this Grand Voyage, please refer to the individual nominated cruises specified.



HIGHLIGHTS:

- The knowledgeable support of naturalist guides throughout your cruise.
- Zodiac inflatable landings on deserted and idyllic beaches.
- UNESCO World Heritage Sites: Te Wāhipounamu and its majestic Milford Sound, Dusky Sound and Doubtful Sound; New Zealand's Subantarctic Islands; Macquarie Island.
- The isolated Chatham Islands, 80 million years old, and home to several endemic bird species.
- Discover Ulva Island, one of the few predator-free sanctuaries of New Zealand, now a haven for many species of birds and plants and home to an undisturbed podocarp forest.
- Landscapes: glacial fjords 100,000 years in the making, primary forests, spectacular waterfalls, etc.
- Wildlife: southern royal albatrosses, Fiordland crested and Snares penguins, New Zealand fur seals, sea lions, elephant seals, Hector's dolphins, etc.
- Explore Snares Islands, home to more nesting seabirds than the entire realm of the British Isles.

Departing from Auckland, from Tauranga you will head to Rotorua to take in the amazing sights of spectacular landscapes that include volcanoes, hot springs, rivers and lakes. You will then set sail for the town of Gisborne, noted for its Māori culture. To the east lie the Chatham Islands, a little-known New Zealand paradise, home to many endemic species of birds and plants. Your journey will then take you to Te Wāhipounamu, a UNESCO-listed region of rich biodiversity. The island of Ulva, one of the last natural sanctuaries in New Zealand, will offer you the opportunity to observe many species of birds. You will then set sail for the Snares Islands, a refuge for wild fauna and flora, then Macquarie Island, a lost territory in the far south of the Pacific, and then on to the Antipodes Islands.

From Panama to the Caribbean Islands via Colombia

COLÓN • FORT-DE-FRANCE

25 days/24 nights

Le Dumont-d'Urville: from 9th March to 2nd April 2024

From €9,670 instead of €10,130⁽¹⁾



This Grand Voyage is made up of the following cruises:

- **Panama, Colombia & Caribbean Islands**
9th March 2024 - see page 77
- **The essentials of the Caribbean**
21st March 2024 - see page 76

For the formalities of this Grand Voyage, please refer to the individual nominated cruises specified.



HIGHLIGHTS:

- UNESCO World Heritage Sites: the fortifications of Portobelo; Cartagena de Indias, an old colonial city; Willemstad, capital of the island of Curaçao; Brimstone Hill Fortress National Park in St. Kitts and Nevis; Morne Trois Pitons National Park on Dominica; Saint Lucia's rocky peaks.
- The idyllic islets of San Blas and the Grenadines and their magnificent seabeds.
- On Mayreau Island, private use of a beach for the day, including a barbecue.
- Exceptional seabed with possibility of seeing turtles, barracuda, spiny lobsters and parrotfish.
- Discovering the British Virgin Islands, where each white-sand beach is more stunning than the next.
- On Dominica, the National Park of Cabrits and Fort Shirley.
- Possibility of diving (PADI Open Water Diver or equivalent).

Feel the richness and diversity of Central American and Caribbean cultures, taking in historical sites and white sandy beaches. This will be an immersion into the typically Afro-Caribbean atmosphere. From Colón, you will begin your journey via the magnificent bay of Portobelo and its surrounding lush vegetation. Then you will visit the enchanting San Blas archipelago, home to the indigenous Guna population, known for their traditional craftsmanship of *molas*, colourful woven fabrics made entirely by hand. You will travel along the coast of Colombia to discover Cartagena de Indias, Santa Marta, and then on to Willemstad, the capital of Curaçao. You will then set sail for the idyllic waters of the Caribbean Sea, to visit fascinating islands such as Saint Lucia and its rocky peaks, the volcanic island of Saint-Kitts, Jost Van Dyke, Les Saintes and its dreamy landscapes, Tobago Cays and its string of islands with secret coves, and the paradise island of Saint-Barthélemy.

Norway, Nordic traditions and snowy fjords

TROMSØ • COPENHAGEN

21 days/20 nights

Le Bellot: from 31st March to 20th April 2024

From €13,700 instead of €14,310⁽¹⁾



This Grand Voyage is made up of the following cruises:

- **Nordic discoveries & traditions**
31st March 2024 - see page 66
- **Ancient traditions & Norwegian fjords**
10th April 2024 - see page 67

For the formalities of this Grand Voyage, please refer to the individual nominated cruises specified.

Included in your cruise: flight Paris/Tromsø and transfer from airport to port before embarkation.



HIGHLIGHTS:

- Discover Norway in the winter, featuring immaculate mountainous summits and ancestral cultures.
- The discovery of the traditions and customs of one of the last European indigenous people, the Sámi.
- UNESCO World Heritage Sites: the Struve Geodetic Arc in Hammerfest, the Geiranger fjord, and Bryggen, former Hanseatic port of Bergen.
- Two brand new ports of call: Hammerfest and Honningsvåg.
- The landscapes: snow-capped peaks, fjords, plains covered with a fine white coat, picturesque villages with traditional red or white wooden houses...
- Cross the Arctic Circle.
- The knowledgeable support of naturalist guides throughout your Tromsø • Tromsø cruise.
- Introduction to Nordic activities: dog sleigh, ice fishing, snowshoeing, chasing the Northern Lights – subject to weather conditions (*optional activities*).

Take a cruise of discovery to explore the natural beauties of Norway in winter. Take in the majestic fjords and frozen landscapes that criss-cross these magical lands beyond the Arctic Circle. From Tromsø, you will sail into the kingdom of the indigenous Sámi, a population of reindeer herders. Then, head south to the amazing and mysteriously charming Lofoten archipelago. You will then pass through Trollfjorden, an unforgettable experience. One of the northernmost towns in the world, Hammerfest and its charming fishing port will be your next stop. Geiranger and its sublime fjord, listed as a UNESCO World Heritage Site, is also on your itinerary. Finally, there is time for an incredible adventure with dog sledding, ice fishing, chasing the Northern Lights and even snowshoeing.

Ocean Voyages

Lovers of the sea, dreamers, meditative travellers, attentive observers of endless horizons... Step on board our Ocean Voyages, our non-stop crossings, for a unique experience. Share the life of the crew while still enjoying the five-star comfort and facilities of our latest generation yachts.

As the days go by, and according to the ship, make the most of the charm and the quiet offered by these exceptional crossings. On board you can choose to relax around the pool with the sky as your backdrop or keep fit in the fitness centre and hammam. The library will welcome you for a spot of reading, whilst the bar offers you a convivial place where the cosy, softly lit atmosphere will not fail to delight you.

OUR NON-STOP OCEAN VOYAGES FOR THE WINTER 2023-2024 SEASON:

GLOUCESTER • FORT-DE-FRANCE

7 days/6 nights

Le Bellot: 30th October 2023

From €1,460 instead of €2,010⁽¹⁾

GLOUCESTER • BELIZE CITY

9 days/8 nights

Le Dumont-d'Urville: 6th November 2023

from €1,880 instead of €2,610⁽¹⁾

BRISBANE • WELLINGTON

6 days/5 nights

Le Lapérouse: 13th November 2023

from €1,350 instead of €1,850⁽¹⁾

DUNEDIN • HOBART

5 days/4 nights

Le Lapérouse: 10th December 2023

from €1,120 instead of €1,520⁽¹⁾

HOBART • LYTTTELTON

6 days/5 nights

Le Lapérouse: 2nd January 2024

from €1,350 instead of €1,850⁽¹⁾

AUCKLAND • AUCKLAND

7 days/6 nights

Le Lapérouse: 2nd February 2024

from €1,580 instead of €2,180⁽¹⁾

FORT-DE-FRANCE • TROMSØ

18 days/17 nights

Le Bellot: 13th February 2024

from €3,780 instead of €5,320⁽¹⁾

A guest writes

"For years, it was just a dream... to set out on a long sea voyage, carried by the ocean winds, far away from everything. Some months ago, I made up my mind and I chose a transatlantic voyage, from Guiana to Senegal. Twenty one days at sea, living at the same rhythm as the crew. From the sunrises where the horizon seemed to be on fire, to the starry nights spent in the company of the officer on duty on the bridge, it was a truly unique experience. Each moment spent aboard the ship was an interlude, outside of real time, in the middle of the ocean. The ideal opportunity to fully embrace my passion for sailing. Meanwhile, my wife enjoyed the fitness studio, as well as the library

and the wonderful sight of the sea through the vast bay windows. We also loved to relax on a sun lounger on the Pool Deck, our eyes fixed on the horizon.

"In the evening, after sharing a chat and a drink with a couple of journalists met onboard, we sometimes ate with the officers. The captain also proved to be very willing to answer our questions and showed us some of the sailing techniques.

"It was one of the best journeys of my life, an experience like no other."

Alain F., Paris







*Welcome on
board*

The Sisterships: *L'Austral, Le Boréal, Le Soléal* and *Le Lyrial*

With their slender lines and understated decor, these four ships are faithful to the PONANT ethos: travel on ships on a human scale where a discreet and stylish atmosphere reigns.



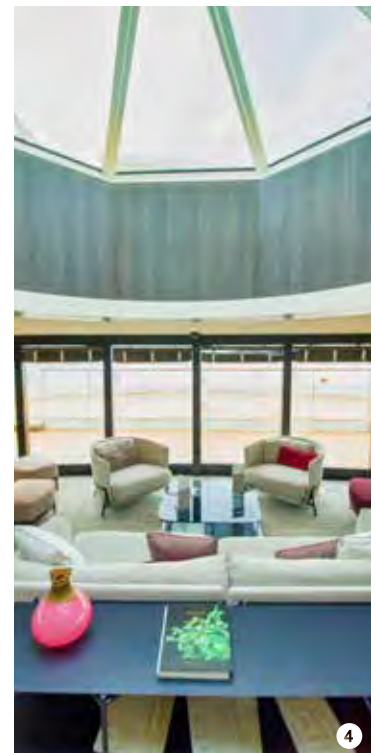


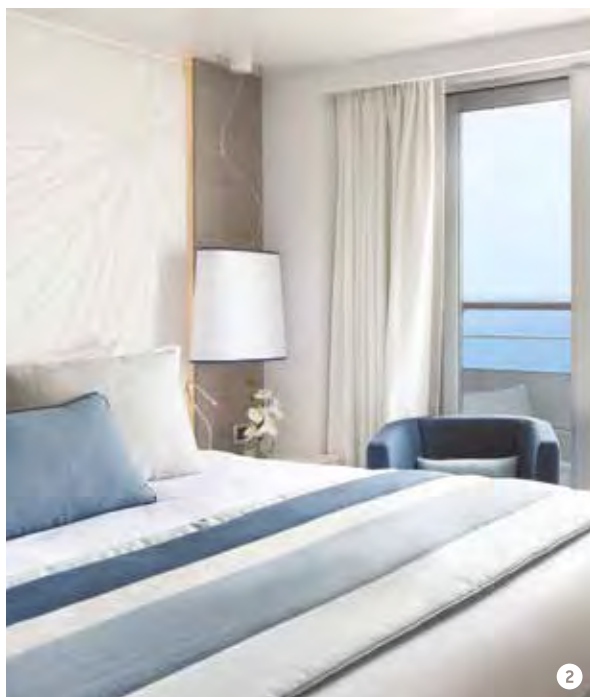
Length: 142 m
Width: 18 m
Draft: 4.7 m
Average cruising speed: 14 knots

Number of staterooms and suites: 122 or 132
Crew members: 145
Installed electrical power: 6,400 KW
Years of delivery: from 2009 to 2015



The Sisterships series symbolises the company's wish to build the ideal cruise ship and to **propagate the French lifestyle** across the world. Being yachts on a human scale, *L'Austral*, *Le Boréal*, *Le Soléal* and *Le Lyrial* can gain access to isolated places and ports reserved for small vessels. They are thus faithful to the PONANT DNA: **exploring the world** with constantly renewed curiosity.





1. Spa, *Le Lyrial*
2. The grill-restaurant, deck 6, *Le Lyrial*
3. The swimming pool on deck 6
4. The Observatory lounge aboard *Le Boréal*
5. The library

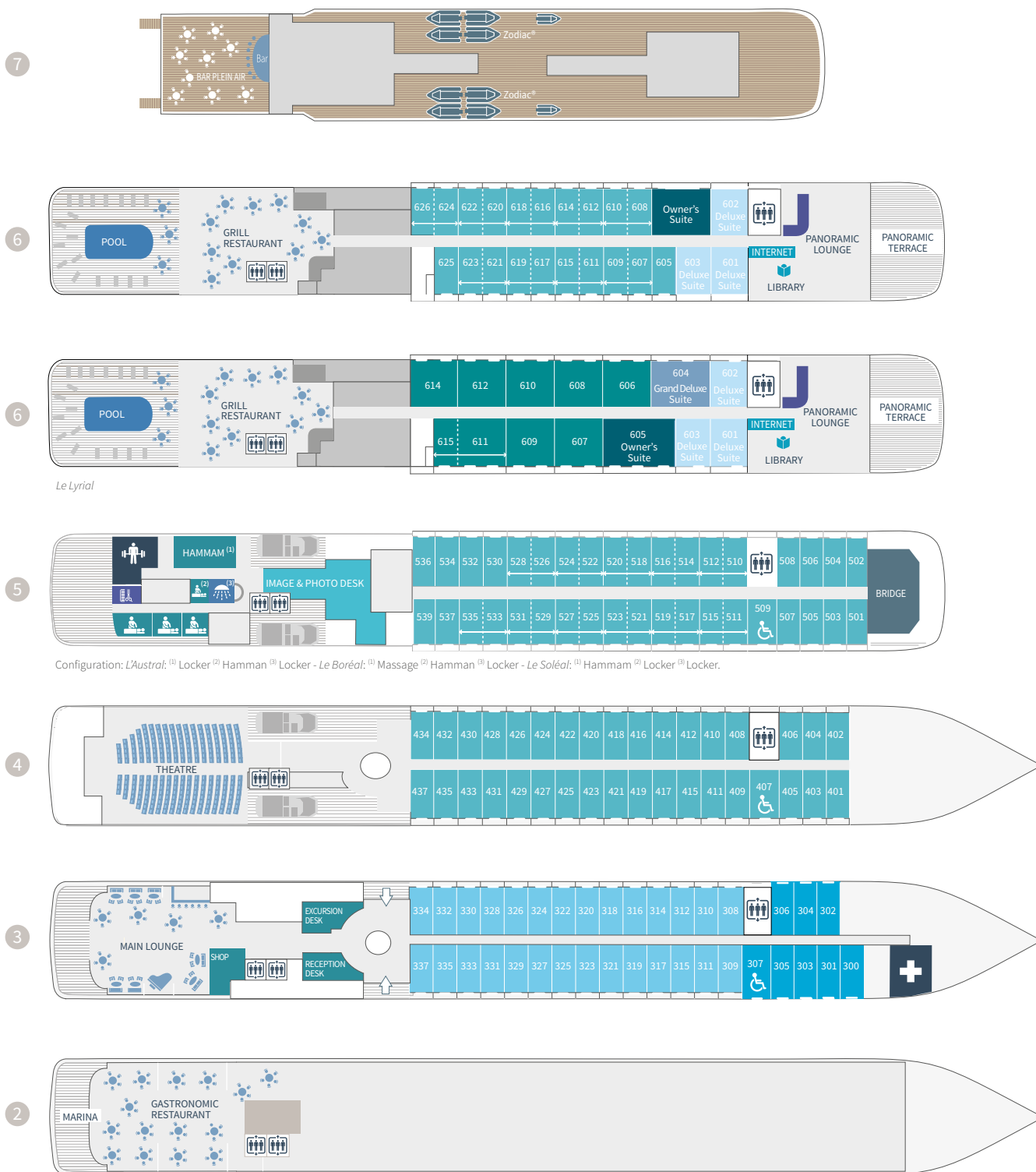
1. *Le Boréal*
2. Prestige stateroom aboard *Le Lyrial*
3. Prestige stateroom balcony aboard *Le Boréal*
4. Prestige stateroom aboard *L'Austral*

Amenities

- Individually controlled airconditioning
- Stateroom layout: king-size bed, or twin beds, communicating Staterooms available (Children welcome)
- Minibar
- Flat-screen satellite TV
- Bose Bluetooth speaker
- Desk with stationery
- Safe

- Hermès bath products
- Dressing table, bath robes, hairdryer
- Direct line telephone
- 110V American (two flat pins)/220V European (round sockets with two round pins)
- 24hr room service
- Inclusive internet access Wifi*

**Depending on the navigation areas, the Wifi may not be accessible for reasons beyond our control.*



Visit
our Sisterships
by scanning
this QR code

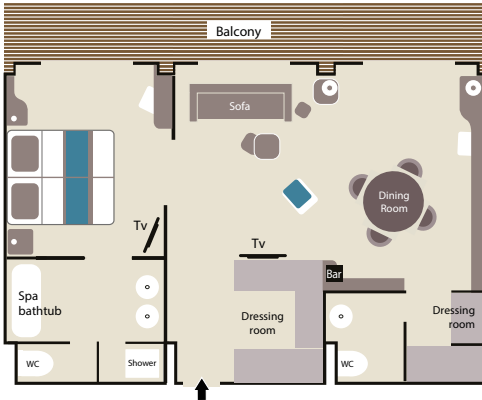


- Owner's Suite
Deck 6
- Grand Privilege Suite
Deck 6 (*Le Lyréal*)
- Privilege Suites
Deck 6 (*Le Lyréal*)
- Prestige Suites
Deck 6 - 5 (except *Le Lyréal*)
- Grand Deluxe Suites
Deck 6 (*Le Lyréal*)
- Deluxe Suites
Deck 6
- Prestige Staterooms
Deck 4 - 5 - 6
- Deluxe Staterooms
Deck 3
- Superior Staterooms
Deck 3

Discover your Stateroom

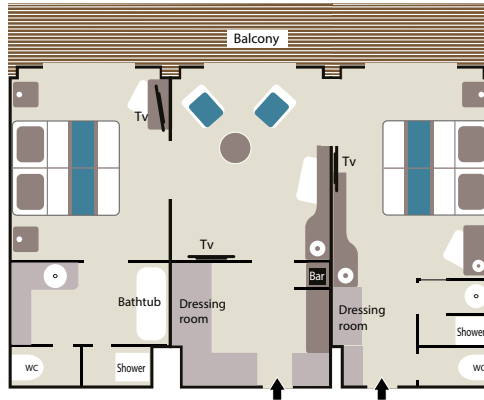
OWNER'S SUITE aboard *Le Lyrial*

(55 sq.m/581 sq.ft + 12 sq.m/129 sq.ft private balcony with sliding bay windows)



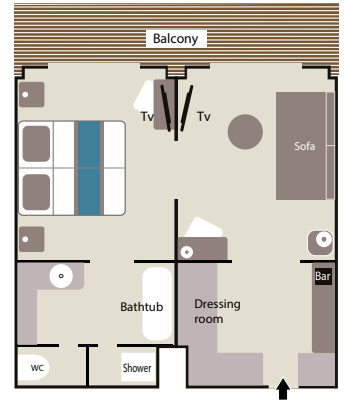
GRAND PRIVILEGE SUITE aboard *Le Lyrial*

(55 sq.m/581 sq.ft + 12 sq.m/129 sq.ft private balcony with sliding bay windows)



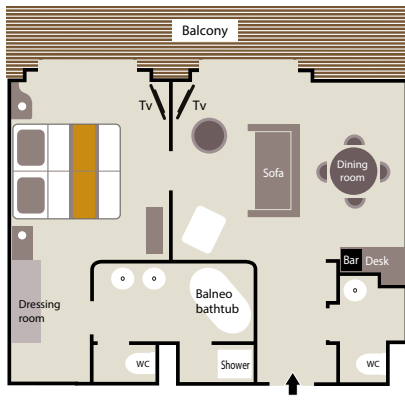
8 PRIVILEGE SUITES aboard *Le Lyrial*

(37 sq.m/388 sq.ft + 8 sq.m/86 sq.ft private balcony with sliding bay windows)



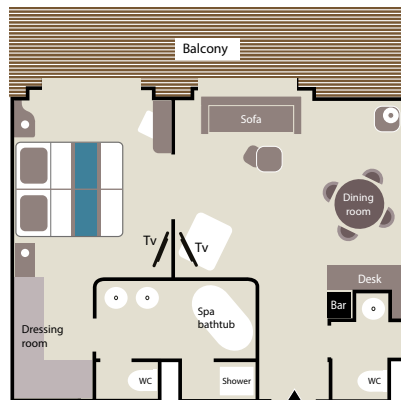
OWNER'S SUITE

(45 sq.m/484 sq.ft + 9 sq.m/97 sq.ft private balcony with sliding bay windows)



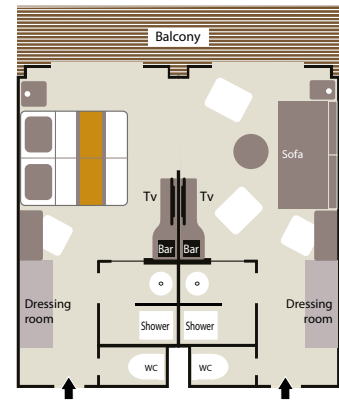
GRAND DELUXE SUITE aboard *Le Lyrial*

(45 sq.m/484 sq.ft + 10 sq.m/108 sq.ft private balcony with sliding bay windows)



20 PRESTIGE SUITES - 11 aboard *Le Lyrial*

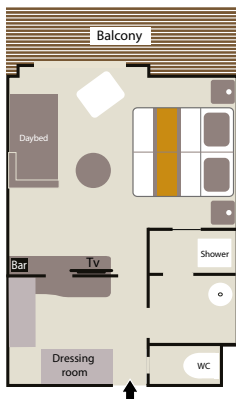
(37 sq.m/398 sq.ft + 8 sq.m/86 sq.ft private balcony with sliding bay windows)



Prestige Suites aboard *Le Boréal* & *Le Soléal*: 1 shower and 1 bathtub.

3 DELUXE SUITES

(27 sq.m/290 sq.ft + 6 sq.m/64 sq.ft private balcony with sliding bay window)

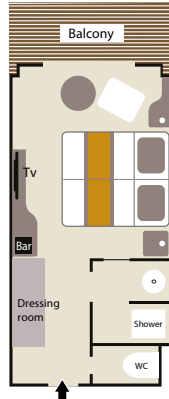


Deluxe Suites aboard *Le Boréal*: 1 shower and 1 bathtub

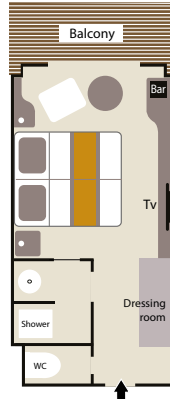
92 PRESTIGE STATEROOMS - 73 aboard *Le Lyrial*

(18.5 sq.m/200 sq.ft + 4 sq.m/43 sq.ft private balcony with sliding bay window)

Deck 4



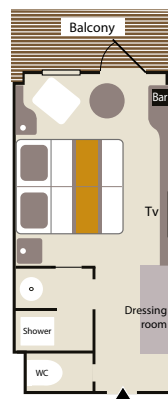
Deck 5-6



Prestige Staterooms aboard *Le Boréal* & *Le Soléal*, decks 5 & 6: 1 shower or bathtub depends on cabins

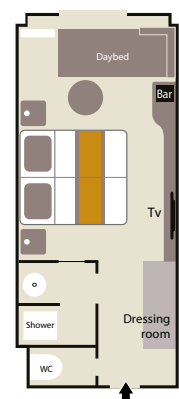
28 DELUXE STATEROOMS

(18 sq.m/200 sq.ft + 4 sq.m/43 sq.ft private balcony with French window)



8 SUPERIOR STATEROOMS

(21 sq.m/226 sq.ft)



The PONANT Explorers : *Le Lapérouse, Le Champlain, Le Bougainville, Le Dumont-d'Urville, Le Bellot and Le Jacques-Cartier*

With this subtle blend of the wish to explore the most remote parts of the world and the comfort of an intimate ship, these six yachts are fitted with innovative and eco-friendly equipment.





Length: 131 m
Width: 18 m
Draft: 4.7 m
Average cruising speed: 13.5 knots

Number of staterooms and suites: 92
Crew members: 118
Installed electrical power: 6,400 KW
Years of delivery: from 2018 to 2020



The PONANT Explorers series
is designed to enable
you to experience
the expedition in a different way.
Equipped with a multi-sensory
underwater lounge, the *Blue Eye*,
and the latest technologies
to limit the impact
on the environment, *Le Lapérouse*,
Le Champlain, *Le Bougainville*,
Le Dumont-d'Urville, *Le Bellot*
and *Le Jacques-Cartier* enable
you to make stopovers in
remote regions.





1. The *Blue Eye*, multi-sensory underwater lounge
2. The Spa, in partnership with Sothys
3. The pool deck and its solarium
4. The panoramic restaurant, open to the outside
5. The theatre, where conferences, shows and performances take place

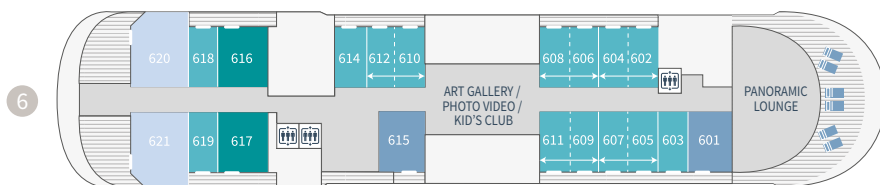
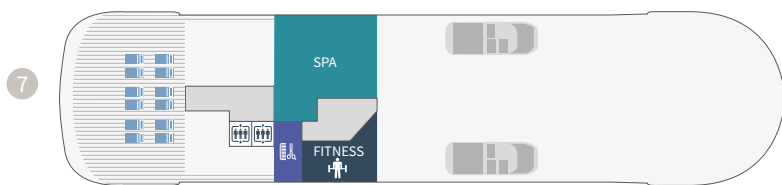
1. *Le Bougainville*
2. The Owner's suite
3. The Owner's suite, its private terrace and jacuzzi
4. The Privilege Suite

Amenities

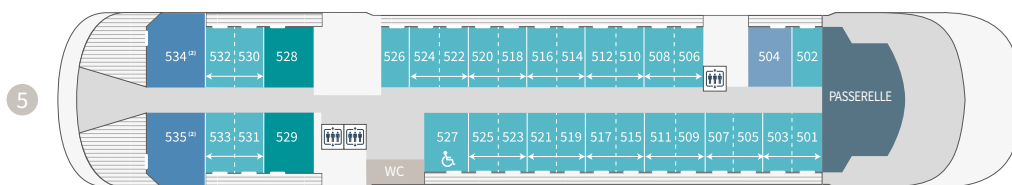
- Individually controlled airconditioning
- Stateroom layout: king-size bed, or twin beds, communicating Staterooms available (Children welcome)
- Minibar
- Flat-screen satellite TV
- Video on demand
- Bose Bluetooth speaker
- Desk with stationery

- Safe
- Hermès bath products*
- Dressing table, bath robes, hairdryer
- Direct line telephone
- 110V American (two flat pins)/220V European (round sockets with two round pins)
- 24hr room service
- Inclusive internet access Wifi**

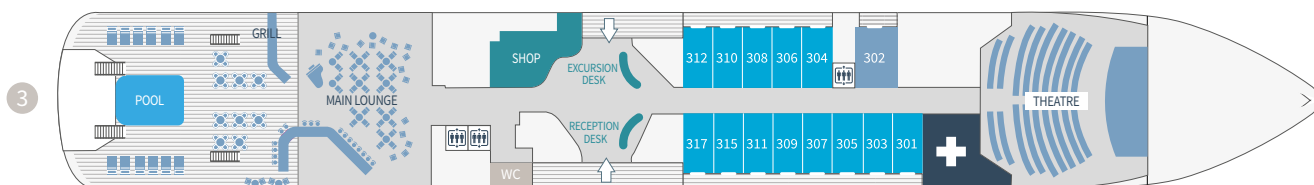
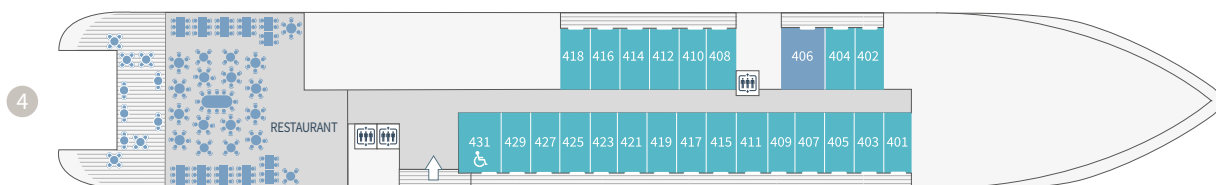
**Aboard Le Jacques-Cartier, Clarins. **Depending on the navigation areas, the Wifi may not be accessible for reasons beyond our control.*



(1) Aboard *Le Lapérouse* and *Le Champlain*, the Owner's Suite is located on deck 6 (Suite 621).



(2) Aboard *Le Lapérouse* and *Le Champlain*, the Suites 534 and 535 located on deck 5 are Grand Deluxe Suites.

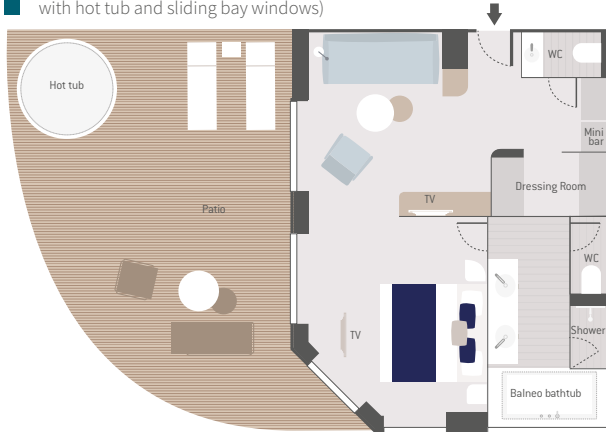


- | | | | |
|--|---|---|--|
| <p>Owner's Suite
Deck 5 (Deck 6 aboard <i>Le Lapérouse</i> and <i>Le Champlain</i>)</p> <p>Privilege Suites
Deck 5 - 6</p> | <p>Grand Deluxe Suites
Deck 5 - 6</p> <p>Prestige Suites
Deck 5 - 6</p> | <p>Deluxe Suites
Deck 3 - 4 - 5 - 6</p> <p>Prestige Staterooms
Deck 4 - 5 - 6</p> | <p>Deluxe Staterooms
Deck 3</p> |
|--|---|---|--|

Discover your Stateroom

OWNER'S SUITE

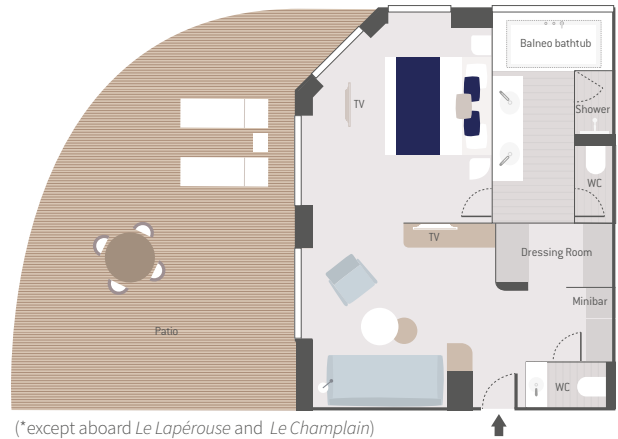
(45 sq.m/484 sq.ft + 40 sq.m/430 sq.ft private terrace* with hot tub and sliding bay windows)



(*30 sq.m/323 sq.ft of private terrace aboard *Le Lapérouse* and *Le Champlain*)

3 GRAND DELUXE SUITES

(45 sq.m/484 sq.ft + 30 sq.m/323 sq.ft private terrace with sliding bay windows; on deck 5: 40 sq.m/430 sq.ft private terrace with hot tub and sliding bay windows)



(*except aboard *Le Lapérouse* and *Le Champlain*)

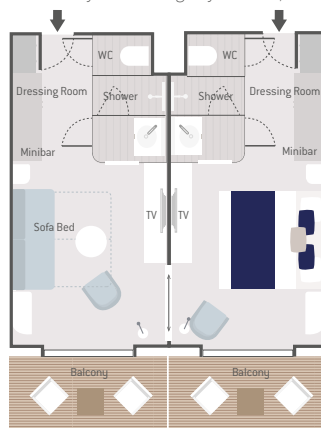
4 PRIVILEGE SUITES

(32 sq.m/344 sq.ft + 8 sq.m/86 sq.ft private balcony with sliding bay window)



18 PRESTIGE SUITES

(38 sq.m/409 sq.ft + 8 sq.m/86 sq.ft private balcony with sliding bay window)



66 PRESTIGE STATEROOMS

(19 sq.m/204 sq.ft + 4 sq.m private/43 sq.ft balcony with sliding bay window)



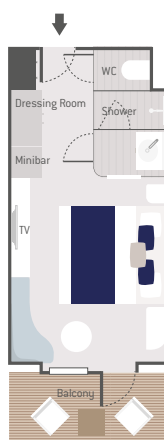
5 DELUXE SUITES

(27.5 sq.m/291 sq.ft + 6 sq.m/65 sq.ft private balcony with sliding bay window)



13 DELUXE STATEROOMS

(19 sq.m/204 sq.ft + 4 sq.m/43 sq.ft private balcony with French window)



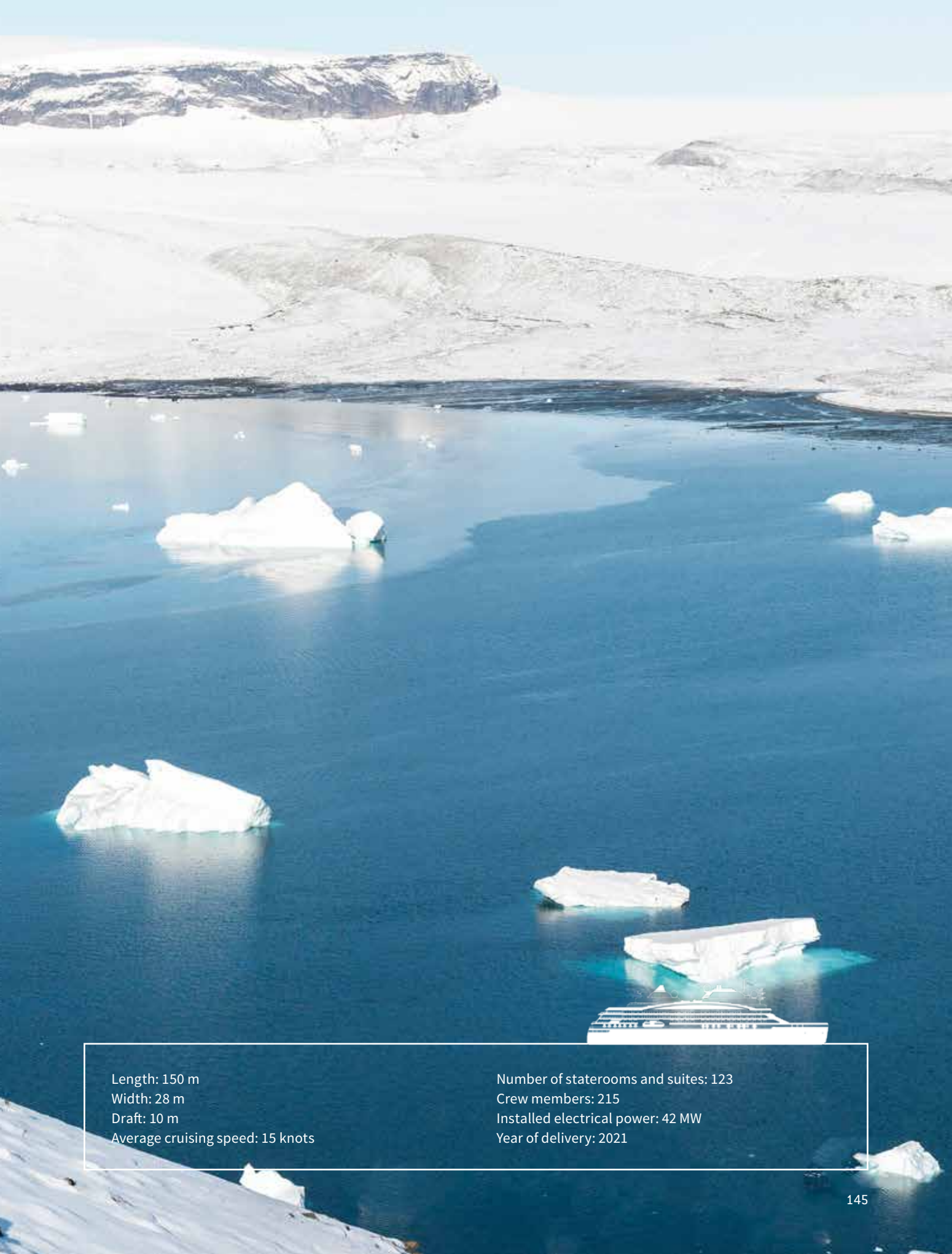
Visit our
PONANT Explorers
by scanning
this QR code



Le Commandant Charcot

In reference to the Gentleman of the poles whose name it bears, *Le Commandant Charcot* was designed to make you fully experience real polar odysseys and lead you in the footsteps of the great explorers, but against a refined backdrop.





Length: 150 m
Width: 28 m
Draft: 10 m
Average cruising speed: 15 knots

Number of staterooms and suites: 123
Crew members: 215
Installed electrical power: 42 MW
Year of delivery: 2021



Le Commandant Charcot
encapsulates
an **eco-friendly design**
comprising a **hybrid** propulsion
system never before seen
in the polar regions.
In total communion with nature,
it will carry you safely
and comfortably beyond known
lands. **Two research laboratories**
on board allow scientists to
collect data that will increase our
knowledge of the poles.





1. The sauna in the wellness area, which also includes the Biological Recherche Spa, hair and nail salon, fitness room, snow cabin
2. Pool area, with a heated indoor swimming pool, a relaxation area
3. The atrium
4. The Sila restaurant (the sky, the outside), deck 9
5. The Blue Lagoon area, deck 9

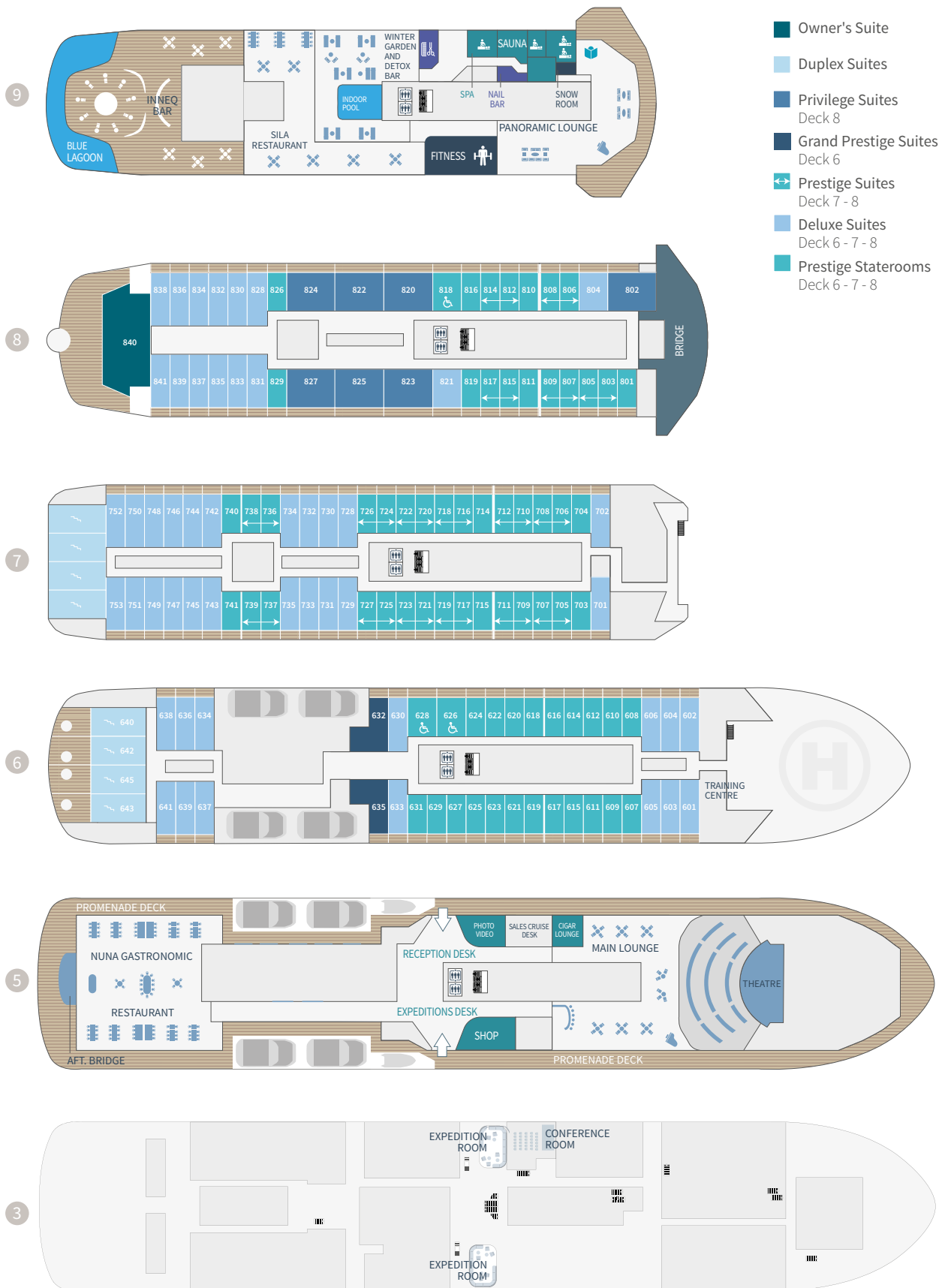
1. Le Commandant Charcot
2. The first floor of the Duplex Suite, deck 6
3. The sleeping area on the Owner's Suite, deck 8
4. The Owner's Suite living room, deck 8

Amenities

- Private balcony for all our Cabins and Suites
- Terrace for the Duplex Suites and the Owner's Suite
- Butler service and priority boarding: Owner's Suite, Duplex Suites, Privilege Suites and Grand Prestige Suites
- Individually controlled airconditioning
- Stateroom layout: king-size bed, or twin beds, communicating staterooms available, children welcome
- Minibar and 24hr room service
- Satellite TV channels (availability dependent on navigation)

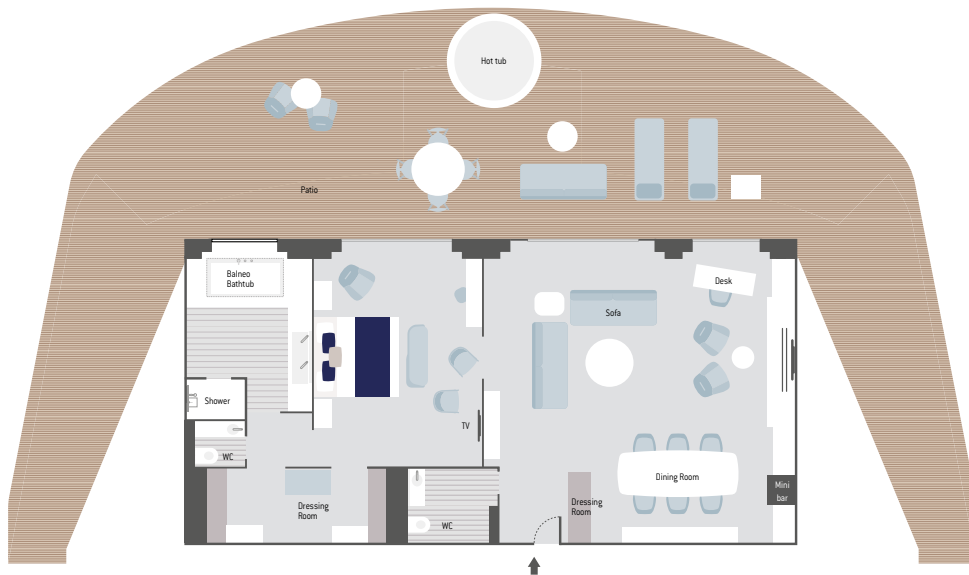
- Selection of videos on demand
- Bose Bluetooth speaker
- Safe
- Selection of Dyprique Paris top-of-the-line bath products
- Dressing table, bath robes, hairdryer
- Direct line telephone
- 110V American (two flat pins)/220V European (round sockets with two round pins)
- Internet access Wifi*

**Depending on the navigation areas, the Wifi may not be accessible for reasons beyond our control.*

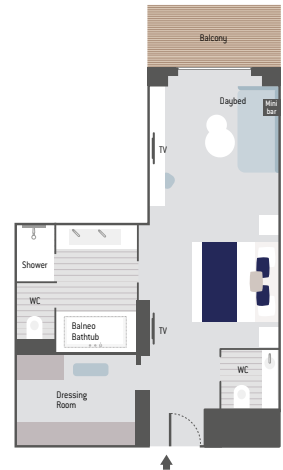


Discover your Stateroom

OWNER'S SUITE (115 sq.m/1,237 sq.ft + 186 sq.m/2,002 sq.ft private terrace with hot tub - balneo bathtub)



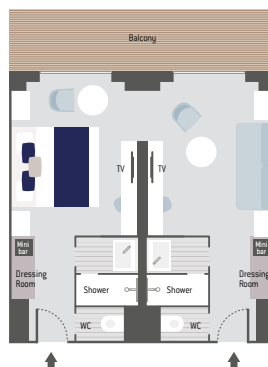
2 GRAND PRESTIGE SUITES (42 sq.m/452 sq.ft + 5 sq.m/54 sq.ft private balcony)



7 PRIVILEGE SUITES (48 sq.m/516 sq.ft + 12.5 sq.m/134.5 sq.ft private balcony - balneo bathtub)



17 PRESTIGE SUITES (40 sq.m/430 sq.ft + 10 sq.m/107 sq.ft private balcony)



4 DUPLEX SUITES (94 sq.m/1,011 sq.ft + 26 sq.m/279 sq.ft private terrace with hot tub - balneo bathtub)



50 DELUXE SUITES (28 sq.m/301 sq.ft + 5 sq.m/53 sq.ft private balcony)



71 PRESTIGE STATEROOMS (20 sq.m/215 sq.ft + 5 sq.m/53 sq.ft private balcony)



Visit
Le Commandant Charcot
by scanning
this QR code



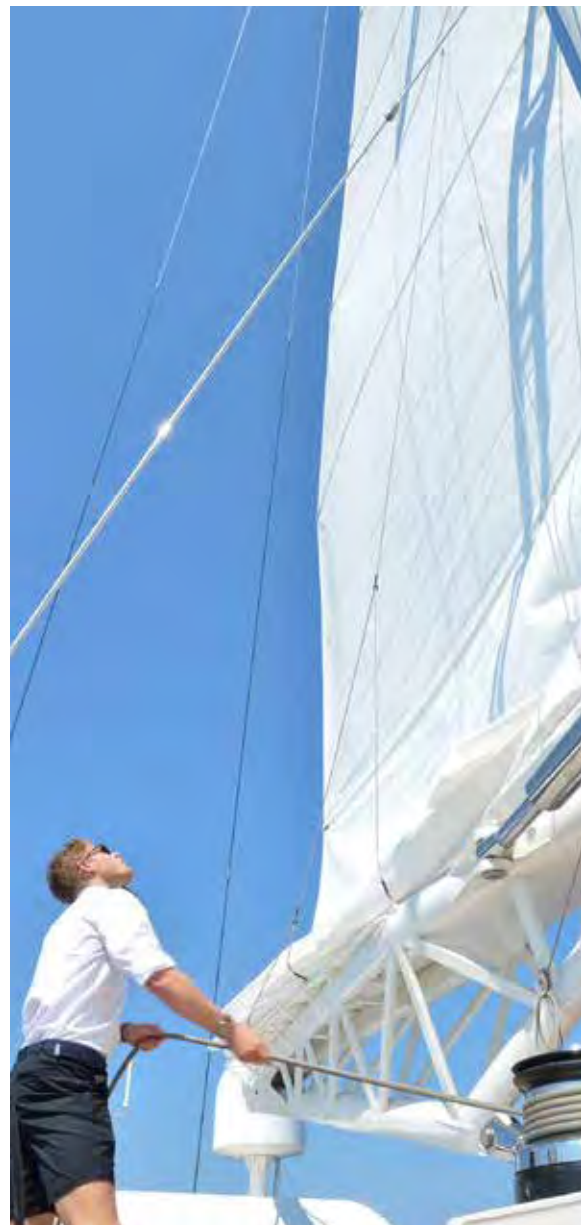
Le Ponant

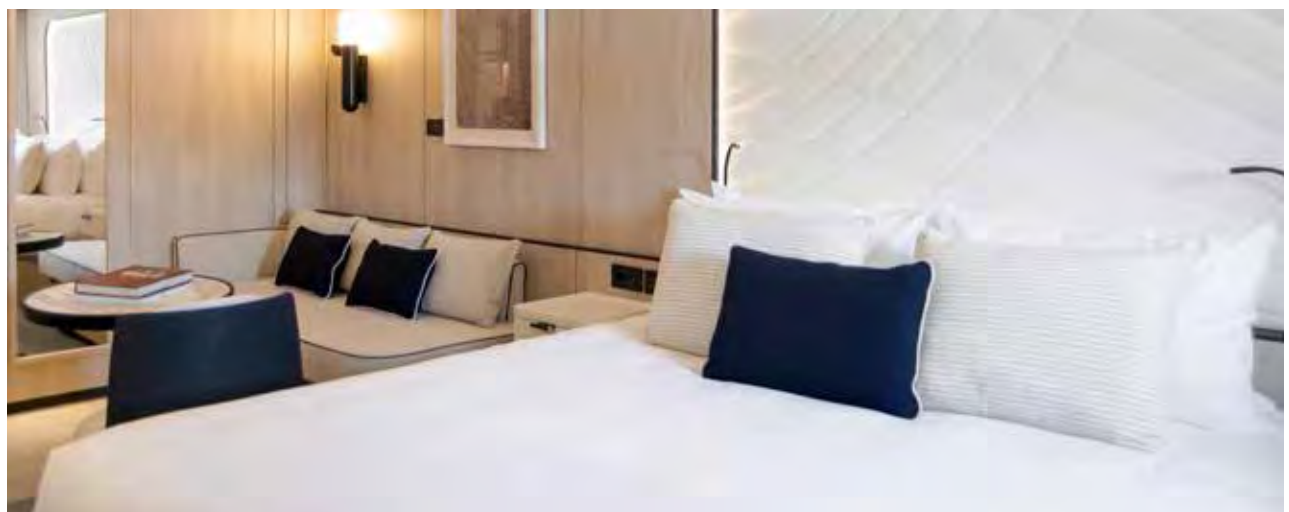
It is with this ship that the PONANT adventure began more than 30 years ago. In its new livery, *Le Ponant* reinvents the cruise by going with the flow: authentic, intimate and hedonistic. Whether you're passionate about sailing or a fan of *la dolce vita*, you will enjoy the pleasure of a seamless reconnection with the elements, against a backdrop of magnificent scenery.



Length: 88 m
Width: 12 m
Draft: 4 m
Number of masts: 3
Total sail area: 1212 m² + 1000 m² spinnaker

Number of staterooms and suites: 16
Crew members: 33
Hybrid propulsion: sails, electric batteries, diesel engines
Year of delivery: 1991, renovated in 2021

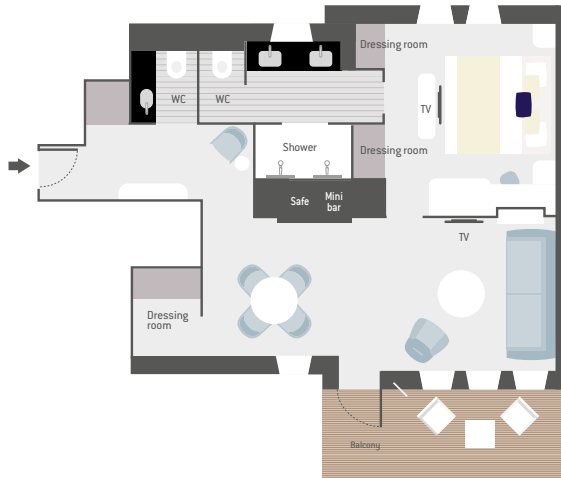




Discover your Stateroom

OWNER'S SUITE

(47 sq.m/506 sq.ft + 9 sq.m/97 sq.ft private balcony)



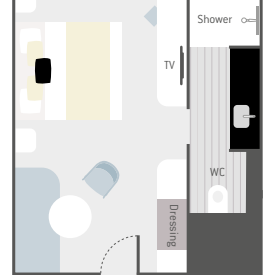
PRESTIGE MISTRAL SUITE

(27 sq.m/291 sq.ft + porthole)



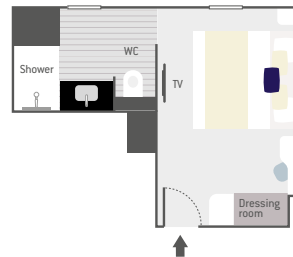
JUNIOR MISTRAL SUITE

(22 sq.m/237 sq.ft + porthole)



PRESTIGE MISTRAL STATEROOM

(16 sq.m/172 sq.ft + porthole)



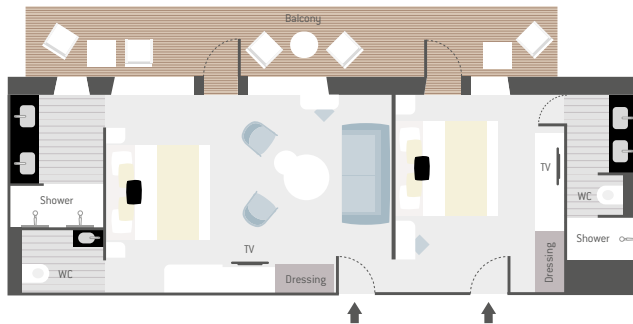
MISTRAL STATEROOM

(14 sq.m/151 sq.ft + porthole)



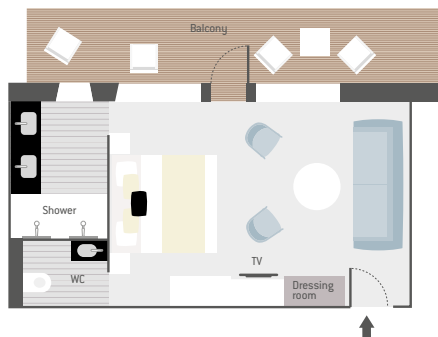
ALIZES GRAND PRIVILEGE SUITE

(49 sq.m/527 sq.ft + 13 sq.m/140 sq.ft private balcony)



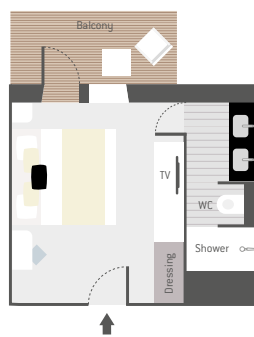
ALIZES PRIVILEGE SUITE

(30 sq.m/323 sq.ft + 9 sq.m/97 sq.ft private balcony)



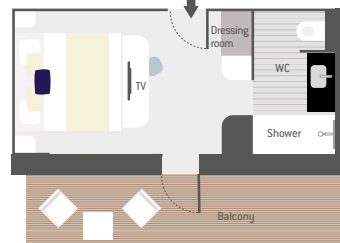
ALIZES STATEROOM

(19 sq.m/205 sq.ft + 4 sq.m/43 sq.ft private balcony)



ALIZES PRESTIGE STATEROOM

(16 sq.m/172 sq.ft + 8 sq.m/86 sq.ft private balcony)



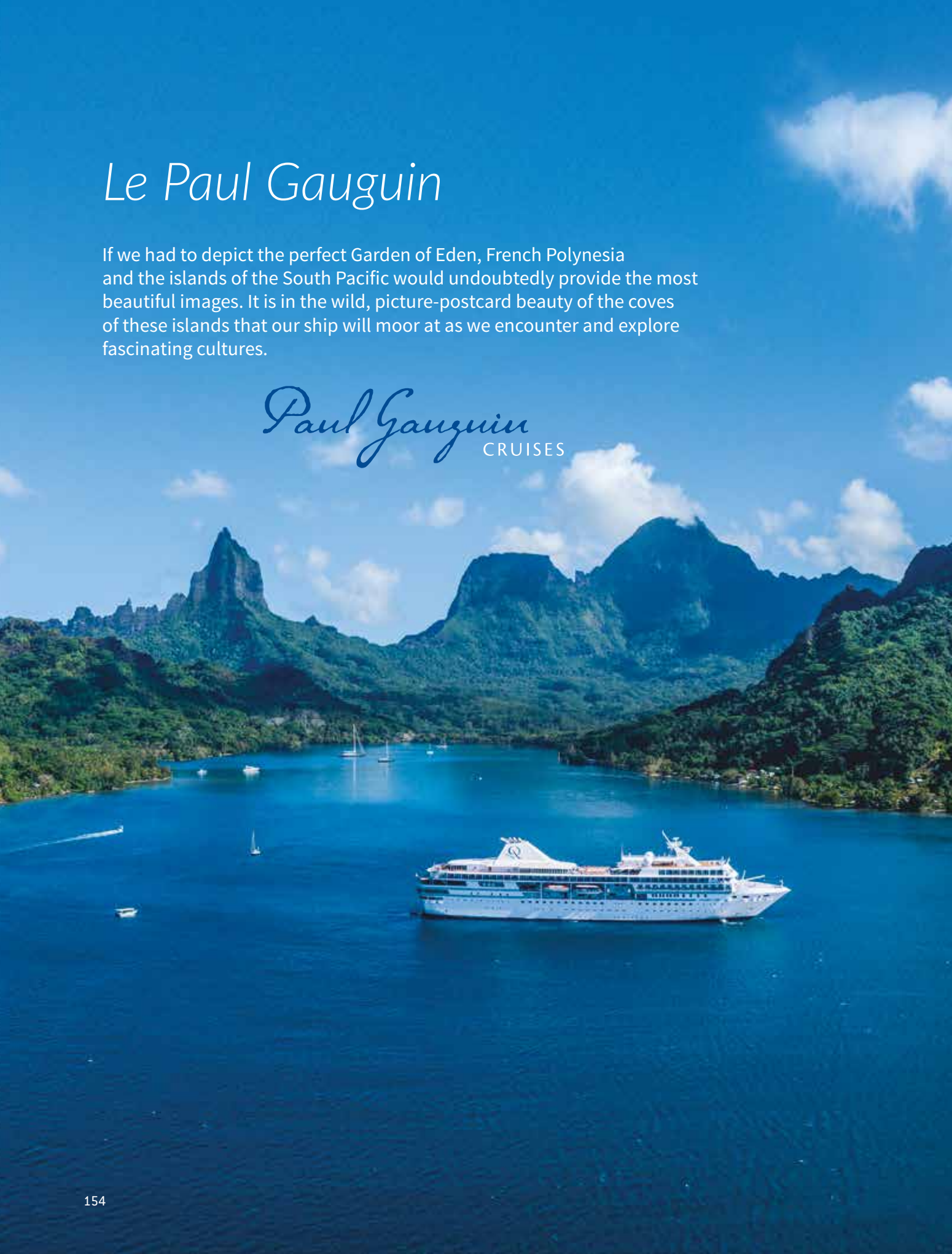
Discover *Le Ponant*
deck plans
by scanning
this QR code



Le Paul Gauguin

If we had to depict the perfect Garden of Eden, French Polynesia and the islands of the South Pacific would undoubtedly provide the most beautiful images. It is in the wild, picture-postcard beauty of the coves of these islands that our ship will moor at as we encounter and explore fascinating cultures.

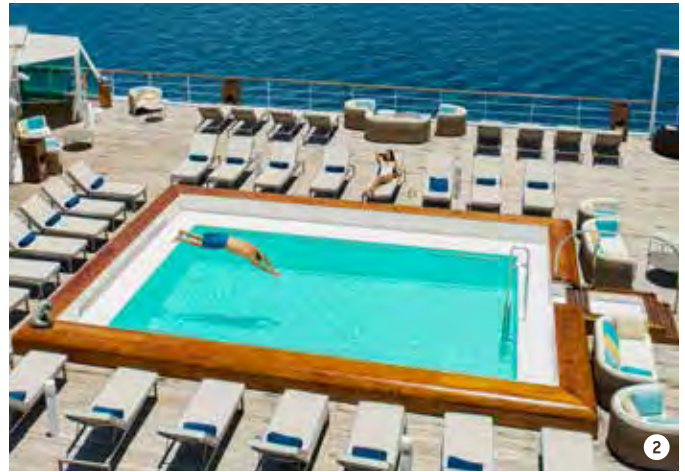
Paul Gauguin
CRUISES





Length: 156 m
Width: 22 m
Draft: 5.15 m
Average cruising speed: 18 knots

Number of staterooms and suites: 165
Crew members: 209
Propulsion: Diesel electric
Year of delivery: 1998, renovated in 2021



Specially designed to navigate
in the shallow waters
of the South Pacific,
Le Paul Gauguin can get
really close to lagoons
and little known bays.
When on board, your Tahitian hosts,
the *Gauguins* and *Gauguines*,
will share their *joie de vivre*
and contribute to the relaxed
atmosphere that prevails
on the ship.





1. The Algotharm Spa, for treatments and massages based on marine cosmetics
2. The swimming pool area, for relaxing in the sunshine, also features a bar
3. The grill-restaurant, on deck 8
4. L'Étoile gastronomic restaurant
5. The lounge-bar La Palette, open to the outside

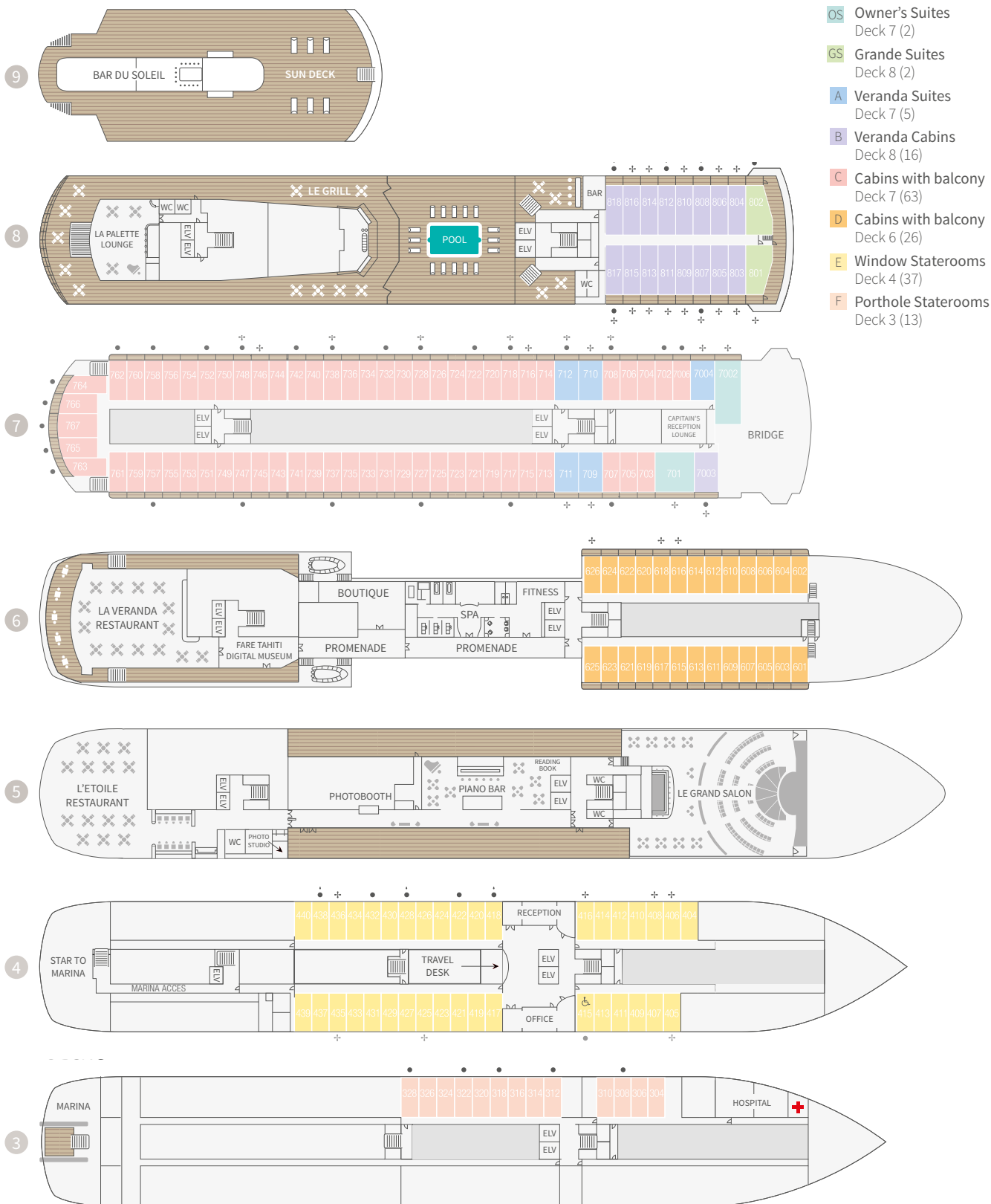
1. Le Paul Gauguin
2. Grande Suite GS
3. The Owner's Suite 701
4. Cabin with balcony C

Amenities

- 160 cm queen-size bed (except cabins with two single beds; some cabins also have a folding bed). Suites and category B have a 180 cm king-size double bed
- Minibar
- 110 V/220 V electrical sockets
- Flat-screen TV, CD/DVD player
- Telephone
- Safe
- Individual airconditioning

- Marble bathroom with bathtub (except seven cabins with shower only)
- Algotharm toiletries and hairdryer
- Courtesy cotton robes and slippers
- 24-hour service
- Butler service for the Owner's Suites, the GRAND GS Suites, Veranda A and B Suites.
- Free Wifi access*

**Depending on the navigation areas, the Wifi may not be accessible for reasons beyond our control.*



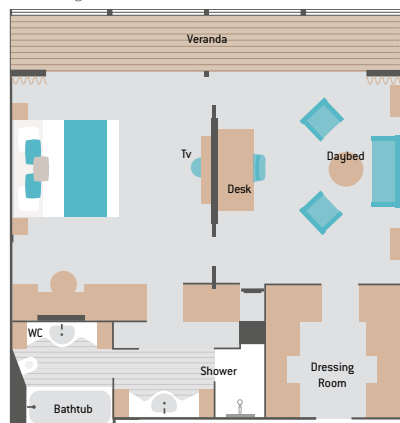
- Denotes stateroom with two twin beds that convert to a queen. Stateroom 801 offers a king-size bed.
- + Denotes stateroom with triple occupancy.
- ♿ Stateroom 415 is wheelchair accessible.

Suites and staterooms range from 200 to 588 square feet.
This measurement includes balconies and verandas in categories D and above.

Discover your Stateroom

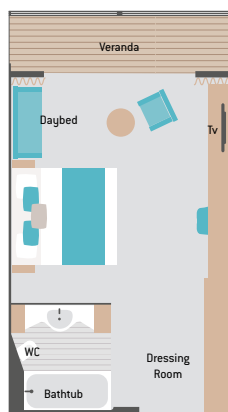
OWNER'S SUITE 701

(42 sq.m/457 sq.ft + 7 sq.m/77 sq.ft veranda)
The bathroom boasts a separate shower and a dressing area.



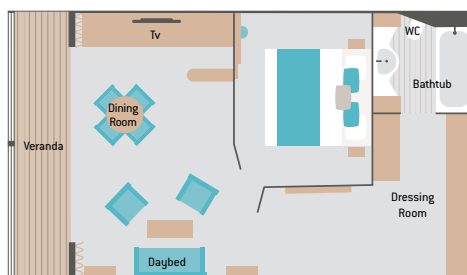
A VERANDA SUITE

(28 sq.m/300 sq.ft + 5 sq.m/58 sq.ft veranda)
Suites available: Tahiti Suite (709), Pont Aven Suite (710), Atuona Suite (711), Arles Suite (712).



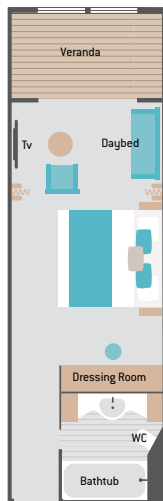
OWNER'S SUITE 7002

(49 sq.m/531 sq.ft + 5 sq.m/57 sq.ft veranda)
The bathroom boasts a bathtub and a dressing area.



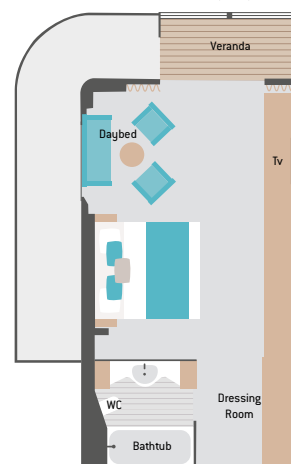
B VERANDA STATEROOM

(24 sq.m/249 sq.ft + 5 sq.m/56 sq.ft veranda)
Cabin 7003 has a shower cubicle and a double bed.



GS GRAND SUITE

(30 sq.m/332 sq.ft + 18 sq.m/197 sq.ft veranda)
Two suites available: the Paul Gauguin Suite (801) and the Flora Tristan Suite (802).



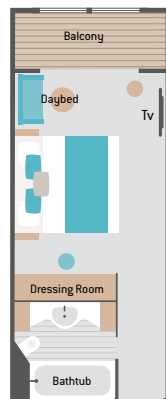
C BALCONY STATEROOM

(19 sq.m/202 sq.ft + 3 sq.m/37 sq.ft balcony)
Balcony Staterooms 708, 716, 718, 728, 738, 746 and 748 can accommodate a third guest in a loveseat convertible. Stateroom 7006 features a very small bathroom with shower only. Staterooms 763, 764, 765, 766 and 767 vary in size and feature shower stall with no tub.



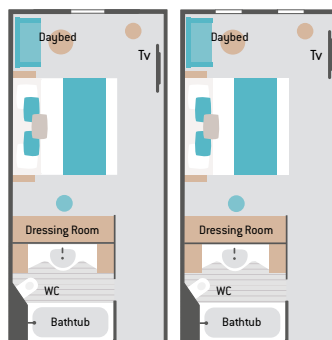
D BALCONY STATEROOM

(19 sq.m/202 sq.ft + 3 sq.m/37 sq.ft balcony)
The following Balcony Staterooms can accommodate a third guest in a loveseat convertible: 616, 618 and 626.



E WINDOW STATEROOM

(19 sq.m/200 sq.ft)
The following Window Staterooms can accommodate a third guest in a loveseat convertible: 405, 406, 408, 416, 418, 425, 428, 435, 436 and 438.



F PORTHOLE STATEROOM

(19 sq.m/200 sq.ft)
The following Window Staterooms can accommodate a third guest in a loveseat convertible: 405, 406, 408, 416, 418, 425, 428, 435, 436 and 438.

Discover
Le Paul Gauguin
by scanning
this QR code



Formalities

FOR ALL CRUISES

The information below is current but subject to change at any time without advance notice from government authorities. Please consult your respective government agencies for visa and health information. As formalities may change, we advise you to contact the relevant authorities before your trip.

Passport valid for at least six (6) months beyond the completion of your trip. Passport must contain at least two completely clear, blank, unused visa pages for each visa required, not including any amendment pages. Visa pages with stains or ink from other pages in the passport are not usable. Guests who deviate from the scheduled embarkation or disembarkation port should research the foreign entry requirements for the port country. Due to government regulations, regrettably, PONANT will have to deny boarding to any guest who fails to obtain the appropriate travel documentation for this trip.

SPECIFIC FORMALITIES

ANTARCTIC

LE COMMANDANT CHARCOT

PUNTA ARENAS • USHUAIA 3rd November 2023 ⁽¹⁾

USHUAIA • USHUAIA 17th and 29th November, 13th and 27th December 2023 ⁽¹⁾

USHUAIA • LYTTELTON 8th January 2024 ⁽¹⁾

USHUAIA • MONTEVIDEO 4th March 2024 ^{(1) (4)}

LE SOLÉAL

DUNEDIN • DUNEDIN 23th December 2023, 6th and 20th January, 10th February 2024 ⁽²⁾

LE LYRIAL

MONTEVIDEO • USHUAIA 7th November 2023

USHUAIA • USHUAIA 22th November, 2nd December 2023, 2nd, 17th and 27th February ⁽³⁾

L'AUSTRAL

USHUAIA • USHUAIA 5th and 21th November, 1st, 11th and 21th December 2023, 5th and 29th January, 8th and 18th February 2024 ⁽³⁾

LE BORÉAL

USHUAIA • USHUAIA 18th and 28th November, 18th and 28th December 2023, 7th, 17th and 27th January, 6th and 16th February, 7th March 2024 ⁽³⁾

USHUAIA • BUENOS AIRES 7th March 2024 ⁽³⁾

- (1) **IMPORTANT Chile mobility pass:** an important procedure conditions your departure: in order to be able to arrive on Chilean territory, a mobility pass is required. The delay to obtain it can take 30 days, we kindly ask you to make your request as soon as possible. To do this, you must validate your vaccination schedule on the site <https://mevacuno.gob.cl/> in order to obtain this mobility pass (up to 30 days from your request).
- (2) **New Zealand:** nationalities who are visa-exempt must now apply for an Electronic Travel Authority (ETA) before your arrival in New Zealand. For more information, please visit www.immigration.govt.nz/new-zealand-visas. A copy of your ETA must be sent to PONANT at the latest 45 days prior to your cruise date. We also ask you to keep a copy of your ETA and keep it with your passport throughout the duration of your trip. While applying for the ETA, you will be asked to pay the mandatory International Visitor Conservation and Tourism Levy (IVL). Australian passport holders are exempt of the ETA and the IVL.
- (3) **Argentina:** should you require a visa to travel to Argentina, we recommend you apply for a double-entry visa as a technical stop in Chile might be scheduled.
- (4) **Chile:** Australian citizens entering/exiting Chile must pay a RECIPROCITY TAX that will be issued for a stay of up to 90 days upon payment. Currently, the fee is only charged at the Santiago International Airport. Payment can be made in U.S. currency or by credit card.

ASIA AND INDIAN OCEAN

LE BOUGAINVILLE

MAHE • ZANZIBAR 8th February and 15th March 2024 ^{(1) (2)}

ZANZIBAR • MAHE 20th February 2024 ^{(1) (2)}

DOHA • MUSCAT 15th and 29th December 2023 ^{(3) (4) (5)}

MUSCAT • DOHA 18th November, 8th and 22th December 2023, 5th January 2024 ^{(3) (4) (5)}

LE CHAMPLAIN

MAHE • PORT LOUIS 18th November 2023 and 13th January 2024 ^{(6) (8)}

MAHE • ZANZIBAR 19th February 2024 ^{(1) (2)}

PORT LOUIS • PORT LOUIS 3rd and 16th December 2023 ^{(6) (8)}

PORT LOUIS • MAHE 29th December 2023 ^{(6) (8)}

ZANZIBAR • MAHE 7th February and 2nd March 2024 ^{(1) (2)}

LE JACQUES-CARTIER

MAHE • PORT LOUIS 22th November 2023 ⁽⁶⁾

PORT LOUIS • PORT LOUIS 7th December 2023 ⁽⁶⁾

PORT LOUIS • MAHE 20th December 2023 ⁽⁶⁾

MAHE • COLOMBO 4th December 2024 ⁽⁷⁾

- (1) **Tanzania:** as of June 1, 2019, Tanzania enforces the ban on plastic bags. Travellers are no longer allowed to bring into the country any type of plastic bag. Only the airline "imposed ziplock" bags as part of airport security procedures are still permitted.
- (2) **Tanzania:** visa delivered and charged onboard (€50 subject to change), valid for 90 days. The visa fee for US citizens is €100.
- (3) **Oman:** citizens of the USA, Canada, UK, Australia, Japan, Germany no longer need to get a visa for stays up to 14 days.
- (4) **Saudi Arabia:** mandatory transit visa (conditions to be updated)
- (5) **Qatar:** the visa can be obtained free of charge at Doha airport upon presentation of your cruise documents and return flight tickets.
- (6) **Madagascar:** visa delivered and charged onboard (€20 subject to change), valid for 14 days. Immunization against diphtheria-tetanus-polio is essential. Anti-malaria treatment is highly recommended. It is recommended that you contact your health professional for any specific medical advice relating to travel through these regions.
- (7) **Sri Lanka:** an Electronic Travel Authorization (ETA) must be obtained before your cruise. You can apply online on the following official website: <http://www.eta.gov.lk/slvisa/>
- (8) **Reunion:** some nationalities may require a visa. Please check on <https://france-visas.gouv.fr/>

SOUTH AMERICA

L'AUSTRAL

USHUAIA • USHUAIA 28th February 2024 ⁽¹⁾

USHUAIA • BUENOS AIRES 12th March 2024 ⁽¹⁾

LE DUMONT-D'URVILLE

BELIZE CITY • BELIZE CITY 28th November 2023 ⁽²⁾

COLON • PUNTARENAS 7th and 24th January 2024 ⁽²⁾

COLON • FORT DE FRANCE 9th March 2024 ⁽²⁾

- (1) **Argentina:** should you require a visa to travel to Argentina, we recommend you apply for a double-entry visa as a technical stop in Chile might be scheduled.
- (2) It is recommended that you contact your health professional for any specific medical advice relating to travel through these regions (including compulsory inoculations).

OCEANIA

For all departures on board Le Paul Gauguin

USA: should your flight transit via the USA, a visa or ESTA may be required. Please contact USA consulate website for details. Kindly print out a copy of your ESTA and keep it with your passport.

LE LAPÉROUSE

DARWIN • BALI 11th October 2023 ⁽³⁾

CAIRNS • BRISBANE 5th November 2023 ⁽¹⁾

CAIRNS • CAIRNS 7th March 2024 ^{(1) (2) (7)}

CAIRNS • DARWIN 19th March 2024 ^{(1) (2) (3) (4) (7)}

HOBART • HOBART 14th and 23th December 2023 ⁽¹⁾

LE SOLÉAL

DARWIN • CAIRNS 17th October 2023 ^{(1) (2) (3) (7)}

CAIRNS • CAIRNS 2nd November 2023 ^{(1) (2) (7)}

CAIRNS • HONIARA 12th November 2023 ^{(1) (2) (4) (7)}

HONIARA • NOUMÉA 23th November 2023 ^{(4) (5) (7)}

NOUMÉA • GUAM 8th March 2024 ^{(4) (5) (6) (7)}

(1) **Australia:** an Electronic Travel Authority (ETA) must be obtained before your arrival in Australia. For more information, please visit www.australia.gov.au/information-and-services/immigration-and-visas. Carriers should be aware that there will not be any physical evidence in your passport. A copy of your ETA must be sent to PONANT at the latest 45 days prior to your cruise date. We also ask you to keep a copy of your ETA and keep it with your passport throughout the duration of your trip. Australian customs regulations are very strict, especially for the import of food items such as fresh food (even sealed), fruits, eggs, meat, plants, vegetables, seeds, grains. Fur and feathers are also forbidden. We highly recommend you consult this website for further details: www.australia.gov.au/information-and-services/immigration-and-visas/customs-clearance. It is recommended that you contact your health professional for any specific medical advice relating to

travel through these regions, including advice on Malaria prevention and dengue fever.

(2) **Papua New Guinea:** visa delivered onboard free of charge.

(3) **Indonesia:** on this particular cruise, the entry and/or exit port in Indonesia do not allow for visa-exemption. Your visa will be delivered and charged onboard (45 USD subject to change) and valid for 30 days.

(4) **Solomon Islands:** no visa required for transit calls.

(5) **Vanuatu:** no visa required.

(6) **Guam - USA:** depending on your nationality, an ESTA (available on <https://esta.cbp.dhs.gov/esta>) or visa may be required. Please contact USA consulate website for details. A copy of your visa or ESTA must be sent to PONANT at the very latest 45 days prior to your cruise date. In case the ESTA is sufficient to enter the USA, we also ask you to keep a copy of your ESTA with your passport throughout the duration of your trip.

(7) It is recommended that you contact your health professional for any specific medical advice relating to travel through these regions (including compulsory inoculations).

IMPORTANT INFORMATION

Visas: before departure, please check carefully that your visas are valid for the right date and time spent in the countries in order to avoid unpleasant situations.

Warning about the use of drones: the use of drones aboard PONANT ships, whether they are sailing at sea, at a port of call or anchored, is strictly forbidden. The use of drones on land in the Arctic and Antarctic regions is also strictly forbidden by international polar regulations. In other regions, it may be possible to use drones on land if permission has been obtained from the relevant authorities of each country and each region travelled through, as well as a pilot's licence that should

be obtained from your home country. Passengers are responsible for obtaining these permits; they should be able to present them at all times. Passengers who do not obtain these authorizations expose themselves to the risk of legal proceeding.

Medication: if you have a medical treatment, do not forget your prescription.

Panama Canal programme: the schedules depend on several factors and despite our best efforts, crossing the Panama Canal during the day is not guaranteed.



POLAR EXPEDITION CRUISE

- Complimentary polar parka: for all cruises marked with the logo 'Parka Gift', a PONANT polar water-resistant parka is offered (adult sizes only - in case of consecutive cruises, only one parka per person).
- Complimentary boots hire: boot rental will be offered onboard (for adults only) on Expedition cruises where the logo 'Free Boot Rental' appears.
- Ports of call, visited sites, outings and landings will depend on weather conditions, position of ice, winds and the state of the sea. These can force a change of plans at any time. The Captain and the Expedition Leader may at any time cancel or stop any activity, or even modify the itinerary. The final itinerary will be confirmed by the Captain, who will take into account the touristic quality of the sites and above all, the safety of the passengers. His decision will be based on advice from experts and authorities.
- Travelling to polar/isolated regions is an exhilarating experience in remote areas: please remember that you are far from modern hospitals with full medical facilities, thus evacuation is extremely expensive. Without adequate medical coverage, all expenses will have to be immediately paid with your personal funds. We urge

you to subscribe to full coverage insurance, choose your insurance company very carefully, be extremely vigilant and ensure your insurance is fully comprehensive, especially if you are insured by your credit card. PONANT offers an insurance contract with extensive guarantees, please contact us for more information.

Please read our information note concerning our conditions on boarding and fitness to travel before your departure. On top of receiving a copy upon making a reservation with us, you can also find it in the 'Terms and Conditions' section on our website. Please note that any new booking implies acceptance of these conditions.

- *Le Commandant Charcot:* please note that for polar plunge and ice floating, an EKG (electrocardiogram) by your general practitioner in addition to the PONANT medical questionnaire will be required.
- For all ships during polar expedition: also, for persons under 18 wishing to take part in these activities as well as kayaking, a sworn statement from the parents or legal guardians that they are able to swim will be asked. A parent or legal guardian must be present at the time of the activity.



FOR CRUISES OFFERING SCUBA DIVING

Passengers may take part in scuba diving activities, providing certain conditions are respected, in line with the applicable health, scientific and medical conditions in force on the day of the dive.

Passengers who wish to scuba dive are required to provide the onboard diving monitor with a valid medical certificate authorising them to scuba dive, as well as their certification card and their up-to-date dive log. Within the context of the health measures relating to Covid-19, you will also be required to complete a health declaration. You will be given this form when you pre-book your dive.

For yachting cruises, the minimum level required for scuba diving is 1 star CMAS or the PADI Open Water Diver (or equivalent). The certification card, the diving log book and a recent medical certificate (less than 12

months) must be presented at the beginning of the cruise to our main diving instructor.

For expedition cruises, the minimum level required for scuba diving is 2 star CMAS or the PADI Advanced Open Water Diver (or equivalent). The certification card, the diving log book and a recent medical certificate (less than 12 months) must be presented at the beginning of the cruise to our main diving instructor.

Mask and snorkel: for health reasons due to Covid-19, we strongly recommend that you come on board with your own mask and snorkel. As an exception, you will be able to borrow them in accordance with sanitary conditions.

PONANT's experience recognised

Our unique cruise concept, the quality of our fleet and our services have been repeatedly praised by industry professionals.



'Best Adventure Cruise Line' and **'Best Expedition Cruises'** awarded by the readers of the *Global Traveler* luxury travel magazine at the *Global Traveler* Leisure Lifestyle Awards 2022.



'Best Cruise Company' awarded at the **Travel d'Or 2022**.



The Arctic on board
Le Commandant Charcot among the 50 most beautiful places in the world – 2022 *TIME*'s **World's Greatest Places**.



Le Commandant Charcot winner of the prize **Expedition Cruise Ship of the Year 2021** during the 15th Edition of the Seatrade Cruise Awards.



'Best Small Ship Ocean Cruise-Line' awarded to Paul Gauguin Cruises by the *Travel + Leisure* magazine in 2022.



'Best Small-Ship Cruise Line' for the sixth consecutive year awarded to Paul Gauguin Cruises by the readers of the luxury travel magazine *Global Traveler* in 2021.

See the complete list of our awards on en.ponant.com.

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Did you know? Paper can be recycled up to seven times and cardboard up to eight times. In order to reduce the environmental impact of our brochures, envelopes and letters, we've adopted a range of good practices to ensure a responsible approach all the way to your own letterbox. The items you receive can be recycled to extend their life cycle.

- ✓ The use of recycled paper for printed materials
- ✓ Replacement of plastic film with recyclable envelopes
- ✓ Optimisation of the way we distribute our media, whilst continuing to listen your needs
- ✓ Forwarding of our outdated media to a sorting centre for transformation and reuse



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(1) Price is per person, based on double occupancy. The fares mentioned on each product reflect the best rates available at the time of publication, September 2022. Prices vary over time depending on the availability of our cruises and are thus subject to change without notice. Photo credits: ©Studio PONANT: Adrian Freyermuth - Charley Vieira - Clément Louineau - Damien Decaix - Gwenael Engel - Julie Lacombe - Laura Gellied - Laure Patricot - Laurence Fischer - Léa Paulin - Margot Sib - Margot Monneret - Nathalie Michel - Nicolas Leconte - Nicolas Mathews - Olivier Anrigo - Olivier Bland - Olivier Blaud - Ophélie Bleunven - Paulo Chermont - Servane Roy Berton - Violette Vauchelle. ©PONANT: Camille Morabito - Christophe Dugied - Daniel Ernst - Francine Kreiss - François Lefebvre - Gilles Trillard - Ian Dawson - Julien Fabro - Lucile Pinero - Mick Fogg - Mike Louagie - Nick Rains - Olivier Coret/ divergence - Serge Guiraud - Sue Flood - Tamar Sarkissian - Téa Quillier - Vu Theara Khim. ©Paul Gauguin - PONANT: Tim McKenna - Bret Webster. ©Istockphoto: 88Fani - AAG Graphics - AlterYourReality - Anderm - AndreAnita - Angelo D'Amico - Apismo1 - Bartosz Hadyniak - Benito Linares - Bletskey Evgeniy - Brandon Williams - Daniel Gauthier - Demerzel21 - Diego Cardini - Diego Grandi - Dmitry Chulov - Em Campos - Eric Panades Bosch - Erik V - Flavio Vallenari - Givaga - Homo Cosmicos - Jacob WADACI - Iakov Kalinin - Jakob Fischer - Jeu - John Anderson Photo - Kevin Xiong - Kokerb - Konstik - Lara Irmeeva - Maylat - Michel VARD - Mikeuk - Mienny - Moiz Dossaji - Nitrogliserin - Orietta Gaspari - Paul Szegedy - Pawopa3336 - Petr KahaneK - Pierib - Pixel Depth - Pniesen - Rani Zerafa - Ribeiro Rocha - Ricardo Stephan - Robert Ford - Robert Lerich - Rums - Saiko3p - Samuel Bloch - Sander Groffen - ShaneGross - SimonDannhauer - Staphie - Street Flash - Szymon Bartosz - THEPALMER - Tifon Images - Travellinglight - Venture Design - VitallyEdush - Walter Macedo - Wassily - Xenidka. ©AdobeStockphoto: Kevin Schaler/Danita Delmont - Barneslan - BlueOrange Studio - James Kelley - Marius Doblas - Stéphane - Thomas Jastram - Tsuguliev - Yevgen Belich. ©Niday Picture Library. ©Alina Karpenko. ©Corbis. ©Flammarion - Pascal Ito. ©Rodrigo Flores. ©RQLEX Studio. / All rights reserved. Non contractual document and photos. The photos used in this brochure are only possible experiences and therefore can not be guaranteed. Brochure design and graphic production: C&O Le Cabinet de Communication.