



## Alpine Trekking in Antarctica

Take your Antarctic voyage to new heights by embarking on an Antarctic climbing adventure! Get up close and personal with this incredible frozen landscape, trekking in locations many would only dream of exploring. Come face-to-face with Antarctica's mighty mountain peaks and get a taste of the excitement of trekking in this unique part of the world.

At the forefront of trekking exploration in the Antarctic Peninsula, Aurora Expeditions and our experienced guides have been leading trips to this remote location for well over a decade. Having forged new routes on many of the continent's magnificent peaks, we return year after year to share this spectacular continent and its alpine trekking experiences with our guests.

Along the Antarctic Peninsula coastline, hundreds of peaks rise several thousand feet, snow-clad and beckoning eager adventure seekers. From glacier crossings to ascents of alpine peaks to ice climbing, our programs aim to give participants a taste of the region's fantastic alpine trekking opportunities.

During the voyage we offer treks for the moderately fit, from easy ascents to more technical routes, ranging from 4 to 10 hours. We hope to make at least two one-day alpine ascents and attempt some ice climbing.

### Required Experience

Our alpine trekking program is suitable for a wide range of experience levels. Most of the alpine peaks we climb are non-technical and can usually be attempted by people with limited experience.

However, it is not an instructional class for beginners and is therefore unsuitable for complete novices. Ideally, participants should have some of the following experience as a minimum;

- Walking or trekking on snow including the use of ice axe and crampons (required)
- Some trekking or hiking experience
- Rock climbing or abseiling experience is an advantage as ropes are used.



## Group Dynamics

The composition of the alpine trekking participants varies in experience and fitness from year to year, so be prepared to share an adventure with people with varying alpine trekking experience. Having an open mind and flexible attitude will make the experience more enjoyable for everyone.

**Please note:** Your guide will assess your ability on the initial outing, and if you have insufficient experience, he or she reserves the right to restrict your participation in tougher conditions.

## Required Experience

Our alpine trekking activity is suitable for various levels of experience. Most of the outings including ascents of alpine peaks are non-technical and can usually be attempted by people with limited experience. Participants must have previous experience in challenging trekking or hiking routes. Previous experience with snow / ice or rock climbing is not essential but is an advantage. If you have questions regarding your suitability for our alpine trekking activity, our guides would be happy to speak with you before you apply.

## Fitness Requirements

A reasonable level of fitness is required, and participants should be able to trek with a backpack of approximately 10 kgs for up to 8 to 10 hours on ascent days. If you have any queries regarding your suitability regarding experience or fitness, please don't hesitate to contact us. One of our guides will be more than happy to talk through the experience with you.

## Age Requirement

Alpine trekkers should be aged 14 years or over.

## Group Size

We offer two guides to escort a group of up to eight alpine trekkers.

## Number of Outings

We aim to ascend two peaks and / or complete a glacier traverse, as well as attempt two or more ice climbing sessions, each lasting somewhere between 4 to 10 hours.

Weather conditions are an important factor in determining the number of outings we're able to undertake.

## Our Guides

Our guides have many years of alpine trekking experience in the destinations we visit, and all hold relevant mountain instruction and safety certificates. The guides will lead the group on each excursion, explaining facts about the wildlife and other interesting features and highlights as we come across them. We have two guides for up to eight trekkers.

## Alpine Trekking Equipment

Good quality equipment is essential for trekking safety. You are required to bring your own equipment, though Aurora Expeditions can supply some trekking and camping equipment on request, but please note that supply is limited. Our alpine trekking guides will inspect all your trekking equipment prior to the first outing to ensure they are up to standard. If any of your personal items are deemed unsafe or unsatisfactory for the alpine trekking conditions, our guides reserve the right to refuse the use of your equipment.

## What to Bring

Aurora Expeditions supply all ropes, snowstakes and ice screws. However, you are required to bring the following:

- Helmet: a UIAA-rated climbing helmet
- Climbing harness: a sit-style climbing harness
- Carabiners :at least one locking style carabiner
- Ice axe and crampons
- There is a limited supply of the above items on board for loan. If you are unable to bring your own supply of the listed item(s), please indicate this in the application form, under equipment.
- Water bottle: two-litre (0.53 gallon) capacity
- Good daypack: 30+ litre (8+ gallon) capacity

## Required Footwear and Clothing

- Leather or synthetic climbing boots that have a  $\frac{3}{4}$  shank and are crampon compatible. Important: Hiking boots are unsuitable for alpine trekking. Please ensure your boots fit comfortably and are well worn-in before your voyage. If you are unsure if your boots are suitable for alpine trekking, please contact us.
- Warm socks are essential! Bring enough spares to allow used pairs to dry out
- Waterproof jacket and pants designed for alpine environments and made from quality, breathable material such as Goretex is required. Lightweight nylon gear and most ski attire is not suitable
- Thermal synthetic or wool long johns and top, fleece or woollen jacket, or vest are all ideal for layering.
- Gaiters that are compatible with your boots, and which are designed for use in snow

- Gloves with removable inners (x 2 pairs)
- Wrap-around sunglasses with a high UV rating
- Snow goggles should also be carried in case of poor weather
- A neck gaiter
- A peaked cap or similar
- A silk or cotton scarf to protect your face from the sun
- Good quality sunscreen and lip balm

## Wind, Ice and Weather

During summer the air temperature in the Antarctic Peninsula is generally above freezing but can range from -4°C to +5°C (25°F to 41°F). The water however, is close to freezing, and combined with winds which sweep off the glaciers, make the wind chill much cooler.

If the weather changes during our outing we will head back to the ship or to the shore. The ship's captain, expedition leader and climbing guide always maintain close contact to ensure a safe climbing experience.

## Travel Insurance

Travel Insurance, including emergency evacuation coverage, is mandatory on all Aurora Expeditions voyages. You will need to ensure that your insurance policy covers you for your alpine trekking activity. An additional policy or premium may be required to ensure you have adequate coverage. Please contact Aurora Expeditions if you need assistance with your insurance policy.

## Activity Surcharge

Alpine trekking in Antarctica is available for an additional surcharge and includes your guides, permits, outings and some equipment.

For more information please contact your travel agent, or Aurora Expeditions on:

### Australia and New Zealand

AU: 1800 637 688 | NZ: 0800 447 042  
reservations@auroraexpeditions.com.au  
auroraexpeditions.com.au

### United Kingdom and Europe

Freecall: 0808 189 2005  
reservations@auroraexpeditions.co.uk  
aexpeditions.co.uk

### United States and Canada

Freecall: + 1 833 826 5828  
reservations@aurora-expeditions.com  
aurora-expeditions.com