



SOUTH GEORGIA'S SHACKLETON ALPINE CROSSING

Since March 2001, Aurora Expeditions have offered the chance for a small band of adventurous souls to attempt to repeat the epic 1916 crossing of Sir Ernest Shackleton, Frank Worsley and Tom Crean, and trek for up to three days across South Georgia from King Haakon Bay to Stromness.

South Georgia offers a spectacular yet extreme mountain environment, which must be approached with great caution. Although the crossing does not involve any actual technical climbing, there is a steep ground crossing from the Tridents down to the Crean Glacier, as well as potential risks with crevasses.

For the more experienced hiker or climber our South Georgia Alpine Crossing offers a once-in-a-lifetime experience and the chance to delve deep into some of the world's most rugged and remote terrain.

How to book: If you would like to partake in our Alpine Crossing option on your voyage please return the Alpine Crossing Form at time of booking. Our guide will review your form for suitability and experience before approving your place in the Alpine Crossing group.

Activity

ALPINE CROSSING



REQUIRED EXPERIENCE

Participants are required to have a suitable level of alpine climbing and trekking experience to undertake this activity. Most of the journey is on glaciers and requires travelling with ropes, so knowledge of glacier travel techniques is required. Further required experience includes:

- Competent in the use of an ice axe and crampons including;
 - Cramponing on moderately steep hard snow and ice
 - Self arrest with an ice axe
- Experience with travelling in crevassed terrain using a rope for personal safety.
- Snow camping experience in tents or snow shelters.
- Ability to carry a 15 to 20 kg pack for 4 days, for up to 10 hours a day.
- Significant outdoor experience in extreme weather conditions such as high alpine, Himalayan or general mountain terrain.
- Your own personal equipment such as backpack, gaiters, crampons, ice axe and, most importantly, mountaineering boots.
- A high level of fitness and, above all, a good sense of humour and an understanding that there is a good chance that the crossing could be thwarted by weather.

Please contact us if you have any queries regarding your current skill level or your suitability for the crossing. We can often suggest appropriate courses or other ways to acquire or refresh any skills you may need.

Please note: Aurora Expeditions and our guides reserves the right to deny any person the opportunity to attempt the crossing if, in the guide's opinion, they have insufficient experience or fitness, or are inadequately equipped or prepared for the crossing.

FITNESS REQUIREMENTS

The alpine crossing is a physically demanding undertaking and therefore requires a high level of fitness and endurance. Days will be long and challenging, battling wild weather conditions and difficult terrain. Each crosser will also be required to carry a pack weighing between 15 to 20 kgs. If you have any queries regarding your suitability regarding experience or fitness then please don't hesitate to contact us. One of our climbing guides will be more than happy to talk through the experience with you and review your experience.

AGE LIMIT

Crossers should be aged 16 or over.

GROUP SIZE

Group size is limited to 8 crossers, plus guides.

CROSSING LENGTH AND TIME

The crossing distance can vary from 35 to 50 kilometres depending on the route we take, and involves crossing large, heavily crevassed glaciers and alpine passes. In good weather, the crossing could take only two days, but we allow three days in case of bad weather.

OUR GUIDES

Our guides have many years of climbing experience in our destinations and hold relevant mountain instruction and safety certifications. The guide will lead the group adhering to strict safety practices as well as explaining facts about the wildlife and other highlights as we come across them. We have one Alpine Crossing guide for every 4-6 crossers.

CLIMBING EQUIPMENT

Good quality equipment is essential for climbing safety. Aurora Expeditions supply limited equipment and you will be required to bring some of your own climbing equipment, which must be in good condition. Our climbing guides will inspect all personal equipment prior to the first outing to ensure it is up to standard. If any of your personal items are deemed unsafe or unsatisfactory for the climbing conditions our guides reserve the right to refuse the use of your equipment.

Aurora Expeditions supply all ropes, snowstakes, ice screws, survival equipment and camping equipment including tents, stoves and fuel.

Climbing equipment you will need to supply includes:

- Helmet : A UIAA rated climbing helmet
- Climbing harness: A sit style climbing harness
- Carabiners: At least one locking style carabiner
- Ice axe and crampons (We do have a limited supply of these on board)
- Water bottle: Two litre capacity in one or two bottles
- Rucksack: Comfortable, light weight and approx. 70 litres capacity
- Waterproof pack liner: I.e. Sea To Summit ultrasil pack liner
- Waist prussik: From your belly button to your nose
- Leg prussik: From your belly button to the ground
- Sleeping bag: Preferably Dacron, rated to minus 15°C (limited supply available on board)
- Sleeping mat: Inflatable or foam
- Head Torch.

Please note: As well as your personal items you will also be expected to carry a share of the communal climbing and camping equipment.

For more information or to reserve your Alpine Crossing place contact:

Aurora Expeditions Freecall: 1800 637 688 Telephone: +61 2 9252 1033 Email: info@auroraexpeditions.com.au

Visit us online at: www.auroraexpeditions.com.au

Activity

ALPINE CROSSING



REQUIRED FOOTWEAR AND CLOTHING

Our experience has taught us that the key to a successful crossing of South Georgia (apart from high fitness levels and good weather) is to travel as lightly as possible. With this in mind our guides are strict about keeping the weight down – there's no need for that extra pair of underwear! Our guide will run through what to pack during our preparations on the ship, however below is a handy list of what you will need during your crossing.

- Leather or synthetic climbing boots that have a $\frac{3}{4}$ shank and are crampon compatible. Hiking boots are unsuitable. Ensure your boots fit correctly and are well worn in before your voyage. If you are unsure of boots suitability then please contact us.
- Warm, good quality trekking socks (x2 pairs)
- Water proof jacket and pants: Designed for alpine environments, made from quality breathable material, such as Gore-Tex, is required. Light weight nylon gear and some ski clothing is not suitable.
- Thermal synthetic or wool long johns and top
- Spare thermal top for emergencies
- Medium-to heavy-weight polar fleece jacket
- Medium weight polar fleece trousers
- Light-weight polar fleece or duvet vest (preferably Dacron rather than down)
- Gaiters that are compatible with your boot and are designed for use in snow
- Gloves: waterproof shell with removable inners (x 2 pairs)
- Sunglasses with a high UV rating and wrap around the face
- Snow goggles should also be carried as a spare and for poor weather
- A neck gaiter
- A peaked cap or similar
- Woollen beanie and lightweight balaclava or polar fleece hat
- A silk or cotton scarf to protect your face from the sun
- 30+ sunscreen and lip balm
- Personal First aid Kit containing blister kit and personal medications
- Toothbrush and paste
- Hand sanitizer
- Camera: with a secure waterproof case

WIND, ICE AND WEATHER

The weather in South Georgia is very changeable and a variety of weather conditions are usually encountered during our crossing. Strong to gale force winds, rain, snow and even sunshine have all been experienced in the one crossing.

From previous attempts we know that the weather can often stammer our efforts and there is a high probability that crossers may have to turn back to King Haakon Bay or descend to Possession Bay if the wind is too strong on the alpine passes. We may also have to stop short in Fortuna Bay if we run out of time, or if the weather does not allow us to cross to Stromness.

If the weather does change severely during the crossing we may be forced to retreat and head back to the ship or to the shoreline. The ship's captain, expedition leader and crossing guide will all maintain close contact to ensure a safe alpine crossing 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 Crossing 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

The South Georgia Alpine Crossing is available for an additional surcharge and includes your guide, permits, pre-crossing outings (where possible) and some equipment.

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Please complete this activity booking form and return with your expedition booking form.

This application will be reviewed by one of our climbing guides prior to confirming your crossing place.

If you wish to participate in this expedition then you must complete the activity booking form and return with your CV of climbing experience. Your application will be forwarded to our climbing guide for consideration, who may also contact you directly to discuss your experience. We will notify you accordingly if your crossing place has been confirmed.

Aurora Expeditions is also required to submit this information to the South Georgia Government as part of our permit application.

PASSENGERS DETAILS

Surname: Given Names:

Date of Birth: Phone Number:

Expedition Name: Expedition Date:

RELEVANT EXPERIENCE (Please tick)

To plan for our crossing properly we require an indication of your climbing and outdoor experience.

How would you rate your climbing experience? Please tick the option that best describes your experience.

Very Experienced: I have alpine climbed for many years including leading on snow and ice. Climbed multiple alpine peaks mostly with partners and mostly without guides. Have completed multi-day trips in mountainous regions and very experienced in winter snow camping.

Well experienced: I have experience in snow or ice climbing / have completed an instruction course or use guides or instructors. Climbed a few peaks and have trekking experience in mountainous regions and have winter snow camping experience.

Moderate experience: I have experience in trekking in alpine regions including crossing snow covered passes and have used an ice axe and crampons numerous times. Have limited climbing experience on alpine peaks. Have snow camping experience and am regularly hiking and trekking and would describe myself as very fit.

Describe your climbing experience – include your most recent trip (include dates). Please attach a separate piece of paper if required.

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Activity ALPINE CROSSING



What climbs have you completed? Start from the most recent and include dates. Please attach a separate piece of paper if required.

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Have you ever attended a climbing course or hold a relevant qualification? If so, please state where and when. Please attach a separate piece of paper if required.

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Describe your snow camping experience. Please attach a separate piece of paper if required.

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What multi-day hiking / trekking trips have you completed? Please attach a separate piece of paper if required.

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Activity ALPINE CROSSING



Describe your fitness levels and how you are training for the crossing. Please attach a separate piece of paper if required.

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Do you have any past or current injuries or medical conditions that may affect your ability to complete the crossing? Please attach a separate piece of paper if required.

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Please list any questions you have regarding gear, fitness or experience here. Please attach a separate piece of paper if required.

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CLIMBING EQUIPMENT (Please review our equipment and gear lists carefully)

We carry a limited amount of climbing equipment on board the ship so please bring your own or hire if possible.

Please tick the items you plan to bring with you.

Ice axe	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO	Helmet	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Crampons	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO	Carabiners	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Harness	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO	Sleeping bag	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Sleeping mat	<input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO		

I have read and understood the contents of this document and have completed the questions accurately. (please tick)

ASSUMPTION OF RISK, RELEASE FROM LIABILITY AND WAIVER OF CLAIMS

I acknowledge that I am undertaking a guided trip and/or course and alpine tour (“the organised activity”) with Aurora Expeditions Limited (“AEX”) and that in order to do this I will need to involve myself in special travel, risks of all various kinds, different living conditions and different altitudes and weather patterns.

I understand that the organised activity carries a certain element of risk and I willingly accept those risks. I agree that, although AEX may take precautions to reduce the risks and increase the safety of the organised activity, it is not possible for AEX to make the organised activity completely safe or free from risk.

These risks include, but are not limited to, avalanches, rock or ice fall, falling, crevasse hazards, weather and other environmental hazards, and hazards caused by participants.

I waive any and all claims that I have or may in the future have against AEX their shareholders, directors, employees, agents, assistant guides, instructors, independent contractors, subcontractors and any representatives of AEX and shall hold same free from all liabilities, losses, costs, expenses and damages of every kind and nature whatsoever arising out of my involvement in the organised activity due to any cause whatsoever.

In entering into this agreement I am not relying on any oral, visual or written representations or statement made by AEX with respect to the safety of the organised trip other than as set out in this agreement. The terms of this release shall serve as a release and acceptance of risk by myself and bind all members of my family and estate.

I have read, understood and accept the above conditions (please tick)

Print Name:

Signature: Date:

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