



## Snowshoeing in Antarctica

Discover Antarctica's hidden delights when you swap the comfort of the ship with a pair of snowshoes! Easy enough for all to enjoy, snowshoeing is not only a passenger-favourite, but a unique way to explore Antarctica. Snowshoeing makes walking up gentle slopes and across Antarctica's soft, powdery snow a breeze, allowing you to explore places others struggle to reach in boots alone. You will get a glimpse of how intrepid Antarctic explorers would have traversed this beautiful part of the world in the past. Armed with your very own set of snowshoes and ski poles, you'll be led by our expert guides who will provide all the instruction you need. Snowshoeing is an excellent way to ascend to some of Antarctica's best vantage points, stretch the legs and take in the most spectacular scenery on the planet.

### Required Experience & Fitness

This popular alpine activity is easy to learn. No prior experience is necessary – all you need is a willingness to try. All training is provided and our team of guides will have you trained and ready to go in no more than half an hour.

Participants should be confident in their footing and have an average level of fitness – outings may be up to three hours in duration. Those who enjoy hiking or taking long walks will possess enough fitness to enjoy this activity. However, you will get more enjoyment from the activity with some advanced preparation such as increased exercise to boost your fitness. Long walks with uphill climbs or bike riding is recommended to improve your fitness.

### Important note:

If you would like to partake in our snowshoeing option on your voyage please return a completed snowshoeing booking form at time of booking. Our guides will review your form for suitability before approving your place in the group.

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## Our Guides

Our highly-qualified guides have many years of alpine trekking, skiing and snowshoeing experience, and all hold relevant mountain instruction and safety certificates. They aim to provide a personalised and unique experience for every expeditioner while maintaining the highest safety standards.

## Travel Insurance

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

## Number of Outings

While we aim to get out as often as possible, the number of outings will be dependent on weather and our itinerary's landing points. However, we normally have two outings per day during shore landings. Every voyage is different but some of our typical landings spots have been:

- Ronge Island – Georges Point Neko Harbour
- Almirante Brown Base – Paradise Harbour Port Lockeroy
- Brown Bluff Jougla Point

## Age Limit

You should be at least 14 years of age to participate in the snowshoeing activity.

## Equipment Included & What to Bring

Aurora Expeditions will supply snowshoes and ski poles for all participants. As well as the general packing list provided by Aurora Expeditions, we also recommend you bring the following items:

- Breathable fabric outerwear
- Thick pair of socks and sheep wool inner soles. Snow gaiters are optional
- Ultra lightweight and scrunchable day pack that packs down to nothing, where you can carry jackets, gloves and water bottles

## Activity Surcharge

The snowshoeing activity is available for an additional surcharge and includes all equipment, training and dedicated guides. Please refer to our website for the cost of snowshoeing on your chosen voyage.

## Group Size

There are 12 spots offered in the Antarctic with two guides escorting a maximum group of 12 snowshoers.

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

### Australia and New Zealand

Freecall: 1800 637 688 or +61 2 9252 1033  
email [info@auroraexpeditions.com.au](mailto:info@auroraexpeditions.com.au) or visit  
[auroraexpeditions.com.au](http://auroraexpeditions.com.au)

### United Kingdom and Europe

Freecall: 0 808 189 2005  
email [info@auroraexpeditions.co.uk](mailto:info@auroraexpeditions.co.uk) or visit  
[auroraexpeditions.co.uk](http://auroraexpeditions.co.uk)

### United States and Canada

Freecall: 1 800 826 8150  
email [info@aurora-expeditions.com](mailto:info@aurora-expeditions.com) or visit  
[aurora-expeditions.com](http://aurora-expeditions.com)





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

## Passenger details

Expedition Name: Expedition Date:  
Surname: Given Names:  
Date of Birth: Gender identity:  
Nationality:  
Country: City: State:  
Email address: Phone Number:

## Snowshoeing Experience

Have you snowshoed before?

Yes

No

## 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: