



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.

Important note:

If you would like to participate in our Alpine Trekking activity, please return a completed activity form. Our guide will review your form for suitability and experience before approving your place.

Alpine Trekking in Antarctica

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.



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

Australia and New Zealand

Freecall: 1800 637 688

+61 2 9252 1033

email info@auroraexpeditions.com.au
or visit auroraexpeditions.com.au

United Kingdom and Europe

Freecall: 0 808 189 2005

email info@auroraexpeditions.co.uk
or visit auroraexpeditions.co.uk

United States and Canada

Freecall: 1 800 826 8150

email info@aurora-expeditions.com
or visit aurora-expeditions.com

Alpine Trekking in Antarctica

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.





Alpine Trekking in Antarctica

Please complete the alpine trekking activity form and return with your expedition booking form. This application will be reviewed by one of our alpine trekking guides prior to confirm your place.

To plan our expedition properly we require an indication of your alpine trekking experience. You do not need to be a very experienced alpine trekker, but it is important to have an adventurous attitude and to have had some previous experience. We have taken people with a wide range of abilities on alpine trekking excursions in Antarctica. Even if your experience is limited, feel free to contact us to discuss your suitability. We may be able to recommend a reputable operator in your area that can offer you some training prior to your trip.

Passenger details

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

Climbing Experience

From the below, how would you rate your alpine trekking experience?

- Some experience: I have trekked on snow or ice a few times and would rate myself as an inexperienced amateur or I have not trekked in snow in a while and am a bit out of touch
- Moderate experience: I have some experience in snow or ice and/or have completed an instruction course or use guides or instructors. I have climbed a few peaks.
- Experienced: I have been alpine trekking for many years, including leading on snow and ice. I have climbed multiple alpine peaks, mostly with partners, and mostly without guides.

Please detail your alpine trekking experience, including your most recent experiences. Please attach a separate piece of paper if required.

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.



Alpine Trekking in Antarctica

Please complete the alpine trekking activity form and return with your expedition booking form. This application will be reviewed by one of our guides prior to confirming your trekking place.

Equipment

Please tick the equipment which you intend to bring with you.

Please note: We carry a limited supply of alpine trekking equipment aboard the ship for loan, so please bring your own or hire them if possible

Ice axe	YES	NO	Helmet	YES	NO
Crampons	YES	NO	Carabiners	YES	NO
Harness	YES	NO			

I have read and understood the equipment section (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 them 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)

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

Australia and New Zealand

Freecall: 1800 637 688
+61 2 9252 1033
email info@auroraexpeditions.com.au
or visit auroraexpeditions.com.au

United Kingdom and Europe

Freecall: 0 808 189 2005
email info@auroraexpeditions.co.uk
or visit auroraexpeditions.co.uk

United States and Canada

Freecall: 1 800 826 8150
email info@aurora-expeditions.com
or visit aurora-expeditions.com