

Antarctica21
Fly & Sail Expeditions

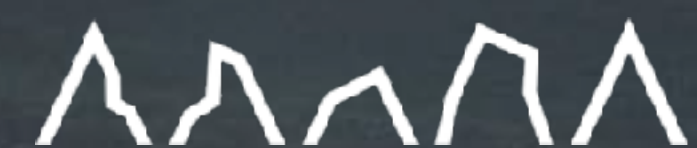
HIKING & SNOWSHOEING IN ANTARCTICA 2023 · 24 Season



Last update on January 18, 2022



Enjoy a deeper connection with Antarctica



Hiking & Snowshoeing in Antarctica

Hiking and Snowshoeing is an optional adventure activity offered in Antarctica. This excursion will be of interest to those active travelers who wish to explore further while on land. A Hiking and Snowshoeing Guide leads a small group of adventurers as they gain elevation and explore the landscape.



Explore farther during landings



Exclusive small-group experience



Quality equipment and gear provided

Highlights:

No prior experience is required, just good physical fitness.

Details

The Hiking and Snowshoeing excursion is a group activity led by an expert Hiking and Snowshoeing Guide. Depending on the conditions of the terrain, some excursions may require the use of snowshoes and/or trekking poles, which are provided by Antarctica21.

To take part in the activity participants must be physically fit. Previous experience is not required.

The program is available and can be performed in Antarctica and South Georgia, during the following trips:

- Classic Antarctica Air-Cruise
- Polar Circle Air-Cruise
- Antarctica & South Georgia Air-Cruise

Price per person/excursion:

\$ 85 USD

Can be requested and
booked aboard the ship.

No booking list is available
prior to reaching the ship.

Important:

Multiple excursions are offered during each departure.



FAQs

How does the excursion run?

Participants can book and join the excursion aboard the ship. Multiple excursion options are offered on each departure, based on interest and subject to weather conditions. Participants attend a briefing and training session to review the operating procedures and the equipment. Depending on the conditions of the terrain, some excursions may require the use of snowshoes and/or trekking poles, which are provided by Antarctica21. Each excursion unfolds based on the local conditions and the fitness level of the group.

What is difficulty level of this activity?

The excursion involves physical exercise, potentially on challenging and uneven terrain. It can be strenuous at times.

Do I need previous experience?

To take part in the Hiking and Snowshoeing excursion you do not need previous experience. However, snowshoeing or hiking on snow-covered terrain can be a strenuous activity so your level of physical fitness should be good. For your safety, the Hiking and Snowshoeing Guide may ask you to perform a trial to test your fitness level.

Is there any health requirement?

Before starting your expedition, you must visit a doctor for a medical check-up to ensure that you are fit to participate in the Hiking and Snowshoeing excursion. We will assume that you have done so and that you will be advised against participation in the activity should there be any health concerns. You are required to have medical and travel insurance.

FAQs

What equipment should I bring?

- Thermal socks and underwear
- Several zip-up top layers
- Waterproof pants and jackets
- Waterproof gloves, warm hat, scarf
- Sunglasses and sunscreen

What equipment is provided?

- Light-weight adjustable walking poles
- Adjustable snowshoes (when required)

I am an experienced mountaineer. Can I go on excursions by myself?

The Antarctic environment presents special challenges. In the interest of safety, the Hiking and Snowshoeing excursions operate only as group activities guided by an experienced Hiking and Snowshoeing Guide. Independent excursions are not possible. However, you can rent snowshoes and/or poles from the gift shop. In this case, you will be limited to exploring the landing site area defined as safe by the Expedition Team.

What is the minimum age for participating in the program?

The minimum age for participation is 12 years.

Review the Health & Safety Plan on www.antarctica21.com/health-and-safety-plan/.

For full Terms & Conditions, visit www.antarctica21.com/termsconditions.

Explore the seventh continent





**See the world
like never before**

A wide-angle photograph of a majestic, snow-covered mountain range. The foreground and middle ground are dominated by smooth, white slopes. In the distance, a line of small, dark figures, likely hikers, is visible on a path that winds across the snow. To the right, there are large, dark, rocky outcrops partially covered in snow. The sky is a pale, overcast blue.

Start your expedition
to **Planet Earth**

Contact us

Your questions are welcome

For further information and inquiries, you can contact our Reservation and Customer Service Team.

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