



# Snowshoeing



# SNOWSHOEING

## Personalise Your Adventure.

Immerse yourself in the awe-inspiring beauty of towering mountain ranges, magnificent glaciers, and dramatic soaring cliffs—an unforgettable connection to one of the most breathtaking landscapes on Earth!

Snowshoeing allows you to explore further afield from the landing sites and reach the less-visited places that few other visitors see.

It provides a unique opportunity to explore Antarctica's untouched wilderness on foot. So, strap on your snowshoes and prepare for the ultimate Antarctic activity.







## Is Snowshoeing for you?

Snowshoeing has a long and rich tradition in the Polar regions and is a unique way to experience Antarctica. It allows us to visit snow-covered areas that regular hikers can't access during our land excursions.

For those not from cold climates, snowshoeing can seem like an activity only for mountaineers. But if you know how to walk, you know how to snowshoe.

For first-timers, getting used to your snowshoes might take a minute, but no previous experience is required - we are just walking over the snow.

Our guides will consider the group's general fitness level when planning the route and duration of our snowshoe excursion, so both experienced snowshoers and newcomers are welcome.

## What to expect

If you book snowshoeing onboard for your Antarctic expedition, you may have multiple opportunities to enjoy this activity—it all depends on the weather and snow conditions. Each snowshoeing excursion lasts up to three hours, is designed for all abilities, and is led by an expert guide.

## What to expect

No previous snowshoeing experience is required to participate, but it's generally recommended that you have an average

fitness level, as you'll be walking for three hours through the snow. Keep in mind that there are no paths and that you will be travelling over fairly rugged terrain and will be taking on some hills.

## Minimum Age

We recommend a minimum age of at least 16. For guests 12 - 15 years old, an application must be made as participation requires pre-approval (prior to embarkation). Guests under 12 years cannot participate in Snowshoeing.

## Equipment provision

Snowshoes and ski poles are provided, and we recommend you bring and wear clothing that is suitable for the polar regions, such as thermal underwear, a breathable jacket, thick socks, sunglasses, and a backpack.

## Safety and qualifications

Our snowshoeing excursions are guided by our expert Expedition Team who have years of snowshoeing experience in polar regions.

## Secure your place

Snowshoeing is available on early-mid season departures when conditions are ideal. This activity is bookable onboard. Our Expedition Team will advise you in advance of snowshoeing opportunities.