



# SNOWSHOEING

EXPLORE ANTARCTICA'S UNTOUCHED WILDERNESS BY FOOT

*Live for today...*

This is an excellent opportunity to ascend to some of Antarctica's best vantage points, stretch your legs and take in the most spectacular scenery on the planet. Snowshoeing makes walking up gentles slopes and across Antarctica's soft, powdery snow a breeze, allowing you to explore places others struggle to reach in boots alone.

## ADDITIONAL DETAILS

### The Outings

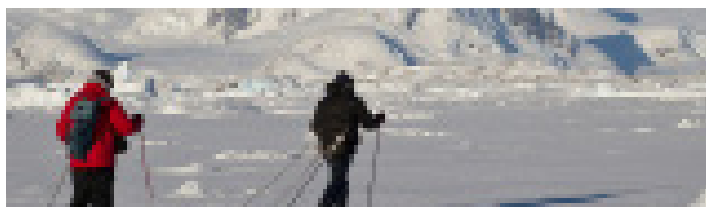
The number of outings will be dependent on weather and the itinerary's landing points. Each outing will be up to three hours in duration. Participants will be led through a wide variety of snowshoeing expeditions designed for all abilities, by our expert guides who will provide all the instructions needed.

### Clothing and Equipment

Snowshoes and ski poles for all participants will be provided. Bring clothing that is suitable for the changeable weather of the polar regions: thermal underwear, breathable jacket, thick socks, sunglasses and backpack are recommended.

### Pre-requisites to participate

The minimum age for this activity is 14. No previous experience is required. Participants should have an average level of fitness; those who enjoy hiking trails and walking will have enough fitness to enjoy this activity.



### Group Capacity

Group capacity will depend on the itinerary you are on.

### Safety Precautions

Our highly-qualified guides have many years of climbing, skiing and snowshoeing experience and all hold relevant mountain instruction and safety certifications. They aim to provide a personalised and unique experience for every customer whilst maintaining safety to the highest standards. The team of snowshoeing guides will have participants trained and ready to go in no more than half an hour. There will be one snowshoeing guide for every ten participants.

### Insurance Information

Participants should ensure insurance policy covers snowshoeing. An additional policy or premium may be required to ensure an adequate coverage.

Snowshoeing is dependent on weather conditions.

There really is no better way to take in a new place than by exploring it on foot. Join in on the fun and discover a different side of Antarctica.

**Snowshoeing must be pre-booked and limited spaces are available. Please contact your booking agent to check availability and pricing.**