



# SNOWSHOEING

EXPLORE ANTARCTICA'S UNTOUCHED WILDERNESS BY FOOT

*Live for today...*

Experience the Arctic the way explorers of yesteryear did, by snowshoe. This unique opportunity will place you in overwhelming scenery of imposing mountain ranges, beautiful glaciers and spectacular cliffs as you watch out for Arctic wildlife.

## 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.

### Group Capacity

Group capacity will depend on the itinerary you are on.

### 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.

### 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.

Please note that snowshoeing is dependent on weather conditions.

### Insurance Information

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

This is an excellent opportunity to ascend to some of Arctic's best vantage points, stretch your legs and take in the most spectacular scenery on the planet. Join in on the fun and discover a different side of Arctic!

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

