



# POLAR Snowshoeing

While you can enjoy spectacular vistas of Antarctica from the Ocean Endeavour, disembarking and setting foot on the Peninsula connects you with the breathtaking scenery of imposing mountain ranges, beautiful glaciers and soaring cliffs. Snowshoeing allows you to go even deeper into Antarctica's interior and reach less visited places where many other visitors simply don't go! It provides a unique opportunity to explore Antarctica's untouched wilderness by 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 during our land excursions that regular hikers can't access. 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 it might take you a minute to get used to your snowshoes but no previous experience is required – we are really just walking over the snow! Our guides will take the general fitness level of the group into consideration when planning the route and duration of our snowshoe excursion so both experienced snowshoers and newcomers alike are welcome.

## What to expect

If you book snowshoeing onboard for your Antarctic expedition, there may be 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.

## Fitness requirements

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

## 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

This activity is bookable onboard so there is no need to decide now.