



## Ski/Snowboard Touring in Antarctica

Our ski/snowboard touring activity will set the adventurers apart from the pack as they clip in and take off to explore Antarctica & South Georgia's untouched terrain. Offered to experienced skiers and snowboarders, preferably with off-piste experience, we give you the chance to enjoy day-trips alongside experienced and qualified mountain guides to climb and ski/snowboard some of Antarctica's finest slopes.

### Ski South Georgia

Those interested in a multi-day adventure can opt to attempt Shackleton's crossing of South Georgia on skis. From alpine bowls and crevassed glaciers, to long open slopes, join us to summit and ski a range of landscapes, venturing to wild and remote where few have ever been before.

### Required Experience

Our ski/snowboard touring program requires a reasonable level of fitness and previous skiing/snowboarding experience. The snow conditions will be varied and the terrain can be challenging at times. While you don't need to be a backcountry athlete to participate, and there are opportunities to develop skills during the expedition, please note the minimum ability requirements below:

- Advanced level of skiing or snowboarding ability (ability to ski blue or black resort runs is required)
- Off-piste experience in a variety of snow conditions
- Previous ski/snowboard touring experience is an advantage, but not essential (depending on your off-piste experience and overall ability)



Our guides can teach you the required ski/snowboard touring skills from day one, as well as important mountaineering skills including ice axe and crampon use, roped glacier travel, constructing snow and ice anchors, assessing and moving in avalanche terrain, personal avalanche equipment and rescue, constructing emergency shelters, navigation and interpreting weather.

**Please note:** Aurora Expeditions and our guides reserve the right to suspend a participant from joining the activity if, in the guide's opinion, they have insufficient experience or fitness, or are inadequately equipped or prepared.

### Ski Touring Outings

While we aim to get out as often as possible, the number of outings will be dependent on weather and other factors. The average number of outings is usually two per day when shore landings are offered – depending on your itinerary. Every voyage is different but some of our typical landings spots have been:

- Tour up and ski off Mt Tennant, Ronge Island – 700m/2,296 feet descent
- Mt Hoegh down to Andvord Bay – 800m/2,625 feet descent
- Mt Pond to Whalers Bay – 540m/ 1,772 feet descent
- Port Lockroy from Doumer Peak – 550m/ 1,805 feet descent

### Shackleton's South Georgia Crossing

On selected South Georgia and Antarctic Odyssey voyages, you have the opportunity to tackle the challenging crossing, and a chance to follow in the hallowed footsteps of Shackleton. Available to experienced skiers, we attempt to ski from King Haakon Bay to Stromness over three days,

delving deep into some of the world's most rugged terrain. This activity is highly weather and condition dependent. If you wish to discuss your suitability for this activity, please contact our team on +61 2 9252 1033 or email your Reservations Consultant.

### Fitness Requirements

When shore landings are offered, you can expect to tour from two to six hours each day, some of which will include an ascent of a small peak or two. Participants must be fit and prepared for this activity. Ideally, you will have trained with outdoor carry packs. However, uphill walks or riding bikes is also ideal for back country training.

You will enjoy your ski/snowboard touring much more if you have prepared adequately. If you have any queries regarding your suitability or fitness please don't hesitate to contact us. One of our mountain guides will be able to assess your ability and offer advice on training and preparation.

### Our Guides

Our highly-qualified guides have many years of climbing and ski touring experience in Antarctica and South Georgia and have an extensive knowledge of the areas we plan to ski. They aim to provide a personalised and unique experience for every participant whilst managing safety to the highest standards.

### Group Size

Our guide to participant ratio is 2 guides for 4 to 10 skiers/ snowboarders. There are 10 ski/snowboard places available in Antarctica. We take up to 8 skiers on Shackleton's Crossing in South Georgia.



## Travel Insurance

Travel insurance, including emergency evacuation coverage, is mandatory on all Aurora Expeditions voyages.

You will need to ensure that your insurance policy covers you for your activity and related equipment. An additional policy or premium may be required to ensure you have adequate coverage. Please contact Aurora Expeditions if you need assistance with your insurance policy.

## Activity Surcharge

The ski/snowboard touring activity is available for an additional surcharge and includes two guides, permits, outings and some equipment.

## Age Requirement

Participants should be 14 years of age or over.

## Wind, Ice and Weather

You can expect to experience a variety of weather on the Antarctic Peninsula, from blue skies and sunshine through to snow, rain and clouds. The weather in South Georgia can change extremely quickly - from clear sunny conditions to rain and even gale force winds. While the landing points we visit are usually sheltered, wind and ice buildup at higher altitudes may disrupt, change or cancel planned outings.

## Equipment Requirements

Good quality equipment is essential and Aurora Expeditions will supply you with a comprehensive checklist for what you need and what we can provide. Aurora Expeditions has limited supply of equipment that you can hire on board. However, we require you to bring your own gear where possible, including the following:

- Touring skis – for those who do not have these, we can supply on request
- Touring boots – in some cases your regular ski boots will fit our touring bindings. However, please contact us to speak with our guides prior to departure to ensure your boots are compatible with our bindings.
- Helmet
- Telescopic touring poles
- Climbing harness – regular sit style climbing harness
- Carabiners – two or three screw gate or twist locks/three snaplinks
- Ski straps x 2
- Ski Crampons
- Ice axe and crampons
- Prussiks – Leg (belly button to nose) and waist (belly button to ground)
- Hydration system and a bottle to carry a minimum of two litres
- Backpack – 45L
- Waterproof pack liner

Aurora Expeditions will supply all ropes, snow stakes, ice screws and survival equipment.

**Please note:** Our guides will inspect all personal equipment prior to the first outing to ensure it is up to standard. If any of your personal items are deemed unsafe or unsatisfactory our guides reserve the right to refuse the use of your equipment.



## Personal Gear Requirements

Temperatures on the Antarctic Peninsula and South Georgia range between  $-5^{\circ}\text{C}/23^{\circ}\text{F}$  -  $-8^{\circ}\text{C}/46.4^{\circ}\text{F}$  and you should bring good quality gear in preparation for this.

Recommended packing list:

- Waterproof jacket – Aurora Expeditions provides a complimentary, custom-made jacket for all expeditioners to keep
- Waterproof pants – designed for alpine environments, made from quality, breathable material. Light weight nylon gear and some ski clothing is not suitable
- Polar fleece pants to wear under waterproof pants
- Warm, good quality trekking socks and sheep wool inner soles x 2 to 3 pairs
- Medium to heavy weight polar fleece jacket
- Medium to thick thermal underwear
- Gloves – waterproof shell with removable inners x 2 pairs
- Ski goggles
- Neck gaiter/buff or neck sock
- Woolen beanie and lightweight balaclava or polar fleece hat
- Silk or cotton scarf to protect your face from the sun
- 30+ sunscreen and lip balm

For more information please contact your travel agent, or Aurora Expeditions on:

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