



## MOUNTAINEERING

### GENERAL INFORMATION FOR PASSENGERS

Mountaineering is a special activity option on our Basecamp voyages in Antarctica, guided by internationally certified mountain guides

- Our mountaineering activities include glacier walks, hill climbs, ice climbing and alpine ascents.
- You will be split into groups to get the maximum experience. This may be based on experience and ability levels as each site is suited to different activities.
- Mountain and glacier excursions vary in length, difficulty, distance, and altitude climbed.
- It requires good physical health. It is only suited for participants who are regular and strong walkers.
- Oceanwide Expeditions highly recommends guests bring their personal sturdy mountain boots (as detailed later in this document)
- We offer free use of lightweight snowshoes and mountaineering equipment. There is no extra charge for mountaineering as part of our Basecamp voyages. Please refer to our dates & rates for more info.
- Mountaineering must be pre-booked with Oceanwide Expeditions reservation departments prior to departure. First come, first served.
- Participants are highly recommended to bring rigid-sole mountain boots. "Hybrid" and "Strapon-crampons suitable for B1/B and B2/C type boots are available on board.

Mountaineering is subject to the unpredictable weather conditions and strict environmental regulations of Antarctica.



# MOUNTAINEERING WITH US

Mountaineering is a more strenuous activity for those who wish to walk beyond the shore to reach higher grounds and viewpoints. Participants walk in rope parties under the leadership of a certified mountain guide across mostly glaciated environments in Antarctica. In general, we plan glacier excursions parallel to all other activities during designated Basecamp voyages.

Glacier hikes may use either snowshoes or crampons depending on the terrain.

Hill climbs- Offer the opportunity to gain elevation and more spectacular scenery. Some sites may be suitable for this activity. All you need are the right boots, a good level of fitness and the thirst for adventure!

Ice-climbing- Mountaineering knowledge is preferable but not required. Physical fitness is essential as are the correct boots.

Alpine ascents- For those with previous experience of roped mountain ascents and the correct rigid soled boots you may have the opportunity to climb peaks and watch as the ship and fellow passengers turn in to toy like size amid the vast expanse that is Antarctica.

Participants can be excluded from technical climbing activities if they do not bring proper footwear or have the required experience.

In Antarctica all human waste has to be brought back to the ship. This means toilet visits on land are not allowed (also per Antarctic Treaty / IAATO regulations).

Basecamp voyages: One mountaineering excursion is free of charge. Every participant will be able to take advantage of at least one outing, but it can be more depending on logistics.



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# MOUNTAINEERING EQUIPMENT IN ANTARCTICA

Required important personal clothing and gear to bring when mountaineering:

- Boots suitable for your experience level, capable of taking crampons
- Gaitors
- Ski / mountain gloves
- Sunglasses / glacier glasses with sides
- Sunblock, sunscreen, fatty lip salve (no water)
- Toilet / hygiene kit: pee bottle (e.g., wide-opening Nalgene bottle). There are special adapters for ladies in outdoor shops
- 25-litre rucksack
- One-liter water bottle

Mountaineering essentials provided by us: helmets, harnesses, crampons, ice axes, screw gate carabiners, snap link carabiners, mountaineering ropes, tape slings and prussic loops, bivouac bags, snow shovels.

Different mountaineering disciplines are available depending on your experience, those with experience may be able to carry out more challenging activities which will require specialist footwear. Please note that the footwear you bring may affect the options available to you and also the level of experience must be commensurate with the footwear used (as per table at end of document).



AN EXCITING EXPLORATION IN  
THE ANTARCTIC WILDERNESS



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There are four categories of mountaineering boots with different types of classification depending on where in the world you come from: B0, B1, B2, and B3 (UK classification), or A, B, C, D (Germany).

Please be aware that for some mountaineering activities previous experience in the techniques may be required. Having the correct boot type does not mean automatic inclusion for more technical activities. Running shoes or any other similar footwear cannot fit crampons and hence will not be accepted for the mountaineering activity. Muckboots or hiking boots will only be allowed on glacier hikes in cases where crampons are not required.



B0, A are 3 season hiking boots, not designed for winter use. **Not suitable.**



B1, B boots are 4 season with a semi-stiffened mid-sole to take general walking crampons.

Example boots:  
Meindl Himalaya MFS  
Kayand Cross Mountain GTX  
Mammut Kento Guide High GTX

**Only allowed on glacier hikes.**



B2, C boots have a near fully stiffened mid-sole, higher ankle profile, thicker upper and the facility to take crampons with heel-clip bindings.

Example boots:  
Berghaus Kibo  
Hanweg Ferrata Combi GTX

**Suitable for all activities.**



B3, D technical boots are totally rigid, usually plastic and have the facility for heel clips and wire toe balls.

Example boots:  
Mammut Mamook GTX  
La Sportiva Nepal Extreme  
Scarpa Phantom Tech

**Suitable for all activities.**



Hiking boot.  
**Not suitable.**



# FREQUENTLY ASKED QUESTIONS

## **How long are the mountaineering/glacier hike excursions?**

We aim for three to four hours in the morning and afternoon for mountaineering excursions. In Antarctica we are not allowed to eat or leave any toilet waste behind (per Antarctic Treaty / IAATO regulations), so our time on land in Antarctica is limited. We plan to go on shore immediately after breakfast or lunch, and we will be back for the next meal.

## **How difficult are the activities?**

You need to be fit and able to do the more difficult activities. Please note often that we are going into fairly unknown terrain. There can be rocks, snow, mud, or a frozen hard surface to walk on. We can sometimes only tell more about the difficulties when we are on the spot.

## **How fast do we travel across glaciers?**

Normally the walking speed is fairly slow. The progress will be affected by crevasses, ice and snow conditions and ability levels of the others on that 'rope'. There will be frequent stops.

## **Do we walk as one big group or do we split up into smaller groups?**

The number of participants per rope party is limited and always led by one mountain guide. We have two mountain guides on board, so there is a limited capacity per mountaineering outing. Participants who do not wish to commit to mountaineering can join a walk near shore or do any other of the activities guided by our experts on board.

## **Are the hikes optional? Can I stay behind on shore?**

Passengers can stay on board during an activity but they cannot stay behind on the beach. All the guides are needed for the activities although there is usually an easier option available.

## **Can I bring food to eat while mountaineering?**

Eating snacks on shore is not allowed per the Antarctic Treaty / IAATO regulations to prevent the spreading of diseases and seeds of alien plant species.

## **If I bring mountain boots, do I have to carry the supplied landing rubber boots in my pack?**

Normally rubber boots will stay on the landing / pick-up beach with the life jackets. Sometimes they might be taken in the Zodiac and delivered to the landing place, so the rubber boots do not have to be carried in the backpack.



# HOW TO CHOOSE THE CORRECT MOUNTAINEERING BOOTS

BC MOUNTAINEERING ACTIVITY DESCRIPTIONS			
ACTIVITY	FOOTWEAR	EXPERIENCE	FITNESS
GLACIER WALKS	STURDY HIKING BOOTS OR MUCK BOOTS WITH SNOWSHOES	NONE	REASONABLE
HILL CLIMBS ****	RIGID SOLED MOUNTAINEERING BOOTS MAYBE NEEDED	SOME NEEDED IF ICY CONDITIONS ENCOUNTERED	
ICE CLIMBING	RIGID SOLED MOUNTAINEERING BOOTS NEEDED		
ALPINE ASCENTS	RIGID SOLED MOUNTAINEERING BOOTS NEEDED	PREVIOUS ROPED ASCENTS AND CLIMBS OF MOUNTAINOUS PEAKS REQUIRED	VERY GOOD