



Snowshoeing and hiking in Antarctica

This is our most popular activity in the Alpine Program!

Using snowshoes and ski poles, we guide groups through remote snow covered alpine environments. It's very easy to learn and our guides will take you through instruction sessions to get you mobile using all the equipment with an onboard briefing and a technique clinic on the snow.

Snowshoeing makes walking up gentle slopes and across Antarctica's soft, powdery snow a breeze, allowing you to explore places others struggle to reach in boots alone. You will get a glimpse of how intrepid Antarctic explorers would have traversed this beautiful part of the world in the past. Snowshoeing is an excellent way to ascend to some of Antarctica's best vantage points, stretch the legs and take in the most spectacular scenery on the planet.

Required Experience & Fitness

Snowshoeing is suitable for people with or without previous snowshoeing experience. Outings are undertaken on undulating snow covered terrain in a variety of snow conditions and different slope inclines which at times can be quite steep. They generally are 1.5 to 4 hours in duration including Zodiac travel to and from the ship. It is a physically demanding activity requiring an appropriate level of fitness and endurance, balance and the ability to carry a light pack.

If you are active and enjoy outdoor activities like hiking trails, taking long walks, biking or running then snowshoeing is most likely for you.

The locations are colder and remote with changeable weather conditions which require participants to wear and self manage layers of appropriate clothing.

Important note:

Booking: If you would like to partake in our snowshoeing option on your voyage, please complete the online snowshoeing booking form. Please review and complete all the fitness and medical questions. We kindly ask you to carefully read the 'Assumption of risk, release from liability and waiver of claims' sections which state many of the risks associated with this activity. Our guides will review your form for suitability before approving your place in the group.

Insurance Requirements: This activity includes moving over glaciers using climbing ropes and climbing equipment including harnesses. Your insurance must include coverage for this activity with emergency evacuation coverage. Depending on your policy, an additional policy or premium may be required to ensure you have adequate coverage. Please contact your Insurance Company for clarification if required.

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Our Guides

Our highly-qualified guides have many years of alpine trekking, skiing and snowshoeing experience, and all hold relevant mountain guiding qualifications from IFMGA membership countries. They aim to provide a personalised and unique experience for every expeditioner while maintaining the highest safety standards.

Number of Outings

While we aim to get out as often as possible, the number of outings will be dependent on weather, timings, snow conditions, sea state and the itinerary's landing points. However, we normally try to achieve two outings per day and our guides let you know the location, duration and physical nature in advance. Every voyage is different but some of our typical landings spots have been:

- Ronge Island – Georges Point
- Neko Harbour
- Almirante Brown Base – Paradise Harbour
- Port Lockeroy
- Brown Bluff
- Joula Point

Activity Surcharge

The snowshoeing activity is available for an additional surcharge and includes some equipment, training and dedicated guides. Please refer to our website for the cost of snowshoeing on your chosen voyage.

Group Size

There are 12 spots offered in the Antarctic with two guides escorting a maximum group of 12 snowshoers.

Age Limit

The minimum age for this activity is 14. Guardians must complete activity form for persons in their care who are between 14 and 18 years of age.

Equipment Included & What to Bring

Aurora Expeditions will supply snowshoes and ski poles for all participants. Snowshoes are simply strapped to your muckboots (gumboots) which are also supplied. In certain locations including glaciated areas you will be supplied with a climbing harness and carabiners for attaching to climbing ropes.

As well as the general packing list provided by Aurora Expeditions, we also recommend you bring the following items:

- Shell Jacket - a breathable weatherproof jacket (Goretex or similar) is recommended. The jacket supplied by Aurora is sufficient.
- Shall Pants - breathable weatherproof pants (Goretex or similar)
- Thick pair of socks and sheep wool inner soles.
- Ultra lightweight and compressible day pack that packs down to nothing, where you can carry jackets, gloves and water bottles
- Weatherproof gloves (Goretex or similar)
- Spare sunglasses or snowsport goggles recommended
- Spare layers of clothing - your supplied Aurora inner jacket is suitable as well as additional wool or other synthetic insulative layers
- Optional - Alpine Trekking or climbing boots are optional if you have your own. Please check with our guides on board. Most people use our Muckboots.

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

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