



OCEANWIDE
EXPEDITIONS

Mountaineering

General information for passengers

- Mountaineering is a special activity option on selected voyages in Antarctica on board m/v Plancius and m/v Ortelius ("Basecamp") marked "M" on the tour program. The mountaineering activity is not to be considered technical climbing.
- We hope for 4 to 5 mountaineering outings (half or full day glacier excursions, morning or afternoon) over the course of the voyage. Participants on Basecamp voyages select one outing in which they participate during the trip. Additional outings will be allocated on board if availability allows.
- Mountain and glacier excursions are guided by expert mountain guides. At least one of which is UIAGM certified.
- Mountain and glacier excursions vary in length, difficulty and distance and altitude climbed.
- Mountaineering requires good physical health. It is only suited for participants who are regular and strong walkers.
- Participants must bring their personal sturdy mountain boots with sufficient ankle support, and a very rigid flex in the sole. This is essential or the mountaineering experience will be limited due to safety reasons.
- Participants can be excluded from the activity if they do not bring proper footwear.
- Regular hiking and trekking boots with a flexible sole are inappropriate footwear.
- We offer free use of lightweight snowshoes and industry leading mountaineering equipment.
- There is no extra charge for mountaineering as part of "Basecamp Plancius" or "Basecamp Ortelius" voyages: please refer to Dates & Rates.

Mountaineering & glacier hikes

This is a more strenuous activity for those who wish to walk beyond the shore radius in order to reach higher grounds and viewpoints. Participants walk in rope parties under the leadership of a certified mountain guide across (mostly) glaciated environment in Antarctica. Depending on the landing site, glacier walks can vary from half day to full day outings. In general, we plan glacier excursions parallel to all other activities during designated "Basecamp" voyages. Mountaineering knowledge is preferable, but not required. Physical fitness is essential. The maximum number of participants per rope party is limited. Special glacier equipment will be provided: ropes and carabiners, harnesses, helmets, ice axes and crampons. Participants will bring their own personal protective outdoor clothing, mountaineering boots (leather or plastic) suitable for using crampons.

Please note

- Passengers are free to decide if they wish to participate in any activity or to stay on board. Due to safety reasons, passengers are not allowed to wander on glaciers unaccompanied without a mountain guide. Glaciers in Antarctica are highly crevassed and dangerous to walk on without the security of a rope.
- Eating food/ snacks in Antarctica on shore is normally not allowed (Antarctic Treaty/ IAATO regulations).
- In Antarctica, all human waste has to be brought back to the ship. This means toilet visits on land are not allowed (Antarctic Treaty/ IAATO regulations). A solution for this restriction can be a "pee-bottle" or a "poo bag". A "pee bottle" needs to be brought by passengers; "poo bags" are available on board.
- 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.
- Mountaineering must be pre-booked with Oceanwide Expeditions reservation departments prior to departure. First come, first serve.
- Participants are requested to bring rigid sole mountain boots. Please refer to <http://www.ugcs.caltech.edu/~alpine/wiki/Crampons>. "Hybrid" and "Strap-on" crampons are available on board but please note that not all types of boots are design to carry crampons. Ask for specific advice at your local supplier of mountain/hiking gear for further guidance. The mountain guide on board cannot accept participants with insufficient boots and outer layers according to our equipment list.
- Mountaineering is subject to weather in Antarctica. It is also limited by strict environmental regulations.



An exciting exploration in
the Antarctic Wilderness.



Equipment for mountaineering in Antarctica

Required important personal clothing and gear to bring when mountaineering:

- Feet ankle high, sturdy, rigid sole mountain boots for wearing snowshoes and crampons
- Gaitors
- Ski / mountain gloves
- Sun glasses / glacier glasses with sides
- Sun block, sun screen, fatty lip salve (no water)
- Toilet / hygiene kit : pee bottle, e.g. wide opening Nalgene bottle (there are special adaptor for ladies in outdoor shops available)
- 25 ltr rucksack
- 1 ltr water bottle



example of mountain boot for mountaineering

Equipment provided by Oceanwide Expeditions:

- Mountaineering essentials: helmets, harnesses, crampons, ice axes, screw gate carabiners, snap link carabiners, mountaineering ropes, tape slings and prussic loops, bivouac bags, snow shovels
- Biodegradable poo bags

Frequently Asked Questions

How long are the mountaineering/glacier hike excursions?

We aim for 3 to 4 hours morning and afternoon mountaineering excursions. In Antarctica, we are not allowed to eat nor leave any toilet waste behind (Antarctic Treaty/ IAATO regulations). Hence our time on land in Antarctica is limited. We plan to go ashore immediately after breakfast or lunch and we will be back for the next meal.

How difficult are the climbs?

You need to be fit and to be able to do the more difficult and demanding hikes. No particular skill other than stamina is required. Please note 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 of the hike when we are on the spot.

How fast do we walk?

Normally the walking speed is fairly slow. The lack of a footpath and loose rocks and snow demand a slow speed. 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, thus there is a limited capacity per mountaineering outing. Participants who do not wish to commit to mountaineering can join a walk near shore, or any other of the activities guided by our expert guides on board.

Are the hikes optional? Can I stay behind onshore?

Passengers can stay on board during a walk but they cannot stay behind on the beach. All the guides are needed for the hikes and passengers are according to the regulations not allowed to stay behind without being accompanied by a guide.

Is it possible to take food on the hikes?

In Antarctica eating snacks on shore is not allowed (Antarctic Treaty/ IAATO regulations) to prevent the spreading of diseases and seeds of alien plant species. There is an exemption for mountaineers who venture further inland and spend more time ashore. Mountaineers are permitted to bring food without seeds, and drinks as well.

If one brings mountain boots, does one then have to carry the supplied landing rubber boots in one's pack?

Normally rubber boots will stay on the landing/ pick-up beach together 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.

