



## MOUNTAINEERING

### GENERAL INFORMATION FOR PASSENGERS

- Mountaineering is a special activity option on select voyages in Antarctica on board m/v Hondius, m/v Plancius, and m/v Ortelius (and Basecamp voyages). It is marked “M” on the tour program. The mountaineering activity is not to be considered technical climbing.
- We hope for eight mountaineering outings (half day glacier or non-technical mountaineering excursions in the 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 UIAGM-certified mountain guides (or equivalent) .
- Mountain and glacier excursions vary in length, difficulty, distance, and altitude climbed. Mountaineering 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 with sufficient ankle support and a very rigid flex in the sole, otherwise the mountaineering experience will be limited for safety reasons.
- Participants can be excluded from technical climbing activities if they do not bring proper footwear. Regular hiking and trekking boots or Muckboots with a flexible sole are only appropriate for non-technical glacier hikes offered under the “M” designated trips.
- 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 & GLACIER HIKES

This 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. 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 and helmets, ice axes and 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 (per 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 (also per Antarctic Treaty / IAATO regulations). A solution for this restriction can be a “pee-bottle” or “poo bag,” which should be brought by passengers if needed.
- 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 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. Your ambition level and



experience is likely to be affected by the footwear you bring. Inappropriate footwear will not be accepted for any technical mountaineering. Please see below the description concerning the classification of boots. 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 the unpredictable weather conditions and strict environmental regulations of Antarctica.

## MOUNTAINEERING EQUIPMENT IN ANTARCTICA

Required important personal clothing and gear to bring when mountaineering:

- Ankle-high, sturdy, rigid-sole mountain boots for wearing snowshoes and 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-liter rucksack
- One-liter water bottle



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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).

You need a B1, B, or higher classified mountain boot for a more ambitious and technical mountaineering activity. 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 for use on mountaineering excursions – only allowed on glacier hikes!



B1, B boots are 4 season with a semi-stiffened mid-sole to take crampons and a more supportive upper.



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. Suitable for general winter walking, glacial terrain and mid-grade climbing.



B3, D technical boots are totally rigid, usually plastic and have the facility for heel clips and wire toe balls. These are suitable for general walking, hard ice climbing, glacial terrain and high altitude 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.



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# 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 climbs?**

You need to be fit and able to do the more difficult 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 as well as the 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, 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 expert guides on board.

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

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 cannot stay with passengers who remain behind, so this option is not possible.

## **Is it possible to take food on the hikes?**

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. There is an exemption for mountaineers who venture further inland and want to spend more time on shore: Mountaineers are permitted to bring drinks and food without seeds.

## **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.

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