



# MOUNTAINEERING

ACTIVITY MANUAL



**OCEANWIDE**  
EXPEDITIONS

## GENERAL INFORMATION

Mountaineering is an activity option on our Basecamp Antarctica voyages. Led by internationally certified mountain guides, this is a more strenuous activity for those who want to go beyond the shore to reach higher ground and viewpoints.

You will be split into groups during the activity to get the maximum experience. Groups 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. This activity requires good physical health and is only suited for participants who are strong walkers.

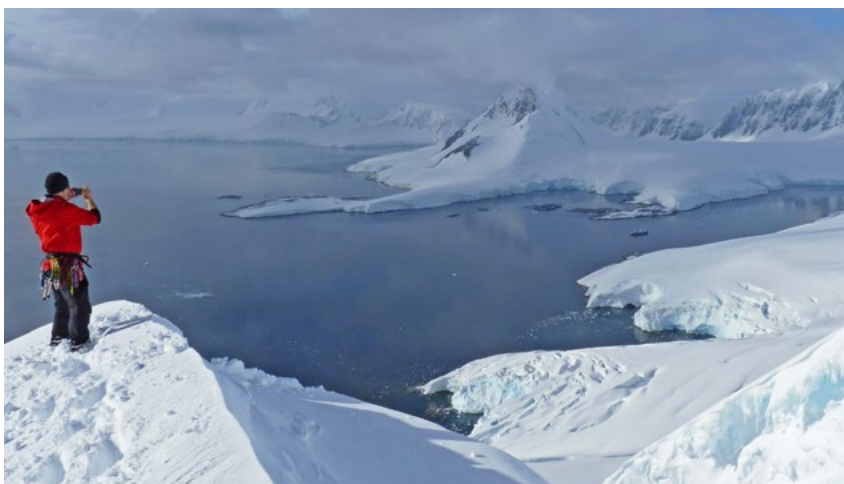
We offer free use of lightweight snowshoes and mountaineering equipment.

One mountaineering excursion is free of charge. Every participant will be able to make at least one outing but may make more, depending on logistics. The activity must be booked with our reservation department prior to departure and is reserved on a first come, first served basis.

All human waste must be brought back to the ship. This means toilet visits on land are not allowed while mountaineering per Antarctic Treaty / IAATO regulations.

As with all of our activities, local conditions dictate what we can offer. We will always do our best to carry out a planned excursion but cannot make guarantees.

Please refer to our Dates & Rates for more information.



**Basic mountaineering** includes activities like glacial travel and learning rudimentary mountaineering skills, this may include snowshoeing and roped snowshoe glacier travel. This is the most popular of our mountain-based activities and is open to all guests and all levels of experience. It can be undertaken with muck boots provided on board.

**Technical mountaineering** includes alpine ascents and ice climbing. Alpine ascents are only for those with previous mountaineering experience. Using crampons and requiring your own boots (see guide below), this activity lets you travel over steep snow on more challenging routes. For ice climbing, you will also need to bring your own boots, but no previous experience is required.



## FREQUENTLY ASKED QUESTIONS

### How long are mountaineering excursions?

We aim for three to four hours in the morning and afternoon. We are not allowed to eat or leave any toilet waste behind (per Antarctic Treaty / IAATO regulations), so our time on land 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 excursions?

You need to be fit and have good stamina. Please note that we often go into fairly unknown terrain. There can be rocks, snow, mud, or 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, snow, and the ability levels of participants on the rope. We will make frequent stops.

### Do we walk as one group or split 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 limited capacity per mountaineering outing. Participants who do not wish to commit to mountaineering can join a walk near shore or do any other activity offered.

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

You can stay on board during an activity but not alone on shore. All guides are needed for activities, though 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 disease and seeds of alien plant species.

### If I bring mountain boots, do I have to carry the supplied muck boots?

If you are an experienced climber and bring your own boots, you will be able to leave our muck boots at the landing site.

### Am I guaranteed to do technical mountaineering if I bring my own boots?

Bringing your own boots has no bearing on whether we are able to offer the technical mountaineering activity. Only local conditions impact this option.

### Do I have to bring mountaineering boots?

Only for technical mountaineering, not our standard mountaineering activity. Technical mountaineering is only available to experienced climbers with appropriate footwear, such as boots of UK classification B2 and B3. For those without the necessary experience or footwear, we offer our standard mountaineering activity. We provide muck boots on our vessels for this purpose.

## REQUIRED GEAR

- Boots suitable for your experience level
- Gaiters (if bringing your own boots)
- 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

## GEAR WE PROVIDE

- Helmets
- Harnesses
- Crampons
- Ice axes
- Ropes and emergency equipment (carried by guides)

## BOOTS

Our supply of muck boots are suitable for basic mountaineering. For more technical climbing, you will need your own boots. For alpine ascents, you will need experience in the use of climbing with crampons.

Experienced climbers should only bring boots from UK classification B2 and B3 or US classification C and D (or equivalent). The mountain leaders will check suitability of personal footwear.



**B2 boots** have a stiffened mid-sole, higher ankle profile, thicker upper body, and can take crampons with heel-clip bindings.

**Example boots:** Berghaus Kibo, Hanweg Ferrata Combi GTX

Suitable for all activities.



**B3 technical boots** are rigid and can take heel clips and wire toe balls.

**Example boots:** Mammot Mamook GTX, La Sportiva Nepal Extreme, Scarpa Phantom Tech

Suitable for all activities.

## HOW TO CHOOSE YOUR MOUNTAINEERING BOOTS:

ACTIVITY	RECOMMENDED FOOTWEAR	EXPERIENCE	FITNESS
<b>Basic mountaineering</b>	Ship supplied Muckboots	None	Reasonable
<b>Technical climbing</b>	Rigid soled mountaineering boots needed	<b>Ice climbing</b> No experience required  <b>Alpine ascents</b> Previous experience of crampon use in steep snow	Very good



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