

POLAREXPLORERS

FULL SOUTH POLE SKI EXPEDITION



A massive undertaking and a remarkable journey across the heart of Antarctica.

Few expeditions are more challenging, remote and extreme than our Full South Pole Ski Expedition. In fact more people climb Everest in one season than ski the full distance to the South Pole in a decade. This is a journey that will test you in every way. Day after day, hour after hour you press on, putting one foot in front of the next, to reach your ultimate goal, the Geographic South Pole. This expedition requires serious preparation and training, and large amounts of mental fortitude, optimism, resiliency, and team spirit. Our preferred route is the "Messner Start" expedition which is shorter in distance and duration but more demanding than other routes, including a steeper ascent to the polar plateau. Other routes are available for private teams. We offer a comprehensive training to compliment your own physical training (see below) to ensure you are as prepared as possible for this remarkable challenge.



Skill level:



Your level of skill and physical conditioning must be high. You will encounter adverse conditions that will test your abilities. You'll spend 24 hours a day in some of the most extreme conditions the planet has to offer. Trip specific preparation is required.

Distance: 911 km / 566 mi as the crow flies.

Elevation gain in the first 175 km: 800m / 1600 ft.

Duration: Approximately 48 days

Sled weight: 55kg - 65 kg (resupplied)

Polar Training: Previous polar experience or polar training is required. Our 5 day **Polar Shakedown Training** is a great way to get this training. Your training will be complimented by our OPT-IN (Online Polar Training) that pairs participants with PE guides for one-on-one training to compliment your physical training (see below).. [Contact us for more details!](#)

Daily Itinerary

Pre-expedition: Arrive in Punta Arenas, Chile for several days of preparations and training.

Day 1: A pre-flight briefing in Punta Arenas will provide information about weather and the upcoming flight to Antarctica. All personal sleds and resupply kits will be collected, weighed and put on the plane. Weather permitting we will fly tomorrow!

Day 2: The flight from Punta Arenas to the Union Glacier basecamp in Antarctica takes approximately 4 hours. Once at Union Glacier we will make camp, gather our kit and re-organize it so that everything is in order.

Day 3-4: As final training we will go on an overnight "Shakedown" trip in the vicinity of Union Glacier. This final test of our systems and gear will ensure that we are ready to be dropped off at our starting point.

Day 5: And we're off! We depart Union Glacier for the Ronne Ice Shelf

Day 6-45: Ski to the South Pole. We will use the first few days to refine our daily routines and ease into the longer days of travel.



Each day will have the same routine. Awake, start hydrating, eat breakfast, break camp, ski for 1+ hour "marches" separated by short breaks, make camp in the early evening, rehydrate, eat dinner, do maintenance and repairs, relax, socialize and sleep. Unless otherwise planned our expeditions will be resupplied which allows for lighter sleds and faster travel.

Day 46: Reach the South Pole!

Day 47: Return to Union Glacier Basecamp

Day 48: Return to Punta Arenas.

This itinerary is highly dependent on a number of factors and it is subject to change.

The Messner Route: The Messner route starts near where the Ronne Ice Shelf meets the continental ice. From here we will ski along the west side of the Foundation Ice Stream. Within the first 175 km we will ascend approximately 800m (2,600 ft) on our way up to roughly 2385m (9,300 ft) at the South Pole. Once we reach S 84 degrees 30 minutes we will turn towards the Pole, crossing the mostly-buried Trans Antarctic Mountains that separate east and west Antarctica. Sastrugi and headwinds will be a daily challenge on this 911 km (566 mile) journey.

The Expedition Starts Now / OPT-IN

If your heart is set on skiing the full distance to the South Pole we've got you covered. It's a huge and amazing endeavor. Our philosophy is that the expedition doesn't begin on the ice. Rather, an expedition of this magnitude begins many months in advance with a comprehensive preparation phase. Upon registration each participant receives a team of PE mentor "guides" and a comprehensive plan to tackle the necessary skills and systems not covered by personal trainers, sweat, and sheer determination. Think of it as the core fundamentals on which all other training can be built. It includes scheduled monthly phone/skype sessions over a multi-month period to discuss various topics as well benchmark check-ins regarding your physical training, dietary training, and more. Our success on polar expeditions comes down to our personalized approach to guiding, our desire for the expedition to be a transformational experience, our commitment and passion for the polar regions and our commitment to safety and the success of the team. We weave these core values through both the preparation phase and the "on ice" phase of the expedition which means that your experience begins the moment you register with PolarExplorers.





Ask us for references!

We have guided hundreds of people to the polar regions. Ask us for references from your city or country and we will put you in contact with someone who has done this expedition and can give you the “inside scoop”. References can be the BEST way to learn about the expedition.

Getting there:

LAN Chile is the most common commercial carrier serving Punta Arenas (Sky Airlines and Aerolinas del Sur also offer flights). Connections are typically made via Santiago, Chile. Need help booking a flight? Contact us for our recommended travel agent. Trip cancellation insurance is HIGHLY RECOMMENDED for this expedition and medical evacuation insurance is required. Contact us for a quote or for assistance. be high as you may encounter adverse conditions th

Additional information:

Please contact us for links to our expedition videos, expedition reviews, equipment checklist, dates and rates and FAQ.

Meet us!

We are always free to meet you, check your gear, or discuss your expedition via Skype or Google. Give us a shout!

WANT TO JOIN? HERE'S HOW:



- 1 Complete and return our application.**

To join one of our expeditions you'll need to complete and return our [online application](#). You can also request an application by emailing annie@polarexplorers.com.
- 2 Reserve your space with a deposit.**

A 25% deposit will reserve your space on any expedition. Contact us at annie@polarexplorers.com to request an invoice for your deposit. Deposits can be paid by wire transfer, credit card or USD check. Currency exchange fees and credit card processing fees may apply.
- 3 Review your eConfirmation Kit.**

Upon receipt of your completed application and deposit we will send you a comprehensive eConfirmation Kit that includes all the information you need to prepare for your expedition including what to expect, what to pack and how to prepare. From this point on we are always available answer any questions and to offer assistance during your preparations.
- 4 Get ready!**

All of our expeditions require varying degrees of preparations. There will be forms to complete and travel insurance to purchase. We can assist you with any of these requirements. Some of our expeditions also require physical and mental preparations or participation on our [Polar Shakedown Training](#). We are always available to talk with you about training regimens and to help you prepare as best as possible.
- 5 Let the adventure begin!**

As the expedition approaches we will be in touch on more regular basis. We will meet you at the expedition's starting location and check your kit to ensure you have everything you need. With your preparations behind you now is the time to let the adventure begin. We will be right beside you to help you make the most of the expedition!



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