

POLAREXPLORERS

SOUTH POLE LAST DEGREE SKI EXPEDITION



A Challenging Expedition on the Polar Plateau

The Antarctic plateau can be summed up in three words: Cold, wind and snow. But don't mistake the simplicity of the environment for an easy expedition. This journey is anything but easy. You can expect driving winds and extreme temperatures that hover near minus 40 degrees. Each person will pull his or her own sled approximately 111 km (60 nautical miles) to the Geographic South Pole, home of the Amundsen-Scott South Pole Station. Sleds will weigh between 30-40 kilos (66-88 pounds) and you'll be skiing between 6-10 hours every day. The South Pole lies at approximately 2,800 m / 9,300 ft. This altitude, in combination with the cold, dry air, brings an additional challenge requiring some acclimatization. Prepare to be challenged and inspired on this incredible journey to the heart of the White Continent.



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: 111 km as the crow flies (South Pole); approximately 35 km (Vinson)

Duration: 11 nights on the ice. 14 nights all-in.

Sled weight: 30kg - 40 kg

Polar Shakedown Training: Our five day Polar Shakedown Training is highly recommended for all participants on this expedition. We offer two Polar Shakedown Trainings annually, one in the USA and one in Norway. Private Polar Shakedown Trainings are also available. Please contact us for more details.

Daily Itinerary

Pre-expedition: Upon arriving at your hotel in Punta Arenas your guide will set up a time to check your gear and answer any questions about the expedition.

Day 1: More time to review kit, pack sleds and prepare group equipment for the expedition. An evening welcome reception officially kicks off the expedition.

Day 2: All personal and group kit will be weighed and transferred to the airport for our charter flight. A pre-flight briefing will prepare the team for the flight to Antarctica and provide the latest weather reports and estimated departure times. If poor weather is forecasted for the coming days we may depart for Antarctica today.

Day 3: Once the flight time is confirmed we will transfer to the Punta Arenas airport, clear security and board the plane for our 4.5 hour charter flight to the Union Glacier basecamp. We may spend a day or two at Union Glacier awaiting an opportunity to fly to 89 degrees.

Day 4: The flight from Union Glacier to 89 degrees will take us past the Thiel Mountains where we may stop to refuel. The flight takes approximately 3-5 hours depending



on aircraft and headwind, plenty of time to watch the vast interior of Antarctica unfold beneath your window. Upon landing near 89 degrees we may ski a short distance or set up camp while we acclimatize to the higher altitude.

Day 5-11: For the next 7 days we will make our way across the frozen polar plateau towards the Geographic South Pole. Skiing 6-9 hours a day you will experience a host of challenges, from thermo-regulation to keeping your goggles from icing up. Everyone is expected to participate in all aspects of camp life including making and breaking camp, collecting snow for making water, and helping with cooking, etc. On a personal level the extreme conditions demand that each person is well organized and able to maintain both an appropriate body temperature and adequate reserves of energy. This is where all of your physical training, mental preparation, and time spent acquiring the best clothing and equipment will pay off. Your participation in our Polar Shakedown Training will help you tremendously as you learn what to expect and how to deal with the adverse conditions. It is immensely better to learn important expedition skills prior to the expedition. Once you are on the ice & in the extreme cold everything becomes much more difficult! Your family and friends will be able to follow your daily progress and share messages via our Expedition Blog.

The South Pole: Upon reaching the South Pole, our extended celebration begins. Standing at the bottom of the world, where everything on Earth lies north of your location we will celebrate our collective accomplishment. Don't forget your banners, flags and signs for our photo sessions at both the Geographic South Pole and the Ceremonial South Pole. You'll also have the opportunity to call home to a family member or friend. We will camp near the South Pole at a basecamp for expedition teams like ours.

Day 12-13: Weather permitting a pick up flight will take us back to Union Glacier where we will await our return flight to Punta Arenas. The Union Glacier basecamp is surrounded by beautiful mountains and the relative warmth of its "northern latitude" will be a welcome change.

Day 14: Weather permitting we will return to Punta Arenas, usually arriving in the late afternoon. Most people spend at least one night in town prior to their homeward journey.

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





Click here to watch this moment on YouTube!

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!



Connect with us!



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