

POLAREXPLORERS

SOUTH POLE & MOUNT VINSON COMBO



Skiing the “Last Degree” to the South Pole followed by climbing Antarctica’s highest mountain.

When you want to ski to the South Pole AND climb Mt. Vinson in one trip our “South Pole & Mt. Vinson Combo” is the right expedition. The South Pole comes first, with its challenging temperatures and long days of skiing across the polar plateau. This portion of the journey is anything but easy. You can expect driving winds and extreme temperatures that hover near minus 40 degrees. The polar plateau’s altitude of over 9,000 feet is the perfect place to acclimatize for the next part of the adventure: Mt. Vinson.

After reaching the South Pole we will switch our polar kit for mountaineering kit, and fly to Vinson Base Camp. Already acclimatized we can start climbing as soon as we touch down on the mountain. Our strong bodies and well-honed skill sets will increase our safety, efficiency, and enjoyment of this amazing ascent. Why is it best to start with the South Pole? [Click here to find out!](#)



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 for last degree; approximately 35 km for Vinson.

Duration: 20 nights in Antarctica.

Elevation: 2,895 m / 9500 ft (South Pole); 4897 m / 16,067 ft (Vinson).

Sled weight (South Pole): 30 kg - 40 kg

Pack weight (Vinson) : 30 kg - 40 kg

Polar Shakedown Training: Our five day Polar Shakedown Training is highly recommended for the South Pole, and we offer a Vinson training as an introduction or review of the required mountaineering skills. **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. 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!

Day 12: The South Pole! We'll have plenty of time to document our arrival at 90° S. Our camp will be roughly 1 km from the Ceremonial and Geographic South Poles.e day.

Day 13: Fly back to Union Glacier where we will drop off our polar kit and pick up our mountaineering kit. We may spend the night or we may depart same-day for Vinson Base Camp.

Day 14-19: Climb Vinson! Our ascent is dictated by weather but is typically one or two nights at Low Camp followed by one or two nights at High Camp before our Summit Day!

Basecamp to Low Camp: Vinson Base Camp (2,133m) to Low Camp, is roughly 9 km with an elevation gain of 650m. This relatively gentle ascent is along the beautiful Branscomb Glacier.

Low Camp to High Camp: The majority of this 1020m ascent is on fixed lines with slopes up to 40 degrees. It's a very scenic ascent that can get quite windy, especially towards the top.

Summit Day: This day has an elevation gain of 1,120m in roughly 9 miles. It typically takes 9-12 hours depending on the conditions and team. The final summit ridge is rocky with incredible views.

Day 20: After reaching the summit we descend all the way to Vinson Base Camp in one day.

Day 21: Return to Union Glacier and onwards to Punta Arenas.

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 in 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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