



 **Antarctica**

 **South Pole**

Skiing the last degree (111km) to South Pole

Group

1-10

Duration

Days **16** / Nights **15**

Price range

\$ 88 150





Trip overview

Santiago, Chile - Punta Arenas - Union Glacier - 89 SP – 90 SP – Union Glacier – Punta Arenas - Santiago, Chile



Why go there?

In this magnificent land of wide open landscapes, majestic beauty and rugged tales of exploration, we introduces the challenging expedition-style program, Ski Last Degree. Ski Last Degree captures the essence of polar exploration in a 2-3 week trip. It is ideal for those who want the serious challenge of a polar expedition, but do not have the time or resources to commit to a full-length expedition from the coast.

This incredible journey allows you to experience at first hand some of the challenges and insights that faced the early explorers, as you travel by ski the last 60 nautical miles, to reach the most southerly point on earth - the Geographic South Pole. The rewards for your effort are tangible - the bonds of friendship built through shared challenge and the knowledge that you have arrived at the ultimate destination, the South Pole, through your own effort and determination.



Itinerary



Day 1

Arrival in Punta Arenas. Hotel accommodation.



Day 2

Buying food and equipment and test equipment.



Day 3

Briefing in the office. Sorting out and packing the equipment.



Day 4

Flight to Antarctica to the camp Union Glacier, accommodation in the camp.



Day 5

Instructions before departure at the 89th degree, preparation for departure and the ski trip.



Day 6-13

Flight to latitude 89 South. Skiing to South Pole.



Day 14

Arrival to the South pole, return flight to Union Glacier.



Day 15

The flight from Antarctica to Punta Arenas



Day 16

The flight home (may be a delay in departure from Antarctica due to bad weather)



Dates

2024:

December **04** - December **19** (Rostovtsev Artem)

2025:

December **15** - December **30** (Rostovtsev Artem)

2026:

January **01** - January **16** (Rostovtsev Artem, Abramov Alex)



Price includes

Briefing with refreshments in Punta Arenas

Transfers to/from airport in Punta Arenas

Flights PA – Union Glacier (UG) and back by Ilyushin-76 plane

Local flight Union Glacier - 89 SP / 90 SP - Union Glacier

Meals and accommodations while in Antarctica, Full Board at Union Glacier. camp.

Group camping equipment, sleds and harnesses

Skiing equipment (ski/sleigh and ski poles)

Expedition guide and doctor for the whole expedition

Luggage allowance of 55lbs (25 kg) on all polar flights.

Team jacket (Polartec&Windbloc) with 7 summits Club logo.

T-shirt with 7 summits Club logo



Price does not include

Flights to and from Punta Arenas other than to Union Glacier.

Meals and accommodation in Punta Arenas

Transfers in Punta Arenas other than for the Antarctic flights

Personal equipment and clothing

Personal extra expenses while in Punta Arenas due to delays

Overweight on the Antarctic flights

Ski boots

Satellite phone while in Antarctica





F.A.Q.

Tips guidelines (important information!)

You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you and for the success of the whole trip. They are doing this 24 hours per day. 10-20 USD per day is expected as the normal amount of tips for the Guides and the staff of the program. If you liked everything about the trip, please don't forget to thank them. You can give the tips directly to the Main Guide and he will distribute it among the staff; additionally, you can thank specific staff members.

Necessary travel papers (documents)

Passport with 6 months validity after the return flight.
Filled in special forms for visiting Antarctica (we will assist).
Chilean multiple entry visa if needed for your nationality.

By air and by land

The price includes all flights in Antarctica.
Return flight from Punta Arenas to Antarctica
Luggage allowance for these flights (hand + checked luggage) is 25 kg, excess luggage is \$77/kg
Group equipment is divided equally among the members to carry during the ascent.

Accommodation

We can reserve any hotel in Punta Arenas for you, from 2 to 4 stars, or you can do it online yourself.
In Antarctica we stay in strong double tents, 2-3 members per tent.

Meals

We buy all the necessary food in Punta Arenas and guides cook in the mess tent in BC and in their tents on the route. The guide coordinates and assists.
White gas (4 liters per person) is provided for use in BC and in the higher camps.

Staff

One guide per 3-5 clients.

Health and medical insurance

The group will have a first-aid kit.

Each member must have medical insurance that covers 'dangerous sports' and evacuation with a coverage of at least 300,000 USD.

Weather

Antarctic summer: when it is sunny the temperature inside a tent is from 0°C to +15°C. Snow storms are frequent; then the temperature can quickly drop to -35°C. Near the summit it can be -40 degrees Celsius/Fahrenheit.

Extra expenses

Hotel in Punta Arenas USD \$100-150 per day

Meals in Punta Arenas USD \$50-100 per day

Luggage over 25 kg (including hand luggage) – 70 USD per kg

Internet, phone

At Union Glacier Camp you can buy airtime on shared satellite phones or you can bring your own. The guide will have a satellite phone for emergency only, but you can use it against a per-minute fee.

Possibility of renting personal equipment

Please let us know well in advance if you need to rent any gear. The shops in Punta Arenas have limited choice and stock.

Personal gear

Shared equipment for BC (provided by 7 Summits Club)

Mess-tent

Tents (2-3 members to a tent)

Kitchen utensils (gas-stoves, pots and pans)

Satellite phone (5 USD per 1 minute)

First-aid kit

Solar battery

Personal gear

Rucksack (40-50 liters)

Thermos

Photo camera

Video camera and accessories

Down or synthetic fibers filled parka with a large hood (with secure fixing), good for -40°C, -40°C. Our suggestion: "North Face Baltoro" or "Marmot 8000 M. Parka"

Breathable windproof jacket with large hood and pockets (Gore Tex is not recommended!). We suggest "Wintergreen Designs Anorak". You can sew a long-fur ruff to the inside edge of the hood, which will keep your face reasonably warm even

in strong wind.

Breathable windproof pants with full side zips: UN-coated Nylon, Pertex, or Ventile (windproof cotton). Gore Tex not recommended! One-piece wind suit will do as well, but it must have a drop seat or a circle zip for toilet use.

Layers

Set of lightweight thermal base layer, top and bottom. Merino wool, Capilene, or other high-quality synthetic. A zipped T-neck is best for the top. Our suggestion: Patagonia, North Face, Marmot, Icebreaker brands. No cotton!

Set of expedition weight thermal base layer, top and bottom. Wool or synthetic, the same brands as above.

Pair of fleece or pile skiing pants, made of Polartec 200 or Softshell fabric. A one-piece suit must have a drop seat or center zip for toilet use. Arc'teryx, North Face, or Mountain Equipment Coop.

Mid-weight wool, pile, or fleece sweater, made of Polartec 200.

Warm fleece jacket with pockets (the latter are a must!). Polartec 200-300, "Puffball" or "Softshell". Our suggestion: Arc'teryx Gamma MX hoody, Patagonia Houdini, or North Face Denali.

Thick wool or wool or wool blend socks – 4 pairs

Thinner wool or synthetic liner socks – 2 pairs

Pair of vapour barrier socks. Our suggestion: Black Diamond or Climb High.

Pair of insulated down or synthetic camp booties with non-slip soles, for short outings from the tent.

Windproof fleece hat with good ear flaps and preferably a built-in visor: Columbia or Outdoor Research.

Lightweight wool or fleece hat as a reserve

Fleece neck warmer. This can double up to give a variety of ear, face and neck protection, or be used as an eye shade (24 hour sunlight in Antarctica). Buff brand "Polar Buff" works well.

Lightweight fleece or synthetic balaclava

Pair of windproof, breathable over-mitts (no Gore Tex!). We suggest Lilisport brand.

Fleece or wool mitts to fit inside windproof over-mitts – 2 pairs

Several pairs of lightweight liner gloves

Pairs mid-weight fleece or wool gloves – 2 pairs. Liners should fit inside and both should fit inside over-mittens.

Pair of 100% UV protective sunglasses with a safety cord and side flaps. No metal frames!

Pair of good quality ski goggles with extra lens

Neoprene face mask or Outdoor Research Gorilla Mask.

Handkerchiefs or bandanas for your nose (low temperatures will make it run continuously)

Expedition weight sleeping bag (good for -40°F, -40°C), down-filled preferably. Get a full length mummy bag with a large hood and easy fastening system. We suggest North Face Inferno or similar Marmot or Integral Designs.





Contact the manager



Write to WhatsApp



Write to Telegram

or by phone

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