

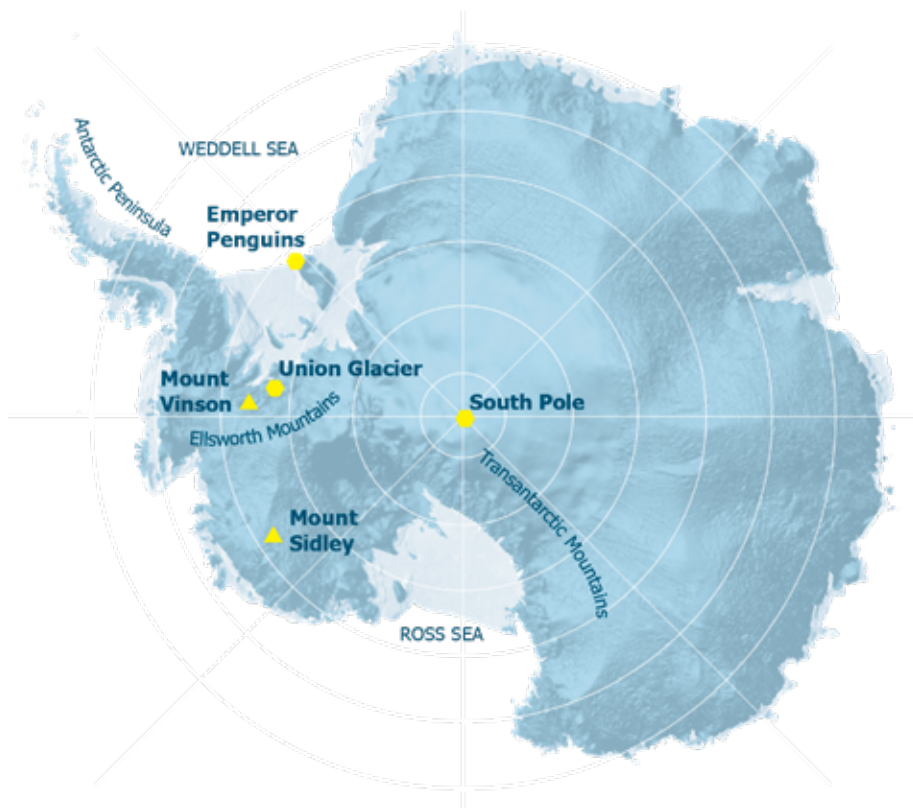


# THE ANTARCTIC LOPPET

## Celebrating Antarctica's Skiing History

The Antarctic Loppet offers an extraordinary adventure, blending the thrill of cross-country skiing with the awe-inspiring beauty of the Antarctic wilderness. Whether you're an elite athlete seeking a new challenge or a passionate skier eager to experience the White Continent, the Antarctic Loppet promises an adventure like no other. As you ski through this frozen wonderland, you'll not only test your physical limits but also connect with the natural world in one of its most pure and unique forms.

ALE's exclusive travel itinerary offers guests the opportunity to learn from specially curated lectures, compete in the timed Antarctic cross-country skiing events, and take part in guided excursions to some stunning Union Glacier locations. Personal ski time and a celebratory event round out this experience which honors cross-country skiing as an important aspect of Antarctic history.



## ITINERARY



### Arrival Day

Punta Arenas, Chile



### Pre-departure Days

Welcome and Safety Briefing, and Gear Checks



### Day 1

Fly to Antarctica



### Day 2-4

Ski events, excursions, and lectures




### Day 5

Return to Chile



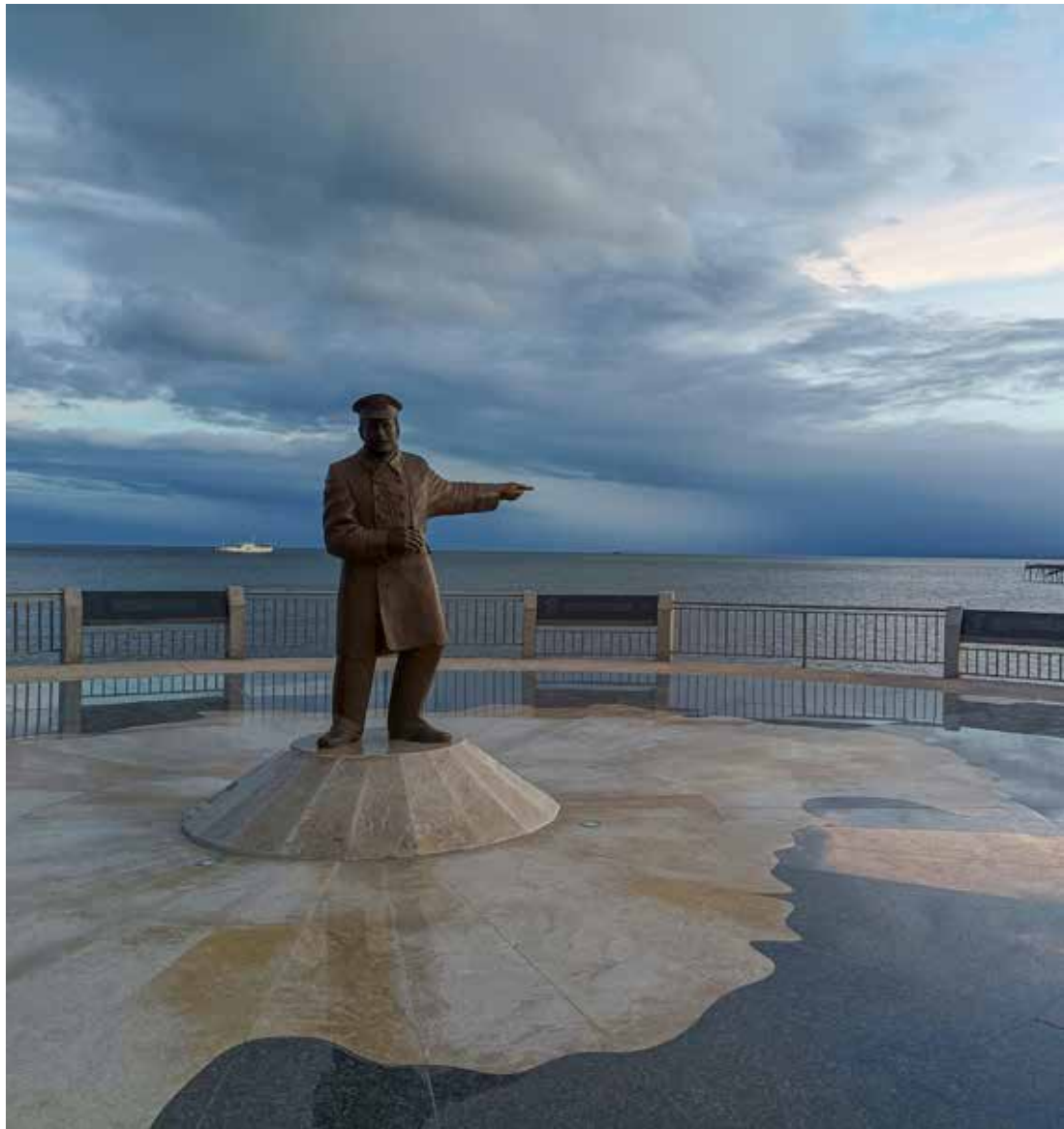
### Flexible Departure Day

Fly Home

 All itineraries are subject to change based on weather and flight conditions.



## ARRIVAL IN PUNTA ARENAS



Known as the gateway to Antarctica, all of our flights depart from the Chilean city of Punta Arenas.

We ask you to arrive in Punta Arenas at least three nights prior to your trip start date, to allow time to complete the pre-departure process. This also provides a buffer for flight and luggage delays should your travels to Chile not go as planned. We do not hold Antarctic flights for delayed passengers or luggage.

We will be waiting for you in the terminal when you arrive at Punta Arenas airport and will transport you to your hotel. The following day, you will have an individual Gear Check at your hotel, where we will review the personal clothing and equipment you will need in Antarctica. If you have requested any rental items, they will be issued from our warehouse.

The day before your Antarctic flight there is a Welcome and Safety Briefing in the ALE Office. Here we will explain the flight dispatch process, review environmental and safety procedures for your stay in Antarctica, and provide the latest weather updates.





## DAY 1 FLY TO ANTARCTICA

At the Punta Arenas airport, you will check-in for your flight, pass through normal Airport Security then board our chartered jet for the 4 hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.





DAY  
2-4

## EXPLORE UNION GLACIER

When not participating in ski events, you'll have the opportunity to explore the stunning landscapes surrounding Union Glacier. A typical day starts with breakfast, then a meeting with your guide to discuss the day's options and choose an activity tailored to the weather and the group's interests. Some of the popular excursions include:

### Elephant's Head

Ride in one of our wheeled vehicles to this dramatic marble buttress overlooking the blue-ice runway. Beautiful ice formations and moraines offer endless opportunities for photographers to capture close-up frozen formations or wide angle glacial landscapes. Hikers can trek up to the base of Elephant's Head or all the way to the top of Rhodes Bluff for panoramic views of Union Glacier and the Heritage Range.

### Rhodes Bluff and Fossil Garden

Geology lovers will be delighted to explore this hotspot for ichnofossils. Our experienced guides can help you navigate by GPS to known trace fossils or accompany you on a mission to discover new ones.





## Buchanan Hills

Board our one-of-a-kind Tucker Bus, a custom designed tracked vehicle, for the scenic drive to the remote Buchanan Hills. You'll arrive at a high pass that offers expansive views of Union Glacier as it flows into Constellation Inlet. Higgins Nunatak pokes through the ice, like an atoll in a frozen ocean. For the fit and adventurous, there are two easy hiking routes that require no prior experience and grant you the rare opportunity to summit a peak in the heart of Antarctica.

## Drake Icefall

Named in the 1960s after geologist Benjamin Drake IV, this impressive icefall tumbles off the polar plateau into Union Glacier. Winds from the South Pole carve huge waves into the blue-ice and polish the surface into a high shine.

## Charles Windscoop

Discover the power of wind on ice as you wander through a sparkling turquoise corridor. If you're truly adventurous, this is a prime place to try ice climbing with one of our experienced guides. For the less vertically inclined, you can rock hunt to your heart's content. Just remember to leave them in place, as nothing may be removed from Antarctica.

## The Beach at Rossman Cove

Another spectacular setting for photography and panoramic views! Head out on cross-country skis and enjoy Antarctica's version of a glacial beach getaway.

If you'd prefer to stay closer to camp, we have a variety of activities for all abilities. You can check out a fat-tire bike and take a spin around our groomed 10k loop or you can enjoy a cup of tea, an Antarctic book, or fun game in our camp library.



## DAY 2-4 **SKI EVENTS** Excursions & Lectures

The core of the Antarctic Loppet experience takes place over these three days, filled with skiing events, exploration, and learning opportunities.

### 10k, 20k, and 50k Timed Events:

Participate in timed cross-country skiing events on meticulously prepared routes. These courses take you across Union Glacier's expansive ice fields, offering a perfect mix of challenge and breathtaking scenery. Routes are carefully mapped using satellite imagery and ground-penetrating radar to ensure safety and optimal skiing conditions for all participants.

The 10K and 20K timed events will be held on a 10K loop near the iconic Union Glacier camp. Nestled in the Union Glacier Valley, this route offers spectacular views of the Ellsworth Mountains and the Polar Plateau. For the more adventurous, the 50K course traverses the Driscoll, Schneider, and Schanz glaciers, featuring a challenging elevation gain of 2,500 feet.







# Polar Education

Cross-country skiing has deep roots in Antarctica, dating back to the early 20th century. The term Loppet is of Scandinavian origin, referring to long-distance cross-country skiing events. Amundsen's legendary expedition to the South Pole relied heavily on his team's exceptional skiing abilities, which played a crucial role in their groundbreaking success.

Enhance your Antarctic adventure by immersing yourself in the continent's rich skiing heritage and unique environment through a series of captivating lectures and activities.

## Educational Lectures:

Gain insight into Antarctica's geology, climate, and the critical role skiing has played in its exploration. Our lectures, led by world-renowned experts, will deepen your understanding of the challenges and marvels of this remote wilderness.

## Polar Library:

For a quieter experience, visit our Polar Library. Here, you can browse books on Antarctic exploration, watch films that capture the spirit of adventure, or enjoy games with fellow travelers. It's the perfect place to relax and reflect on the grandeur of Antarctica.





DAY  
5

## RETURN TO CHILE

When weather and runway conditions permit, our intercontinental, passenger aircraft will arrive at Union Glacier to transport you back to Chile. Our staff will meet you at the airport and transfer you to your hotel.



FLY  
HOME

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.



### Weather

Temperatures ranging from 0°F to -30°F (-1°C to -15°C) with wind-chill down to -25°F (-30°C).



### Activity Level

Strenuous—vigorous activity at altitudes up to 5,000 ft (1,500 m).



### Requirements

Previous cross-country skiing experience is recommended as well as a good level of fitness.



### What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Meals and tented accommodation in Antarctica
- Educational lecture series
- Guided tours around Union Glacier Camp
- Participation in 10k, 20k, and/or 50k experience
- Celebration event and Certificate of Achievement
- Checked luggage up to 55lb (25kg)



### Not Included

- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 55lb (25kg)
- Satellite phone charges

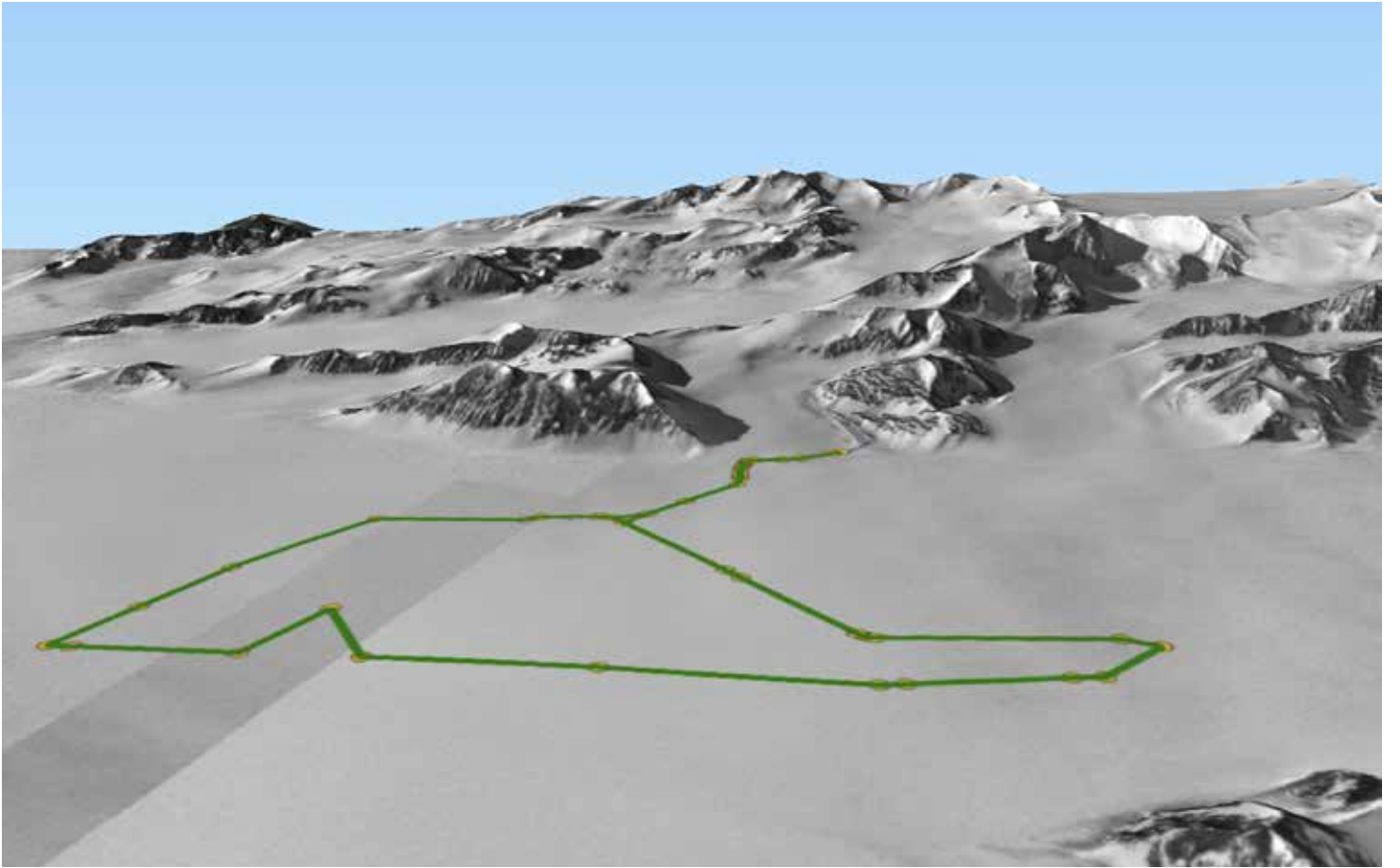


### Weather Delay Advisory

*All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.*

*Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.*





Map of 10k, 20k, 50k courses to be placed here