

## CHALLENGE 1

# SOUTH POLE LAST DEGREE

Head to the bottom of the planet.

Skiing the final 60 nautical miles (111 km) to the southernmost point on Earth underscores the uniqueness and awe of polar exploration. Throughout the Challenge, you will experience the stark silence and vastness of the high polar plateau, echoing the feelings of explorers from the heroic age in this landscape.

The physical demands will be worth the journey as you form new bonds with your expedition teammates through shared hardship, and on completion, you will be among a select few who have skied to the South Pole.

## Overview

Location	Duration	Month	Difficulty
Antarctica	12 Days	December - January	10

## **CHALLENGE 1 – SOUTH POLE LAST DEGREE**

At Pole to Pole, our South Pole ski expedition is based on experience gained in the most extreme environments on Earth. The expedition leaders have guided teams through polar whiteouts, sub-zero conditions, and featureless ice plateaus with a steadfast focus on safety, endurance, and personal achievement. Challenge 1 – The South Pole Last Degree exemplifies this.

This journey starts on the Antarctic Plateau at 89°S, where every step forward is earned through effort and a determined mindset. While the distance is clear, the conditions are uncertain: biting wind, altitude, and cold challenge even the most experienced and strongest. Our team prepares thoroughly, managing every detail of the expedition from arrival for training in Northern Sweden to the final steps at the South Pole.

With decades of collective expedition experience, our instructors and guides operate with precision, supported by thorough contingency planning and safety protocols. Every piece of equipment, meal, and section of the route is carefully organised to ensure safety and success. Our logistics partners are among the most reputable in Antarctica, and we follow detailed evacuation and communication procedures throughout.

This is not just a physical journey; it's a once-in-a-lifetime mental and emotional challenge. For those who wish to follow in the tracks of explorers past and push themselves into the solitude of the planet's southernmost point, this is polar travel in its purest form.

## Itinerary

This itinerary is based on extensive polar training and South Pole Last Degree expeditions across many seasons. As with all adventure activities in remote parts of the world, conditions can change, and Pole to Pole may need to make adjustments, sometimes at short notice. We, along with our partners, strive to follow the published schedule; however, your patience may be needed if unforeseen circumstances require adjustments.

Please note that delays are common in expedition 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 the trip. We also recommend that you purchase a full-fare, flexible airline ticket that permits date changes without penalty.

Unless you have significant cold-weather expedition experience, you will be required to complete. A training course before attempting the South Pole Last Degree Challenge. This is a mandatory safety requirement from Antarctic Logistics & Expeditions (ALE), the organisation responsible for safety and logistical support in Antarctica. Pole to Pole is an approved provider of this training, ensuring you meet ALE's safety standards and are fully prepared for the demands of the Antarctic plateau.

We have split Challenge 1 into two distinct phases: a mandatory training phase for those without polar experience and the South Pole Last Degree expedition in Antarctica. This ensures every participant is fully prepared for the extreme conditions and high demands of polar travel. The Sweden course, based at the Pole to Pole Academy, builds essential skills, fosters team cohesion, and meets the safety requirements set by Antarctic Logistics & Expeditions before you embark on the journey to the South Pole.

### Phase 1 - Pole to Pole Expedition Foundation Course – Sweden

**£2,750**

#### **Day 1**

Arrive at Skellefteå Airport and transfer to the Pole to Pole Academy to settle in and meet the rest of the course.

#### **Day 2**

Equipment issue and a mix of classroom and practical lessons.

#### **Day 3**

A mix of classroom and practical lessons with a focus on skiing.

#### **Day 5**

Continuation of skiing lessons and training on the expedition with a night in tents.

#### **Day 6**

Final expedition practice and back return to the Pole to Pole Academy to de-service the equipment.

#### **Day 7**

Final feedback from the instructors before departing for Skellefteå Airport.

**Day 4**

Final lessons and deploy on the training expedition in the local area with a night in tents.

The 7-day **Pole to Pole Expedition Foundation Course** is a progressive course that offers a blend of classroom instruction and practical lessons that will equip you with the fundamental skills required to embark on Challenge 1 – South Pole Last Degree.

This course is a mandatory requirement for adventurers with little to no prior experience in polar expeditions before participating in Challenge 1.

## Phase 2 - Pole to Pole Challenge 1 – South Pole Last Degree

### **Pre-Challenge**

Arrive at Punta Arenas, Chile

### **Challenge Day 6**

Expedition skiing.

### **Pre-Challenge**

Pre-departure day with welcome and safety briefing.

### **Challenge Day 7**

Expedition skiing.

### **Pre-Challenge**

Pre-departure day with equipment and clothing checks.

### **Challenge Day 8**

Expedition skiing.

### **Challenge Day 1**

Fly to Union Glacier, Antarctica.

### **Challenge Day 9**

Expedition skiing.

### **Challenge Day 2**

Expedition preparations.

### **Challenge Day 10**

Arrive at the South Pole.

### **Challenge Day 3**

Expedition preparations.

### **Challenge Day 11**

Return to Union Glacier.

### **Challenge Day 4**

Fly to 89°S and start skiing.

### **Challenge Day 12 or 13**

Return to Punta Arenas, Chile.

### **Challenge Day 5**

Expedition skiing.

### **Flexible Day**

Fly home.

A 12-day journey to the southernmost point on Earth, skiing the final 111km (60 nautical miles) from 89°S to the South Pole where you will traverse the stark, silent Antarctic Plateau.

## What's included

Pole to Pole have handpicked our partners and providers based on their experience, quality, and reliability. The following list is included in your booking:

### Phase 1 – Pole to Pole Expedition Foundation Course Sweden Inclusions

#### For £2,750

Fitness programme	Support in planning and preparation for training and the Challenge
Airport transfers from Skellefteå Airport, Sweden	Training expedition equipment and skis
Comfortable shared accommodation in the Pole to Pole Academy	Pole to Pole down jacket and outer jacket
Full board, fika, and hot drinks in the Academy	

## Phase 2 - Pole to Pole Challenge 1 - South Pole Last Degree

**For \$82,000**

Airport transfers in Punta Arenas, Chile	Expedition team and skiing equipment
Round trip flight to Union Glacier, Antarctica from Punta Arenas	Expedition guide
Flight from Union Glacier to 89°S – the expedition start point	Celebration event and Pole to Pole Challenge 1 Badge
Flights to Union Glacier from the South Pole	Checked luggage up to 25kg from Punta Arenas to Union Glacier.
Meals and tented accommodation in Antarctica	

## Not included

### Sweden – Expedition Foundation Course

Insurance coverage – personal, medical, evacuation, or otherwise	Accommodation other than the Pole to Pole Academy
Flights to Skellefteå, Sweden	Personal clothing and equipment

### Pole to Pole Challenge 1 - South Pole Last Degree

Insurance coverage – personal, medical, evacuation, or otherwise	Vehicle pick up and transfer to the South Pole if you are unable to complete the expedition
Commercial flights to and from Punta Arenas, Chile	Personal clothing and equipment
Airport transfers outside of Punta Arenas	Expenses incurred due to delays
Meals and accommodation in Punta Arenas	Luggage over 25kg
Any additional flights within Antarctica	Satellite phone charges



## Equipment

The nature of a polar expedition will require the purchase of some specialist personal equipment. Please see below for the full kit list for Challenge 1. If you have any questions, please don't hesitate to ask a member of our team.

On booking, the team will provide you with a checklist.

### Clothing

Warm hat

Balaclava – full face optional

Hardshell salopettes/trousers – good quality and suitable for skiing

Face mask – can be attached to balaclava or separate

Insulated trousers – can be insulated over-trousers or thick ski salopettes

Buff

Hard shell jacket – good quality and with a hood

Sunglasses – Cat-3 UV protection

Cold weather liner socks x 3 pairs

Goggles – Ideally with interchangeable lenses or two pairs. One set of lenses with clear/yellow and one cat-3 protection

Cold weather mid socks x 3 pairs

Underwear – Lycra or merino sports shorts – **not cotton**

Cold weather thick socks x 3 pairs

Long sleeve baselayer top – to be of wicking material (synthetic or merino)

Boots – either NNN BC compatible or sturdy walking boots with ankle support for universal bindings

Long thermal bottoms – to be of wicking material (synthetic or merino)

Thin liner gloves – silk, wool, or synthetic. Consider touch screen compatible gloves for using technology

Midlayer jacket – PrimaLoft or fleece etc.

Insulated gloves/mitts – warm glove with a weatherproof outer shell

Insulated jacket – natural or synthetic down. Suitable to -20°C

Weatherproof outer mitts – a shell mitt that can fit over insulated gloves or mitts

### **Personal Equipment**

Dry bags – various sizes to waterproof and store equipment

1L vacuum flask x 2

1L wide mouth bottle – Nalgene or similar style for drinking

1L+ wide mouth bottle –Clearly marked wide mouth water bottle for urinating in. A ‘She-wee’ s recommended for women

Long handled spoon – long handled camping spork/spoon

Lighters – not electric

Whistle

Closed cell foam mat – Antarctica only

Inflatable mattress – Antarctica only

Down sleeping bag – Antarctica only - rated to – 40°C

Carabiners – several strong for attaching equipment. They do not have to be rated for climbing

Multitool – to have a knife and pliers

Toothbrush & toothpaste – manual toothbrush

Toiletries – expanding wipes, sanitary products, Sudo crème etc.

Personal first aid kit – plasters, balms, pains relief, foot tape, antiseptic, scissors, anti-bac hand gel, lip balm, sun cream  
Earplugs

Notebook & pencil

### **Electronic**

Headtorch – for Sweden only. Preferably rechargeable

Power bank – for charging electronics

Batteries – for personal electronic devices

Charging cables – for personal electronic devices

Watch

Phone – not essential but good for music and photos

Headphones – not essential. It is recommended to bring wired headphones

### **Equipment Provided by Pole to Pole**

Camp equipment – expedition grade tents, snow shovels, tent brushes, and repair kit

Skis and pulks – cross-country skis, ski poles, pulks, harnesses, kit bags, polar bedding, pogies (Antarctica only)

Communications – solar panel, battery pack, safety phones, and navigation equipment.

For personal phone calls in Antarctica, you will need to purchase a phone card at Union Glacier.

Toilet – toilet paper and toilet bags

Meals – expedition food, packing zip lock bags, stoves, stove boards, fuel, fuel bottles, cookware

Medical – comprehensive team first aid equipment

Ski boots – Antarctica only

## **Training**

Training for an expedition in austere conditions requires a good level of physical and mental fitness. While you do not require Olympic levels of strength and endurance, we recommend that you follow the fitness programme that we provide you, as well as increase your daily walking activity, preferably with a weighted backpack or hauling tyres.

If you would like more guidance on training, please speak to one of our team members.

## **Payment**

You can pay your deposit and balance using the links on the invoice or via bank transfer. If you send money by electronic bank transfer, you are responsible for covering the cost of any associated transfer fees.

## **Cancellation**

A non-refundable deposit of 20% of the total trip fee is required on booking.

In the event the client decides to cancel their trip at any time between booking and the trip's commencement, a deduction will be made from the advance amount. This is due to Pole to Pole's obligation to pay providers, personnel, and resources during the planning process.

The cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as follows:

- A non-refundable deposit of 20% is charged on booking.
- A cancellation fee of 60% is charged if cancelled 150 days or less from the Challenge departure date.
- A cancellation fee of 100% is charged if cancelled 90 days or less from the Challenge departure date.

## **RESCHEDULING**

We do not routinely offer rescheduling, but if there is flexibility, we may be able to facilitate a request if the course is rescheduled in the same season. However, if you are unable to attend the date you booked in the same season, you will need to cancel your booking.

Cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as previously stated.

## **Insurance**

We recommend that all guests have appropriate travel insurance that covers the nature of the activity being undertaken on the booked course and protects them from cancellation.

For Antarctica, you will need specialist insurance that covers the location and medical evacuation. In the case of a medical problem arising during the expedition, which results in costs for evacuation, including, but not limited to, the use of aircraft or repatriation, responsibility for payment of these costs belongs solely with you. You must provide proof of adequate insurance or have other arrangements in place to cover costs associated with medical care and evacuation. Please refer to your experience and determine the amount of coverage you will need. Responsibility for all fees is yours, and you will be billed for such costs in Antarctica.

