

# Mt. Vinson 2025

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

**Antartica**

## ACTIVITY

**14 Peaks Exclusive**

## ACCOMMODATION

**Hotel/Lodges/Tent**

## WALKING

**2-4 hrs**

## MAX ALTITUDE

**4,892**

m

## DURATION

**16**

Days

## DIFFICULTY

**Challenging**

Difficult

## GROUP SIZE

**2-5**

People

## Expedition Overview

Mount Vinson is a part of the Sentinel Range in the Ellsworth Mountains, the tallest peak in Antarctica, stands at 4,892 meters (16,050 feet) above sea level located in western Antarctica overlooking the Ronne Ice Shelf. It is one of the latest additions to the list of the Seven Summits, representing the highest mountains on each of the seven continents. Indeed, fewer climbers have summited Mount Vinson than Mount Everest. This is largely because of its secluded position within the rugged Ellsworth Mountains, which rendered it nearly unreachable and a logistical challenge to climb until recent times.

An expedition to Vinson Peak is often referred to as the "Key to the Seven Summits." While the mountain itself does not pose significant technical challenges, reaching it is extremely difficult due to two main factors: its extreme remoteness and the high cost of any expedition. Consequently, a journey to the Vinson Massif is uniquely interesting and prestigious, with very few people having accomplished it.

Our program begins in Punta Arenas, Chile. From there, we fly to Patriot Hills in Antarctica, an airstrip owned by Chile and leased by Americans for tourist flights. A smaller plane then transports us to the Vinson Massif Base Camp, where we set up our tents. After establishing Low Camp and High Camp, we proceed to the summit.

## INCLUDES

- **1. Meeting and Seeing Off in Punta Arenas** – Personalized assistance upon arrival and departure in Punta Arenas, ensuring a smooth start and end to your journey.
- **2. Hotel Booking in Punta Arenas** – Accommodation arrangements in Punta Arenas before your departure to Antarctica, providing a comfortable stay as you prepare for the expedition.
- **3. Briefing Before Departure to Antarctica** – A comprehensive pre-departure briefing in Punta Arenas to equip you with essential information and ensure you are well-prepared for the Antarctic adventure.
- **4. All necessary flights, including** – - Punta Arenas to Patriot Hills - Patriot Hills to Vinson Massif Base Camp - Return flights from Base Camp to Patriot Hills - Patriot Hills back to Punta Arenas
- **5. Food and Lodging in Antarctica** – All meals and accommodation during your stay in Antarctica, ensuring your nutritional needs are met and you remain comfortable in the extreme environment.
- **6. Group Equipment** – Essential group equipment for the expedition, including: - Climber tents - Food supplies - Snow sleds and other necessary gear for the group
- **7. Climbing Guide and Supporting Staff** – Professional climbing guides and support staff to assist you throughout the expedition. Dedicated doctor to provide medical support and ensure your well-being during the trip.
- **8. Luggage Allowance** – A luggage allowance of 25 kg on all flights within Antarctica, allowing you to bring necessary personal and climbing gear.
- **9. Expedition Apparel** – Expedition-branded clothing and gear, including: - Jacket - Duffle bag - Cap - T-shirts

## EXCLUDES

- **1. Chilean Multi-Visa** – Costs associated with obtaining a multi-entry visa for Chile, required for entry and exit during the expedition.
- **2. Flight to Punta Arenas** – International and domestic flights to and from Punta Arenas, where the expedition commences.
- **3. Accommodation in Punta Arenas** – Lodging expenses in Punta Arenas outside of the arrangements provided by the expedition, such as additional nights before or after the trip.
- **4. Personal Camping and Climbing Equipment** – Individual gear needed for camping and climbing, including items like personal clothing, boots, climbing harnesses, and other personal equipment.
- **5. Extra Expenses Due to Flight Delays** – Any additional costs incurred in Punta Arenas as a result of flight delays, such as extra hotel nights, meals, or other unforeseen expenses.
- **6. Overweight Luggage (Over 25kg)** – Fees for luggage exceeding the 25 kg allowance on flights within Antarctica.
- **7. Insurance Covering Climbing up to 5000m** – Travel insurance that includes coverage for high-altitude climbing (up to 5000 meters), with a minimum coverage amount of \$150,000 USD, ensuring you are protected in case of emergencies or accidents.
- **8. Tips for Guides and Staff** – 20-30 USD per day is the standard amount of tips for the guides and staff. If you enjoyed the trip, please remember to thank them.
- **9. Additional** – These exclusions highlight additional expenses that participants need to prepare for independently, ensuring they have all necessary documentation, equipment, and insurance for a safe and successful journey.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Punta Arenas	B/L/D	Hotel	Arrive in Punta Arenas, Chile, the gateway to Antarctica. Check into your hotel and settle in.
2	Buying Food and Equipment	B/L/D	Hotel	Spend the day purchasing any additional food and equipment needed for the expedition. Ensure all gear is suitable for extreme cold and high-altitude conditions.
3	Briefing and Packing	B/L/D	Hotel	Attend a briefing at the expedition office to go over the itinerary, safety protocols, and final preparations. Sort out and pack all equipment meticulously.
4	Flight to Union Glacier	B/L/D	Tent	Take a flight from Punta Arenas to Union Glacier in Antarctica. Union Glacier serves as the logistical hub for Antarctic expeditions. Set up camp upon arrival at Union Glacier.
5	Flight to Vinson Massif Base Camp	B/L/D	Tent	Fly from Union Glacier to Vinson Massif Base Camp at 2,150 meters. Set up camp and acclimate to the altitude. Set up camp upon arrival at base camp.
6	Acclimatization and Preparation	B/L/D	Tent	Spend the day acclimatizing and preparing for the ascent. This includes checking equipment, familiarizing yourself with the route, and staying hydrated.
7	Trek to Low Camp	B/L/D	Tent	Embark on an 8-hour trek to Low Camp at 2,900 meters. The trek involves navigating through glaciers and challenging terrain. Stay at Low Camp.
8	Acclimatization Day	B/L/D	Tent	Spend the day acclimatizing at Low Camp. This helps your body adjust to the higher altitude, reducing the risk of altitude sickness. Stay at Low camp
9	Training Day	B/L/D	Tent	Conduct a training day to practice using crampons, ice axes, and other climbing gear. This is crucial for safety during the ascent.

Days	Program	Meals	Accommodation	Description
10	Trek to High Camp	B/L/D	Tent	Undertake a 6-hour trek to High Camp at 3,900 meters. This is a steep and challenging climb, requiring endurance and strength. Tent at High Camp.
11	Summit Day	B/L/D	Tent	Begin the ascent to the summit of Mt. Vinson early in the morning. The climb to the summit (4,892 meters) is strenuous and can take 9-12 hours round trip. Enjoy breathtaking views from the highest peak in Antarctica before descending back to High Camp. Tent at High Camp.
12	Reserve Day	B/L/D	Tent	Use this day as a buffer in case of bad weather or unforeseen delays. If the weather has been favorable, use this day to rest and recuperate. Tent at High Camp.
13	Descent to Base Camp	B/L/D	Tent	Descend from High Camp back to Base Camp. This involves retracing your steps and navigating through the challenging terrain you previously ascended. Tent at Base Camp.
14	Flight from Base Camp to Union Glacier	B/L/D	Tent	Take a flight back from Vinson Massif Base Camp to Union Glacier. Relax and celebrate the successful climb. Camp at Union Glacier.
15	Flight to Punta Arenas	B/L/D	Hotel	Fly from Union Glacier back to Punta Arenas. Reflect on your incredible journey and begin the process of returning to everyday life. Stay at hotel in Punta Arenas.
16	Flight Home	B/L/D	-	Depart from Punta Arenas and fly home. Carry with you the memories of a remarkable adventure and the prestige of having climbed one of the Seven Summits

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trowser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera