

# **OUT OF THE BOX** AFRICA & ANTARCTICA - 9 NIGHTS







NAMIBIA

CAPE TOWN

ANTARCTICA





# NAMIBIA SKELETON COAST

#### "The earth is not ours, it is a treasure we hold in trust {or{uture generations". Namibia proverb

Face the reality of contrasting landscapes, boundless deserts, and rich colours, where animal and natural species able to adapt live in one of the most arid and inhospitable places of the planet. Lions, black rhinos and elephants have adapted their physical characteristics and habits to the extreme environmental conditions of this fascinating country.

#### **ACTIVITIES INCLUDED IN THE EXPERIENCE**

- The Benguela Current of the Atlantic Ocean clashes with the dune and desert landscape of North-Western Namibia.
- The Skeleton Coast with its huge numbers of stranded whales that lost their lives. •
- The desert-adapted wildlife: elephants, rhinos, desert lions, brown hyenas, • jackals, giraffes, seals, oryx, kudus and zebras. Mowe Bay seal colony - Flamingo pools
- •
- Hoarusib River and the Clay Castel (Castle?) ٠
- Sundowner drive to the dunes •
- Conservancy tour in 4x4 •



## CAPE TOWN

### THE CITY OF EVERYTHING

Cape Town can only enchant and leave you breathless, all kinds of landscapes are merged in this incredible city crowned by Table Mountain. It is impossible to get bored, as any activity you love - sports, cultural or artistic, is available!

#### ACTIVITIES INCLUDED IN THE EXPERIENCE

- A bird's eye view of Cape Town in a helicopter
- One hour per day active session of your choice: Yoga, Pilates, Personal Trainer, or guided hike

#### HIGHLIGHTS

- Table Mountain
- Boulders Beach and its penguin colony
- The wine lands; Stellenbosch, Franschhoek and their vineyards
- District Six museum
- Cape of Good Hope
- Robben Island





### ARCTIC TRUCKS

**GLACIER TRAVERSE** 

The most effective and versatile vehicle in the polar regions is the Arctic truck 6x6. You will learn the nuanced skills of handling one of these machines on the glaciers and rocks of the Schirmacher oasis.

Learn how to traverse glaciers using crampons

and ice axes. Crevasses pose one of the great

dangers of exploring in Antarctica and Ben will

explain the basics of rope work and polar safety.



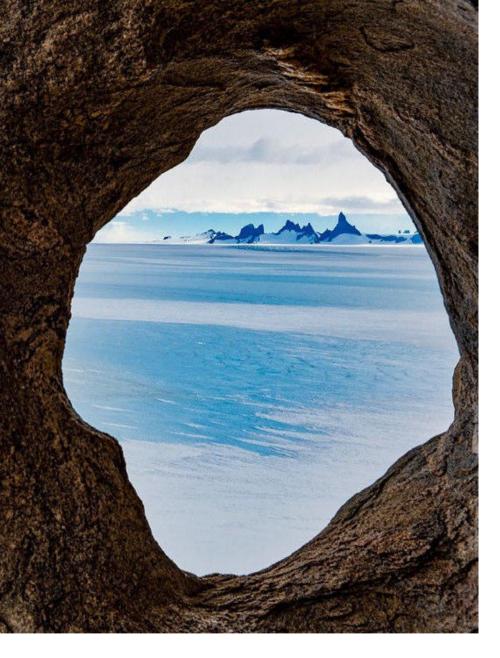
### ICE CLIMBING

Antarctica is the last frontier with many unclimbed peaks waiting to be conquered. Learn how to scale walls of ice in this most extraordinary environment.

### CRYSTAL CAVES

Should the weather turn, the only opportunity for shelter is in the ice caves. Explore a stunning network of caves that are unique to this region.





# **FULL ITINERARY**

## DAY ONE

The flight to Antarctica is 5 hours, crossing the thousands of icebergs spread over the Southern ocean. Halfway through the flight we cross into the polar circle and will experience 24 hours continuous daylight.

Landing on the specialist ice runway, you will be surrounded by the Wolf's Fang range, a true spectacle of the continent. We spend the afternoon amongst kilometre-high monoliths of rock, before connecting to Whichaway camp.

# DAY THREE

Tonight, we camp out! To prepare you, Ben will help you pack your sled and ensure you are ready for one of the most remote campsites on earth. We will cross-country ski (or walk) into the mountains, passing huge cliff faces, wind scoops and iridescent blue ice.

As you close the zip on the door of your tent, you will experience what it is like to be a true explorer.

images courtesy of White Desert team, Terry Virts & Marko Prezelj

## DAYTWO

Ben will draw on his polar experience to teach you how to survive, and even be comfortable, in Antarctica.

Our first adventure begins at the base of a stunning 'Nunatak' mountain. With crampons on your feet and ice-axes in your hands, you will scale a vertical wall of ice and 'top out' on the summit.

Returning from the summit, you will be collected by a fleet of Arctic truck 6x6 vehicles and discover just how capable these machines are in this environment. Learn to drive on incred1ble routes over seemingly impossible terrain!

## DAY FOUR

We delve into the ice tunnels and caves near Which away camp, where the white landscape betrays nothing of the extraordinary environment just beneath the surface. Created by melt water, the caves extend for hundreds of metres and are a magical place to explore.

Later that day, we climb across a 200ft rock face that overlooks the ice waves. While the walk is not technically diGcult it might get the adrenalin pumping, and will prove the perfect way to complete this unique experience.

