



Expeditions

North Pole – The Last Degree

- A stunning Ski Journey in an extreme environment
- Arctic at its very best, a white wilderness



EXPEDITION OVERVIEW

If you have always dreamed of a journey to the top of the world, but could not afford the cost or have the time to invest in a full 60 day expedition, Adventure Peaks offers an exciting two week alternative: North Pole Last Degree Expedition.

Unlike the journey to South Pole this expedition is across dynamic pack ice that requires you to be flexible to deal with the many obstacles that you will face; open water, huge pressure ridges and extreme weather. The expedition

begins in the remote village of Longyearbyen in Norway, well above the Arctic Circle, from where we take a charter flight close to latitude 89 degrees north. From here we set out for the Geographic North Pole an incredibly beautiful and breath taking journey that will be a tough test of endurance in temperatures as cold as -35°C . In less than two weeks you have arrived at the top of the globe, before a helicopter picks you up for your return journey. **It is advisable to book at least 6-9 months in advance.**

Participation Statement

Adventure Peaks recognises that climbing, skiing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

OUTLINE ITINERARY

KEY to inclusions (H-Hotel, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1-2 Travel to Longyearbyen, Spitsbergen
Arrive in Longyearbyen and transfer to your Guest House/Hotel in the beautiful mountain village of Longyearbyen. Unpack and expedition welcome meeting.

Day 3 Gear Check and final preparations
A full day getting to know each other, reviewing expectations, checking personal gear to ensure nothing has been missed and preparing all our kit and equipment for the flight. The rest of the day is free to explore the town. (H.B)

Day 4 Fly Longyearbyen to Barneo Ice Camp
Flight to the Russian research camp "Barneo" located at approximately latitude 89 degrees North, the exact location varies due to the floating pack ice. The flight is 600 miles and takes approximately 2 1/2 hours. On arrival we will either depart immediately or set up our tents and depart the following morning.



Day 5-13 Ski to the North Pole
We ski to the North Pole over the next six to eight days, skiing between 12 and 18 kilometres per day (six to ten hours) manoeuvring our way around open water and over pressure ridges. The duration will vary according to the weather, ice conditions and the amount of drift. At night we will sleep on the drifting ice and cook meals in our tents. All team members will be required to assist in all aspects of the expedition (after training), including setting up camp, cooking and using stoves to melt water.

On arrival at camp we build snow walls to protect us from the wind, the snow is easily sawn into blocks and folk quite often become quite creative during down time as sculptures start to form! A toilet area is created so that contamination is kept to a minimum

and all removable waste can be taken off the mountain (yes, including human waste that quickly freezes).



Where possible a communal tent is used as a cooking/group communal area. All camps follow the same routine but it is important to set a rhythm for the days ahead, beginning with breakfast at 8am, packing and skiing by 9am. Normally we would stop by 5pm to set up camp and cook giving plenty of time to recoup and relax. Gradually as we become used to the routine our daily mileage will increase to. The views from camp are incredible across the vast open space. You will need to be well organised to ensure you maintain your body temperature and adequate reserves of energy. This is where your physical training, mental preparation, previous experience and time spent acquiring the best clothing and equipment will give you the best returns. We strongly recommend you book our preparation days to learn what to expect and how to deal with the adverse conditions. Once you are on the ice and in the extreme cold everything becomes much more difficult and potentially dangerous.

On reaching the North Pole you will have time to celebrate whether it be with a flag, a banner or a sign to plant on top of the world! Photographs taken and telephone calls made home we'll then either be picked up by helicopter on the same day or we may spend a night at the North Pole before returning to Barneo Ice Camp.

Day 14 Return flight to Longyearbyen.

Day 15 Return flight home.
(Important - see section 'International flights').
Every effort will be made to keep to this itinerary but it is subject to weather conditions. Flight delays can be expected so please don't schedule any important meeting directly after your planned return date. This is the Arctic Flexible international flight tickets should be purchased.



PREVIOUS EXPERIENCE/FITNESS

The technical difficulty of this trip is not high, but it is physically demanding with a need to pull a 40-50 kg pulk (sled) combined with good camping skills on snow in a harsh environment (training can be given, please enquire about our North and South Pole training course). You should have some previous skiing experience whether it be downhill or ski touring. Ultimately the skiing we will be doing is akin to walking/gliding at a steady pace with skis on!

WEATHER CONDITIONS

During the season you will have 24 hours of daylight with average temperatures of -30°C , but can vary from -10°C to as low as -40°C . With wind, these temperatures can change dramatically and humidity can also have a significant effect on how cold it feels



CATERING ARRANGEMENTS

We use a combination of fresh produce which remains frozen and lighter weight dehydrated meals. Packed lunch items include a variety of snacks: chocolate, muesli bars, nuts, dried fruit, cheese, salami, etc. A communal tent is used as a cook/communal tent which is cosy and quite sociable



USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots can not.

EQUIPMENT

A detailed equipment list is provided on booking but an outline of the main items is given below. The Specialist Ski items are provided but you will need to have or hire the other main specialist personal clothing items:

EQUIPMENT PROVIDED

Skis and Ski Poles
Sled (Pulk) and expedition harness
Skins for the skis

EQUIPMENT NOT PROVIDED

(*these items can be hired)
*Snow Pack Ski Boots (eg Baffin Impact designed to keep feet warm in temperatures as cold as -100°C)
*Long Windproof Jacket that covers your bum and thighs
Wind/Waterproof Pants with full side zips and bib (Ski pants are not suitable)
Closed cell foam matt and a self-inflating matt e.g. Thermorest
*Bivy Sack to provide a waterproof but breathable outer layer to your sleeping bag
*Expedition Sleeping Bag to comfort -40°C
*Expedition Down Jacket
Insulated Primaloft Pants
Expedition mitts



DAY 2-4 After breakfast we'll hit the trail! For two days and nights you'll experience what it's like to survive (and thrive!) in extremely cold temperatures. On our final night we'll make our way back to our lodge for hot showers. For our trainings in January our final night includes the opportunity to ski into a hole cut into the ice. This exercise gives you critical experience in dealing with cold water submerging (an unlikely, but possible occurrence on a North Pole expedition).

DAY 5 Before individuals depart they will have an individual review with their guide who will help you create a solid plan so that you arrive for your expedition as prepared as possible.

BAGGAGE

For your own comfort and enjoyment travel light with good quality warm clothing. Normally airlines restrict baggage to 20kg, but you will be wearing boots and one set of arctic clothes. Some items can be left at the hotel for your return. We provide you with an Adventure Peaks kit bag.

LOGISTICS SUPPORT

We have a well staffed full time office open seven days per week that can provide on-going technical advice and guidance during the build up to your expedition

IMPORTANT – The small print

Please note, flights to and from the Polar Regions can and often do get delayed due to the weather. Please buy a flexible ticket, be patient and bring a good book to read. If the delays last longer than our specific itinerary you will be responsible for the additional costs of lodging and food. Our logistics company have stipulated that your travel insurance needs to cover you for **at least 7 days** after your anticipated return date from the Arctic.

MISSED INTERNATIONAL FLIGHTS

We suggest you purchase a **fully flexible** air ticket to allow for bad weather. Adventure Peaks cannot be held liable for any missed international flights.

POLAR TRAINING COURSE

Most people will wish to prepare fully for their extreme Arctic Journey and as a result everyone to date has attended a pre-polar training course. Two courses are available one in January in Ely (USA) or the other just prior to your North Pole journey based out of Longyearbyen

DAY 1- Arrive in Ely Minnesota or Longyearbyen, shuttle to our first night's lodge for a hearty dinner, meet the other members of the course and discuss the upcoming days. After dinner your guide will closely review each participants clothing and equipment.

