



NORTH POLE SKI THE LAST DEGREE

2024 EXPEDITION NOTES





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2024 EXPEDITION DETAILS

Dates: Trip 1 April 5–17
Trip 2 April 15–27
Duration: 13 days
Departure: ex Longyearbyen, Norway
Prices: €53,000 plus from €3,950 for Polar Shakedown Training Option

▲ Clear, cold and crisp conditions close to the Pole. Photo: Leifur Orn Svavarsson

The North Pole Ski the Last Degree Expedition is a challenging mission through an intensely wild and dynamic environment where we interact with nature in its rawest form. Our journey involves moving self-contained on skis towards the North Pole with all our supplies in the sleds we tow behind us. Each night we establish a camp where we rest and replenish for the following day's trek across the tortured icescapes, navigating our way over 9 days towards the top of the world. This is one of those journeys that rates as an adventure of a lifetime.

ABOUT THE LAST DEGREE

A degree of latitude is 110km/60 nautical miles and on our journey, we traverse the final degree of latitude over the polar ice to arrive at the North Pole.

The trip begins in Longyearbyen in Norway, where you have the option of partaking in a 5-day Polar Shakedown Training Program prior to the expedition. From here we fly by fixed-wing aircraft to an ice runway which marks our starting point for the journey ahead.

Each day we ski with our laden sleds for 7–10 hours, navigating around open 'leads' of water or climbing over 'pressure ridges' in the ice (where large sheets of ice being moved by water currents have collided). The travel is complicated and the days can

be physical and arduous. A camp is established each night where the focus is on having a hearty meal and a good sleep in preparation for the days ahead. Expedition members will sleep in shared tents and cook as pairs.

At the culmination of our days of hard effort, we arrive at the North Pole, the top of the world—and it's time to celebrate! When we're satisfied with our festivities, we get picked up by helicopter and return back to Longyearbyen.

POLAR SHAKEDOWN TRAINING

Attendance at one of our Polar Shakedown Training Programs is required for participants with no prior polar travel experience. The courses covers a range



Helicopters transfer expedition teams from the North Pole. Photo: Lelfur Orn Svavarsson

of essential skills and techniques that we use on the expedition. On completion one of these programs, you'll be well equipped to take on the challenge of the North Pole. Courses are available in the US or immediately prior to departure in Longyearbyen. Contact our office for more information on dates and locations for the next available Polar Shakedown.

GETTING STARTED

We meet in the town of Longyearbyen on the island of Spitsbergen in the far north of Norway. We finalise packing and fly by fixed-wing aircraft towards the North Pole.

The flight takes us to 'Barneo' Camp, a major tent camp that is established each season on the ice to support aircraft activities. This becomes our staging point for the expedition from where we depart as weather and logistics allow.

DAILY ROUTINE ON THE EXPEDITION

Each team member will be towing a sled loaded with their personal gear and a share of the expedition equipment. We will begin slowly on the

expedition to bring everyone up to an optimum pace for the remainder of the journey. There will be no rushing as it is vital that we avoid injury and burnout, and that we have the stamina to finish the expedition.

Each day we will awake around 7.30am for breakfast and hydration before we break camp and pack our belongings. We travel for around 7–10 hours with a break every hour for food and drink. Everybody travels together and the pace will be slow, steady and unhurried. The objective is to maintain an optimum body temperature; too cold and we burn too much energy, too hot and we sweat, which promotes hypothermia when we stop. At the day's end, we will have travelled 10-15km/6-10mi. On arrival at our camp site, the group will set up tents and it is important to manage our body temperature well, especially our hands, as we cool down quickly when we stop pulling the sleds. Everyone is involved and must contribute to snow melting and meal preparations. Once inside our tents, we will be sheltered from the wind.

Team members will share tents in either 2 or 3 person tents and each tent 'team' will have their own stove for cooking and snow melting.



◆ Broken terrain can prove challenging. Photo: Leifer Orn Svavarsson

PREREQUISITE EXPERIENCE

To partake in the Ski the Last Degree Expedition you need to be physically fit, have a strong mental stamina and be capable of strenuous exercise for several days' duration. Expedition members can expect to be exerting themselves for about 7–10 hours per day with another hour establishing camp and another hour preparing food and drinks.

Team members with no prior polar travel experience will need to complete one of our Polar Shakedown Training Courses.

YOUR RESPONSIBILITY AS A TEAM MEMBER

Your guides will train you in the techniques and skills to enjoy the adventure. They are there to guide you and to educate you in the requisite skills. It is however up to you to absorb that training and to follow their leadership and instructions. Failing to do so will likely lead to serious consequences. We are, after all, in one of the most extreme habitats on Earth.

Your survival and well-being require you to manage yourself responsibly and to be extremely vigilant in your personal self-care. It is up to you to regulate factors such as your food and hydration levels to ensure you have sufficient energy to complete the journey. There will be sufficient food and fluids available for you to ingest but you must discipline yourself to eat and drink. Insufficient intake can lead to a deteriorating condition.

You must take extra care when exposed to the elements to not remove gloves and other protective layers at the wrong time as this may

lead to frostbite. Your feet will also require diligent attention to ensure you do not get blisters, as they will likely get worse rather than better as the trip progresses. A seemingly small oversight in looking after yourself can lead to you failing to complete the trip or suffering personal injury. These considerations consume us as we travel and our responsibility to the group is to ensure we stay in good shape to continue on towards the objective.

You also have social responsibilities to the other team members. There may be stresses on the journey that you are not familiar with and it is important that you join the expedition on the understanding that you will contribute to the emotional and physical well-being of the other team members. Conviviality and respect for others are tantamount to a successful expedition.

TEAM SIZE

The standard team will have a minimum size of 4 members and 1 guide and a maximum size of 12 members and 3 guides.

ADVANTAGES OF JOINING ADVENTURE CONSULTANTS ON AN EXPEDITION

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing and polar travel. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.



▲ Camping on the Polar Icecap. Photo: Leifur Orn Svavarsson

We employ strong and specialised Expedition Leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

MEETING POINT

The expedition members will meet in Longyearbyen, Svalbard, Norway. SAS (Scandinavian Airlines) is the only airline operating regular flights into Longyearbyen with connections via Oslo in Norway.

EXPEDITION DATES & ITINERARY

Trip 1: April 5–17, 2024

Trip 2: April 15–27, 2024

EXPEDITION ITINERARY

Day 1	Meet in Longyearbyen, Norway.
Day 2	Expedition preparation.
Day 3	Fly to polar icecap.
Days 4–10	Ski towards the North Pole.
Day 11	Arrive at the North Pole!
Day 12	Helicopter pick up at the North Pole, return to Longyearbyen.
Day 13	Trip Ends, depart for home.

NOTE: Flights to and from the Arctic are subject to weather. Delays can and often do occur therefore it is important to allow some flexibility with airline travel arrangements at the end of the expedition.

Every effort will be made to ensure the expedition itinerary is adhered to but the Arctic is one of the most remote and isolated regions on earth. The above program is subject to change as we may be affected by weather conditions, aircraft serviceability and other factors out of the hands of Adventure Consultants or its staff and contractors. While every effort is made to ensure the expedition is run to schedule, acceptance onto the expedition is based on your acceptance of those conditions.



▲ Fine tune your sled hauling technique during our polar training days. Photo: Alexander Pancoe

Having stated that, our expeditioning track record in is unparalleled but it is a sign of our respect for the Arctic's environmental omnipotence that we alert you to these possibilities.

DETAILED EXPEDITION ITINERARY

Day 1

Arrive in Longyearbyen and transfer by shuttle to the lodge. Team members congregate at a welcome reception and dinner.

Day 2

Final equipment review. A busy day as we ready our gear, review expedition expectations and procedures. This is the last chance to work out any kinks before we take to the ice! We'll review our personal gear and ready all our equipment for the flight. The late afternoon and evening are our final opportunity to grab any last-minute necessities in town.

Day 3

From Longyearbyen, we will travel by charter aircraft to Barneo, the eclectic Russian research camp located at approximately 89° North. This flight takes approximately 2½ hours. Upon arriving at Barneo we will either strap on our skis and depart immediately for the North Pole or set up our tents and depart the following morning. Barneo is located on the floating pack ice and its precise location varies. There is a possibility that we may opt to get flown to another suitable departure point depending on the current location and

conditions around Barneo. Our guides will review ice conditions and recent drift to determine the best departure point.

Days 4–10

Ski north towards the North Pole! Days are spent skiing and taking relatively short breaks, whilst evenings are spent setting up camp, preparing meals and relaxing with fellow expedition team members. For the next seven to nine days we'll travel by ski and sled, manoeuvring our way around open water leads and over pressure ridges. We'll ski between 7–10 hours every day (actual length depends on weather and ice conditions). At night we'll camp on solid 'old' ice and cook meals in our tents. Your family and friends will be able to follow your daily progress, as well as share messages with the team using our online Expedition Tracker. All team members will be required to participate in all aspects of the expedition, including setting up camp, cooking and using the stoves to melt water, etc. We will help you learn these skills.

The extreme conditions of the polar environment demand that each person is well organised and able to maintain both an appropriate body temperature and adequate reserves of energy. This is where all of your physical training, mental preparation and time spent acquiring the best clothing and equipment will pay off.

Day 11

Arrive at the geographic North Pole! Enjoy a celebration with champagne and photos. Call home



▲Awaiting their pick up. Photo: Leifer Orn Svavarsson



▲Celebrating at the Pole. Photo: Alexander Pancoe



▲Sastrugi, wind shaped snow formations. Photo: Mr Li

and share the moment with friends or family! Standing at the top of the world, where everything on Earth lies south of your location, we'll make toasts to celebrate our accomplishment. Many people bring flags, banners or signs to plant at the top of the world for photos. We camp overnight in the vicinity of the North Pole.

Day 12

Weather depending, we'll get picked up by a helicopter that same day and head back to Barneo, then onto Longyearbyen. We may end up spending the night at Barneo, depending on timing and conditions. Back in Longyearbyen, you'll have the opportunity to enjoy hot showers, fine cuisine, access to phones and the internet, plus time to meander through town. A farewell dinner and a comfortable night at the hotel will be a memorable occasion!

Day 13

Enjoy a breakfast at the Longyearbyen hotel. Transport to the airport for your flights home!

EQUIPMENT LIST

A full clothing and equipment checklist will be sent to all expedition members once their booking is confirmed. The expedition leader will be available prior to the trip to discuss individual equipment questions.

HOTELS

We stay in a small and modest hotel in Longyearbyen. If you would prefer a greater degree of comfort during your stay, we can arrange this for you and please advise us of your preference at the time of booking. Meals and hotel expenses in Longyearbyen are not included in the trip cost.

VISA REQUIREMENTS

Citizens of the European Union and countries with whom Norway have signed a visa waiver agreement do not require a visa for stays of fewer than 90 days. Please check with the Norwegian authorities or your travel agent.



Looking out across the sea ice. Photo: Icelandic Mountain Guides

MEDICAL EXAMINATION

Expedition members will be provided with pre-trip medical advice and a medical questionnaire. You will be asked to visit your family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

Expedition members will be requested to provide 2 passport photographs, a copy of their outdoor résumé and a completed medical questionnaire. You must also provide proof of rescue insurance to the value of US\$300,000.

EXPEDITION FEE

The expedition fee for the North Pole Ski the Last Degree Expedition, ex Longyearbyen, Norway is €53,000.

The 5-day Polar Shakedown Training Program fee ex Longyearbyen, Norway or Ely, USA is US\$3,950. The 11-day Polar Training Plus Program fee ex Ely, USA is US\$5,425. Contact us for more detail.

This is an inclusive cost and covers the following:

- Flights to and from Barneo Camp in the Arctic
- Flights from the North Pole back to Barneo
- All group equipment including sleds, tents, cooking gear etc.
- All food while on the ice
- Adventure Consultants Polar Guide(s)
- Access to our satellite telephone for outgoing calls
- Regular written and photo internet dispatches for families and friends to watch your progress
- Transport of 23kg of personal equipment

The expedition fee **does not** include the following:

- Air travel to and from Longyearbyen, Norway
- Hotel accommodation and meals in Longyearbyen
- Norwegian visa and airport fees
- Personal insurance—full travel, medical and rescue insurance to the value of US\$300,000 is required, as well as personal trip cancellation insurance
- Personal clothing and equipment (a full equipment list is provided)
- Excess baggage transportation charges exceeding the personal equipment weight limit
- Cost of satellite telephone calls
- Personal expenses incurred on the expedition
- Gratuity



PAYMENT DETAILS

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington, New Zealand

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002
Account Type: Euros
Swift Address: BKNZ222

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard or Amex), plus a 3% credit card fee.

DEPOSIT

A non-refundable deposit of €5,000 is payable to secure a place on the expedition.

BALANCE

The balance is payable 150 days prior to the commencement of the trip.

CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- Cancellations outside of 150 days will result in the loss of trip deposit.
- For cancellations made within 150 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 90 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.



Skiers push through tricky terrain. Photo: Icelandic Mountain Guides

HOW TO JOIN THIS EXPEDITION

If you would like to join one of our North Pole Ski the Last Degree Expeditions, please feel free to book online booking at <https://www.adventureconsultants.com/expeditions/arctic/north-pole-ski-the-last-degree/book-now> and return your completed booking form to us with a deposit along with your climbing and polar travel résumé.

CONTACT US

If you require more information please contact us at:

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▲ Navigating through broken sea ice. Photo: Icelandic Mountain Guides



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

