



# NORTH POLE SKI THE LAST DEGREE HIGHLY SUPPORTED

2019 TRIP NOTES



## **NORTH POLE SKI THE LAST DEGREE HIGHLY SUPPORTED Expedition Notes**

**1 – 15 April, 2019**

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**For those wishing to Ski the Last Degree to the North Pole in a shorter timeframe and with a higher level of support, Adventure Consultants offers exclusive ski expeditions to this iconic destination.**

**To make the trip as safe and comfortable as possible we only take two participants on each trip and a maximum of four each year.**

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### **About the Last Degree**

A degree of latitude is 60 nautical miles (110km) 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 we partake in a two-day polar training programme and from here; we fly by fixed-wing aircraft to an ice runway on the 'ice'. This is our starting point for the journey ahead.

We take between 6 to 9 days to reach the Pole, depending on the amount of ice drifting and open water that we encounter. Each day we ski with our laden sleds for 5-7 hours – the walking is strenuous and the terrain demanding, so you need to be in good physical and mental shape.

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.

At the culmination of our days of hard effort, we arrive at the North Pole, top of the earth - and it's time to celebrate!

When we're satisfied with our festivities we get picked up by helicopter and return back to Longyearbyen.



## Getting Started

We meet in the town of Longyearbyen on the island of Spitsbergen in the far north of Norway. After introductions, we prepare for the journey by running a 2-day polar training program to get the group skilled in all the techniques you will use on the expedition. On completion of this phase, the group is well equipped to take on the challenge. 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 the aircraft activities. This becomes our staging point for the expedition from where we depart as weather and logistics allow.

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## Day by Day Programme

**Day 1:** Arrive in Longyearbyen, transfer to the hotel. You'll have time to time to unpack and relax before our official welcome reception and dinner.

**Day 2:** In the morning the expedition leader will conduct a full briefing and gear check, and answer any questions about the upcoming programme. After lunch we will begin our polar training course, learning the basics of Arctic travel.

**Day 3:** A full day of polar training covering sled hauling, camp management and thermal regulation, focussing on dressing according to the conditions to stay warm, but not sweating as we walk. We return to the hotel for a third night to prepare our equipment for the expedition.

**Day 4:** We fly firstly to the blue ice runway and then transfer by helicopter to the 89<sup>th</sup> degree, our starting point for our North Pole journey.

**Day 5-12:** Ski to the North Pole. The surface ranges from large, old flat and snow covered ice sheets to newly broken surfaces. Pressure ridges form when large ice sheets press together and pile on top of each other. In some places, we may find sections of open water, or recently frozen sea ice that force us to take a detour in order to find a safe way to continue. As much as possible we try to walk with the natural drift of the sea ice, although this changes with the wind as we get closer to the Pole. On the first day, we walk for about 5 hours, gradually increasing this to 7 hours over the coming days. Temperatures are typically -30°C (-



22°F), so we put the skills learnt during our training into practice. After setting up camp, we settle into our tents and enjoy a hot chocolate with a warming dash of rum, and enjoy a three-course meal cooked by your guide.

**Day 13:** Arrive at the geographic North Pole! Enjoy a Polar celebration, call home and share the moment with friends or family and of course take plenty of photos! We enjoy our final night at camp on the ice close to the North Pole.

**Day 14:** We fly by helicopter back to the Barneo base before taking the charter flight back to Longyearbyen for a well-deserved hot shower and celebratory meal.

**Day 15:** Breakfast at the hotel. Transfer to the airport. Flights home!



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### 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. You will have to pay particular care to not allow a single blister to occur, as they will likely get worse rather than better as the trip progresses. A seemingly small oversight by you in looking after yourself can lead to you failing to complete the trip or suffering personal damage. 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 outcome.

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### 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 begin to break camp and pack our belongings. We travel for around 5-7 hours with a break every hour for food and drink. Everybody travels together and the pace will be slow and steady, and not hurried. The objective is to maintain an optimum body temperature; too cold and we burn too much energy - whilst too hot will cause sweating that promotes hypothermia when you stop.

At the day's end, you will have travelled 10-15km (6-10miles). On arrival at a camp site, the group will set up tents and it is important to manage your body temperature well, especially hands, as you have stopped pulling the sleds and will cool down quickly. Once inside your tent, you will be sheltered from the wind.



Expedition members will share a tent with your guide who will manage the stove and cook meals for you.

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### Level of Experience Required

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 in an extreme environment for several days duration. You don't necessarily need to be an experienced skier as there is little technical requirement on the flat, however, the days will be physical and you must train well before joining to ensure you have an enjoyable trip. Expedition members can expect to be exerting themselves for about five to seven hours per day with another hour establishing camp.

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### Meeting Point

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

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## Itinerary

**Dates: 1 – 15 April, 2019**

- Day 1 Meet in Longyearbyen, Norway
- 2-3 Polar training
- 4 Fly to Polar ice cap
- 5-12 Ski towards the North Pole
- 13 Arrive at the North Pole!
- 14 Helicopter pick up at the North Pole, return to Longyearbyen
- 15 Leave for home destination

**Please 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 amongst the most remote and isolated continent on earth. The above program is subject to change as we may be affected by weather conditions and 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. Having stated that, our expeditioning track record is unparalleled but it is a sign of our respect for the Arctic's environmental omnipotence that we alert you to those possibilities.*

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## Hotels

Hotel accommodation is not included in the trip price but we are happy to assist with booking. The teams stays in a three-star hotel in Longyearbyen prior to and following the expedition. If you would prefer a greater degree of comfort during your stay, we can arrange this for you. Evening meals in Longyearbyen are also not included in the trip cost.

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## Visa Requirements

Each person is required to have a visa entering Norway. However, there are some countries with whom Norway have signed a visa waiver agreement. Please check with the Norwegian authorities or your travel agent for details pertaining to you.

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## Team Membership

The team will have **2 members and 1 guide.**

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## The Expedition Fee

The expedition fee ex Longyearbyen in Norway is EUR€56,000.

The expedition fee **includes** the following:

- Flights to and from Barneo camp in the Arctic
- Flights from the North Pole back to Barneo
- All group equipment including sleds, cooking gear etc
- Tents and food while in the Arctic
- Guide
- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip for friends and family to follow
- Transport of 23kg/51lbs of personal equipment

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

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

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## Deposit

**A non-refundable deposit of EUR€10,000** is payable to secure a place on the expedition.

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## Balance

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

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## Payments

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

**Bank of New Zealand  
Offshore Branch  
Wellington, New Zealand**

for the account of **Adventure Consultants Limited**

Account number: **1000 594771 0002**  
Account Type: **EUR**  
Swift Address: **BKNZLN22**

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

We can accept your deposit payment only by credit card (Visa, Mastercard or Amex) plus a card charge of 3%.

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### **Cancellation and Refund Policy**

An expedition member may cancel his/her participation on the following basis:

- Cancellations outside of 150 days of the departure date incur the loss of the deposit payment.
- Cancellations between 149-90 days of the departure date incur 50% of balance payment.
- For cancellation made within 89 days of the departure date there will be no refunds.

*Team members should take out private cancellation insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and can be obtained through your normal travel agent. We will also provide advice regarding travel and rescue insurance and trip cancellation insurance.*

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### **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.

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### **Documentation & Photographs**

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

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## The Advantages of Expeditioning With Us

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.

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.

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## How to Join this Expedition

If you would like to join the North Pole Ski the Last Degree Highly Supported Expedition please complete the online application form found on our website at <https://www.adventureconsultants.com/expeditions/arctic/north-pole-ski-the-last-degree/book-now> along with your deposit for the trip.

If you require more information please contact us at:

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Wanaka 9343  
New Zealand

Ph + 64 3 443 8711 Fax + 64 3 443 8733

Email [info@adventure.co.nz](mailto:info@adventure.co.nz)  
Website [www.adventureconsultants.com](http://www.adventureconsultants.com)



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

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