



How to Get to the North Pole: . . . and Other Iconic Adventures

By *Tim Moss*

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Written by seasoned adventurer Tim Moss, and with input from over 50 SIR RANULPH FIENNES different explorers, this book takes you through the details of each challenge or journey. If you're rowing an ocean where do you sleep at night? How do you go to the loo at sea? If you're cycling round the world precisely what difficulties will you face and how will you overcome them? From armchair adventurer to those simply looking for practical advice, this book is aimed at anyone who's ever dreamed of doing something BIG! This book will tell you how to: - Row an ocean - Get to the North Pole - Cross a desert - Sail the seven seas - Cycle around the world - Get to the South Pole - Climb an unclimbed mountain Contents: Introduction; General Notes on Expeditions; Common Equipment; Raising the Funds for an Expedition; Final Notes; 1. How to Cross a Desert; 2. How to Get to the North Pole; 3. How to Row an Ocean; 4. How to Cycle Around the World; 5. How to Sail the Seven Seas; 6. How to Get to the South Pole; 7. How to Climb an Unclimbed Mountain; Did I Miss Something?, One Tiny Step; Acknowledgements; Glossary.

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Editorial Review

Review

'The perfect resource for plotting your big adventure!' Bear Grylls 'Whether it's for a personal fulfilment or to raise money for charity, if you are planning to test your endurance, consult the book first.' ABTA Magazine. 'Far from just a reference book. This is a practical manual combining vital facts, useful hints and tips interlaced with stories and diary extracts and, as a result, is an inspiring read. If you are remotely interested in undertaking an expedition of a grand or smaller scale then this book is well worth a read.' Sidetracked Blog. 'You have done an ENORMOUS amount of work on the book... Only those involved know how much effort and hard work you have put in. I take my hat off to you. People want and need adventure in their lives and you have provided a fantastic template to blow away the mystique. I will have no hesitation in recommending it as the bible for polar planning.' Conrad Dickinson, Polar Explorer. 'Both informative and entertaining' Jason Lewis, Adventurer who spent 13 years circumnavigating the globe by human power 'An excellent concept done very well' Stevie Smith, Adventurer who pedalled the Atlantic ocean. 'Your book is really good - very comprehensive. It's my current favourite reading - high praise indeed!' Alastair Humphreys, Adventurer and Author. 'I have never come across a book like this and I love the concept. It brings to life each adventure as an actual possibility.' Fiona Russell, Outdoors Blogger. 'Want to know how to row an ocean? Read this.' Roz Savage, Ocean Rower. 'A guide that provides detailed analysis, review and requirements for some of the great expedition challenges... far from just a reference book. This is a practical manual combining vital facts, useful hints and tips interlaced with stories and diary extracts and, as a result, is an inspiring read... Tim clearly knows his stuff... This book makes you think. And it gives you seriously itchy feet. If you are remotely interested in undertaking an expedition of a grand or smaller scale then this book is well worth a read.' Sidetracked Magazine. 'I know some of you with an interest in natural navigation will also be considering some seriously big journeys too and so there is a new book I can recommend for that end of the scale, Tim Moss' 'How to Get to the North Pole'. It's great, full of practical tips for taking on some of the monster challenges out there.' Tristan Gooley, The Natural Navigator. 'LOVE IT' Dominic Jackman, Founder of Escape the City. 'Very readable...great to dip in and out of or read in one go. Highly recommended -and even if you weren't planning a big trip, this will get you thinking that one day you just might.' Adventure Magazine

About the Author

TIM MOSS is a Fellow of the Royal Geographic Society and world record holder. His own adventures include the first - and first British - ascents of mountains in Siberia and the Andes; travelling around the world using eighty different transport methods; and crossing the Wahiba Sands desert. He has organised and supported over 100 expeditions across all seven continents including the Women's Commonwealth South Pole Expedition and Sarah Outen's human-powered around-the-world trip. Tim believes strongly that adventuring should be widely available - to anyone. Visit his web site at www.thenextchallenge.org

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