



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

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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