

# POLAR EXPLORATION

A practical handbook for North and South Pole expeditions

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Ever wondered what would be required of you to follow the lucky and courageous few who have set foot on the North and South Poles' frozen lands, with only the sole purpose of exploring them? Or what it would be like to watch a sniffing polar bear edge ever closer to your home for the night?

Polar Exploration is a comprehensive guidebook full of amazing experiences, knowledgeable tips and tricks and in-depth explanations and descriptions of expeditions to the poles - the best ways to prepare for them and carry them out. Author Dixie Dansercoer is an unstoppable outdoorsman and extreme sports lover, whose enthusiasm and respect for these environments shines through.

A practical guide illustrated with suitably atmospheric photography, it includes sections on understanding the cold, the best equipment to take with you and what to do when you are there. For newcomers in need of guidance, it will aid the necessary slow immersion into a complex world of survival. For returning explorers, there is plenty of information on equipment, techniques and experiences to compare and contrast.

## Key marketing points

- Author Dixie Dansercoer has pioneered crossings of both poles on foot, and is an established expert
- Practical guide to the complex world of polar expeditions and survival
- For both returning explorers and the newcomer
- The most up-to-date published guide currently available

## About the author

Belgian native Dixie Dansercoer is the ultimate polar explorer and outdoor enthusiast. His achievements include a high-altitude mountain biking world record, becoming windsurfing champion of his country and completing several marathons and triathlons, but he is particularly captivated by the Polar landscapes. Dixie has pioneered crossings of both poles on foot and has advised the European Space Agency. His renown has even led to the erection of his statue in his home town of Nieuwpoort.

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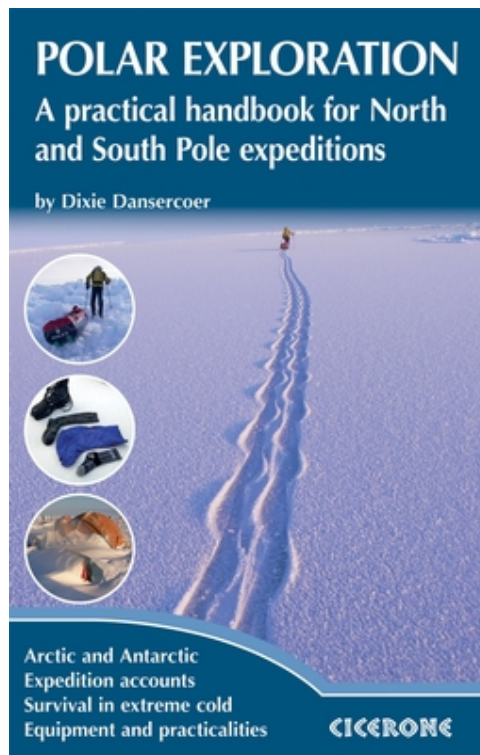
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