



ICE SWIMMING ADVENTURES

Never be scared to dare...
See you in the ICE



EXPEDITIONS
ONLINE

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POLAR ARCTIC ICE SWIMMING ADVENTURE SVALBARD

24-Aug to 1-Sep 2024

Join us for the ultimate challenge – a new Polar ICE SWIMMING event to the Far North of Svalbard... the last stop before the North Pole!

ARCTIC ICE SWIMMING ADVENTURE SVALBARD 78N
THE ADVENTURE WILL START FROM OSLO NORWAY AND WILL
END THERE.



Ram Barkai

*Ice Swimming Adventures Founder
and Expedition Leader
IISA Founder and Chair*

www.iceswimmingadventures.com
iceswimmingadventures@gmail.com

BOOKINGS:

Ice Swimming must be approved by
Expedition leader: : **Ram Barkai** –
ram.iceswimming@gmail.com
www.iceswimmingadventures.com

Trip booking – please contact **Stewart
Campbell** Expedition online –
mail@expeditionsonline.com
expeditionsonline.com



HIGHLIGHTS

- Ice Swimming events from 50m up to 1KM. With a possible Ice Mile if water temp exceeds 3C and conditions are good.
- Return flights included to Longyearbyen.
- Stylish and unique accommodation at Basecamp Hotel Magnificent Arctic surroundings, mountains glaciers and snow. Kayaking excursions near glaciers Cruises and Hiking excursions in search of wildlife
- Expert guidance and leaders
- Full logistics backup including follow-boats, sauna tents and polar bear protection.
- Special celebratory dinner and most meals

At a glance:

Price from \$6490

Swim fees 50m+ \$400

Duration: 9 days

Location: Svalbard Islands

Start: Oslo, Norway

Finish: Oslo Norway

ITINERARY

We are thrilled to announce plans for our next polar ice swimming adventure to the Far North... experience the true Arctic, the frigid waters of Longyearbyen at 78 latitude North – the last stop before the North Pole! You will have the most experienced ice swimming support and guidance with Ram Barkai, founder of the International Ice Swimming Association, and Founder of Ice Swimming Adventures with his team. We offer recorded and official IISA Ice Swimming events from 250m up to 1000m, as well as introduction dips for those new to ice swimming. Join us for the ultimate Arctic Swim challenge!



ICE SWIMMING

- We welcome all distances from a DIP in Polar waters, 50m, 100m, 250, 500m and the Polar 1km Arctic Swim.
- Swimmers must have done at least one Ice KM under 25 minutes in the past 18 months. A possible Ice Mile must have completed at one Ice Mile before.
- Each swimmer must have a completed and valid IISA Medical. The medical must be completed not earlier than 6 months prior to departure.
- Each swimmer must have his/her medical insurance.
- Swimmer will be obliged to wear a tow float during each swim.
- The 1km event will be held with 4-5 swimmers in a heat.
- Swim Entries must be done via IISA Website – Arctic Ice Swimming Adventure
- Ice Mile requests maybe considered by Ram Barkai on a case-by-case basis if water temperature is above 3C.
- Please make sure you always have your swim gear and a towel in case we come across an irresistible ice dip location.



24 AUGUST ARRIVE OSLO, NORWAY

Arrive independently to Oslo and make your way by the airport train to our centrally located hotel with views over central Oslo and within walking distance of attractions such as the Royal Palace, National Gallery and harbour. Browse the stores on nearby Karl Johan Street, or access train, bus and metro lines at Oslo Central Station, right next to the hotel. You may wish to visit one of the floating saunas located right in front of the opera house, for a first swim in Norwegian waters! Meet our leaders this afternoon for the formalities of swimmer registration, then gather this evening for a welcome dinner at a local restaurant to get to know each other and discuss our adventures ahead. (D)

25 AUGUST OSLO / LONGYEARBYEN

We depart together to Oslo airport this morning and fly to the tiny former coal mining settlement of Longyearbyen, Svalbard. On arrival we take a short bus ride to the Basecamp Hotel, our home for the next 5 nights. This unique property is decorated in authentic trapper's style down to the very last detail, the interiors are covered with driftwood, sealskin, maps, pictures and objects that illustrate the past and the present of life in the Arctic. The rooms are all different, with comfortable beds, private bathrooms, wifi internet but no TVs! From all the rooms you have a beautiful view over the town, towards the mountains surrounding the valley of Longyeardalen. This afternoon you can explore the town of Longyearbyen at your leisure, perhaps visit its fascinating polar museum. This evening, we gather for a casual dinner at one of Longyearbyen's local restaurants. (B.D.)





26 AUGUST ICE FJORD CRUISE - TEST SWIM DAY & KAYAKING EXCURSIONS

After a hearty breakfast our guide will pick us up and transfer to the harbour to embark on our two 12-passenger sightseeing boats for the day. We head out into Isfjorden so the swimming participants can make their first test swims. We cross over the fjord to a small island in front Borebukta glacier, providing both a sheltered area and majestic backdrop for our swim – it is an especially scenic location for photography! After everyone has had the chance to make their test swim and acclimatize to the polar waters, we move our boats to the nearby Svea Glacier, to explore one of Svalbard's most spectacular natural areas using sturdy double kayaks. Half the group will go kayaking at a time while the other half enjoys a walk to explore the glacier surrounds from the land. You will receive all necessary equipment including a dry suit (you can wear normal clothes underneath). Kayaking experience is not required and your guide will brief you on how to safely use the gear and the kayaks. Being in the front of an active glacier is a breathtaking

and unforgettable experience. The quiet nature of kayaking will give us an opportunity to observe this diverse ecosystem from a completely different point of view. As we paddle through the water, surrounded by icebergs, the picturesque Sveabreen is towering above us. Enjoy the close view of the glacier front and the stunning nature surrounding you. No other activity gets you as close to this majestic natural appearance. The environment around and above the glacier is diverse and beautiful. Delicate flora struggles against the wind on the peninsula next to the glacier. Birds are all around, chirping and feeding. Look out for wildlife such as walruses or seals. Further, if we are lucky, we get to see the glacier calving. After a few hours of light trekking and paddling through the bay, we head back to our boat. Here, our captain has prepared a hearty, warm lunch for us that we can enjoy on our way back to Longyearbyen. Join the group this evening for dinner at another of Longyearbyen's local restaurants. (B,L,D)

27 AUGUST

ICE FJORD CRUISE - MAIN SWIM DAY!

Following breakfast, we transfer to the port again to join our expedition boats which will take us across The Ice Fjord to Borebukta Glacier for the first heats of our Arctic ICE KM Swims. We will base ourselves from an island close by the glacier. Restricted to experienced, Ice- Swimmers, our event will test the resolve and endurance of extreme brave participants - and is certain to be a thrilling spectator event for all! The swim course will be marked and recognized according to International Ice Swimming Association (IISA) ICE KM Swim rules. Each swimmer will be accompanied by a follow boat with expedition and medical staff and will be filmed and timed by expert IISA officials and doctor. Spectators will be able to observe from the boats or from ashore. On the shoreline we will have a shelter and sauna ready and heated as well as a bonfire

and hot drinks. There will also be a guide present at all times for polar bear protection. After our swims we cruise back in Longyearbyen. Tonight, we celebrate over dinner at a special venue "Kuhaugen", located just outside the main settlement of Longyearbyen, with a beautiful view of the advent valley and the opera mountain. Decorated as an "explorers club", the interior focusses on polar expeditions of the 19th and 20th century and is the perfect surroundings for our awards evening for the brave swimmers who have completed our ICE KM swim events. (B,L,D).

Ice Mile are a possibility, not granted. We will look at conditions at the location. Water temp, safety, emergency plan and recovery facilities and we will take decision at the time. As always, we will do our best to make the swimmers happy and frozen.





28 AUGUST NY ÅLESUND

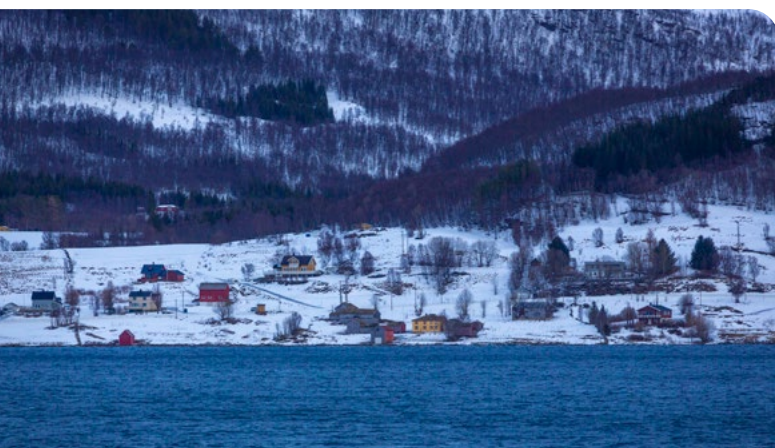
We embark on full day boat trip to Ny-Ålesund, a historic former mining town and a gateway to the Arctic. This quaint settlement also served as the launchpad for renowned explorers in their race to the North Pole. Notably, Roald Amundsen, the first person to reach both the South and North Poles, utilized Ny-Ålesund as his base during his 1926 expedition to the North Pole aboard the airship Norge. We'll sail north through Forlandssundet, passing Poolepynten, a renowned walrus habitat. If the timing aligns, we may make a brief stop to observe these remarkable creatures. After a 3-4 hour journey, we'll arrive at Kongsfjorden. On clear days, the impressive "Tre kroner," three nunataks protruding from the stunning Kongbreen glacier, may come into view. Kongsfjorden often features icebergs calved from the immense surrounding glaciers, creating



a picturesque landscape. Upon reaching Ny-Ålesund, we'll disembark to wander and discover this charming and historic town. Our exploration will include a visit to the mast where Roald Amundsen tethered his Airship while preparing for the North Pole expedition. You'll also have the opportunity to stamp your passport and send postcards at the world's northernmost post office. Following the guided tour, there will be time for souvenir shopping at the northernmost shop in the world. Before our return journey to Longyearbyen, we'll seek out a picturesque spot to savour our lunch. Dinner this evening is on your own. (B,L)

29 AUGUST LONGYEARBYEN - ISFJORD RADIO HOTEL

The morning is at leisure – you may wish to take an optional tour with ATV/Quad bikes, or visit the local polar museum, with lunch on your own. This afternoon set off to discover a different area of Svalbard, where we can relax and enjoy the amazing Arctic nature. We transfer to the port to climb onboard Isfjord Ekspressen,



cruising westwards along the fjord towards Cape Linné. Your hosts will be ready to welcome you upon your arrival at the remote Isfjord Radio Adventure Hotel. Many people have the 'Big Five' of Svalbard on their bucket list, and Isfjord Radio Adventure Hotel is the perfect location to come across several of the animal species on this list. Keep your eyes open for walrus, polar bear, seal, arctic fox and the curious Svalbard reindeer. You will be taken on a station walk upon arrival to learn more about the fascinating history of this unique destination. A 4-course dinner including wine package is served together in the hotel dining room. Spend the last hours of the day in the warm sauna situated on the sea cliff and enjoy a view that makes you forget about time and place. Who knows what kind of wildlife will swim by the sauna tonight? (B,D)



30 AUGUST ISFJORD RADIO HOTEL

After a good night's sleep, you will wake up to a view you will remember forever. Enjoy your morning coffee or tea with a panoramic view of Cape Linné bird sanctuary. Today join our guide for a hike towards a walrus colony, including expedition lunch along a track past the old radio poles of the station. The beautiful surrounding hills of the Griegfjellet are located beside is as we walk along the coastline, admiring the Arctic flora and fauna. At Båtodden, there is a local walrus colony, and if we are lucky, we get the opportunity to study these fascinating animals both on land and in the sea. It is a golden rule that we should never disturb wildlife on Svalbard, but tons of

walrus are easy to observe – even at a safe distance. Near Båtodden is a small, old hunting lodge. Here we eat lunch and learn more about the hard hunting life in the north. On the way to and from Båtodden we see whale bones and driftwood that the sea has brought with it, and delicate tundra with treasures such as tiny flowers and well-hidden bird nests. On our return this afternoon, gather around a bonfire for champagne and refreshments. We also have time to relax or go for another Arctic swim by the sauna. A 4-course dinner with wine is again served this evening. (B,L,D)





31 AUGUST ISFJORD RADIO HOTEL - LONGYEARBYEN

After Breakfast we board the Isfjord Express boat and transfer back to Longyearbyen Basecamp. This afternoon we gather for an easy Mountain Hike with expedition lunch included towards the summit of Blomsterdalshøgda at 320 meters above sea level. In summer, its slopes are covered with many of Svalbard's plants and flowers. We're rewarded with a great view of the local area and Adventfjorden. Mine #3 can be seen from the summit, and some remains of the coal mining period. The days of coal mining are over, and today the entrance to The Global Seed Vault is

at the mountain side (it is not permitted to go inside the seed vault). Carved deep into the permafrost, the Seed Vault preserves an incredible array of the world's species of plants. Your guide will share some insight about the Global Seed Vault and Svalbard's important place in the world of science and conservation. This evening, we gather for a farewell dinner at one of Longyearbyen's restaurants. (B,L,D)

01 SEPTEMBER LONGYEARBYEN - FLY TO OSLO

Early morning transfer to the airport for our departure flight back to Oslo. Arrangements end with your arrival to Oslo airport, however we can arrange additional accommodation on request. (B.) The adventure has 20 places in total. Swimmers and support. We will give priority to swimmers as it is an Ice Swimming expedition. We will take swimmers on first come first serve basis, subject to deposit payment.





LAND PROGRAM: BASECAMP HOTEL SVALBARD

This unique hotel in Longyearbyen is decorated in authentic trapper's style down to the last detail, with service on a personal level. From the glass-roofed loft look up to a sky filled with northern lights or the midnight sun. The hotel is also a basecamp for further adventures: excursions available to other lodges as well as dog sledding, glacier walks and hikes and cruises in Isfjorden.

The interior of Basecamp Hotel is covered with driftwood, sealskin, maps, pictures and objects that illustrate the past and the present of life in the Arctic. The rooms are all different, with comfortable beds, private bathrooms and no TVs. Breakfast and wifi are included. From Longyearbyen we take you to other remote outposts in the wilderness.

Basecamp Hotel has 16 rooms and can accommodate more than 40 people. Each room is individually decorated in traditional trapper style with driftwood, sealskin and slate. No two rooms are alike. In all rooms there are comfortable beds and private bathrooms with showers. Double rooms come with either two single beds or one double bed. In triple rooms there are bunk beds, in real trapper's style. Double beds are by request only. Two of the rooms in Basecamp Hotel are suites, with separate bedrooms, lounge, and bathroom. From all the rooms you have a beautiful view over the town, towards the mountains surrounding the valley of Longyeardalen.

For full information about Basecamp Hotel click here:
<https://expeditionsonline.com/vessels/basecamp-spitsbergen>

ARCTIC ICE SWIMMING ADVENTURE SVALBARD

For the latest, up-to-date departure dates and prices please refer to the tour page:
http://expeditionsonline.com/tour/arctic-ice-swimming-adventure_345

BOOKINGS

All booking enquiries and payments are made to Expeditions Online via their website, by phone or email. However, any specific swimming-related questions are to be directed to the International Ice Swimming Association.

ram.iceswimming@gmail.com OR
mail@expeditionsonline.com

Swimmers must be pre-approved by Ram Barkai, the Expedition leader based on their experience and background.

PAYMENTS

To confirm your place, reservations require a preliminary \$/€ 1000 per person deposit (or equivalent currency) at the time you receive a booking confirmation from Expeditions Online. This initial deposit will remain fully refundable until we confirm the final dates and price. Following that time the normal cancellation conditions apply. A payment link will be sent to you and this may be paid by major credit card. Bookings within 90 days of departure require full payment. Balances are due 90 days prior to departure and can be paid by bank transfer. Balance payments may be made by credit card subject to a 2% surcharge.

CANCELLATIONS

All requests for cancellation must be received in writing to Expeditions Online. Cancellations received 90 days or more prior to departure = US\$750. Cancellations received 90-60 days prior to departure = US\$1500. If cancellation occurs within 60 days prior to departure: 50% of the total price. If cancellation occurs within 30 days prior to departure: no refund. If full payment has not yet been received, the full penalty will still apply and any unpaid balance is due immediately.

INSURANCE

Adequate trip cancellation insurance is required for this expedition, including emergency medical evacuation and Covid-19 coverage.

INCLUDED

- Group airfares Oslo / Longyearbyen / Oslo in Go Plus class with extra baggage allowance
- Accommodation at hotels/lodges as indicated in the itinerary (or similar) Meals as indicated Breakfast = B / lunch = L / dinner = D
- Transfers in Longyearbyen to/from events - and from flights as indicated in the itinerary
- ICE Swimming expedition guides from International Ice Swimming Association Marked course swim event in Isfjorden with two open follow boats. Ashore will be a sauna and shelter tent.
- Polar bear protection guides to follow the event
- Hot and cold drinks, snacks during the swim event
- Excursions as indicated in the itinerary

EXCLUDED

- Single hotel supplement (if required or necessary)
- Arrival transfers in Oslo (train tickets may be purchased individually on site) Airfares, land arrangements or meals not otherwise mentioned in the itinerary. Passport and visa expenses.
- Baggage, cancellation and personal insurance (which is strongly recommended).
- Excess baggage charges (flight tickets do include 2 x 23kg luggage).
- All items of a personal nature such as additional purchases in the hotel, laundry, bar, beverage charges and telecommunication charges.

GENERAL TERMS AND CONDITIONS

Please read the following information carefully and do not hesitate to contact Expeditions Online should you need any clarification. Part or complete payment for any tour or cruise constitutes acceptance of all conditions contained herein.

CONTRACTING PARTIES:

Expeditions Online Sweden AB (registered limited company 556885-0282) herein referred to as Expeditions Online, is a licensed travel agent with consumer protection offered by a bond placed with the Swedish Legal, Financial and Administrative Services Agency. Expeditions Online offers services of booking, arranging and coordinating cruises, accommodation, tours and transport and issuing tickets and vouchers to be redeemed by its Suppliers to the Booking Party. The Booking Party is defined as the person/s completing the booking request form, making payment and all passengers who will travel on the chosen expedition.

RESPONSIBILITY:

Expeditions Online hereby gives notice that it acts strictly as an agent for third party cruise operators, transport and accommodation owners, contractors and providers and other travel services - herein referred to as Suppliers. All bookings are therefore also subject to the individual terms and conditions of Suppliers and the Booking Party agrees to abide by these individual terms and conditions which will be forwarded to the Booking Party along with confirmation of booking.

Expeditions Online exercises every possible care in the selection of reputable Suppliers however has no direct control over and cannot accept any liability for the acts, omissions or default whether negligent or otherwise, of those Suppliers, their employees or their appointed agents. Expeditions Online does accept liability for, but only to the extent of, any loss or damage sustained by you as the result of its own negligence, or that of its employees or agents.

Expeditions Online does not accept responsibility for any injury, damage, loss, delay, additional expenses or inconvenience caused directly or indirectly by force majeure or other events which is beyond its control, or which are not preventable by reasonable diligence on the part of Expeditions Online, including but not limited to war, civil disturbance, fire, flood, unusually severe weather, acts of Government or any other authorities, accidents to, or failure of machinery or equipment, or industrial action.

RESERVATIONS:

Deposit and balance payment requirements vary by individual tour/cruise and are indicated on Expeditions Online's website along with each specific tour. Choose your preferred departure and complete the online booking request form. Following a confirmed offer of availability from Expeditions Online, please make the required deposit payment, which will be sent to you as an online payment link to be paid by credit card or direct deposit. Payment constitutes acceptance

by the Booking Party of these terms and conditions. A signed and completed Booking Form may also be required in order to enter a booking agreement with individual Suppliers. Additional personal information forms such as medical forms may also be required which will be sent to you.

CANCELLATIONS:

Any cancellations must be made in writing and applicable penalties or refunds are calculated from the date of receipt by Expeditions Online. Cancellation conditions are set by each ship operator and vary by individual tour/cruise and are indicated on our website on each specific tour page. Additional charges may apply as set by the shipping company, for options or extensions by another tour operator, or transport carrier - if so, these will be specified to you in writing. Expeditions Online also reserves the right to add our own service charge in addition to the cancellation charge set by the ship operator.

CURRENCY FLUCTUATION:

Prices quoted by Expeditions Online are subject to exchange rate fluctuations whenever quoted in a differing currency from that of the Suppliers. In order to keep our prices as low as possible, there is no built-in allowance to cover possible increases from currency fluctuations. Therefore, as currencies do fluctuate constantly around the world it may be necessary for Expeditions Online to vary the price, at any time before the issue of its final invoice, should there be exceptional cost increases beyond our control.

PRICE VARIATIONS:

Prices are based on costs and exchange rates at the time of publication. Please note that Suppliers generally reserve the right to alter prices up until departure whether or not you have already made full payment due to currency fluctuations or exceptional changes in costs for fuel, transports, taxes, fees or any other unforeseen costs. Any price variations or surcharges issued by the Supplier will be passed on to the traveller and must be paid before departure.

INSURANCE:

It is strongly advised that all travellers purchase trip cancellation and interruption insurance as protection against an emergency which may force you to cancel or leave from a tour/cruise while it is in progress. In case of a medical problem arising during an expedition, either on board or on shore, which results in costs for evacuation, use of aircraft or repatriation, the responsibility for payment of these costs belongs solely to the booking party. If not covered by travel insurance the responsibility still remains with the passenger and Expeditions Online specifically decline any responsibility whatsoever.

MEDICAL INFORMATION:

Participation on an expedition program requires that you are in generally good health. It is essential that persons with any medical problems and related dietary restrictions make them known to Expeditions Online before departure. We can advise you whether the expedition you have selected is appropriate. The tour leader has the right to disqualify any participant at any time during the tour if he feels the participant is physically incapable and/or if a participant's continued participation will jeopardise either the individual involved or the group. No refund will be given under these circumstances. By forwarding of deposit, the Booking Party certifies that they do not have any mental, physical or other condition or disability that would create a hazard for themselves or other passengers.

ITINERARY CHANGES:

These are expeditions to remote parts of the world and Suppliers generally reserve the right to change the itinerary due to weather conditions, availability of anchorage, political conditions and other factors beyond their control and without consulting the participants. Such decisions are made in the best interests of all passengers on board and with regards to the safety of the vessel. Participants have no right to any refund or other considerations for extra costs due to delays or changes in the event of such inevitable itinerary changes.

ITINERARY CANCELLATION:

Suppliers generally reserve the right to cancel an itinerary before departure for any reason whatsoever, including too few participants or logistical problems such as strikes, wars, acts of God, or any other circumstances which may make operation of the trip inadvisable. Any refunds received by Expeditions Online from the Supplier will be promptly passed on to the booking party, and this refund will be the limit of Expeditions Online's liability. Expeditions Online is not responsible for any expenses incurred by the booking party in preparing for the trip, including non-refundable or penalty-carrying airline tickets, special clothing, visa or passport fees or other trip related or personal expenses.

SITE ACCURACY:

Every effort has been made to ensure that the website, online documents and/or printed information about each expedition is accurate at the time of printing however Expeditions Online shall not be held liable for any injury, damage or loss caused by any unintended inaccuracy. Expeditions Online cannot be held responsible for any errors and reserve the right to make corrections or updates to the prices, dates and itineraries. Prices may be subject to seasonality, availability as well as other conditions. All prices may therefore fluctuate or change without notice.

SITE OWNERSHIP:

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PRIVACY POLICY:

Your privacy is very important to us and Expeditions Online will not disclose your personal information except as described in our Privacy Policy the terms of which are incorporated into these Terms and Conditions. In order to be able to supply a service Expeditions Online and its Suppliers will need to collect certain information from the Booking Party, some of which may be of a personal nature. This information may be disclosed to, or collected on our behalf by our service providers to enable the services to be provided, but will not be used by them for any other purpose.

MODIFICATION OF TERMS AND CONDITIONS:

Expeditions Online reserves the right to alter these Terms and Conditions at any time, without prior notice. Upon posting a new version of these Terms and Conditions on this Site your continued use of this Site constitutes your acceptance of such modifications.

RESPONSIBILITY OF THE BOOKING PARTY:

The Booking Party must familiarise themselves with any health or visa requirements that may be applicable to the chosen expedition, and shall be responsible for all entry, exit, health and other documents required by law, regulations, orders, demands or requirements of the countries visited or transited. All members of the Booking Party shall carry a valid passport at all times. Expeditions Online and/or their Suppliers are not liable for any loss or expense due to failure to comply with the above. All members of the Booking Party accept that they may be travelling through areas of political or climatic instability, high latitude, altitude and/or remote areas where there is dangerous wildlife and without proper medical services, and accept any associated risks. These risks include, without limitation, the possibility of injury or death, psychological trauma, disease, loss or damage to property, inconvenience and discomfort. The making of a booking constitutes your acceptance of all booking terms and conditions as described herein and forms the basis of your contract with Expeditions Online.

<https://expeditionsonline.com/terms-and-conditions>



BOOKING ENQUIRIES:

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YOUR ICE SWIM ADVENTURE LEADERS



**ICE SWIMMING
ADVENTURES**



RAM BARKAI

Founder and Chair of the International Ice Swimming Association ("IISA"). Swimming Expedition Leader and Race Director.

Ram is a veteran extreme cold-water swimmer. Ram swam in Antarctica in 2008 with his Guinness World Record Swim at 70S and in 2014 at -1C with his South African team and in 2018 with the first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles and many more 1km Ice Swims and longer cold-water swims. He swam in the Arctic and Antarctica, Cape Horn, Magellan strait and Beagle channel, Northern Iceland, Scotland and Ireland, Across the Bering Strait and in Siberia mid-winter at -33c air temp. Ram featured in various Discovery, History channel, CNN, Al Jazeera and many other documentaries. Ram's vision is to take Ice Swimming to the Winter Olympic Games.



SAM WHELPTON

Expedition head of logistics

Sam is an Ironman athlete [woman], an open water and marathon Swimmer. Sam completed various ice swims from the Arctic to Antarctica via Lesotho high mountains. Sam crossed the English Channel in 2018, Lake Malawi, Zanzibar to Tanzania, and many other swims. Sam will take care of any logistics requirement

prior to the trip and during. Sam is also in charge of time keeping of the swim events.



STEWART CAMPBELL

Owner and Director of Expeditions Online

Stewart is a former expedition leader of more than 40 voyages to Antarctica and has over 30 years of experience in polar travel, also organising and leading countless expeditions to Svalbard, Greenland and South America. He will be our expedition and travel coordinator

to ensure your booking process goes smoothly and you reach Ushuaia safely and ready for your Antarctica and Ice Swimming adventure!

OUR MEDICAL TEAM

Our experienced medical team, one of our doctors will join our adventure as our medical officer.



DR ALEXANDER FUEAZU

Dr. Alexandre FUZEAU is a family physician and emergency doctor with 30 years' experience, working currently in his private practice in Normandy, France.

His professional emergency experience includes duties as Air France emergency doctor, responsible for repatriation over Russia, Baltic lands and Poland. He was recruited by the British Royal Navy and worked as an emergency doctor in the Search & Rescue Helicopters Squadron 771 in Cornwall, England. He worked for 16 years from 1999 to 2015 in UK as a general practitioner and emergency doctor in A&E.