



Lisa Pook

Lisa is part of a World first team to walk to the “Northern Pole of Inaccessibility” at the centre of the Arctic Ocean. Since we recorded this interview, Lisa’s planned adventure has had to be postponed, so she will now set out early in 2016, by which time she will have spent all her savings, and had to give up her job and home.

Notes from the podcast interview by Andrew Stuck: Recorded on Russia Dock Woodland, Rotherhithe, London in October 2014 and published in February 2015 on <http://www.talkingwalking.net>

Four Arctic poles - the geographic pole known as the North Pole, the geo-magnetic pole, the magnetic pole, and the northern pole of inaccessibility - of which Lisa is part of a team trying to reach the latter: http://en.wikipedia.org/wiki/Pole_of_inaccessibility Furthest point from any land - some 800 miles.

Follow Lisa’s adventure on the **Ice Warrior Challenge**, founded by Jim McNeill <http://www.ice-warrior.com/2014/07/27/quest-for-the-pole-of-inaccessibility/> Ice Warrior is about getting ordinary people to become modern day explorers

Lisa has created a blog and you can also follow her on Twitter - although I can’t see her maintaining either of these once she gets started on the challenge! <https://pookielondon.wordpress.com/> & <https://twitter.com/pookielondon>

Lisa calls it ‘ski-walking’ - lifting the heel on a cross country ski - pulling her own body weight, 10 miles a day, for 3 weeks.....relying on counting paces and the occasional GPS signal!

Together they will be pulling a ‘Qajaq’ - a cross between a kayak and a sledge - from an Inuit word. <http://news.bbc.co.uk/1/hi/england/berkshire/7808276.stm>

Temperatures will drop to -40C with wind speeds of more than 80mph - so plenty of opportunity to get the guy ropes on your tent knotted. Practice runs in Svalbard in Norway <http://en.wikipedia.org/wiki/Svalbard>

Training five times a week, in part dragging huge truck tyres, the equivalent of her own bodyweight, and maintaining a strict diet, trying to put weight on, might put some of us off the scent, but not Lisa who appears to actually enjoy it all!

Royal Geographical Society Monday night lectures: <http://www.rgs.org/whatson/london+lectures/monday+night+lectures.htm>

Training for the adventure includes:

Navigation on Dartmoor <http://www.compassworks.co.uk/>

Emergency Care Level 4 <http://southcoastmedicaltraining.com/courses-2/national-diploma-in-emergency-care-level-4/>

Tent erecting and all round arctic endurance skills in Svalbard

Polar bear deterrent guidelines <http://www.ice-warrior.com/documents/PolarBearManual1.pdf>

The BBC, ITN and The Times are media partners to the Ice Warrior Challenge. The National Snow & Ice Data Centre, The Met Office, the Scott Polar Institute, the Icelandic Met Office, University of Reading, University of Bangor are all involved in analysing climate science data that the Challenge will gather. Bjorn Erlingsen from the Icelandic Met Office is the Challenge’s chief scientific officer, for whom Lisa will be working in the run up to the adventure.

Lisa spent the summer working as a conservation volunteer in southern Iceland: <http://trailteam.is/>

Walks recommended by Lisa Pook

Russia Dock Woodland and Stave Hill in Rotherhithe London SE16 http://www.southwark.gov.uk/info/461/a_to_z_of_parks/664/russia_dock_woodland

The Quantocks (Area of Outstanding Natural Beauty) Holford, near Minehead <http://en.wikipedia.org/wiki/Holford> and Kilve Beach: http://www.quantockonline.co.uk/quantocks/villages/kilve/img_6165.html Bryan Adams - Everything I do I do it for you <https://www.youtube.com/watch?v=zggSgIT0yd0>