

The Path
discover your way



THE 3 MOST EXTREME ADVENTURES YOU CAN EMBARK ON



JOHAN BERGMAN

The 3 Most Extreme Adventures You Can Embark On

Foreword

There will always be people wanting to push their limits. For some it's to climb El Capitan in Yosemite and for others it's to drive through Africa in a Land Rover Defender.

Of course it's arguable if these three adventures really are the most extreme. What I mean is that if you're a climber you will think that this route is the most extreme climbing route. Yes it's severely hard to climb but it's only just for a small number of initiated people. What we are talking about here is three classic extreme adventures.

Of course you'll need to get highly specific knowledge of certain things before you embark on them. But it's still reachable for most people.

You can always make an adventure more extreme than it is, and in that way get the attention you want.

So let's start with the 3 most extreme adventures.

No 3 Crossing The Greenland Ice Sheet

No 2 Crossing the Sahara Desert

No 1 Crossing the Jungles of The Congo Region

Johan Bergman

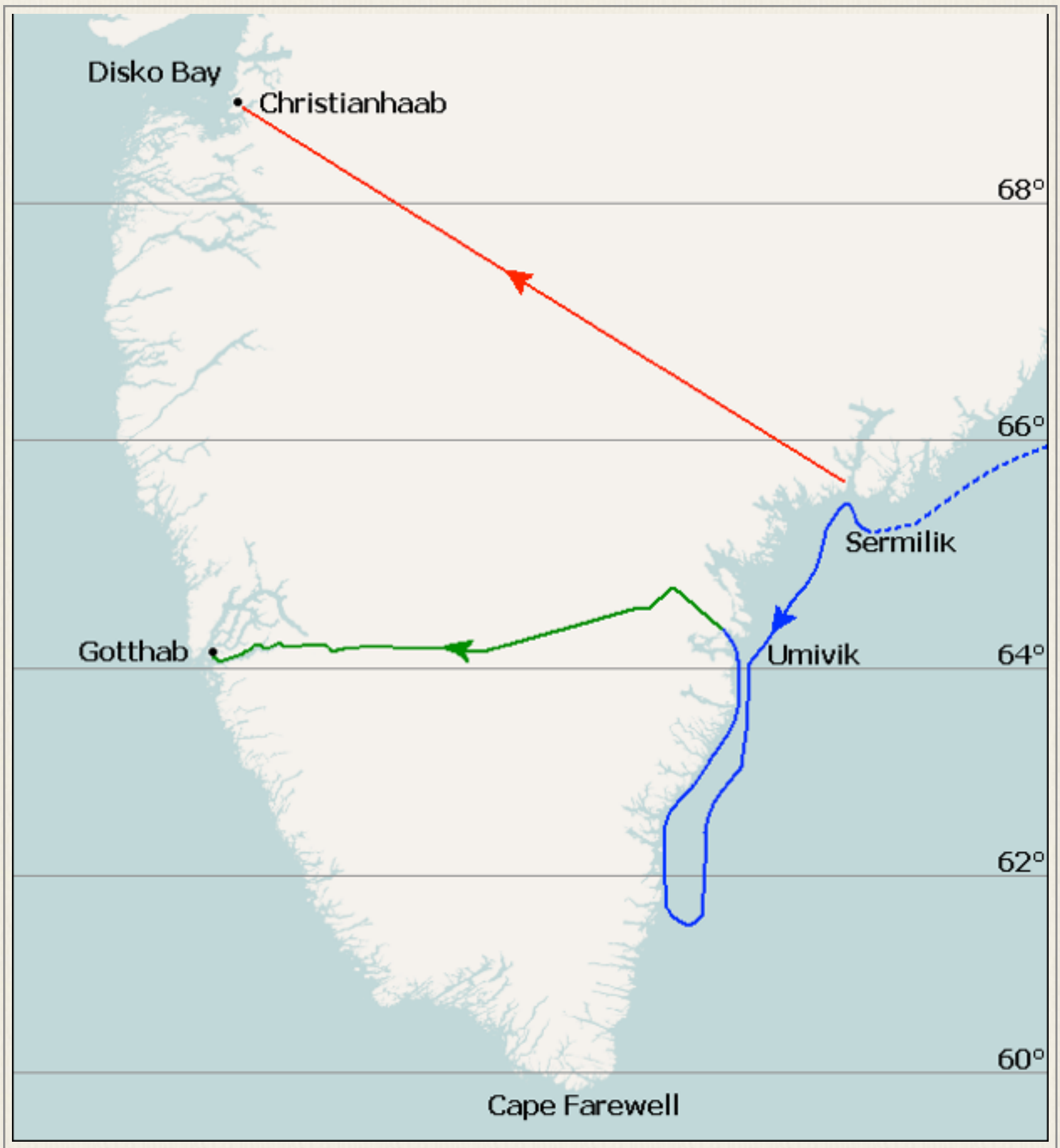
Chief Adventure Officer



No 3

Crossing The Greenland Ice Sheet





In 1888 Fridtjof Nansen, a Norwegian explorer and adventurer, and his team crossed the Greenland Ice Sheet from west to east.

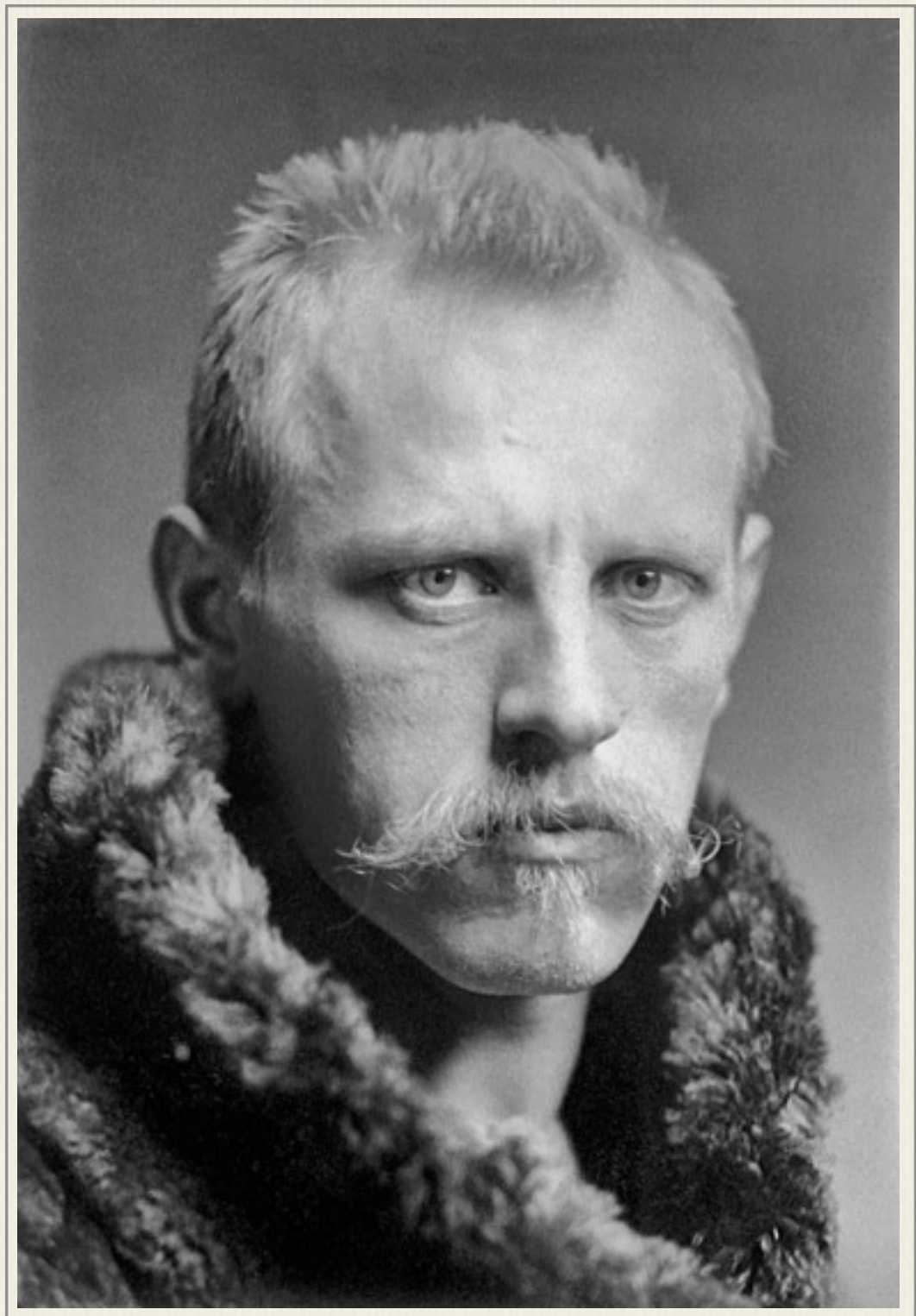
They started out from Iceland on June 3 1888, and through different hardship they didn't start their crossing until the evening of August 15. They arrived in Godthaab on October 12.

But their adventure wasn't over yet. They learned that no ship was likely to arrive at Godthaab until next spring.

So Nansen and his team spent the next seven months in Greenland hunting and fishing together with the local inhabitants.

On April 15 1889 a Danish ship entered the harbour and Nansen and his team started to prepare for departure.

"It was not without sorrow that we left this place and these people, among whom we had enjoyed ourselves so well", Nansen recorded.



Fridtjof Nansen



If you're interested in this extreme adventure read: *The First Crossing of Greenland by Fridtjof Nansen*.

The Greenland ice sheet is a vast body of ice covering 660,000 sq mi (1,710,000 sq km, roughly 80% of the surface of Greenland.

It is the second largest ice body in the world, after the Antarctic Ice Sheet. The ice sheet is almost 1,500 mi (2,400 km) long in a north-south direction, and its greatest width is 680 mi (1,100 km) at a latitude of 77°N, near its northern margin.

The mean altitude of the ice is 7,005 ft (2,135 m). The thickness is generally more than 1.2 mi (2 km) and over 1.9 mi (3 km) at its thickest point.

An ice sheet is a mass of glacier ice that covers surrounding terrain and is greater than 19,000 sq mi (50,000 km²), thus also known as continental glacier.

The only current ice sheets are in Antarctica and Greenland; during the last glacial period at Last Glacial Maximum (LGM) the Laurentide ice sheet covered much of North America, the Weichselian ice sheet covered northern Europe and the Patagonian Ice Sheet covered southern South America.

Ice sheets are bigger than ice shelves or alpine glaciers.

Masses of ice covering less than 50,000 km² are termed an ice cap.

An ice cap will typically feed a series of glaciers around its periphery.

The only current ice sheets are in Antarctica and Greenland



Fridtjof Nansen, Greenland



No 2

Crossing The Sahara Desert



In 1986 Asher and Peru crossed the whole Sahara desert from west to east.

They started from the Atlantic side in Mauretania all the way to the Nile Valley in Egypt.



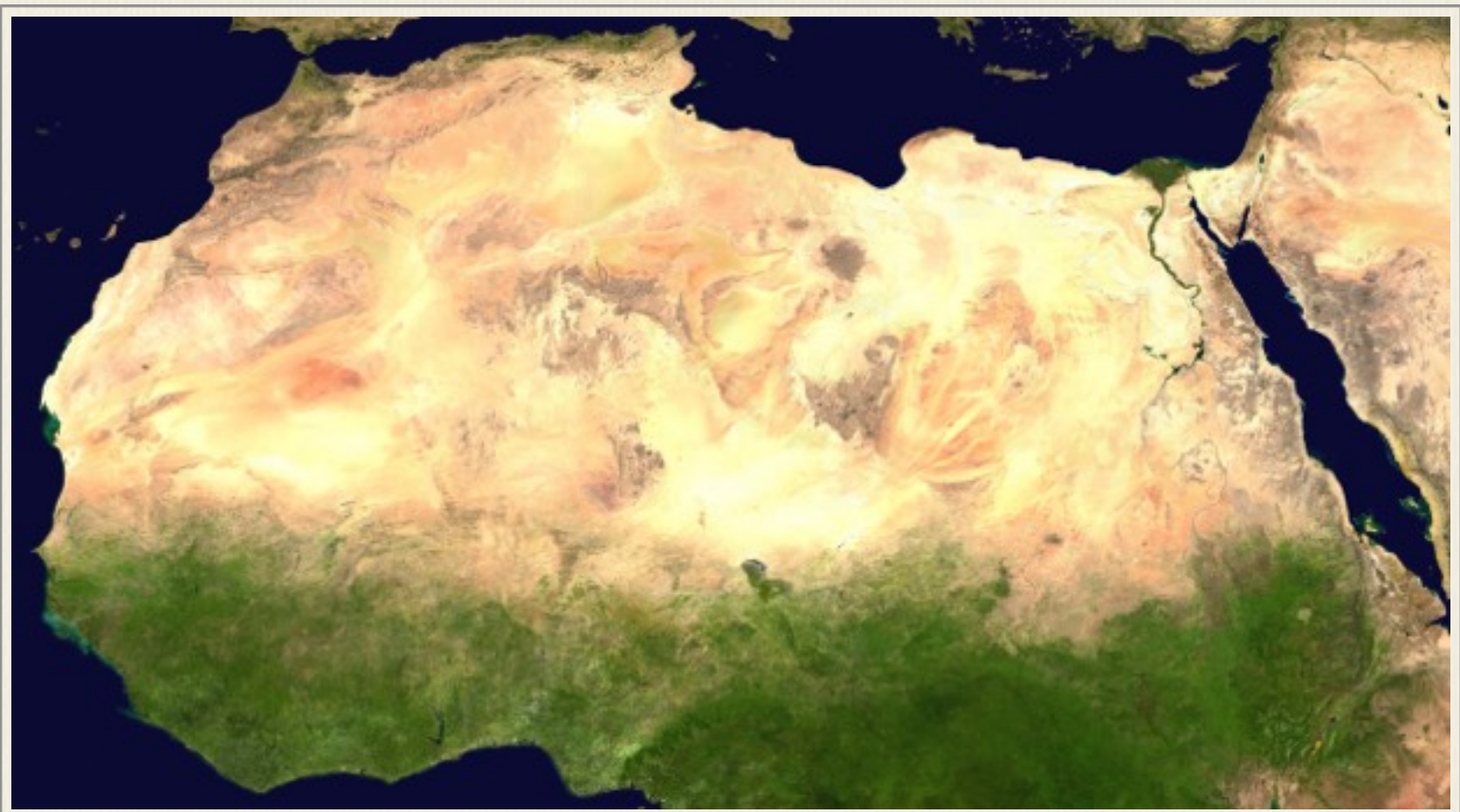
Michael Asher

They started their journey in August 1986, with three camels, passed through Mauretania, Mali, Niger, Chad, Sudan and ultimately they arrived in southern Egypt in May 1987.

It was a distance of 4500 miles and 271 days. This is the first recorded crossing of the Sahara from west to east by non-mechanical means.

If you're interested in this extreme adventure read: *Two Against The Sahara* by Michael Asher.

The Sahara desert is the largest subtropical hot desert and third largest desert in the world, after antarctica and arctic. With over 3,600,000 sq mi (9,400,000 sq km) it is almost as large as China or United States.



A desert is barren area of land where little precipitation occurs and consequently living conditions are hostile for plant and animal life. The lack of vegetation exposes the unprotected surface of the ground to the processes of denudation. About one third of the land surface of the world is arid or semi-arid. This includes much of the polar regions where little precipitation occurs and



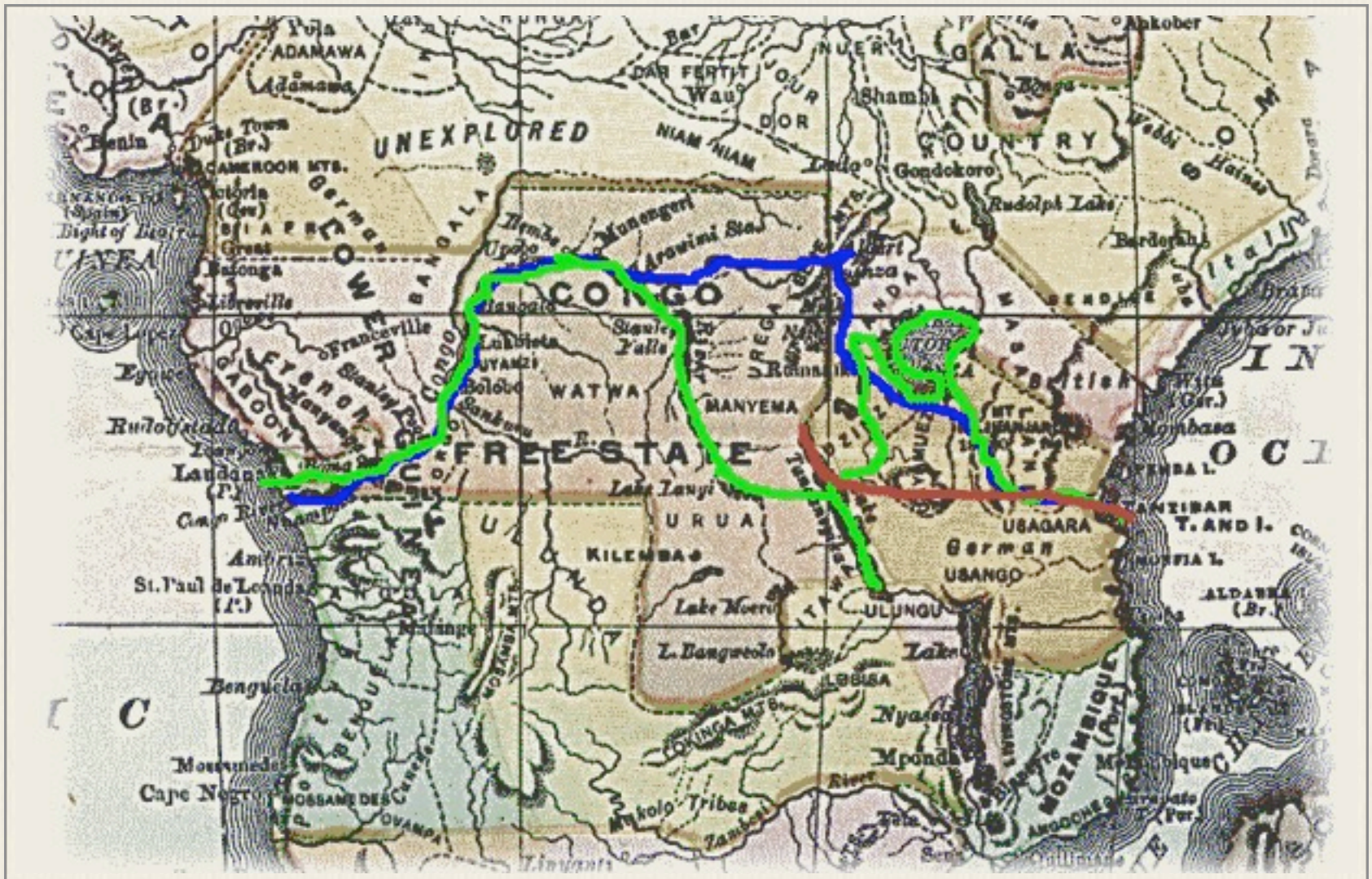
which are sometimes called "cold deserts". Deserts can be classified by the amount of precipitation that falls, by the temperature that prevails, by the causes of desertification or by their geographical location.



No 1

Crossing The Jungles of The Congo Region





In 1874 Henry Morton Stanley, an English journalist and explorer, traversed the central Africa from east to west.

An 7000 miles (11000 km) long Adventure, from 1874 to 1877. He started out in Zanzibar in the east and all the way to Boma in the mouth of Congo in the west.

Stanleys team consisted of himself and three Englishmen and an African called Kalulu.

In Zanzibar they recruited 224 porters.

If youre interested in this extreme adventure read: Through the Dark Continent by Henry Morton Stanley.



The Congo Basin is the sedimentary basin of the Congo River. It is in west equatorial Africa.

The basin begins in the highlands of the East African Rift system with input from the Chambeshi River, the Uele and Ubangi Rivers in the upper reaches and the Lualaba River draining wetlands in the middle reaches.

The basin is a total of 3.7 million square kilometers and is home to some of the largest undisturbed stands of tropical rainforest on the planet, in addition to large wetlands.

The basin ends where the river empties its load in the Gulf of Guinea on the Atlantic Ocean.

The climate is equatorial tropical, with two rainy seasons including very high rainfalls, and high temperature year round.



The basin is home to the endangered western lowland gorilla.

The basin was the watershed of the Congo River populated by pygmy peoples, and eventually Bantu peoples migrated there and founded the Kingdom of Kongo.

Belgium, France, and Portugal later established colonial control over the entire region by the late 19th century.

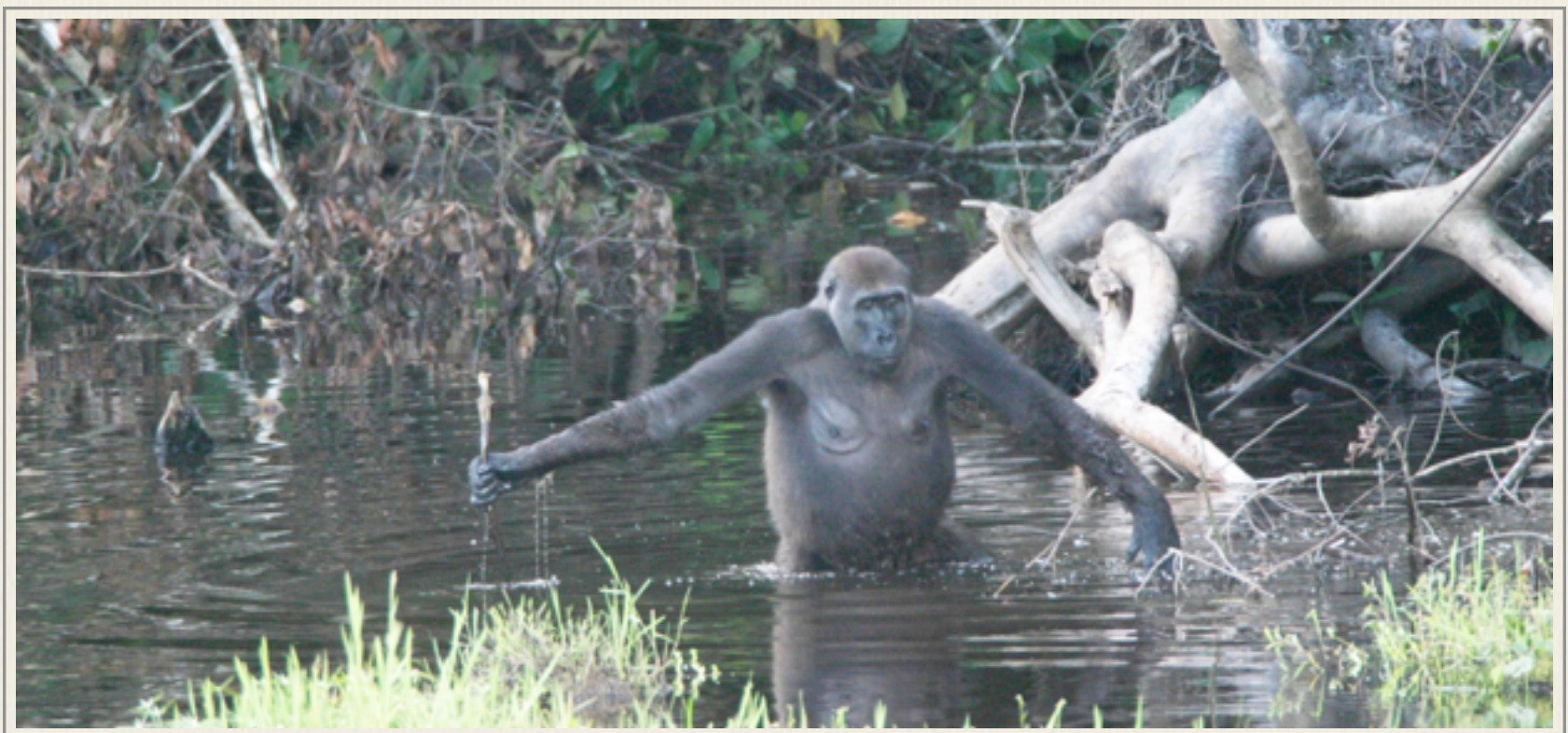
The basin was the watershed of the Congo River populated by pygmy peoples, and eventually Bantu peoples migrated there and founded the Kingdom of Kongo.

A tropical rainforest is an ecosystem type that occurs roughly within the latitudes 28 degrees north or south of the equator (in the equatorial zone between the Tropic of Cancer and Tropic of Capricorn). This ecosystem experiences high average temperatures and a significant amount of rainfall. Within the World Wildlife Fund's biome classification, tropical rainforests are a type of tropical wet forest (or tropical moist broadleaf forest) and may also be referred to as lowland equatorial evergreen rainforest.

Tropical rainforests can be characterized in two words: hot and wet. Mean monthly temperatures exceed 64 °F (18 °C) during all months of the year.

Average annual rainfall is no less than 66 in (168 cm) and can exceed 390 in (1,000 cm) although it typically lies between 69 in (175 cm) and 79 in (200 cm).

This high level of precipitation often results in poor soils due to leaching of soluble nutrients.



Tropical rainforests are among the most threatened ecosystems globally due to large-scale fragmentation as a result of human activity.

Habitat fragmentation caused by geological processes such as volcanism and climate change occurred in the past, and have been identified as important drivers of speciation.

However, fast human driven habitat destruction is suspected to be one of the major causes of species extinction.

Tropical rain forests have been subjected to heavy logging and agricultural clearance throughout the 20th century, and the area covered by rainforests around the world is rapidly shrinking.

An old-growth forest (also termed primary forest, virgin forest, primeval forest, late seral forest) is a forest that has attained great age without significant disturbance and thereby exhibits unique ecological features and might be classified as a climax community.

Old-growth features include diverse tree-related structures that provide diverse wildlife habitat that increases the bio-diversity of the forested ecosystem.

The concept of diverse tree structure includes multi-layered canopies and canopy gaps, greatly varying tree heights and diameters, and diverse tree species and classes and sizes of woody debris.



Henry Morton Stanley