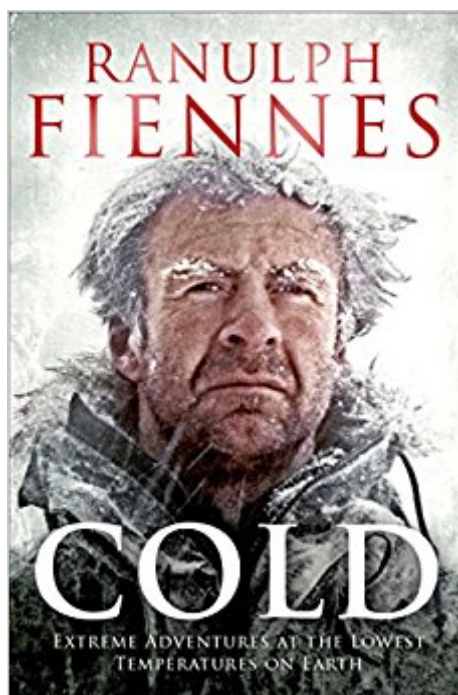


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# Cold



## Synopsis

Few humans can survive and thrive in the bitter cold - below a certain temperature, death is inevitable. This book is about this aspect of our environment and about Sir Ranulph Fiennes' own life experiencing the extreme cold, from his adventuring apprenticeship 40 years ago on the Greenland Ice Cap to masterminding crossing of the Antarctic during winter.

## Book Information

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Average Customer Review: 3.9 out of 5 stars 5 customer reviews

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## Customer Reviews

Sir Ranulph Fiennes was the first man to reach both poles by surface travel and the first to cross the Antarctic Continent unsupported. In the 1960s he was removed from the SAS Regiment for misuse of explosives but, after joining the army of the Sultan of Oman, received that country's Bravery Medal on active service in 1971. He is the only person yet to have been awarded two clasps to the Polar medal for both Antarctic and the Arctic regions. Fiennes has led over thirty expeditions, including the first polar circumnavigation of the Earth, and in 2003 he ran seven marathons in seven days on seven continents in aid of the British Heart Foundation. In 1993 Her Majesty the Queen awarded Fiennes the Order of the British Empire (OBE) because, on the way to breaking records, he has raised over GBP14 million for charity. He was named Best Sportsman in the 2007 ITV Great Briton Awards and in 2009 he became the oldest Briton to reach the summit of Everest.

I was so intrigued to know how this man was going to get himself out of so many difficult positions. It kept me up late at night wanting to know what he was going to do next. Definitely one for the adventurous. Only problem I had was knowing exactly where he was at certain times during his

journey's. Wish I had a detailed map.

I enjoyed the book but thought the author (also the main character in the book) took too many unnecessary chances with other people's lives. Especially in the first part of the book. It improved as the book went along. It was however, a good read and his descriptions of the ice and snow were very good indeed. The story tells you about parts of the world that not a lot is known about and in parts it is gripping. I would recommend the book.

nice mix of personal stories about his various adventures, and stories about previous exploration expeditions. Written in an engaging manner.

A good read, but too much history and not enough detail of his own actual expeditions, especially Everest and the Matterhorn. The author should have been more appreciative of the fact that his audience is already well versed in the history of polar and Everest exploration.

I have long been an admirer of Feinnes and his adventures and very much enjoy reading about how such people pit their delicate bodies against the forces of nature. I enjoyed a previous book 'Mind over Matter' which told the story of his crossing of Antarctica. In 'Cold' Feinnes recaps through all his cold journeys. The first major expedition that he organised and led himself was the Transglobe expedition travelling around the globe via the poles and begins with the huge obstacles presented getting such a journey approved and sponsored. That is a daunting task in itself and years in the making. Very ably teamed with his late wife, Ginny, the two set about the huge task of making the expedition happen. What comes through time and again is how these solo or small team expeditions can't happen without the help and expertise of a lot of people. Feinnes emphasises this at every turn. But when the expedition finally happens it's the grit and tenacity (and a little bit of luck -or sometimes a lot) of the expeditions members that win the day. Feinnes and the people he had worked with certainly do have grit in huge measures. His account of his attempts to summit Everest and his subsequent success in that endeavour are also a grim reminder of the many people who have failed and paid the ultimate price. Many have died in places beyond any hope of rescue and their bodies remain. The book is also a wonderful history lesson of earlier explorers and their missions to map the world. I found myself going back and forth to remind myself of some of that history as Feinnes talked about his modern-day journeys. His stories of hardship and the sheer effort for humans to survive in the world's cold places make for illuminating reading and, of course

Ranulph Feinnes has made millions for charities along the way.

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