

EXPEDITIONS

Doing something epic, eccentric or generally exciting?
Put it on our notice board – email rosie@atmagazine.co.uk



Who: Mark Waring, a backpacker of 'early middle years,' slightly obsessed with walking through sub-arctic wilderness.

What: I will be the first from outside Sweden to undertake the Gronabandet (Green Band), a 1,000-mile hike from south to north through the Swedish and Norwegian mountain chain. It's a route of

the walker's choice provided the journey either starts or finishes at the Swedish mountain station of Grovelsjon in the south with a corresponding start or finish at the lonely northern border stone of Tretiksroset (where Sweden, Finland and Norway meet). I'll journey through a spectacular and unbroken mountain wilderness with one third of the walk above the Arctic Circle, totally self-powered and self-supported.

When: The beginning of July, finishing 50-plus days later.

Why: It's a big wilderness adventure testing my backpacking skill set, gear, stamina and tolerance of the millions of bloodthirsty mosquitoes waiting for me. I'll put some great British outdoor brands through their paces, with kit from Paramo, Pacerpoles, Extremities (Terra Nova) and Powertraveller.

Why should we read your blog? It's an informative account of a big walk in a spectacular wilderness unknown to many in the UK. I discuss the 'how to' in terms of my planning and kit. I've set a route using many forgotten mountain trails as I head north. There is more to Sweden's mountains than the Kungsleden path and I hope others might learn more about this exceptional northern landscape, home of the midnight sun, reindeer and the indigenous Sami people. Parts of the route could form the basis of shorter expeditions for readers.

◆ www.oneswedishsummer.weebly.com

Who: Paul Bateson, runner, ex-cyclist, trail running business owner and nearly 'retired' old and deaf person who's been living in Andalucia for the past 13 years.

What: I will run round Granada Province, approximately 1,000km, to raise money for Action on Hearing Loss and Asprodes-Granada (association for the rights of deaf people). I will call in at schools on the way to motivate children (deaf and non-deaf). My balance is also damaged and I can't run at night so this will be a daylight challenge.

When: I expect to take 25 days, starting early May.

Why: I have won or placed in all the races (running and duathlon) in the Granada and Malaga Provinces over the past 11 years and I need a new challenge. A challenge that can benefit hearing research and motivate people with tinnitus and/or deafness is an added bonus.

Why should we read your blog? I will be writing daily reports, taking photos and collecting information for a travel guide. This is such a beautiful area that it should be a valuable, if somewhat unusual, guide. If anyone wants to sponsor me or join me along the way they are welcome.

◆ www.pbdeafrun.com



Who: A walking team called Military Workout Warriors, made up of Claire, Corrina, Moira, Beckie, Sarah, Emma, Fiona, Natalie and Sam. We are a group of women who

attend Military Workout (military fitness classes run by a small company based in Windsor), whatever the weather.

What: A 100km London to Brighton 24-hour walk in aid of Blind Veterans UK, the national charity for blind ex-service men and women.

When: 22-23 June.

Why: Most of us started attending Military Workout within the last year and we have all made great improvements to our fitness. So when one of our instructors, Claire, ex-Royal Corps of Signals, suggested the challenge to raise funds for a military charity we jumped-to. This 100km challenge will really test our fitness, mind and body, and knowing that putting ourselves through the training and the challenge will also raise funds for a worthwhile charity makes us even more determined to keep putting one foot in front of the other. All money goes towards transforming the lives of people who have served our country and are suffering from sight loss, so that they can regain their independence.

Why should we read your blog? It has light-hearted updates of how our training is going, as a team and as individuals, including other mini challenges we will be completing as part of our training. We'll also be posting photos, the odd video clip and I'm sure the odd discussion on 'kit' – being a team of women there's always something to talk about!

◆ www.backtotouch.co.uk/100k-challenge.html



Who: Melissa Coleman, a 27-year-old who spent three years studying accountancy to discover she wanted to be an aid worker.

What: An epic, 10,000-mile, pan-continental road-trip across mountain ranges, deserts and barren and inhospitable lands. The Mongolian Charity Rally is an unsupported adventure and we have been warned that our chances of being injured or dying as a

result of taking part are high. We begin at Woburn Safari Park and will end in the ancient Mongol capital of Ulaanbaatar about two months later.

When: Starting 13 July.

Why: To support three tremendous charities: Go Help, Warwickshire and Northamptonshire Air Ambulance and the charity closest to our hearts – Baphumelele in the township of Khayelitsha located on the fringes of Cape Town, where I am currently volunteering.

Why should we read your blog? This is so much more than just a drive across the world. The blog currently consists of updates of life in Khayelitsha but when I head home it will emphasise the task ahead... the panics, the errors, the planning, the crashes and the lessons we could all probably do with learning!

◆ www.theeventualists.co.uk; [@theeventualists](https://www.facebook.com/theeventualists); [facebook.com/theeventualists](https://www.facebook.com/theeventualists)