



BEN SAUNDERS | PROFILE

Ben Saunders is one of the world's leading polar explorers, and a record-breaking long-distance skier who has covered more than 6,000km (3,700 miles) on foot in the Polar Regions since 2001. In 2014 Ben completed The Scott Expedition – the longest human-powered polar journey in history, and the first completion of the expedition that defeated Captain Scott and Sir Ernest Shackleton, a 105-day round-trip from Ross Island on the coast of Antarctica to the South Pole and back again. Ben was also the third person in history to ski solo to the North Pole, and holds the record for the longest solo Arctic journey by a Briton.

In November 2017, Ben will set out to make the first solo and unsupported crossing of Antarctica. This west-to-east traverse from Berkner Island to the Ross Ice Shelf via the South Pole was planned by Ben's close friend Lt Col Henry Worsley, who nearly completed the expedition before falling ill and passing away in hospital in Chile in January 2016. The journey remains unfinished.

Born in 1977, Ben grew up in Devon, was educated at the Royal Military Academy Sandhurst and lives in London. He is passionate about the great outdoors and spent four months walking and climbing in the Nepalese Himalayas aged 19, before going on to work as an instructor at the John Ridgway School of Adventure in the Scottish Highlands, once billed as "the UK's toughest management training school".

Ben is a keen athlete – after an unpromising start ("I was the podgy kid at school that was always picked last for the football team") he discovered mountain biking in his teens and went on to race bikes on and off-road at national level. He has run seven marathons (New York is his favourite course and 2:55 is his best time, set in London in 2007) and three ultramarathons, including an attempt at the inaugural 250-mile Thames Ring Ultra in summer 2009.

Ben is a global brand ambassador for Land Rover, an ambassador for the Prince's Trust, a patron of British Exploring, a fellow of the Royal Geographical Society, and an acclaimed keynote speaker, described by TED (where he has spoken three times) as 'A master storyteller'. In print, he is the author of Shackleton (A Ladybird Expert Book). Ben recently became a Goose Person for Canada Goose, with whose support this expedition has been made possible.

ENDS...

For further information, visit www.bensaunders.com/@polarben