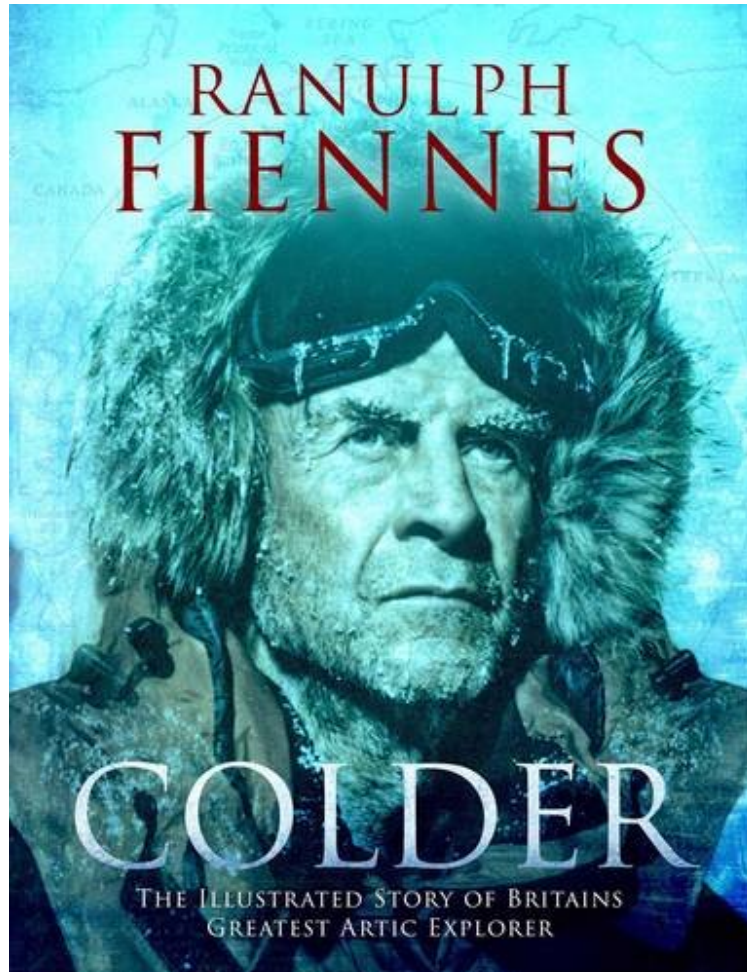


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Sir Ranulph Fiennes
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Sir Ranulph Fiennes : Colder before purchasing it in order to gage whether or not it would be worth my time, and all praised Colder:

Sir Ranulph Fiennes is arguably the UK's greatest polar explorer and adventurer, whose never-say-die approach to life has enabled him to endure conditions most of us could never handle. His many successes of exploring the vastness of the icy southern hemisphere, and the polar ice cap, as well as scientifically monitoring how the human body copes in such extreme conditions has pushed him to the forefront of his field. Equally he has taken on several challenges purely for raising vast amounts of money, such as scaling Mount Everest. These adventures were thrillingly captured in his bestselling narrative memoir Cold. Colder is the fully illustrated edition of Fiennes' memoirs, compete with personal photographs, maps and diary notes of his adventures. New narrative is supported with personal photography from his

many polar expeditions. Detailed maps showcasing his routes across the various landscapes he has traversed, as well as extended captions provide perfect analysis of what he has achieved. Colder is the perfect coffee table guide to understanding how great his achievements are in the history of man's exploration of extreme Earth.

About the Author 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.