



## EDINBURGH TO HOST ACCLAIMED EXPLORERS AT 'INTO THE FREEZER' EVENT

*First event in Scotland by the New York based Explorers Club  
Proceeds to benefit youth charity, The Polar Academy*

Three of the world's toughest and most seasoned explorers will speak in Edinburgh this November, inspiring their audience with extraordinary accounts of their expeditions in the Arctic and Antarctica.

The exclusive 'Into The Freezer' event at The Assembly Rooms in Scotland's capital on Friday 22 November (6-30pm-9pm) will see **Captain Louis Rudd MBE**, **Mark Wood** and **Paul Vicary** share stories and remarkable film footage as they reveal the pain and euphoria of achieving the extraordinary by pushing mind and body to the limit.

Their appearance in Edinburgh marks the first time that the illustrious New York based Explorers Club has staged an event in Scotland. **Craig Mathieson**, Scotland's greatest living polar explorer and a member of the Explorers Club will host the ticketed evening that's supported by Tiso the outdoor adventure retail specialist and aims to raise funds for The Polar Academy.

Founded by Mathieson in 2013, the charity uses exploration in the wilds of Scotland and Eastern Greenland to positively transform young lives affected by mental health issues. Mathieson, who is also an ambassador for Tiso, commented: "The expeditions undertaken by Louis, Mark and Paul in some of the world's most unforgiving terrain underlines the physical and mental strength of these extraordinary individuals.

"I am very proud that with the support of Tiso, The Polar Academy is able to host what promises to be an inspirational and motivational evening about exploration in the ice-cold regions of our world. With such impressive speakers and as the first event to be held in Scotland by the Explorers Club it promises to be a popular event. I'd encourage members of the public to purchase their tickets without delay."

Mathieson revealed that Captain Rudd, Mark Wood and Paul Vicary are to be joined during the evening by teenagers from Bathgate Academy in West Lothian. They completed the latest expedition by The Polar Academy to Greenland in April and will feature as part of a documentary about the charity being screened on BBC Scotland this autumn.

### SPEAKERS

#### **Captain Louis Rudd MBE**

In December 2018, the British Army Captain was first Briton in history and only the second person in the world to successfully trek unaided and solo across Antarctica. Captain Rudd finished the epic 921-mile journey in 56 days.

#### **Mark Wood**

The former soldier and firefighter has completed more than 30 major expeditions. His feats include multiple ascents of Mount Everest and an unsupported trek to the Geographic South Pole that was followed directly by a 200-mile solo and unsupported crossing of the Arctic Ocean to the Geographic North Pole.

**Paul Vicary**

A military veteran of over 30 years, Paul has undertaken many challenging expeditions to help raise funds for charity. In 2016, he embarked on arguably one of the last and most difficult arenas in the world today, venturing unsupported with two others to the Geographic North Pole.

Tickets: Please visit the EventBrite website <https://www.eventbrite.co.uk/e/into-the-freezer-tickets-69200250813>

**Ticket prices:**

Adult: £22.15

Youth (13-17 years old): £11.37

Children (12 and under): FREE