



# TRAVEL PROGRAM MEDIA GUIDE

## *Arctic Expedition*

We hope you find the following list of resources—books, maps, video recordings, audio recordings, and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

### ◆ GUIDEBOOKS AND MAPS

*Bradt Svalbard: Spitsbergen, Jan Mayen, Franz Josef Land.* Bradt Travel Guides. 2018.

This latest edition of *Svalbard* provides all the practical and background information you'll need to explore this wild place—possibly the most remote on Earth.

Chester, Sharon. *The Arctic Guide: Wildlife of the Far North.* Princeton Field Guides. 2016.

*The Arctic Guide* presents you with a portable, authoritative guide to the flora and fauna of Earth's northernmost region. Featuring superb color illustrations, this one-of-a-kind book covers the complete spectrum of wildlife—more than 800 species of plants, fish, butterflies, birds and mammals—that inhabit the Arctic's polar deserts, tundra, taiga, sea ice and oceans.

*DK Eyewitness Travel: France.* DK Eyewitness Travel. 2018.

Known for publishing visual guidebooks with inspirational rather than encyclopedic coverage, *Eyewitness* guides are fine planning tools rather than an indispensable on-the-ground resource. Lively photography, illustrations and curated lists of regional highlights evoke the natural beauty and cultural largesse of France, including Paris's iconic landmarks and museums.

Johansen, Bjørn Fosli, Kristin Prestvold and Øystein Overrein. *Cruise Handbook for Svalbard.* Lunblad Media. 2011.

The *Cruise Handbook for Svalbard* is a guide for travelers along Svalbard's coastlines. Handy information on wildlife, plants, geology, history, cultural heritage and landing sites.

Pielou, E.C. *A Naturalist's Guide to the Arctic.* University of Chicago Press. 1995.

This book is a comprehensive guide to all of the Arctic's natural history—sky, atmosphere, terrain, ice, the sea, plants, birds, mammals, fish and insects.

Soper, Tony. *The Arctic: A Guide to Coastal Wildlife.* Bradt Guides. 2012.

An expertly written, illustrated guide to the Arctic's birds, animals and marine life, from blue whales and belugas to polar bears, barnacle geese and seals. Tony Soper's excellent field study and conservation guide is complemented with detailed illustrations, endemic and endangered species' identification, photography tips, planning tools and natural history.



## ◆ ARCTIC EXPLORATION

Bown, Stephen R. *The Last Viking: The Life of Roald Amundson*. De Capo Press. 2012.

Packed with historical context, *The Last Viking* unravels, with dramatic tension, the fascinating life of Roald Amundsen, the most accomplished polar explorer of all time, who raced to the last corners of the Earth with an unparalleled prowess.

Larson, Edward J. *To the Edges of the Earth: 1909, the Race for the Three Poles, and the Climax of the Age of Exploration*. William Morrow. 2018. From the Pulitzer Prize-winning historian, an intertwined narrative of the most adventurous year of all time, when three expeditions raced to the top, bottom and heights of the world.

Nansen, Dr. Fridtjof. *Farthest North*. Modern Library. 1999.

Originally published in 1898, this classic account of Arctic exploration, written for the popular reading public, delighted thousands by its vigor of imagination, masterful handling of material and distinguished style.

Nurminen, Juha and Matti Lainema. *A History of Arctic Exploration: Discovery, Adventure and Endurance at the Top of the World*. Conway. 2010. As global warming melts polar ice and opens northern seaways, a thorough account of Arctic exploration couldn't be timelier. Filled with rare illustrations, this book tells stories of triumph and tragedy in the search for the fabled Northwest Passage and the race for the North Pole.

Watson, Paul. *Ice Ghosts: The Epic Hunt for the Lost Franklin Expedition*. W. W. Norton & Company. 2017. Watson's Pulitzer Prize-winning account of the legendary Franklin Expedition of 1845 weaves together Western science, indigenous beliefs and the spirit of discovery for a captivating tale.

## ◆ HISTORY, CULTURE AND THE ENVIRONMENT

Lopez, Barry. *Arctic Dreams*. Scribner. 1986.

Lopez's National Book Award-winning classic study of the Far North is widely considered his masterpiece. He offers an exceptional examination of this obscure world—its terrain, its wildlife, its history of Eskimo natives and intrepid explorers who have arrived on their icy shores—but more than that, this work is a profound meditation on how the landscape can shape our imagination, desires and dreams.

McGhee, Robert. *Ancient People of the Arctic*. UBC Press. 2001.

*Ancient People of the Arctic* traces the lives of the Palaeo Eskimos, the bold first explorers of the Arctic. From the hints they left behind, accessible only through the fragmented archaeological record, Robert McGhee ingeniously reconstructs a picture of this life at the margins. He discusses how the Palaeo-Eskimos spread across the entire Arctic, explains how they dealt with sharp climate changes that drastically altered their environment, offers glimpses into their spiritual practices and world view and speculates about their eventual demise.

McGhee, Robert. *The Last Imaginary Place: A Human History of the Arctic World*.

University of Chicago. 2007. McGhee lifts the veil shrouding the remote Arctic and examines the people who have called it home. He vividly renders the Viking farmers, resourceful Inuit and Western explorers who have trekked through the Arctic's reaches, and even offers detailed accounts of fur trading, ivory hunting and whaling.



Serreze, Mark. *Brave New Arctic*. Princeton University Press. 2018.

World renowned Arctic geographer and climatologist, Mark Serreze describes the response within the scientific community over three decades to the warming of the Arctic's permafrost and changing weather patterns and the devastating implications for the planet. Serreze incorporates ideas and research findings from pioneering scientists and explorers to create a fascinating book that is part environmental study and part adventure story.

Stirling, Ian. *Polar Bears: The Natural History of a Threatened Species*. Fitzhenry and Whiteside.

2011. Renowned polar bear scientist Dr. Ian Stirling compresses 40 years of research on these iconic mammals into a new and comprehensive natural history. In accessible language, he explains their evolution, life history, behavior, how they are researched and the current threat to their very existence.

Wadhams, Peter. *A Farewell to Ice: A Report from the Arctic*. Oxford University Press. 2017.

Professor of ocean physics at Cambridge University, Wadhams explains the loss of Arctic ice in this seminal, scholarly and haunting analysis based on five decades of meticulous research and unsparing observation on the effects of climate change.

## ◆ LITERATURE AND TRAVEL MEMOIRS

Coleridge, Samuel Taylor. "The Rime of the Ancient Mariner." SMK Books. 2012.

Originally published in 1798, this lengthy poem, regarded as the genesis of British Romantic literature, details a sailor's turbulent long sea voyage. Though this poem takes place in Antarctic waters, scholars speculate Thomas James's expedition into the Arctic may have inspired its content; nonetheless, "The Rime of the Ancient Mariner" was instrumental in stoking the public's fantastical excitement about polar exploration and the literature that followed.

Doyle, Sir Arthur Conan. *The Captain of the Polestar and Other Tales*. Wildside Press. 2004.

Originally published in 1899, the acclaimed *Sherlock Holmes* author, Sir Arthur Conan Doyle, draws from his own expedition past in this imaginative collection of short stories.

Hill, Jen. *White Horizon: The Arctic in the Nineteenth-Century British Imagination*. SUNY Press.

2009. From explorers' accounts to boys' adventure fiction, Hill explores how Arctic exploration functioned as a metaphor for nation-building and empire in 19<sup>th</sup>-century Britain.

Shelley, Mary. *Frankenstein*. Penguin Classics. 2018.

Originally published in 1818, Shelley's Gothic masterpiece begins and ends in the Arctic, where the monster flees, narrative unfolds and, ultimately, shadowy consequences of scientific arrogance emerge.

Solnit, Rebecca. *The Faraway Nearby*. Penguin Books. 2014.

One of the most profound essayists of our time ruminates on memory, art, nature, storytelling and culture with luminous, sharp prose. In this book—which refutes genre, falling somewhere between memoir, criticism, history and poetry—Solnit chronicles her mother's Alzheimer's alongside her residency at Iceland's Library of Water. This text is bookended by chapters on "Ice," where Solnit holds a keen lens up to the ways in which the Far North and its narratives function in our imagination.



## ◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring the Arctic. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

*Chasing Ice*. 2014.

Intrepid *National Geographic* photographer James Balog and his team on the Extreme Ice Survey assemble a multiyear chronicle of the planet's rapidly melting glaciers in this Emmy Award-winning documentary.

*Earth*. 2007. Disneynature.

An acclaimed nature documentary, *Earth* follows animal mothers as they nurture their young in fraught environments, including a family of polar bears searching for food among the Arctic's disappearing ice.

"From Pole to Pole" and "Ice Worlds." *Planet Earth*. 2006. BBC.

These two episodes from the Emmy Award-winning documentary television series illustrate the Arctic region with magnificent detail.

"Frozen Seas." *Blue Planet*. 2001. BBC Earth.

*Blue Planet* spans eight episodes, each tackling a varied aspect of the world's oceans. The "Frozen Seas" episode expertly examines the Arctic and Antarctic regions. This program won numerous Emmy and BAFTA Awards.

*To the Arctic*. 2012. IMAX.

Narrated by Meryl Streep, this "story of love, family and survival in the harshest place on Earth" follows a mother polar bear and her two seven-month-old cubs in the Arctic wilderness.

*The White Planet*. 2006. Bac Films.

This film observes the abundant wildlife in the Arctic over a full year.

## ◆ WEBSITES

[www.airpano.com](http://www.airpano.com)

Virtual tours and 360-degree photos of destinations all over the world.

[www.caff.is](http://www.caff.is)

The Conservation of Arctic Flora and Fauna (CAFF) is the biodiversity working group of the Arctic Council.

[forces.si.edu/arctic](http://forces.si.edu/arctic)

The Smithsonian Environmental Research Center on the Arctic's climate and conservation.

[us.franceguide.com](http://us.franceguide.com)

The official French government tourism website.

[oceanconservancy.org/protecting-the-arctic](http://oceanconservancy.org/protecting-the-arctic)

The Ocean Conservancy's site breaks down the importance of protecting the Arctic.



[www.nationalgeographic.org/encyclopedia/arctic](http://www.nationalgeographic.org/encyclopedia/arctic)

National Geographic provides an excellent online resource on Arctic education.

[wwf.panda.org/knowledge\\_hub/where\\_we\\_work/arctic](http://wwf.panda.org/knowledge_hub/where_we_work/arctic)

The World Wide Fund for Nature highlights the threats and corresponding conservation efforts central to the Arctic.

[www.cbp.gov/travel](http://www.cbp.gov/travel)

U.S. Customs and Border Protection (CBP) website.

[www.cdc.gov](http://www.cdc.gov)

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.

[www.iec.ch/worldplugs](http://www.iec.ch/worldplugs)

Information on international electric current and plug types.

[www.nytimes.com/section/travel](http://www.nytimes.com/section/travel)

*The New York Times* Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years.

<https://www.theguardian.com/travel/arctic>

The Guardian Newspaper's (UK) travel section provides first person narratives, travel news, environment features, town/city guides, reviews and planning tools related to the Arctic.

[www.oanda.com/currency/converter](http://www.oanda.com/currency/converter)

Online currency converter tool and information on currency exchange rates.

[www.timeanddate.com](http://www.timeanddate.com)

Information on time zones and time conversions.

[www.travel.state.gov](http://www.travel.state.gov)

United States Department of State website; details on how to obtain or renew a passport.

[www.tsa.gov](http://www.tsa.gov)

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

[en.visitsvalbard.com](http://en.visitsvalbard.com)

Svalbard's official tourism site, with helpful information on exploring the High Arctic.

[www.weather.com](http://www.weather.com)

Current weather and extended forecasts around the world.