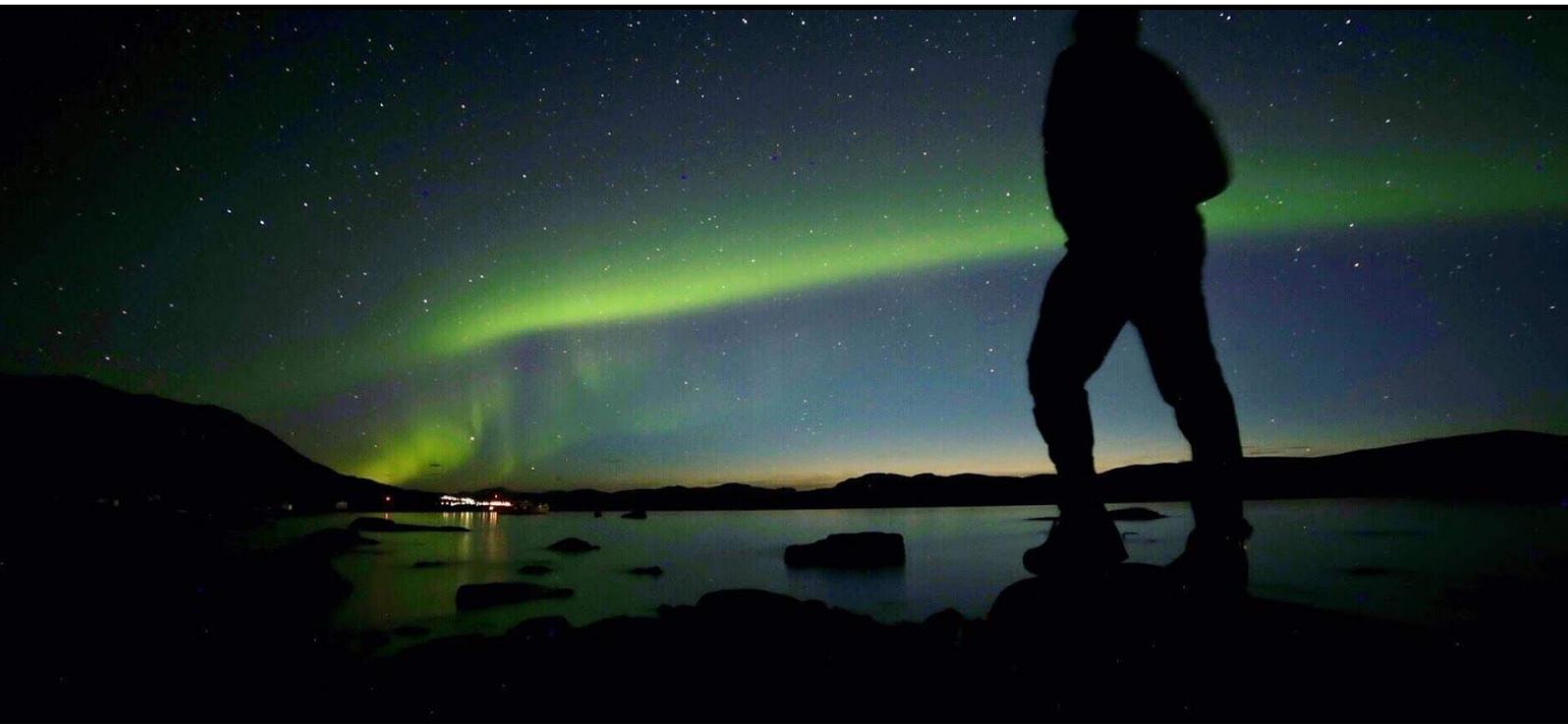


Press Release: 22 January 19

Contact: Tom Young **07896901051** : tomyoungwildlife@outlook.com

High res images available here: <https://photos.app.goo.gl/fEfcZszGEmarPwiY7>

Bedfordshire adventurer Tom Young completes 800 mile solo trek across the Arctic wilderness of Lapland



Bedfordshire adventurer and filmmaker Tom Young completed his 800 mile hike south through Lapland after 66 days, crossing the length of the European Arctic circle. Averaging 12 miles a day and hitting 62,500 steps on his biggest day, Tom scaled glacial mountains, wild camped 49 times, used rocks for shelter on the arctic tundra, and hammocked in wild forests under the northern lights. On top of this, Tom battled heat exhaustion in 24 hour 34°C daylight to freezing nights of -10°C and snow.

Starting on July 26th at the most northern point of mainland Europe, at a barren Norwegian headland jutting out into the Barents Sea, Tom Young said “By the time the first camp was set up and I’d had dinner, it was midnight and still bright as day.”

During the summer, temperatures in the Arctic tundra reached 34°C, and whilst carrying a 27kg rucksack, Tom had to drink 9 litres of water a day to battle the heat exhaustion. Fortunately water wasn't hard to come by, with plenty of clear running rivers and large lakes filled with fresh glacial meltwater.

Tom crossed areas of wilderness that are largely still intact with functioning ecosystems home to large carnivores like bears, wolves and lynx, as well as beaver and boar; all known for their ability to engineer their wild habitats. His highlights included Reisa National Park in Norway and Sarek National Park in Sweden.

“Camping wild, foraging for fruit and fungi, and being exposed to the elements with the simple goal to travel on foot through untamed wilderness provided me with first hand experience of the types of habitat that have been destroyed from the British landscape.”

Tom enjoyed some magical wildlife encounters; he listened to the calls of golden eagles soaring overhead echoing between steep mountain sides, watched lemmings scuttling through the undergrowth, and caught glimpses of wild salmon catching insects from the surface of crystal clear rivers fed by humongous waterfalls cascading down Reisa valley. “Feeling the ground tremor under my feet as two startled moose, with their huge gangly legs, crashed through the forest was mind blowing... there were moments of pure wild joy”.



However, it wasn't all plain sailing for Tom. Hiking up to 24 miles in a day, ascending the equivalent of two Mount Everests, physical and mental exhaustion was inevitable and on occasions it was the kindness of strangers that came to his rescue. One evening, Tom had set up an idyllic camp spot, fairly sheltered next to a river surrounded by epic mountains when at 1AM he was hit by a ferocious icy windstorm.



The entire night was spent fighting to keep the tent and kit pinned to the ground until sunrise. With only one hour of rough sleep, Tom struggled to walk on, eventually bumping into three Norwegians staying in a remote mountain hut.

“Upon hearing of my escapades they immediately cooked me a hot Norwegian potato stew, boiled up a litre of coffee and insisted I ate the last of their chocolate supplies. Without a doubt the best meal of the trip, leaving me full of energy and overwhelmed with kindness. People are amazing. Kindness really is king.”

The seasons changed rapidly, the rich colours of autumn lasted only two weeks before Tom was caught in an immense and early snow storm in the mountains of Sweden, with gusts reaching speeds of 100mph. Taking shelter in the nearest mountain hut, temperatures that night dropped to -10°C .

After 66 days and 800 miles carrying his tent, food and supplies, Tom finished his hike in Hemavan, Sweden. He is now planning to visit schools to talk about adventure, wildlife and rewilding whilst currently editing footage from his trip into an adventure documentary.

High res images and map of the trip is available to download from here:

<https://photos.app.goo.gl/fEfcZszGEmarPwiY7>

For more details or to arrange further interviews with Tom:

call: **07896901051**

email: tomyoungwildlife@outlook.com



Editors Notes:

The expedition has raised £495 so far for **Trees for Life**, one of the UK's leading conservation volunteering charities, planting trees and restoring wildlife habitats in the Scottish Highlands, creating a wilderness forest where people and wildlife can thrive.

<https://www.justgiving.com/fundraising/expeditionlapland>

The expedition has been made possible by the kind sponsorship of brilliant equipment from DD Hammocks, ViewRanger, Fjern and IsoBaa.

You can find more information on Tom's website at www.tomyoungwildlife.com/

And photos and reports of his trip on his social media accounts:

Instagram: [@tom_willy_young](https://www.instagram.com/tom_willy_young)

Facebook: [/tomyoungwildlife](https://www.facebook.com/tomyoungwildlife)

About Tom Young

An environmental scientist and conservationist, trained HSE Pro Scuba diver, with a background in adventurous photography and filmmaking. He has worked with and produced films for the Wildlife Trusts, Fox Project, Shark Trust, and ZSL, as well as contributing to BBC Big Blue UK and Autumnwatch.