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With solo North Pole trip, she wants to reach out to women

Elham, 27, will ski cross-country during her three-week journey, after starting out at 89 degrees latitude.

By Mariam M. Al Serkal, Staff Reporter

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Elham Al Qasimi is sticking to a disciplined fitness and training regimen since she wants to reach the North Pole without any help from motorised equipment.

Image Credit: Supplied picture

Dubai Elham Al Qasimi will set off to the North Pole in April. Her mission: to set the record straight by becoming the first UAE national to make the expedition unassisted and unsupported.

Elham, 27, will ski cross-country during her three-week journey, after starting out at 89 degrees latitude. That she will not be using any motorised equipment tells the difficulty of the challenge she is undertaking.

Throughout her polar expedition, she aims not to fall back on any re-supplies or air drops. All her supplies for the last estimated 100 nautical miles to the North Pole will, therefore, be carried on dogsleds or on her own.

Elham decided to embark on the challenge with the clear purpose of inspiring all women to keep a positive attitude amid all the chaos unfolding around us.

"I want to showcase this trek as an example of drive and ambition that inspires women to aim higher and reach further. I strongly feel that this accomplishment is one for the entire nation of the UAE rather than just a personal accomplishment," she said.

Charity mission

"It will illustrate the drive, discipline, and ambition of all young UAE nationals and symbolise traits which are transferable across all goals, [be it] educational, professional, and physical," she explained, adding that completing the expedition would call for vast reserves of optimism, ambition, humility and discipline.

Corporate sponsors who have already agreed to be part of this historic mission include Emirates Airlines, Emirates National Bank of Dubai, and Red Bull. A charity of choice will also be part of the expedition and fulfil Elham's desire to have a non-profit organisation on board that can also benefit from it.

Elham is currently undergoing a disciplined fitness and training routine and intends to embark on her journey from Dubai in mid-April. She will keep everyone updated on her trip through postings on Twitter, Facebook and a personal blog.