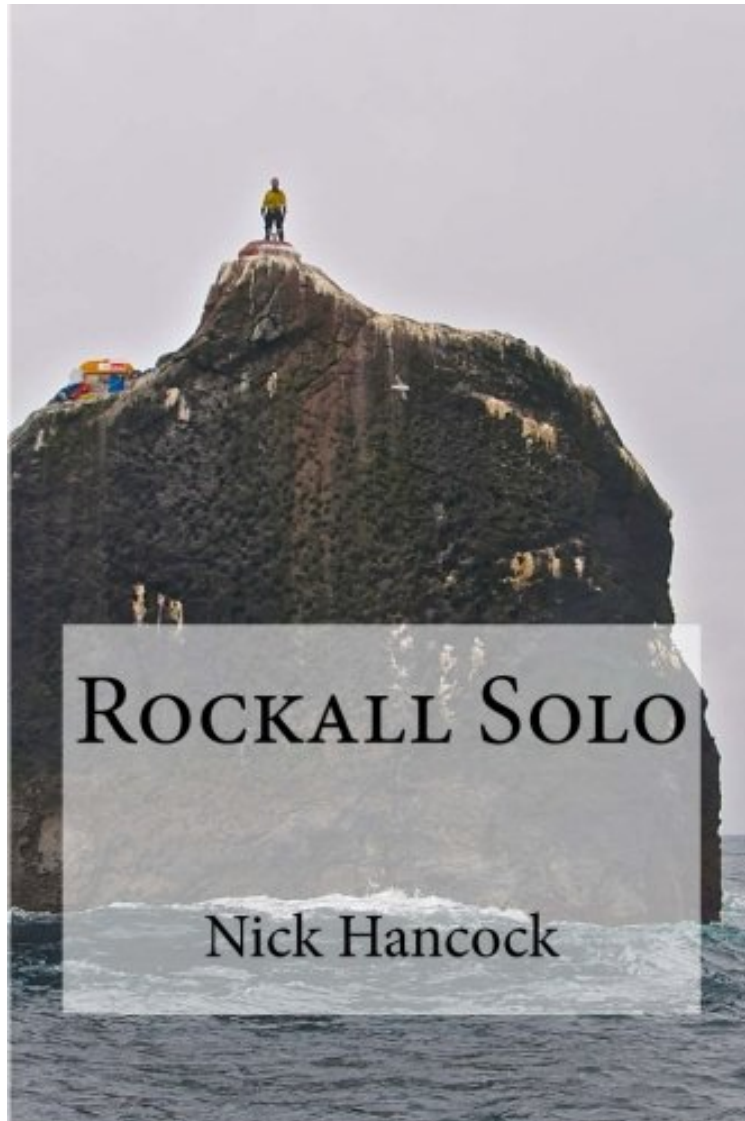


(Mobile book) Rockall Solo: 45 days of Discipline, Optimism and Endurance

## Rockall Solo: 45 days of Discipline, Optimism and Endurance

*Nick Hancock FRGS*

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**Nick Hancock FRGS : Rockall Solo: 45 days of Discipline, Optimism and Endurance** before purchasing it in order to gage whether or not it would be worth my time, and all praised Rockall Solo: 45 days of Discipline, Optimism and Endurance:

Nick recently returned from a unique and record breaking expedition to the remote Isle of Rockall in the North

Atlantic, an expedition which Bear Grylls described as "An ambitious, exciting and wonderfully mad project" Nick lived alone on Rockall, in a home-made survival pod on a small ledge, for 45 days, over 15 hours and 230 miles from the Outer Hebrides; a project which was 5 years in the planning. Rockall Solo was undertaken by Nick in June and July 2014 in order to raise funds for Help for Heroes. Following his successful Rockall Jubilee reconnaissance expedition in 2012, the challenge then became for Nick to return to and land on Rockall for a second time, becoming only the third person in history to do so, and this time survive solo in his home-made survival capsule in an attempt to set two new endurance records: the longest ever solo occupation of Rockall, and the longest occupation in history. This is the story of the five years of planning, fund raising and logistics just to get to the start line, and Nick's experience during that record-breaking occupation.