



## Ann Daniels

**A record-breaking polar explorer and a renowned international speaker**

Ann Daniels is the first woman in history, along with expedition teammate Caroline Hamilton, to reach the North and South Poles as part of all women teams.

## Ann's biography

### About Ann Daniels

Ann is a great believer in living life to the full and taking opportunities as they appear. Not letting the fear of failure stop her having a go, with no previous outdoor experience and as a mother of 18 month old triplets, Lucy, Joseph and Rachel, she beat off fierce [competition](#) from over 200 other women on a tough Dartmoor selection weekend and was chosen to join the first team, of the McVities Penguin Polar Relay. A unique relay expedition of women sledge hauling to the North Pole. The first team of four women with two guides were tasked with crossing the toughest sections of ice, in the coldest weather, to give this record breaking expedition the best possible start.

This unique expedition was the start of a number of [world record-breaking expeditions](#) that would see Ann rise in the field of Polar Exploration.

Fired up by her experiences in temperatures cold enough to freeze skin instantly, Ann and four colleagues from the relay went on to organise and accomplish a 700 mile expedition across Antarctica, the windiest, highest and bleakest continent on earth to become The First British All Women's team to ski to the South Pole.

She became the first British female North Pole guide leading men and women in the most extreme environments on the planet and whilst guiding one such North Pole expedition had the dream to make the whole journey to the North Pole from land. A feat only completed by a few expeditions and never by an all women's team.

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