

From the Yukon to Alaska: Two World First Endurance Journeys, Captured in Two Powerful New Books

The books describe one man's trials and ordeals along the routes of the world's longest, toughest and most dangerous sled dog race trails: alone and on foot.

In ***Hiking the Yukon Quest***, endurance athlete and exercise physiologist Dr Mark Hines recounts his unique achievement: becoming the first person ever to sled-haul the full 1,000-mile route of the world's toughest sled dog race, The Yukon Quest.

In ***Your Only Option***, Hines details the gruelling Iditarod Trail Invitational – one of the longest, toughest and most dangerous human-powered races in the world. Few people have ever finished this incredible event on foot, making Hines the first and only person in the world to have completed both this and the Quest trail – 2000 miles alone across the Canadian and Alaskan wilderness.

Hines blends vivid storytelling with scientific insight and plenty of humour, exploring not only the landscape but also the limits of human endurance. These are books for anyone who loves adventure, the outdoors, and stories of courage against the odds.

"A strikingly authentic and rewardingly insightful account of a major undertaking by an adventurer's adventurer – on foot and alone in the Alaskan Arctic"

Pen Hadow, Polar Explorer

About the Author

Dr Mark Hines is an endurance racer and scientist with a history of completing extreme events. Hines brings together a truly delightful writing style with detailed accounts of the challenges and triumphs of his endeavours. Hines' expert use of in-depth descriptions, humour and science offer unique perspectives that readers consistently appreciate, growing his following and making him sought after for podcasts and interviews.

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