

The hardest part about a North Pole expedition has got to be the start. So the start of the expedition was the end of February, where the sun is actually only just coming above the horizon. So it's actually this amazing sunrise sunset that lasts for about five-6 hours. And then the sun disappears again. So it doesn't get very high at all.

And because the sun doesn't get very high in the sky, then the temperature is very cold. And for every day that you're out on the ice, the sun actually comes up for an extra half an hour a day. So very quickly, you can go from having very little sunlight to actually almost having 24 hours of sunlight. And as soon as the sun starts getting a bit higher in the sky, then the temperature starts to warm up as well. So the coldest temperature we had was -65 degrees. That's like three times as cold as your freezer at home.

But the warmest temperature we had was about minus five degrees centigrade. And that's because the sun is getting higher in the sky very quickly. And so the temperature is warming up. So over that two months, it changed an awful lot in terms of being able to see and the temperature as well.