



### Conquering the Formidable Yukon Arctic Ultra!

Our Head of Operations, Tristan Brown, and CEO, Alistair Cole, headed off to the Arctic at the beginning of the month to trek 100 miles' worth of the same route as the world's toughest dog sled race, whilst carrying all of their own supplies. We are delighted to announce that they thrashed it, coming third in their category! You can watch Tristan and Alistair crossing the finish line [here](#) (about 3 min 16 sec in).

We couldn't let Tristan get away with not writing a blog on this rather epic journey! So, Tris, over to you...  
"On the 5<sup>th</sup> February, I set off on the [Montane® Yukon Arctic Ultra](#) (MYAU) with my boss, Alistair Cole (CEO). This is classed as the world's coldest and toughest ultra-marathon and I can assure you it lived up to its reputation! Facing temperatures as low as -41°C this was a true test both mentally and physically.

About a year ago, Al came up to me with a ridiculous suggestion that we signed up to this race. After initially laughing it off, it got me thinking and two questions came to mind. Have I ever truly challenged myself, and how would I react when pushed to my limit? No matter how *hard I tried I couldn't* get these questions out of my head and I wanted to find out the answers! A week later I found myself in his office agreeing to do the race. I regretted it almost immediately when it dawned on me what I was actually in for, not just with the race itself but also with the training I was now going to have to do... [Read more.](#)



The students, from Tuno Elementary, learn all about reef fish identification with Sarah Mynott (SO). Photo courtesy of Jamie Parker (PS).



Smile for the camera! [Adventure Lifesigns](#) meet our Tanzania partners! L to R - Ian, Jacqui, Pendo, Kensa, Daniel, Mette.

## Coral Cay Conservation

We are happy to confirm that the weather in the Philippines has now calmed down, but as they say 'time and tide waits for no man', so when a Reef Rangers visit was due to happen on the same day as some pretty prodigious rainfall, the team decided to battle on and brave the storm!

The first Reef Rangers session of the year welcomed seven students from Tuno Elementary School to our Napantao base.

The Reef Rangers site visit is a great chance for the whole staff and volunteer team to come together and join in on the lessons and games. After a site tour with Project Scientist, Jamie Parker, the group got stuck into a fish themed game of Pictionary, with scholar, Yelena Duarte. Jamie and Sarah Mynott, Science Officer, then took over and took the students through a number of lessons on coral, fish, food-chains, the threats to, and importance of, coral reefs to Filipino communities, as well as the conservation efforts being used to help preserve their legacy. These topics were interspersed with active games to keep the student's attention and help put their knowledge to the test. The day was completed with a final game of the 'blind-fold food-chain challenge', with the guidance of scholar, Monica Ricafort, Yelena and volunteer, Lisa Sidebotham. All the students succeeded in their mission, completing their food-chains in record time!

## Recent Events

The expeditions team from [Adventure Lifesigns](#), Ian, Kensa and Mette, were thrilled to get a visit from our Tanzanian partner, Daniel, and his wife, Pendo Mpanduzi last week. Daniel is the headmaster of a school in Usa River, a town in Tanzania. Each year Adventure Lifesigns send out teams of young explorers to help the school, so whilst Daniel was in the UK he grabbed the opportunity to meet the team. Next year Adventure Lifesigns and a group of students and teachers from one of our local schools will be heading out again, so it was great to get together, along with the leading teacher, Jacqui, to chat through the plan.

The school which Daniel heads has taken amazing leaps to improve equality in Usa River. As a result of growing up with many sisters, Daniel was very aware of the inequality between sexes, so when he grew up he made it his mission to create a school where all would have an equal access to education. This started with accepting two female students for every male, and has now grown to the acceptance of albino children. Tanzania has the highest rate of albinism in any country, and sadly there is a long history of persecution of those with this disorder. Daniel's school has become a safe haven for all of the children in the local area, fostering understanding and awareness within the younger generation. We are so proud to be involved in helping this worthy cause.

## Future Events

This year will see [Coral Cay Conservation](#) welcoming a school group onto our [Montserrat](#), Caribbean site. We love having school groups join us as it's a real treat to be able to support young explorers through their first expedition, and the fact that we get to show off the beautiful fauna and flora of Montserrat is just the cherry on the cake! Montserrat is the perfect location for learning about conservation, as the island is home to a number of critically endangered endemic species, such as the [Montserrat Oriole](#), the [Montserrat Galliwasp](#), and the rather confusingly named frog species, the [Mountain Chicken](#) (also found on Dominica). We'll be taking the students through a number of training sessions to get them ready for their expedition, and will bring you all the news of their progress over the next few months.

## Offer of the Month!

Due to the crazily cheap prices of flights to the Philippines at the moment (around £300 return!), we are pleased to be able to offer a 10% discount to anyone who [books on](#) to a [Philippines](#) expedition before the 20th March 2017! The Philippines is home to the most diverse marine ecosystem anywhere in the world, so as a place to learn how to dive, and improve your species ID skills, it's second to none!!

Terms & Conditions: Offer applies to Coral Cay Conservation Philippines expeditions only. The discount of 10% applies to the expedition fee only. Expedition must take place within 2017. Offer can only be redeemed until the 20th March 2017. Offer is only redeemable through the mention of 'NewsletterFeb17' on the booking form. Offer cannot be combined with any other offer. Offer subject to availability. This offer has no monetary value and no cash or product alternative will be offered. Usual CCC expedition [Terms and Conditions](#) apply.