



Heart of the Antarctic

Authors: Laurence de la Ferrière - Éric Loizeau

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The Antarctic as seen by Laurence de la Ferrière, the first woman to ever cross Antarctica on her own, and sailor Éric Loizeau.

Two hundred years after the Antarctic was discovered, Laurence de la Ferrière and sailor Éric Loizeau set out in their catamaran on a wonderful expedition to the heart of the white continent. Taking the form of a logbook, these pages relate the story of a great adventure following in the footsteps of the first explorers, heroic pioneers and whale hunters. It takes stock of the activities of international scientific bases and bears unique witness to the need to preserve the magnificent yet fragile environment of the most mysterious continent.

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