



# Atte

**My name** is Atte Miettinen and I'm originally from Finland. I've spent the last 12 years working on several exciting telecom start-ups and I've called Dubai my home since January 2007.

Over the past eight years, I've been climbing mountains all over the world and dreaming of the Seven Summits, climbing the highest mountains of every continent, which has only been achieved by 334 people in history, including no-one from my native Finland.

I climbed the third of the Seven Summits in Indonesia in May and made a decision to turn my dream of climbing all seven into reality. I took a sabbatical from work and decided to dedicate the next 12 months into pursuing the four remaining mountains to complete my Seven Summits.

The small number of people that have completed the Seven Summits is a great reflection of the challenge. I need to train and climb fulltime, spend five months on mountains often in extreme conditions as well as expose myself to serious physical and mental strain.

However, I've always enjoyed testing my limits, whether professionally or through some personal challenge, so while I recognise the challenges and the severe risks that come with each mountain, I'm excited about the year ahead of me.

I spent the first few months following my decision training in Dubai. My friends find it a bit crazy that I put on a backpack with 20-25kg and climb up and down the stairs of our 55 storey apartment building for several hours, but its great preparation for the mountains. I also spend a lot of time in the gym, mostly running uphill on a treadmill but also doing some muscle work.

Occasionally I also venture out to the desert and pull my wife on a car tire over the dunes, which is a great way of simulating the pulling of a pulk, which I need to do in two of the four mountains.

Now I'm finally close to starting the first of my four expeditions. I'm currently in Chile, waiting excitedly for a break in weather so that we can fly to Antarctica, the highest, driest, windiest and coldest continent on earth, to climb its highest mountain, Vinson Massif (4897m).

I'm hoping to complete the round trip to Antarctica in approximately two weeks and after which I'll have a week's break. Then I continue to Cerro Aconcagua (6959m), the highest mountain in Argentina and South America. The expedition should take about three weeks, which means that I return to Dubai just before New Year.

I'll start 2012 with 2.5 months of training before heading to Nepal in March to climb the world's highest mountain, Mount Everest (8850m). The expedition will take about two months, with summit bid expected in mid May.

After Everest, I'll have a week's break before continuing to Denali (6194m) in Alaska, the highest mountain in North America. I hope to summit Denali next June and complete my Seven Summits.

I expect the months ahead to form an unforgettable experience, but also recognise that pursuing my dream comes with major risks, which were recently highlighted by the need to complete a body disposal form for Mount Everest, outlining your preferences should you die on the mountain.

Many think the challenge I've taken on is crazy, but I feel privileged regarding the opportunity to fulfil a dream and potentially also make mountaineering history in my native Finland.

I'm thankful to my wife for understanding the desire to test my limits and happy that many companies, such as Halti, MTV3, Estlander & Partners and Nokia, have seen the value in partnering with me for this unique project.

