

A FROSTY FREE DIVE? THE ULTIMATE ICY CHALLENGE



Free Diving is a true adventure many enjoy and are keen to compete in it. The Oslo Ice Challenge, which took place on March 7th - 8th, 2009 presented a new kind of challenge for free diving enthusiasts - the icy waters of Oslo's Lake Lutvann.

Free diving in the divine waters of tropical islands is one of the most exhilarating experiences there are. Many divers have been converted to this extraordinary adventure - which to be fair - is not to be taken lightly. It takes plenty of consistent training, great physical shape and a lot of courage to dive into the deep.

That alone is a great accomplishment. However, what if the conditions were a bit more trying than the warm tropical waters? What if the setting was a bit icier and darker - such as the cold waters of **Lake Lutvann** near the Norwegian capital of Oslo. On March 7th and 8th **the first free diving competition under ice** was held here and twenty brave competitors decided to show their courage and skill.

The chilling temperature of -2 degrees Celsius is painful to just think about. The twenty brave men decided to dive into a 10 x 10 ft hole and try to reach as low as possible. The visibility is not excellent in such conditions either. What was even more difficult for the contestants was the two-mile walk in a blizzard before they actually reached the 'destination'. A team of professionals was making sure the contest was well organized and the health risks were kept to a minimum. A professional underwater cameraman was shooting the entire contest to make sure this unique and unheard of event gets remembered.

The winner managed to dive to an impressive depth of 53 meters. He is a French free diver **Guillaume Nery**. In fact, he is the youngest free-diver to hold a world record in this category which is a very impressive accomplishment. The first contest is over yet surely, more and more enthusiasts will wish to give their talent and skill a go. After all, the world of adrenalin sports is expanding and yet another challenge is hard to say no to.

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Date: 2009-03-30

Article link: <http://www.tourism-review.com/the-first-under-ice-free-diving-competition-news1512>