

De la Rosa leaves Bylot Island behind and positions himself facing Lancaster Sound

18 nm on a summer-like day · 129 nm accumulated · Awaiting favourable winds

Nunavut (Canada) · July 25, 2026

Spanish explorer Antonio de la Rosa completed on Saturday a stage of 18 nautical miles (approximately 34 kilometres) that allowed him to leave Bylot Island behind and cross Navy Board Inlet bay, positioning himself right in front of the legendary Lancaster Sound — the official oceanic threshold of the Northwest Passage. With this progression, De la Rosa has accumulated 129 nautical miles (239.5 km) since his departure from Pond Inlet on July 18, in five effective days of navigation following the weather hold of July 19-20.

A strategic stage under unexpected warmth

Saturday's stage unfolded under particularly benign weather conditions for the Canadian High Arctic. Antonio departed from a sheltered bay in Bylot Island and managed to cross the channel despite the **strong inbound current** generated by the previous days of sustained westerly wind.

“The weather has been wonderful. It's even been warm. I went without the dry suit because there was no swell at all. The 34-kilometre distance allowed me to complete the stage I really intended today, to wait tomorrow for the westerly winds that will take me through Lancaster.”

The advance was strategically key: it was not about racking up the longest distance possible, but about positioning himself facing Lancaster Sound to make the most of the weather window announced by **Fran Costoya**, responsible for meteorological support from Spain. The easterly winds forecast for Sunday afternoon should push the explorer for at least four days with a favourable heading.

A natural sanctuary of rock walls and meltwater rivers

De la Rosa describes the site where he has set up camp as **spectacular**: vertical rock walls and stony shores similar to those of great mountain rivers. Finding fresh water sources is a critical daily task: the explorer identifies two main sources — **meltwater river beds** flowing from the mountains to the sea, and **ice blocks** he can melt to obtain drinking water. The decision of where to stop each night is conditioned by proximity to one of these two sources.

The explorer's daily life: nutrition, body, and equipment

For the first time since departure, Antonio shares in detail the technical and logistical aspects of his day-to-day life in the Arctic. **Nutrition**: the explorer consumes approximately **4,500 calories per day**, distributed in two dehydrated meals from Spanish brand **Ocre** (pasta, rice and protein variants), a **150-gram mix of nuts**, **100 grams of butter daily**, some chocolate bars and a **daily protein shake**.

Equipment — the board: Antonio highlights the exceptional performance of the **Sunova** specifically manufactured for this expedition, though he does not avoid self-criticism about a design element.

“The board is performing incredibly. These Sunova boards we've manufactured are, I think, the number one. The only thing I would have changed today is having built a retractable fin that would fold into the board when hitting rocks.”

Physical and mental state: the explorer reports being in good general condition, with the logical lower back overload after days of sustained effort.

“I still feel very well physically. Logically overloaded in the back, the lumbar area, but apart from that, I've done 240 km in five days. I feel very well physically and mentally, I'm determined and doing things right.”

The plan for tomorrow: the Lancaster Sound crossing

De la Rosa plans to begin the crossing of **Lancaster Sound** on Sunday, making the most of the weather window announced by Fran Costoya. Reaching Lancaster Sound will mark the end of the initial approach phase to the Northwest Passage — developed through Navy Board Inlet — and the **formal beginning of the oceanic crossing** through the Arctic corridor connecting the Atlantic with the Pacific. It is the same body of water navigated in 1819 by William Edward Parry, in 1845 by the ill-fated expedition of John Franklin, and finally crossed by Roald Amundsen between 1903 and 1906. Two hundred years later, a 57-year-old Spaniard is about to cross the same threshold. Alone. On a paddleboard.

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Date	July 25, 2026 · Day 8 of expedition
Distance covered	18 nm (~34 km)
Total accumulated	129 nm (~239.5 km) since departure
Effective navigation days	5 (after weather hold July 19-20)
Current position	73.688°N · 81.452°W
Geographical location	Facing Lancaster Sound · after leaving Bylot Island behind
Day conditions	Unexpected warmth · no swell · no dry suit needed
Daily caloric intake	~4,500 kcal (Ocre + nuts + butter + protein)
Featured equipment	Sunova board (with slightly damaged fin)
Explorer's condition	■ Optimal · mild lumbar overload · firm determination
Next milestone	Lancaster Sound crossing (expected Sunday July 26)
Weather window	Favourable easterly winds from Sunday afternoon · 4 days
Resupply	Cambridge Bay · 27 days from departure

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