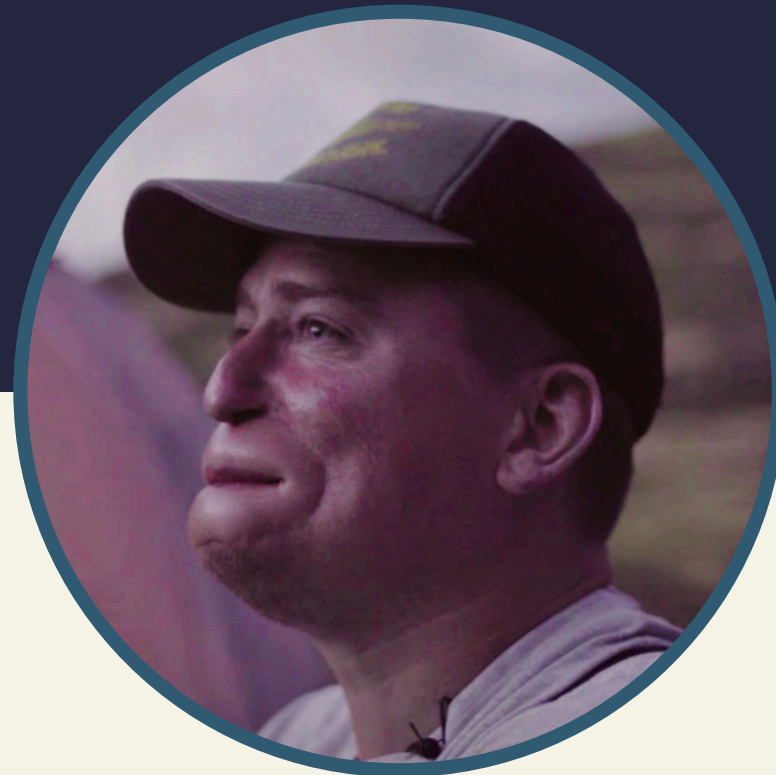




THE **ALEX LEWIS** NORTH ATLANTIC ROW

www.the-alf.com



ALEX LEWIS - EXPEDITION CREATOR

FATHER - QUADRUPLE AMPUTEE - SPEAKER - INNOVATOR - ADVENTURER - OCEAN ROWER?

“This expedition takes our adventures to a whole new level! For Rannoch Adventure to support me and entrust me with Roxy, the RX80, is a huge undertaking on all sides but the ocean, or big stuff, is calling like a mermaid to a drunken sailor. I envisage a boat full of laughter, resilience and rowing with likeminded individuals who as a team will create history. This will be a dream come true for me and we want you to share in this adventure full of **World Firsts!**”

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THE **ALEX LEWIS** NORTH ATLANTIC ROW

Start Date: June 30th 2026

Location: St John, Newfoundland

Aim: To become the first team of 12 to row the North Atlantic
West to East and more

Duration: 45 - 50 days

Difficulty level: 5 (As tough as it gets)

A WORLD RECORD SETTING EVENT

We will be setting the following World Records:

The first 12 person mixed boat to row across the North Atlantic

The first physically disabled person to row the North Atlantic

And my personal favourite...

THE FIRST QUADRUPLE AMPUTEE TO ROW AN OCEAN



THE ROUTE

2800 MILES WEST TO EAST IN THE NORTH ATLANTIC

One of the most significant factors that make a sea dangerous is the weather. Unpredictable weather patterns can transform seemingly calm waters into deadly traps. The North Atlantic Ocean is infamous for its rough seas, strong winds and sudden storms that often catch rowing boats off guard. Add box jellyfish, freezing fog, whales, icebergs and sharks to the equation and you're in for one hell of an expedition!

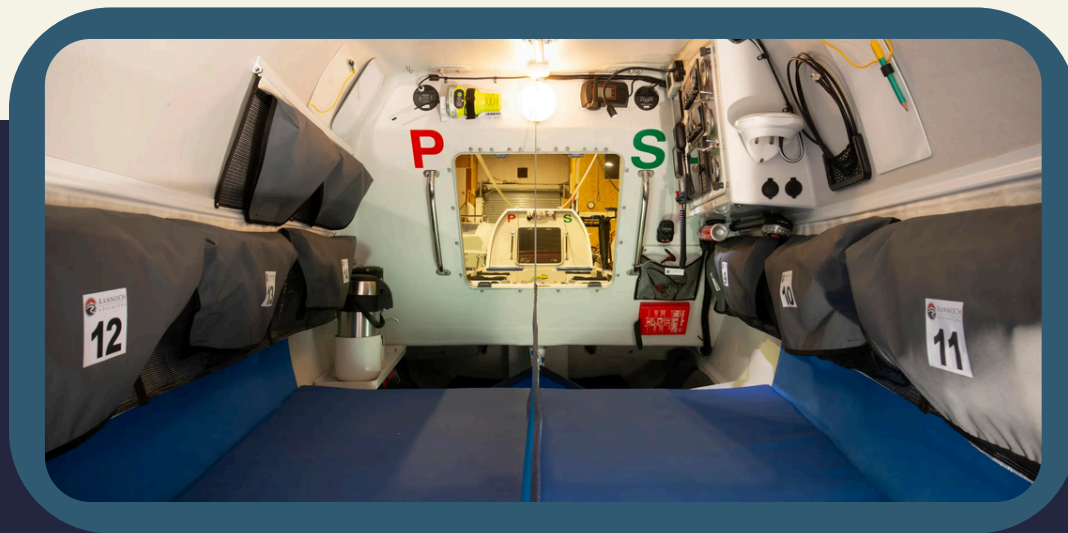


St John, Newfoundland



Falmouth, UK

OUR VESSEL THE RANNOCH RX80





IT'S VITALS

No. of Rowing Positions : Six/Eight

No. of Berths : Six/Eight

Hull length : 11.8m

Waterline length : 11.36m

Beam : 1.74m

Beam at waterline : 1.58m

Draught (canoe body) : 0.34m

Construction : Carbon/Fibreglass

Overall Height (keel to cabin roof of canoe body) : 1.68m

DETAILS

What to expect on the ALNAR

Participating in the ALNAR will test you in every possible way.

The rowing schedule for much of the time will be 12hrs of rowing per person per day, broken in to 3hr shifts. This is a tough schedule and is mentally and physically exhausting.

Living in close quarters with 11 recently befriended rowers in a small vessel and unable to see land can also be emotionally challenging. The isolation is one reason why these expeditions are incredibly unique but not necessarily suited to everyone.

Rowing across the North Atlantic under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way you will overcome many challenges physically, mentally and socially. But the memories...just awesome!

Definitions of level of difficulty:

Challenging - This row will test your abilities and skills to a significant degree and will require determination and effort

Arduous - This row requires strenuous effort and endurance. It is difficult and tiring and requires substantial physical and mental exertion over a prolonged period.

Gruelling - This row is extremely demanding and exhausting. It requires relentless effort and endurance, often to the point of exhaustion due to its intensity and duration

And then there's the North Atlantic



DETAILS

Dates and venues

Training week 1 - **TBC. Expected to be late Autumn 2025**

Training week 2 - **23rd to 28th June 2026. St John, Newfoundland**

Departure - **30th June 2026**

Arrival - **Mid to late August**

Accommodation

All nights will be spent onboard Roxy during the row. During the first training week, 2 nights will be spent on Roxy, 2 nights will be spent on land. During the second training week, all nights will be spent on land. Please note accommodation on land is not included in the package

Meals

All expedition meals, snacks, coffee and tea are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish (I'm a big fan of Jelly Babies, just putting it out there) although plenty of food will be available. There will be opportunities to eat at restaurants on land during the training weeks - these are not included in the package.

DETAILS

Safety and medical

There are two professional Rannoch Adventure staff on board for the duration of the row (A skipper and co skipper).

All on board safety equipment is provided.

First aid kits and non prescription medical supplies are available on the boat.

No smoking, vaping or drinking alcohol is allowed on or near Roxy.

Training and fitness

In advance of any row of this nature we suggest a minimum 16 week personal training programme which mixes erg work with dynamic exercise. Ideally cycling but swimming, aerobics, yoga are all good too. A strong core is important for agility and balance when moving around the boat and squats and sit ups are great exercises to prepare you for the row.

A combination of high intensity exercise with prolonged endurance exercise is recommended.

You should be a strong swimmer, ideally being able to swim 100 metres fully clothed.

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any specific advice.



DETAILS

Rowing experience

Although experience of rowing on open water is not mandatory, we do expect all crew to learn to row on water prior to their expedition (through an open water rowing course or by joining a coastal rowing club).

Ocean Rowing Training Programme

All participants are expected to attend the full training programme. Training dates are:

TBC. Expected to be late Autumn 2025

23rd to 28th June 2026 in St John, Newfoundland

During the two weeks of training the following aspects of ocean rowing will be covered:

Rowing technique	Living on board and taking care of yourself	First Aid
Safety on board	Overnight rowing.	Sea survival
The shift system	Approximately 50 hours of rowing	Essential navigation





DETAILS

Essential kit for open water rowing

A full set of marine foul weather clothing

Sports shorts, leggings, base layers, sports t shirts

Gilet, fleece

White soled training shoes, trainers for on shore

Swimsuit or trunks, hat, neck buff, underwear, socks

Essential toiletries

Sleeping bag

Your kit must be packed into a 20 litre dry bag, a 10 litre dry bag and a 3 litre 'day' dry bag.

A full kit list is available once a place has been offered



DETAILS

Price:

Seat - £16,000

Personal fundraising - Minimum £2,000

Corporate sponsors x 2 - Minimum £4,000



DETAILS

What's included:

A place on ALNAR on board Roxy

A comprehensive on water training programme

A comprehensive shore based training programme

All food and cooking equipment during the expedition

All on board safety equipment

Limited use of satellite phone during the expedition

First Aid kits and general medical supplies

Post expedition dinner to celebrate making history

What's NOT included:

Personal effects (Clothes, sleeping bags, additional snacks, Jelly Babies remember)

Accommodation and meals during training

Personal insurance

Travel to St John, Newfoundland

Accommodation and meals onshore before the expedition





DETAILS

Breakdown of costs:

Payment schedule:

Payment 1: £3,000 deposit to guarantee your place (£1,500 is non refundable). Due no later than October 30th 2025

Payment 2: £6,500 is due no later than February 10th 2026

Payment 3: £6,500 is due no later than April 20th 2026

Fundraising and Corporate sponsorship:

ALNAR will be a fundraising event for **The Alex Lewis FLOAT Foundation**. Our mission:

TO DRIVE THE DISRUPTION AND INNOVATION OF ASSISTIVE TECHNOLOGY SOLUTIONS IN THE UK AND INTERNATIONALLY. THE ALFF IS DEDICATED TO TRANSFORMING LIVES THROUGH EDUCATIONAL OUTREACH,END USER LED RESEARCH AND THE DEVELOPMENT OF INNOVATIVE TECHNOLOGIES THAT NORMALISE FUNCTION FOR THE DIFFERENTLY ABLED.

Without all the above I would not be here telling you about the incredible opportunity to row the North Atlantic with a quadruple amputee. The ALFF is the culmination of 11 years living and working in the Assistive Technology space as a quadruple amputee. We want to ensure that the less able are able to do everything from brushing their teeth to rowing oceans and everything between. The barriers are access, effective design and affordability and The ALFF are taking steps to improve the pathway for those who require the use of Assistive Technology to live full and independent lives.





DETAILS

Personal fundraising:

Personal fundraising is for you to utilise your network of friends, family, work colleagues, social media followers and more. On the ALFF website you can set up a fundraising page on the following platforms:

[Jumblebee](#) [Just Giving](#)

We will provide regular updates on our socials and we'd encourage everyone to follow us. We are on the following platforms:

Instagram - [@alexlewisalff](#) Facebook - [Alex Lewis Trust](#) LinkedIn - [Alex Lewis](#)

Corporate sponsors:

Corporate sponsors for £2,000 will receive the following:

An online public speaking engagement by me discussing my life post injury and how I've ended up leading a World First expedition on the North Atlantic.

In person public speaking engagement fees can be negotiated separately

A 300mm x 300mm logo on Roxy, our RX80 rowing boat

Sponsor spotlight series - Dedicated posts highlighting how each sponsor's products/services are crucial to you and your participation in ALNAR

*We are putting together a more comprehensive corporate sponsors deck with tiered packages that we will send to you in the coming weeks.

CONTACT US



E mail - alex@the-alf.com or quentin@rannochadventure.com