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In 1988, at the age of 50, Helen Thayer became the first woman in the world to travel on foot to the magnetic North Pole, one of the world's most remote and dangerous regions. Her only companion was... MorePolar Dream: The First Solo Expedition by a Woman and Her Dog to the Magnetic North Pole [Helen Thayer, Sir Edmund Hillary] on Amazon.com. *FREE* shipping on qualifying offers. In 1988, at the age of 50, Helen Thayer became the first woman in the world to travel on foot to the magnetic North PoleHer best-selling book Polar Dream tells the story of her historic adventure with her beloved companion Charlie, her protector fr She was the first woman and first American to circumnavigate the Magnetic North Pole.Buy Polar Dream: The First Solo Expedition by a Woman and Her Dog to the Magnetic North Pole Revised ed. by Helen Thayer (ISBN: 9780939165452) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.