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## Five Days of Minds of Strandberg

I GOT OFF THE PLANE IN KIRUNA, SWEDEN, in the fading light of day, even though it was only 11 a.m. I had come to this small city, miles above the Arctic Circle, to experience the Northern Lights and to try out some luminous watches in a Lapland setting, where it's important to be able to read a watch in darkness. You see, during the winter in this northernmost mining town, there are days when the sun never rises above the horizon and darkness fills the days as well as the nights. I had committed to five days of night.

## The Northern Lights

This year, 2013, was predicted to be one of the best of the past 50 years in terms of high solar activity, making this the ideal time to go in search of the Northern Lights, Aurora Borealis. According to experts, the multicolored lights that appear in the Northern sky are the result of a reaction between high-energy particles expelled by the sun and atoms high in our atmosphere. Although they're said to be constantly occurring, they're not visible in daylight, even the light pollution from a small village renders the lights invisible, so the challenge is to find the right conditions for viewing. Known for its virtually cloudless sky, Kiruna's Abisko Aurora Sky Station is said to be one of the best places for catching a glimpse of the Northern Lights.

Luminous watches and the Northern Lights Lighting the Way

Because the nights are so long in Kiruna, it's important to have a watch that can go for hours without losing luminosity. I had brought along a selection of timepieces made by Ball, Bremont, Luminox, Reactor, Seiko and Artya and representing a variety of illumination strategies. Three of the watches use Super-LumiNova, a photolumi nescent material that absorbs energy when exposed to light and then glows in the dark Two of the watches use tritium-filled tubes on their hands and markers. Tritium is a radioactive gas that glows at a constant rate regardless of exposure to light, so there is no question that the watch will be visible, no matter how long the night lasts. Super-LumiNova glows more brightly than tritium when it's fully charged, but loses brightness over time. One of the watches, the Reactor Poseiden Titanium LE NeverDark combines the two technologies for a best-of-both-worlds result.

Some people prefer Super-LumiNova, while others like tritium better. I don't have a real preference as long as I can read my watch in the dead of night. Each of the watches I brought along performed perfectly during my arctic outing. The Super-Lumi-Nova timepieces (Bremont, Seiko and Artya) were bright and stayed bright for several hours, and then began fading, but were generally still visible for at least eight hours. The Artya has its Super-LumiNova on the bezel surrounding the dial, as well as on the hands, which makes for a great effect. The tritium watches (Ball, Luminox and Reactor) remained at a constant brightness level 24/7. As a result, I was on time for all my arctic activities (snowshoeing, husky driving, crosscountry skiing, ice fishing and more).



Seeking Aurora

The Aurora Sky Station is located at the top of Abisko Mountain, a 90-minute drive from Kiruna and then another 25 minutes by open chair lift, all in sub-zero temperatures. I bundled up in station-provided outerwear and boots and made the ascent in time for a dinner reservation. Toward the top of the chair lift, the fog and clouds rolled in. There is always the chance that the weather will clear at any time, I was told, but my disappointment was palpable. I ate my reindeer steak—served with cloud-berry garnish—all the while hoping for a reprieve from the clouds outside.

I stepped out onto the side of the mountain again and again to look for the Aurora, but only the smallest glimpses were visible, and only for seconds at a time. About 11:30 p.m., I decided to call it a night. I bundled up once again and boarded the chair lift, disappointed but perfectly aware of the time, thanks to my luminous watches. Once the lift started to move, however, things changed. The cloud cover lifted, the night was suddenly clear, and I was treated to the most amazing sight—the Aurora Borealis in all its glory.

As I descended the mountain, the heavens filled with incredible green, pink and purple lights, undulating across the clear sky. I could even see the stars through the Aurora. One particular Aurora seemed to be following me, stretching out to cover the sky immediately above. I turned from side to side and from front to back, amazed that the entire sky was decorated with these eerie yet amazingly gorgeous lights. Throughout my 25-minute descent, I was treated to the most incredible light show ever. When I got to the bottom and reluctantly exited the lift, the show continued above for another 10 minutes before the clouds rolled back in and it was over.

Long on my personal bucket list, seeing the spectacular Northern Lights can finally be crossed off. I left Swedish Lapland satisfied with my visit to the land of endless night and with the experience of the spectacular if maddeningly elusive Aurora. The luminous watches I traveled with performed flawlessly and continued to glow in the half light as I boarded my plane for home.