

# Alastair Humphreys

Alastair Humphreys is a British Adventurer, Author and Blogger. He spent over 4 years cycling round the world, a journey of 46,000 miles through 60 countries and 5 continents. More recently Alastair has walked across southern India, rowed across the Atlantic Ocean, run 6 marathons through the Sahara desert, completed a crossing of Iceland, and participated in an expedition in the Arctic, close to the magnetic North Pole.



## About Alastair:

Alastair's quest for adventure began young. Aged 8, he completed the 26 mile Yorkshire 3 Peaks challenge and the National 3 Peaks in 24 hours aged 13. At 14 he cycled off-road across England. Since graduating Alastair has cycled round the world for 4 years, raced a yacht across the Atlantic Ocean, canoed 500 miles down the Yukon River and walked the length of the holy Kaveri river in India

### Key Note Topics:

- Setting large goals - Having the boldness to begin.
- Entertaining talks for entertainment and after dinner
- Risk taking - overcoming obstacles

### Testimonials:

*"With the possible exception of Sir David Attenborough, that was the best lecture, and the longest applause that I have heard in the past 15 years."*

**President, Royal Geographical Society**



To enquire about one of our explorers availability and discuss a presentation that would suit your audience please contact us on **+353 87 987 7880** or email **[oliverkirwan@worldexplorersbureau.com](mailto:oliverkirwan@worldexplorersbureau.com)**