



## Alastair Humphreys

British Adventurer, Microadventurer & Author

*"Everyone should Microadventure!" Sir Richard Branson*

Alastair Humphreys has been on expeditions all around the world, travelling through over 80 countries by bicycle, boat and on foot. As well as the major adventures, Alastair's award-winning concept of microadventures – short, adventurous journeys close to home – encourage people to take practical steps to challenge themselves.

### TOPICS:

- Achieving the Impossible
- Microadventure
- Motivation
- Determination
- Crisis Management

### LANGUAGES:

He presents in English.

### PUBLICATIONS:

- 2009** Ten Lessons from the Road
- 2008** Thunder & Sunshine
- 2006** Moods of Future Joys: Round the World

### IN DETAIL:

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. He has also run the Marathon des Sables and rowed to France with a paralysed soldier. In 2010 he completed an unsupported crossing of Iceland by foot and packraft. In 2011 Alastair decided to remain in the UK in order to encourage people to seek out adventure and wilderness closer to home, challenging themselves through microadventures. In 2012 Alastair rowed across the Atlantic Ocean, did an expedition in Greenland and walked across the Empty Quarter desert and was named as one of National Geographic's Adventurers of the year.

### WHAT HE OFFERS YOU:

Alastair's presentations are inspiring, funny and challenging. His expeditions provide a spectacular, original case study of self-motivation, setting small targets to achieve outrageous goals, the rewards of risk and teamwork, the power of story-telling, overcoming difficult times and self-doubt, the magnificence of our world, and a call to arms that nothing is achieved without being bold enough to begin it. The lessons from the road.

### HOW HE PRESENTS:

An inspirational and entertaining speaker, Alastair Humphreys is passionate about encouraging others. With humour, superb photographs and a huge range of anecdotes to draw upon, Alastair challenges his audience to set more challenging goals. To do more!