



# Alastair Humphreys

British Adventurer, Microadventurer, Author and Blogger

*"Living Adventurously"*

Alastair Humphreys, a seasoned adventurer, blogger, author, speaker, and filmmaker, inspires people to live more adventurously daily. Through captivating storytelling, he encourages connecting with the natural world and taking action with curiosity and enthusiasm. Alastair is a National Geographic Adventurer of the Year and has written 14 books.

## TOPICS:

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

## LANGUAGES:

He presents in English.

## PUBLICATIONS:

- 2024** Local: A Search for Nearby Nature and Wilderness
- 2021** Ask an Adventurer
- 2019** Against the Odds
- 2019** Round the World by Bike

## IN DETAIL:

Alastair 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 six marathons through the Sahara Desert, completed a crossing of Iceland, busked through Spain and participated in an expedition in the Arctic, close to the magnetic North Pole. He has trekked 1000 miles across the Empty Quarter desert and 120 miles round the M25, one of his pioneering microadventures. In 2023, The Royal Geographical Society gave Alastair the Ness Award for "his long-standing contributions to promoting a greater understanding of our world and wider public engagement with the outdoors."

## WHAT HE OFFERS YOU:

Alaistair's 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 storytelling, 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.

## HOW HE PRESENTS:

Alastair's talks are original, down to earth, quick-witted, self-deprecating, honest, energetic, positive and challenging.