



# Ben Fogle

Television Presenter, Adventurer & Writer

*"A well known media personality and great motivator"*

Ben Fogle has rowed the Atlantic Ocean, crossed Antarctica on foot, run across the Sahara and crossed the Empty Quarter on camel. Ben is currently filming his 5th series of *New Lives in the Wild/Where the Wildmen Are* and *Migration* for Channel 5. He is also an ambassador for WWF, Medecins Sans Frontier and the Princes Trust.

## TOPICS:

- Presenter
- Host
- Entertainment
- Awards
- Overcoming Adversity and Challenges
- The Environment
- Motivation

## LANGUAGES:

He presents in English and is fluent in Spanish.

## PUBLICATIONS:

- 2012** The Accidental Adventurer
- 2007** Offshore: In Search of an Island of My Own
- 2006** The Crossing: Conquering the Atlantic in the World's Toughest Rowing Race (with James Cracknell)
- 2004** The Teatime Islands: Adventures in Britain's Faraway Outposts (short listed for the WH Smith's people's award for Best Travel book)

## IN DETAIL:

Ben writes for various journals and newspapers including the *Daily Telegraph*, *Daily Mail*, and has a weekly column in the *Sunday Telegraph* on rural affairs and a monthly environmental column for *Sky Magazine* and is a regular travel writer for the *Independent*. His TV appearances include *So Graham Norton*, *Celebrity Ready Steady Cook*, *The Big Read - Battle of the Books*, *Restoration*, *The Kumars at No 42* and *Rise*. He is a fellow of the Royal Geographical Society and patron of The Royal Parks Foundation. He has presented numerous hit programmes on the BBC, ITV and Channel 5 including *New Lives in the Wild*, *Extreme Dreams* and *Countrywise* amongst others.

## WHAT HE OFFERS YOU:

Ben has vast media experience and his life has been action-packed on assignments that have taken him around the world. In his presentations he speaks about his personal experience and shows how to live differently.

## HOW HE PRESENTS:

Ben's presentations are entertaining and inspiring and he is equally at home hosting or giving a motivational speech, adding prestige to any event.