



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.