



## Adventurer and author

Alastair is a highly respected British adventurer, author and filmmaker, currently based in Kent, but originally hailing from the picturesque Yorkshire Dales near Malham. His insatiable thirst for adventure ignited at an early age when, at just 8 years old, he accomplished the daunting 26-mile Yorkshire 3 Peaks challenge. Before carving his current career path, Alastair studied Zoology at Edinburgh University and completed his teacher training in Oxford. He felt the open road calling him and his many endeavours have now taken him all around the world by bicycle, boat and on foot, including a monumental 46,000-mile cycling journey spanning 60 countries and 5 continents over 4 years.

Alastair's subsequent adventures include a 1000-mile trek through the desolate Empty Quarter desert and a 120-mile journey around the M25, pioneering the concept of *Microadventures*, for which he was honoured as a National Geographic Adventurer of the Year in 2012. More recently, he undertook a month-long bicycle tour of Yorkshire to reconnect with his roots, visiting the places that define the county's unique charm. His interviews with the people he met along the way formed the basis of his inspiring podcast series *Living Adventurously*, which has enjoyed over 346,000 downloads to date and reached number 15 in the main Apple podcast chart.

Alastair has penned 12 books for adults, including the bestseller *Microadventures* and *Grand Adventures*, which featured interviews with over 80 prominent figures in the world of adventure and exploration. He is also the author of *My Midsummer Morning*, a homage to author Laurie Lee's month-long trek across Spain, relying solely on his violin for income. Alastair has authored six children's books, including the popular adventure series *The Boy Who Biked The World* and *Great Adventurers*, celebrating the incredible journeys of renowned explorers.

Alastair is an accomplished public speaker and has collaborated with an array of brands on social media campaigns, including The North Face, Samsung, Visit Britain, Cartier, Victorinox and Nespresso. With an impressive following of over 300,000 on social media, Alastair continues to captivate audiences around the globe.

Since the pandemic, Alastair has been focussing on adventures very close to home via his project One Single Map, which is also the basis for his latest book Local, published in January 2024.



# ALASTAIR HUMPHREYS

# WOLFSONG MEDIA



## Publishing

- THUNDER AND SUNSHINE
- TEN LESSONS FROM THE ROAD
- THERE ARE OTHER RIVERS
- THE BOY WHO BIKED THE WORLD (Parts 1, 2 & 3)
- MICROADVENTURES
- MOODS OF FUTURE JOYS
- GRAND ADVENTURES
- GREAT ADVENTURERS
- THE DOORSTEP MILE
- MY MIDSUMMER MORNING
- A NOTEBOOK FOR EVERYDAY ADVENTURES
- A NOTEBOOK FOR LIVING ADVENTUROUSLY
- ASK AN ADVENTURER
- THE GIRL WHO ROWED THE OCEAN
- AGAINST THE ODDS
- LOCAL: A SEARCH FOR NEARBY NATURE AND WILDNESS

## Broadcast

- BBCW
- TOPICAL TV
- PROSIEBEN

## Brand Campaigns

- VODAFONE
- WRANGLER
- VIRGIN ACTIVE
- CARTIER
- HAGLOFS
- VICTORINOX
- GOPRO
- EASYJET
- SKODA
- NATIONAL GEOGRAPHIC
- VIEWRANGER
- BRANCOTT ESTATE
- MOLTON BROWN
- FIRSDIRECT
- LAND ROVER
- VISIT BRITAIN
- NESPRESSO
- WIRED
- STOWFORD PRESS
- ALPKIT
- YHA - collaboration with Cubo & Secret Compass
- BROMPTON
- WONDERTRUNK
- FCSC
- KOMOOT
- THE NORTH FACE
- SAMSUNG
- LAND ROVER

- Eye Books (2008)
- Eye Books (2009)
- Create Space (2011)
- Eye Books (2014, 2015, 2022)
- William Collins (2014)
- Eye Books (2014)
- William Collins (2016)
- Big Picture Press (2018)
- Self Published (2019)
- William Collins (2019)
- Self Published (2020)
- Bowker (2020)
- Eye Books (2021)
- Eye Books (2022)
- Templar (2023)
- Eye Books (2024)

- Taster tape for 'Five To Nine Adventure' (2014)
- The One Show - TV appearance (2016)
- Licensing deal for website content (2019)

## #GetOutThere campaign

- One Hour Away online campaign
- Active Inspiration social media campaign
- In Search of Adventure campaign
- Haglofs friends ambassadorial role
- #UrbanOutdoors social media campaign
- Content Creator partnership
- Easyjet Microadventures campaign
- Skoda Yeti campaign
- Destination Canada #ExploreCanada campaign
- Viewranger ambassadorial role
- Brancott Firsts social media campaign
- Into The Uncharted social media campaign
- Are you earning money for the sake of it? Social media campaign
- Land Rover Discovery Microadventure campaign
- This is Great Britain campaign
- Defining Moments social media campaign
- The Spirit of Adventure editorial campaign with Glenfiddich Whisky
- The Wonderfulness of Local TV and online ad campaign
- Alpkit ambassadorial role
- The Adventure Effect social media campaign
- Escape the City and Explore online campaign
- JNTO Tohoku prefecture campaign
- Mail Online podcast and campaign with FCSC
- Sponsorship deal for Living Adventurously podcast series
- The Home of Exploration ambassadorial role
- Wild Writing campaign
- Land Rover Americas Cup campaign



alpkit

MONT  
BLANC



THE  
NORTH  
FACE

SAMSUNG



easyJet



Virgin  
active

## Public Speaking

- MONT BLANC
- VIRGIN ACTIVE
- LIGHTYEAR
- NATIONAL OUTDOOR EXPO