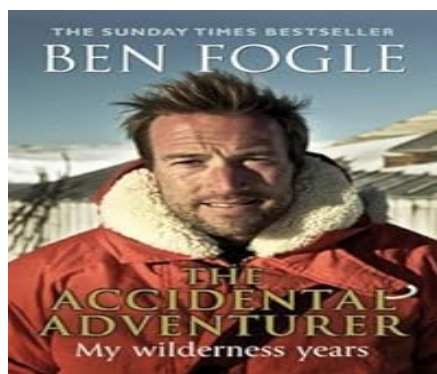


The Accidental Adventurer By Ben Fogle 326 I bought this for a quid in the local pound shop and thought it might be mildly entertaining as Ben fogle has always struck me as a thoroughly nice guy! I have to say it surpassed my expectations and I could not stop turning the pages. It was funny with Ben frequently taking the mick out of himself and his inabilities to be adequately trained for his adventures!!! I especially liked the fact he put his name down for the marathon des sables.



Ben Fogle is a presenter writer and adventurer. Ben is a special correspondent for NBC News in the United States reporting from all over the world for Today and was gobsmacked when he actually had to do it after being told he was 1001 on a waiting list!!! I found it quite inspiring especially as I have a trip to Kilimanjaro imminent!!! ☐ Ben!!! 326 Ben Fogle is a well known British TV personality and this account of his life is a good read albeit more detail about some of his expeditions would have made it much better. He became known for being in a TV reality show as one of about thirty people abandoned on Taransay an island off the west coast of Scotland on the last day of the millennium and left to fend for themselves for a year. What I found a bit irritating was his casual unpreparedness for many of the dangerous expeditions he undertook only discovering when he was already underway that he hadn't trained properly or brought the right equipment. He is an adventurous and spirited guy and he has done all sorts of things from walking to the Antarctic the world longest race rowed the Atlantic with James Cracknell with no rowing experience and presented an awful lot of TV programmes that I have some how managed to completely miss! This book give details of all the adventures along with the work he did for victims of Noma a debilitating and disfiguring illness. 326 I know Ben Fogle from his long-running television show New Lives in the Wild where he visits people living in remote and unusual places and stays with them a week to get to know how they manage there. Sixteen seasons it has been running! Beyond that I knew little about him - I thought he was a former Olympic rower (he is not that is his mate James Cracknell with whom he did some of his charity races) and that was about it. While he doesn't consider himself a sportsman he has proven time and again that he has the fortitude to perform endurance events in extreme conditions and is driven and focused such that he doesn't permit himself to give up. His marriage and children feature lightly in this book and for the most part it is as the title suggests largely a book about how he became an adventurer - and a television adventurer at that. The chapters are almost all chronologically arranged but with some flash back and forwards where it fits the narrative and a mostly short accounts of each travel opportunity or adventure sports event he is involved with. I would read more of his writing given the chance (well I have read most of his kids books to my daughter but beyond those he has written more books about his adventures). Ben Fogle is similar to me in terms of sporting prowess and belief in himself physically ie not at all physical! And yet I don't think I could achieve half of what Ben Fogle has done. I would recommend this to anyone wanting to find out what to do with their lives after school - Ben couldn't decide either but it always helps if you are good-looking single game for adventure and just a little bit posh. What an interesting book combining adventure travel details with succinct explanations of the political background of a number of places together with inspirational stories of individuals Ben has encountered over the years. I'm not convinced he is an 'accidental' adventurer though - not when he went on boats up the Amazon and spent years in Latin America before he was even 20! There is a

part where he comments on the intense criticism he received after presenting *Crufts*. He has encountered remote tribespeople in deepest Papua New Guinea caused a Boeing 747 to dump 100k of fuel before making an emergency landing in Sao Paulo and been mistaken for Prince William on numerous occasions. So how did a cripplingly shy geeky perennially homesick boy end up doing all this? Ben's still not entirely sure himself but this glorious book tells his story and will undoubtedly strike a chord with anyone who puzzles about their life and how to live it differently, I need to do more with my life! An inspiring account of living life to the full: This book should inspire every reader no matter what their ability to get up and do more: His achievements include racing 160 miles across the Sahara desert in the notorious Marathon Des Sables, He has rowed the Atlantic Ocean in 49 days and crossed Antarctica in a foot race to the South Pole: He has presented numerous programmes including BBC's *Animal Park Wild In Africa* *Countryfile Crufts One Man and His Dog* and *Extreme Dreams*: He writes regularly for the *Sunday Telegraph* and the *Independent* and has written four bestselling books. Ben's latest book *The Accidental Adventurer* will be published by Transworld in 2011: He is an ambassador for WWF *Medecins Sans Frontier* and Tusk a fellow of the Royal Geographical Society and the President of the Campaign for National Parks: His achievements include racing 160 miles across the Sahara desert in the notorious Marathon Des Sables: He has rowed the Atlantic Ocean in 49 days and crossed Antarctica in a foot race to the South Pole: He has presented numerous programmes including BBC's *Animal Park Wild In Africa* *Countryfile Crufts One Man and His Dog* and *Extreme Dreams*, He writes regularly for the *Sunday Telegraph* and the *Independent* and has written four bestselling books, Ben's latest book *The Accidental Adventurer* will be published by Transworld in 2011. He is an ambassador for WWF *Medecins Sans Frontier* and Tusk a fellow of the Royal Geographical Society and the President of the Campaign for National Parks. The author has always come across as a likeable personality and this is evident in the book too. You'll read about him rowing across the Atlantic running across the Sahara and walking to the South Pole as well as many other adventures, His trip to Ethiopia where he meets those suffering from Noma - a condition where half a person's face is missing and the skull exposed - is very poignant, Maybe this was exaggerated for the book but it did seem foolish. 326 Ben Fogle is a guy that I only really knew the name of until he recent presented *Harbour Lives* and a friend left this book for me to read: He writes from the heart and as he says he wears this on his sleeve then you are pretty aware of just how he feels: He describes some of the scrapes and very nears misses that he has had and in some ways he is lucky to be alive: I would have preferred that the timeline of events in the book was more consistent as it does tend to jump around a lot. Other than that it was ok and a good solid three stars. This book was published in 2011 before his *New Lives in the Wild* project began and covers his early life and his career path up until that point: My impression from the tv series is that he is an all-round nice guy. Fogle is also a communicator who is able to draw the stories from others: There was nothing in this book to contradict any of that - in fact it reinforced that Fogle is an all-round nice guy. Examples of this are rowing the Atlantic (with Cracknell); the six day Marathon des Sables desert race in the Sahara; and the Amundsen Omega 3 South Pole Race, Subsequently in 2018 he also climbed Everest (and came back down which is half the achievement). Fogle is pretty open about his experiences he shares where he got things wrong where things became dangerous and where he took risks, He shares what he learns from his experiences and plugs various charities on the way through, Overall it is a light read but a quick and enjoyable one. 326 I really like Ben Fogle as a TV presenter so when I saw this book in a charity shop I thought I'd give it a go, It really lived up to expectations being down to earth and really humorous whilst describing the most amazing adventures anyone could hope to complete: 326 A thoroughly enjoyable ramble through the adventures Ben has undertaken for work and for himself, Whilst Ben doesn't boast about writing as one of his talents he takes a stab at it and we can follow along, Like all his adventures this book is a hodge-podge of tales that aren't always chronological: 326 I have admired Ben Fogle since I saw him on *Castaway* many years ago so was interested to see his autobiography in the library, He comes across as a very interesting man combining tough and to my mind crazy physical endurance with reflective and sensitive ideas and values: The poem about

risk that he includes very near the end of the book read to him on Taransay was inspirational, 326 I'm not a great fan of Ben Fogle so I was never going to find this a 5 star book but nevertheless I enjoyed reading about some of the adventures he's been on. I particularly enjoyed the bits on Papua New Guinea and Mount Roraima. I feel a little bad having been one of those critics but really he was terrible at it: 326 Fantastic read -really interesting and inspirational especially as a fellow traveller. Recommend! 326 Ben Fogle's life to date has been action-packed to say the least, He has rowed across the Atlantic walked to the South Pole run the Sahara and skated across Sweden. He has chased a tarantula round his back garden survived a flesh-eating tropical disease that required two months of chemotherapy and been bitten by a rabid dog. This is not just another tale of derring-do for its own sake, Rather it's a book about defying expectations conquering shyness battling laziness and just occasionally winning[1]

Dateline and MSNBC Nightly News. {site\_link} {site\_link} Note to self . .Ben is a Ben Fogle is a presenter writer and adventurer. So I did.It was a nice easy read. Empathetic understanding and charismatic.A solid 3 stars. A really interesting and inspiring book. I would have liked to read more about Castaway though. The Accidental Adventurer.