



# Rosie Swale-Pope MBE

Rosie's adventures include; sailing to Australia & back via Cape Horn with her young family, a single-handed crossing of the Atlantic in a 17ft plywood cutter, a Trans-Himalayan fund-raising trek, a five year 20,000 mile run around the world raising charity awareness & to run 26 marathons in 26 days.

Rosie has written several books; **Rosie Darling, Children of Cape Horn & Winter Wales**. She has written & narrated her own TV documentary **Revenge of the Rain gods**.

One of Rosie's most challenging adventures was to complete a 20,000 mile run around the world. The adventure was solo, on a minimal budget & self-supporting. She chose the route with as much land mass as possible but this was also the coldest & hardest way, however it was also the most fascinating including almost 7000 miles of Russia & Siberia. Rosie went across Europe through Holland, Germany, Poland & Moscow before hitting the Trans-Siberian Railway route. From there to go on to the Bering Straits, Alaska, America, Canada, Greenland, Iceland, Ireland, Scotland & England before returning to the start & finishing line at Tenby, her home in Wales – just an ordinary world voyage, albeit on two feet!

Rosie's motivational speech is based on her various adventures & challenges inspiring all who hear her to fulfil their dreams & aims. Rosie continues to be much in demand as a highly inspirational conference speaker.

**For more information on Rosie Swale-Pope,  
Contact: 0113-239-2222**