



# Aaron Rolph

## ADVENTURE CV

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### Bio

Aaron was lucky enough to grow up in the Lake District, climbing his first peaks from as young as 5 years old. Since then, he's taken his love for the mountains global. He bases himself in London, however as a full-time adventure photographer, he spends most of his time between Scotland, the Alps and on expeditions further abroad.

Although renowned for his outgoing enthusiasm, Aaron specialises in multi-day challenges that demand unrelenting physical and mental endurance as well as a significant self-reliance in wild and remote places. He has completed a wide variety of different challenges. These include a World Series Adventure Race, breaking a 7-day cycling world record, completing the Evergreen Ironman in the Alps as his first ever triathlon and has an increasing number of notable ascents under his belt.

Aaron is always looking for new and interesting ways of pushing himself in the outdoors, and inspiring others to get out there through his bold challenges and love of adventure photography.

### Endurance

- **Classic Haute Route ski mountaineering tour**  
High level mountaineer's route between Chamonix and Zermatt covering 130km and over 7000m ascent
- **World Series Adventure Race**  
Successfully completed ITERA in Wales covering 660km on mountain bike, kayak & trail running over 6 days non-stop
- **Evergreen Ironman Triathlon**  
Alpine triathlon swimming 4.5km, cycling 180km and running 44km around the Chamonix valley including a total of 7800m ascent.
- **Great Glen kayak tour in under 48 hours**  
Kayaked 100km across Scotland from the East to the west coast from Fort William to Inverness.
- **Alpine 7 – highest mountain in each Alpine country**  
Achieved 6/7 country high points from Slovenia to Mont Bianco in under 7 days start to finish.
- **National Three Peaks**  
Completed the National Three Peaks in under 24 hours including Ben Nevis, Sca Fell Pike & Snowdon (three times)
- **Welsh 3000ers**  
Summitted all 14 x 3000ft peaks in Wales in under 12 hours
- **Yorkshire 3 peaks**  
Trail run 40km across Yorkshire's highest three peaks in 6 hours.
- **Scottish 4000ers & mountain bike between**  
Climbed the highest 9 x 4000ft peaks in the UK including mountain biking between them.
- **Tri-harder 72hr Triathlon**  
Swam across Ullswater, Bassenthwaite & Buttermere lakes, cycled the C2C & climbed the 10 highest peaks in Lake District

### Cycling

- **Guinness World Record breaker** Most countries cycled through in 7 days; 1800km & 15 countries
- **London 2 Italy** on fixed wheel bike (1200km in < 7 days)
- **British & Irish C2C cycle Challenges**  
200-230km each (< 11 hrs)
- **Mont Blanc cycle Sportif** (330km & 10,000m ascent)
- **Welsh Diagonal cycle Challenge** (355km, < 24 hrs)
- **Fred Whitton Round cycle sportive** (4000m+ ascent)
- **Scotland – The Widest Way** by MTB & packraft (400km <5 days)

### Notable Summits

- **Aneto**, 3404m (Spain) – highest mountain in the Pyrenees
- **Mulhacén**, 3478m (Spain) – highest in mainland country
- **Mount Teide**, 3718m (Spain) – highest in country
- **Mont Blanc**, 4810m (France) x 3 including solo in under 24 hours) – highest in Alps
- **Mont Maudit**, 4465m (France)
- **Mont Blanc du Tacul**, 4248m (France)
- **Gran Paradiso**, 4061m (Italy) – highest peak solely in Italy
- **Matterhorn Traverse**, 4478m (Switzerland) Lion's ridge (AD+) ascent and descent via Hornli (AD)
- **Roccia Nera**, 4075m (Switzerland)
- **Grossglockner**, 3798m (Austria) – Highest in country
- **Triglav**, 2863m (Slovenia) – Highest in country
- **Zugspitze**, 2962m (Germany) – Highest in country
- **Grauspitze**, 2599m (Liechtenstein) – Highest in country
- **Toubkal**, 4167m (Morocco) – Highest in country
- **Pico de Orizaba**, 5636m (Mexico) – Highest in country
- **Kilimanjaro**, 5895m Tanzania – Highest in continent
- **Mount Elburus**, 5642m (attempt), Russia – Highest in continent
- **Mount Fuji**, 3776m (Japan) – winter & ski descent
- **Various British winter routes** including Aonach Eagach, Crib Goch, CMD arête,

### Up next:

- **Haute route in a single push** – Attempting to ski tour the week-long skier's route in one push over 30 hours (April 2020)
- **Out West** – Attempting first-ever crossing the entire Outer Hebrides by bike & packraft (May 2020)
- **Summits of Europe** – Attempting to climb the high point of every European country & World Record attempt (June-July 2020)
- **Bob Graham Round** – Attempting the fell running challenge of 42 fells & 8200m ascent in 24 hours (August 2020)
- **First ascents in Kyrgyzstan** – Attempting unclimbed peaks in remote areas of Kyrgyzstan (September 2020)