

Aaron Rolph  
**ADVENTURE CV**



### **Endurance**

- Classic Haute Route ski mountaineering tour
- World Series Adventure Race ITERA (660km in < 6 days)
- Evergreen Ironman Triathlon (including 7800m ascent)
  - Great Glen kayak tour (under 48 hours)
- Guinness World Record breaker – Most countries cycled through in 7 days; 1800km & 14 countries
- Alpine 7 – climbing every Alpine country high point < 7 days (achieved 6/7)
  - National Three Peaks, Welsh 3000ers (14 x 3000ft in <12 hours)
    - London 2 Italy on fixed wheel bike (1200km, < 7 days)
      - British & Irish C2C cycle Challenge (< 11 hrs)
  - Mont Blanc cycle Sportif (330km & 10,000m ascent (30 hours)
    - Welsh Diagonal cycle Challenge (355km, < 24 hrs)
    - Fred Whitton Round cycle sportive (4000m+ ascent)
  - Scotand – The Widest Way by MTB & packraft (400km <5 days)

### **Notable Summits, Alpine 4000ers and country high points**

- Aneto, Spain
- Mulhaccen, Spain
- Mount Teide, Spain
- Mont Blanc solo (< 24 hours)
  - Mont Maudit
  - Mont Blanc du Tacul  
Gran Paridso, Italy
  - Roccia Nera, Switzerland
- Matterhorn Traverse (AD+)
  - Triglav, Slovenia
  - Grossglockner, Austria
  - Zugspitze, Germany
- Grauspitze, Leichtenstein
  - Toubkal, Morrocco
- Pico de Orizaba, Mexico
- Kilimanjaro, Tanzania
- Mount Elburus (attempt), Russia