



# Leo Houlding

**Adventurer  
Motivational Speaker**



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If modern British adventure has a face, it looks a lot like **Leo Houlding**. Based in the Lake District, UK, he is one of Britain's top climbers and among the best in the world. He is a veteran of a score of epic ascents including Everest but specialises in free climbing the most technical peaks and biggest walls in the world.

An experienced base jumper, Leo is at the forefront of Para-Alpinism (climbing up then flying down). He pushes the limits of exploratory adventure by taking the ultimate in extreme sports to the most extreme environments

An articulate communicator, he has captivated and inspired audiences around the world with his tales of adrenalin-fueled exploits. He sports an impressive television resumé, including an infamous appearance on the BBC's *Top Gear*, his own show on Virgin One, *Take Me To The Edge*, and an IMAX movie released in 2010: *The Wildest Dream*, retracing the last steps of Mallory and Irvine on their fateful expedition to Everest in 1924. Leo has recently teamed up with natural historian and adventurer Monty Halls to film the TV series *Lost Worlds* for the Discovery Channel.

In 2013 Leo led his most ambitious and challenging expedition to date in brutal conditions to make the first ascent of Ulvetanna's remarkable, mile long north east ridge. In 2009 he produced and featured in the multi award-winning movie *The Asgard Project*, an epic, arctic adventure to free climb and base jump from one of the world's toughest and most remote big walls.

Leo has become an ambassador for the younger generation of climbers and has been called one of Britain's top ten adventurers by *The Telegraph*.

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**For more information:**

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