



Ed Stafford

Explorer and TV Presenter

Ed Stafford is the Guinness World Record-holding first man to walk the Amazon River. Sir Ranulph Fiennes described the former British Army captain's expedition as being "truly extraordinary... in the top league of expeditions past and present."

Ed's tale of true grit, bravery and determination to succeed against all odds has led to him being described by The Daily Mail as, "Britain's most intrepid hero since Scott of the Antarctic," and "A true hero" by The Times.

Ed's footage was made into a Discovery Channel and Channel 5 documentary and was sold to over 100 countries. His best-selling first book, *Walking the Amazon*, has been translated into multiple languages.

Post *Walking the Amazon*, Ed started to appear more on our screens. In 2013 Ed hosted the Discovery series, *Naked and Marooned* [aka *Naked Castaway in the USA*], where he was stranded on an uninhabited island for 60 days with no food, water, or tools of any kind to help him survive. He was not even allowed to take any clothes and the concept was then developed into the runaway hit series, *Naked and Afraid*.

With exceptional viewing figures Ed has since gone on to host multiple series' for The Discovery Channel.

Ed's self-filmed series *Marooned with Ed Stafford* also premiered in 2013. The popularity of the series led to a follow up of the show titled *Ed Stafford: Into The Unknown*, which aired in 2015 and saw Ed investigate some of the planet's most bizarre mysteries.

Ed has also presented, *Ed Stafford: Left For Dead* and 2 series of *Ed Stafford: First Man Out*, which premiered in 2019. The competitive series saw Ed take on various survival experts from around the world, in a challenge to outlast the extreme

environments they face.

In 2020 Ed, his wife Laura and their 20 month old son all appeared in the Discovery series *Man Women Child Wild*, where they searched for a healthier lifestyle by living off the grid on an Indonesian Island.

Ed has also presented the critically acclaimed Channel 4 documentary *60 Days on the Streets*. This hugely successful programme saw Ed spend 60 winter days and nights on the streets with no money and no shelter, filming himself to get a first-hand view of Britain's growing homelessness.

Ed's passion for what he does has led him to write books surrounding his, and others experiences. As well as Ed's debut book, *Walking the Amazon*, he has also written *Naked and Marooned*, *Ed Stafford's Ultimate Adventure Guide: The Bucket List for the Brave* and *Adventures for a Lifetime*. In 2019, Ed released his book, *Expeditions Unpacked: What the Great Explorers Took into the Unknown*.

Ed uses his adventures to inspire adults and kids alike to get outside and take some risks. In a world with increasing cases of mental health issues and a general feeling of disconnect, Ed believes passionately that adventures can be catalysts for personal growth and development. Situations where you don't have all the answers force us to come up with new solutions and new ways of looking at the world, and they are a great antidote to the apathy of the modern, screen-addicted society.

Ed is an ambassador for *Land Rover*, *the Scouts*, and the *Youth Adventure Trust*.