



# Ed Stafford

## *Explorer and TV Presenter*

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Ed Stafford, a former British Army captain, is renowned as the first man to walk the Amazon River – a feat that earned him a Guinness World Record.

His expedition has been lauded by Sir Ranulph Fiennes and many media outlets, with The Daily Mail calling him “Britain’s most intrepid hero since Scott of the Antarctic.”

Ed's journey was featured in a widely sold documentary and his bestselling book, *Walking the Amazon*. His subsequent TV career includes hosting Discovery's *Naked and Marooned* and its popular spin-off *Naked and Afraid*. He also hosted other series like *Marooned with Ed Stafford*, *Ed Stafford: Into The Unknown*, and *Ed Stafford: First Man Out*. Ed and his family also appeared in *Man Woman Child Wild*, exploring off-grid living.

In 2019, Ed presented the acclaimed Channel 4 documentary *60 Days on the Streets*, highlighting homelessness. He followed this up with *60 Days with the Gypsies* and in 2023, presented *60 Days on the Estates*.

Ed has authored several books, including *Naked and Marooned*, *Ed Stafford's Ultimate Adventure Guide*, and *Expeditions Unpacked*. He advocates for outdoor adventures as a means for personal growth, mental health improvement, and combating modern societal apathy.

Ed serves as an ambassador for Land Rover, the Scout Association, and the Youth Adventure Trust. Ed uses his adventures to inspire adults and kids alike to get outside and take some risks.

In a world where mental health issues are rising and there is a growing feeling of disconnect, Ed passionately believes that

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adventures can be the catalyst for personal growth and development.