



desafío extremo

Aventuras y desventuras por los 5 continentes

protagonizado por *José Collaço*

José Collaço
la mejor ruta

Basado en
el programa
de TV

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cuatro

Desafio Extremo Aventuras Y Desventuras Por Los 5 Continentes

Jesús Calleja, María Ruiz



Desafío Extremo Aventuras Y Desventuras Por Los 5 Continentes:

Desafío extremo S. A. Prisa Tv, Jesús Calleja, María Ruiz, 2009-02-25 Basado en hechos reales Mi ascensi n al Everest 8 850 ha sido la experiencia m s emocionante de mi vida Cumpl un sue o infantil en un a o en que el clima de la monta a fue muy adverso y pocos conseguimos su cima El mismo a o alcanc una cumbre menor pero muy inaccesible el monte Vinson en la Ant rtida Es un viaje repleto de an cdotas que me abri a un continente inh spito y espectacular Os confirmo que el Kilimanjaro 5 896 posee toda la magia de frica Nos os perd is esa monta a porque si vais bien preparados y os aclimat is adecuadamente pod is con ella El Rally de los Faraones ha sido la prueba m s dura de afrontar debido a las lesiones que arrastraba Pero hacer huella a 70 km h en el desierto blanco de Egipto bien vale un sufrimiento extremo Adentrarme en el r o helado del Zanskar en el desconocido valle del Ladakh India es una aventura a la vieja usanza en la que te levantas a treinta grados bajo cero al raso y no tienes ni remota idea del d a que te espera La expedici n al Polo Norte es otro viaje radical al conf n del mundo duro pero divertido a rabiar En el Aconcagua 6 959 una monta a a la que he tenido que acudir dos veces para hacer cima he culminado mi proyecto alpin stico de escalar las siete cumbres m s altas de los continentes

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La llamada del océano Ignacio Dean, 2020-06-02 Vivimos en un planeta donde m s del 70% de la superficie est cubierta por agua Todos los d as escuchamos noticias sobre la contaminaci n por pl sticos la p rdida de biodiversidad la subida del nivel del mar por el calentamiento global Sin embargo el mar es el gran olvidado hasta el punto en que llamamos Tierra a un planeta que deber a llamarse Agua Ignacio Dean hab a dado la vuelta al mundo caminando pero ten a una deuda pendiente con los oc anos Tras m s de un a o de entrenamiento y 2 500 kil metros nadando se embarc en la Expedici n Nemo desaf o que le llev a unir los 5 continentes a nado para lanzar un mensaje de conservaci n de los oc anos En este nuevo libro Nacho Dean retoma el estilo pico y aventurero que desarroll en su anterior obra para

compartir con nosotros las lecciones que ha aprendido tras convertirse en el primer español en unir los 5 continentes a nado. Además aborda temas como el liderazgo, la superación personal, la resiliencia y la gestión de equipos. Anímate a sumergirte con él en este reto.

Uncover the mysteries within Crafted by is enigmatic creation, **Desafio Extremo Aventuras Y Desventuras Por Los 5 Continentes** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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