

NORTH EAST MOUNTAIN TRUST

A quality future for mountaineers and hill-walkers. SCIO SC008783.



2019-2020

WINTER LECTURE SERIES

Fastpacking the world's mountains

Jenny Tough



Join Jenny for an evening of sharing stories from her global challenge to fastpack a mountain range on every continent, a series of solo and unsupported expeditions where she's faced challenges from navigation to climate, isolation to human dangers, to illness and exhaustion and injury, and everything else the mountains can bring.

Wednesday 11th March 2020

The Sportsman's Club, 11 Queens Road, Aberdeen, AB15 4YL

Starting at 7.30 pm


Entry £4.00; members and concessions £2.00; NON-MEMBERS WELCOME



Jenny Tough is an adventure traveller and endurance challenger, exploring mountainous regions through human-powered challenges. She is the first person to run solo and unsupported across the Tien Shan, the Atlas Mountains, and the Bolivian Andes. Also partial to adventures on two wheels, she finished as first female in the inaugural year of the intrepid 1,700km Silk Road Mountain Race.

Jenny believes you're tougher than you think, and through sharing her own adventure challenges hopes to inspire others to push their own limits, love the natural world, and protect our wild places.

jennytough.com

 @jennytough

www.nemt.org.uk