

JUNKO TABELI

Junko Tabei was the first woman to climb Mount Everest and the first woman to climb the highest mountain on each continent – the legendary Seven Summits. Growing up in the poverty of post-war Japan, Junko was a frail and small girl. To achieve her dreams, she had to overcome society's belief back then that women should be homemakers and nothing more.



Junko Tabei grew up with her six siblings in the small town of Miharu, among the green mountains and rice fields of northern Japan.



It was just after the Second World War and times were tough. People did not have enough food to eat.



Do not give up. Keep on your quest.

She climbed her first mountain when she was still at primary school and was immediately hooked by the adventure and beauty of it all.

Junko loved nature, and was very determined.

As a young adult, Junko joined a climbing club. Usually, she was the only woman on climbing trips or at club meetings.



The men were not welcoming to female mountaineers, and many would not even climb with her.



So, in 1969, Junko founded a women's mountaineering club whose motto was:

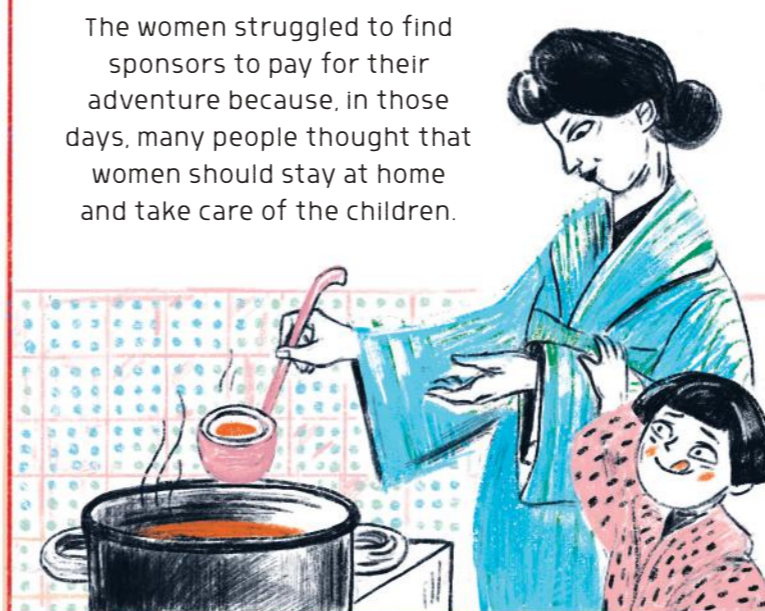
LET'S GO ON AN OVERSEAS EXPEDITION BY OURSELVES.



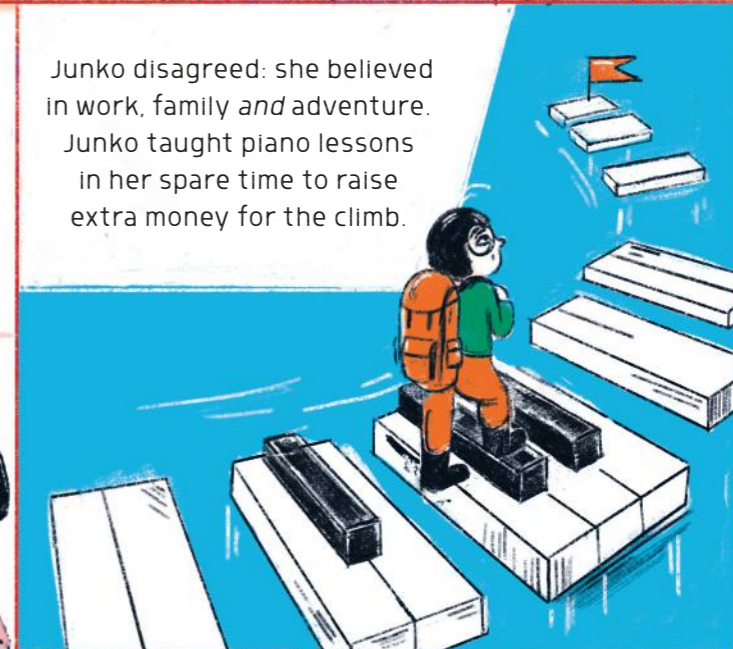
Soon after, the 'Japanese Women's Everest Expedition' was launched. Junko found a team of enthusiastic female climbers and they got to work making plans.



The women struggled to find sponsors to pay for their adventure because, in those days, many people thought that women should stay at home and take care of the children.



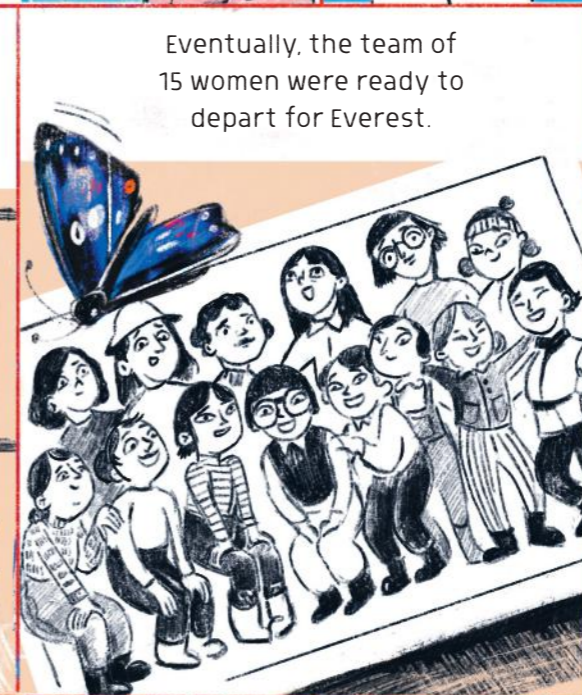
Junko disagreed: she believed in work, family *and* adventure. Junko taught piano lessons in her spare time to raise extra money for the climb.



She even made some of her own equipment, including sewing trousers from a pair of curtains!



Eventually, the team of 15 women were ready to depart for Everest.

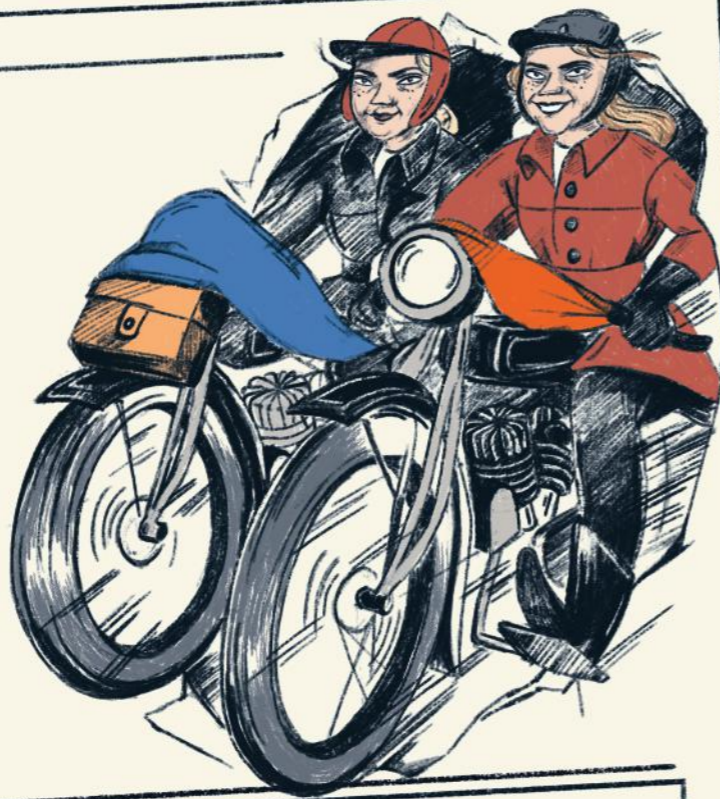


Despite the attitude against female adventurers, Junko's husband was very supportive. He cared for their young daughter as Junko and her team headed for the Himalayas.

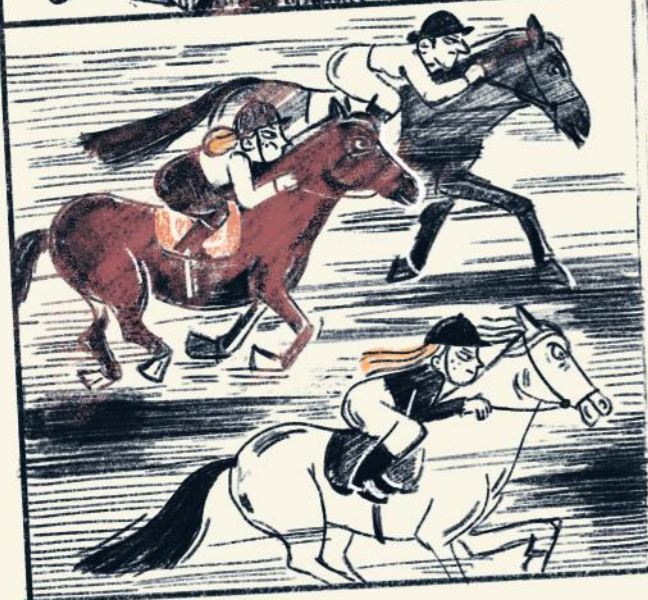
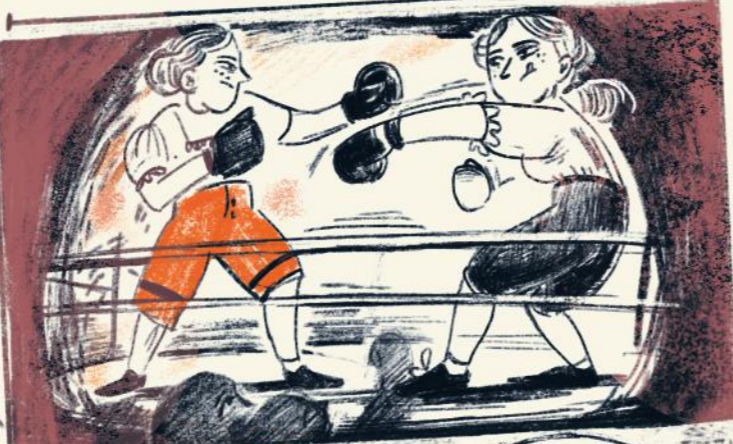


THE VAN BUREN SISTERS

Augusta and Adeline Van Buren, known as Gussie and Addie, were two sisters from New York eager to play their part in the First World War. They were both adventurous women, able to fly planes, fight in a boxing ring, race horses and ride motorbikes. The sisters would have joined the military in a heartbeat. But, in those days, women were not allowed to enlist. They set out to prove that this was a mistake.



SISTERS IN THE RING



As Europe exploded into the mayhem of the First World War, the United States looked on cautiously. It seemed only a matter of time before they would join the Allies. Back then, women were not allowed to vote and could not join the army. But Addie and Gussie Van Buren wanted to play their part in the war effort, not just stay at home as housewives. Although they weren't able

to enlist, the sisters decided they would make excellent motorcycle messengers, racing up and down the war zone carrying important communications. This would also free up men to fight on the battle lines. But first the sisters had to prove they had what it takes, so they came up with a bold plan...



AS GOOD AS MEN

Addie and Gussie decided to ride their motorbikes across the entire country, from the Atlantic Ocean to the Pacific, in order to prove to the military that women were as capable as men. This was a hugely tough challenge. In the early 20th century, there were no paved motorways or decent road maps, and few places to find fuel or supplies. Not only would they have to navigate on dirt tracks, wagon trails and cow paths, they might also have to defend themselves from bandits on the road.

On 4 July 1916, Independence Day, the sisters began their 8,850km ride, setting off from New York dressed in leather

trousers and jackets, goggles and leather caps (there were no helmets). Their motorbikes were basic, with no suspension or shock absorbers and tiny petrol tanks. But even with their limited equipment, they were determined that nothing would stop them from pursuing their goal.

INDEPENDENCE DAY!



ZHENG HE

At the height of his career, Zheng He was the commander of a mighty fleet of Chinese treasure ships, embarking on seven great sea voyages to explore foreign lands. Upon his death, he was remembered with many grand statues and temples. But his early life in the mountains was far from easy and he had to overcome many challenges to become a highly skilled and respected explorer.



Zheng He was a young Muslim boy growing up in the mountains of China in the 14th century. He was only 10 years old when his life was overtaken by war and his father was brutally killed. Poor Zheng He was captured and forced to become a servant to the Prince of Yan.

Over time, he gained the confidence of the prince, eventually becoming a military officer and adviser. By the time the prince became emperor, Zheng He was a very important member of the court. In 1405, he was commanded to launch a series of sea voyages to trade with China's neighbours and show off its power.



TRADING OVERSEAS

Ready for adventure, Zheng He set sail on his first voyage from Nanjing on the east coast of China. He sailed to Vietnam, Thailand and Java, before returning safely two years later. His second voyage took a similar route, though this time they destroyed a terrible pirate crew! The third voyage headed further afield, daringly crossing the Indian Ocean to Sri Lanka and India to set up valuable trading stations. The fourth voyage saw his treasure fleet

sail to ports on the coasts of Arabia and East Africa. Zheng He's ships left China loaded with goods, such as silk and porcelain, rice, tea and bronze, which they traded for textiles, spices, African ivory and Arabian horses. They also returned to China with creatures that had never been seen or even imagined before, like lions, giraffes, zebras and ostriches. People found it incredible to see these animals for the first time!



JOE SIMPSON

Joe Simpson was an ambitious and talented young climber who made a difficult first ascent in the Peruvian Andes with his friend Simon Yates. But disaster struck shortly after celebrating on top of the mountain. Joe and Simon were suddenly thrust into a desperate fight for survival...

It should have been a glorious celebration between two friends on an epic adventure in South America. Other expeditions had failed to accomplish what they had just done. But after successfully reaching the summit of Siula Grande, Joe slipped and fell on the descent, breaking his right leg.

OUT OF CONTROL

Beyond reach of rescue, Joe and Simon needed to descend quickly if they were to survive. They were hit by a storm so conditions were terrible. It was freezing cold and visibility was poor. The pair had already run out of fuel for their stove so could not melt ice for drinking water. This meant that they could not afford to shelter from the storm for a day or two. They had lost control of the situation.

DESPERATE MEASURES

Simon began lowering Joe down at the end of a long rope. In the mountains you are responsible not only for your own safety, but your partner's too.

When he ran out of rope, Simon would climb down to Joe and then lower him once again. It was a desperate, brave struggle to try to save his friend's life.

But then Simon accidentally lowered Joe off a cliff. Dangling in the air on the end of the rope, Joe couldn't climb back up and Simon couldn't pull him up, despite using all his strength. They were stuck...



ROSIE SWALE-POPE

Rosie Swale-Pope has had a lifetime of adventures, but her greatest journey did not begin until she was 57 years old. Rosie spent five years running around the world, relying upon the kindness of strangers and wearing through 50 pairs of running shoes!



**START
HERE**

Follow the numbers to join the adventure!

1

Rosie grew up caring for her bedridden grandmother, four orphaned donkeys, seven goats, and a pet cow called Cleopatra in Ireland. Eager for new experiences, she first travelled when she was just 18, hitch-hiking all the way to Nepal.

Rosie later sailed round the world with her husband and two young children, one of whom was born on board the boat!

3

4

Despite almost being poisoned by a tin of beans...

5

... the family sailed over 48,000km all the way to Australia and back.

10

She was caught in a sandstorm, fell from her horse, broke two ribs and got lost in the rainforest! The trip was meant to take four months but actually took over a year to complete.

9

Having had enough of the sea, a year later Rosie trekked 4,800km through Chile on horseback.

7

Still hungry for adventure, Rosie sailed solo across the Atlantic in a tiny (17ft) sailing boat she found in a barn. It took her a record-breaking 70 days to sail to New York, navigating only by the stars and her wristwatch.

8

Almost shipwrecked by an oil tanker, Rosie was later stuck at sea with no wind for so long that she had to survive for five days with no food or water.

Although Rosie's life had been packed full of adventure, her biggest challenge was yet to come when her husband died of cancer. Deeply saddened by the loss, but determined to do something about it, Rosie decided to run around the world to raise money for charity. Aged 57, she set off from her front doorstep in Wales, running with a specially designed cart that contained her supplies and camping equipment which she towed behind her.