



Desafío extremo: Aventuras y desventuras por los 5 continentes (Spanish Edition)

Jesús Calleja, María Ruíz

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Basado en hechos reales. «Mi ascensión al Everest (8.850) ha sido la experiencia más emocionante de mi vida». Cumplí un sueño infantil en un año en que el clima de la montaña fue muy adverso y pocos conseguimos su cima. El mismo año alcancé una cumbre menor pero muy inaccesible: el monte Vinson, en la Antártida. Es un viaje repleto de anécdotas que me abrió a un continente inhóspito y espectacular. Os confirmo que el Kilimanjaro (5.896) posee toda la magia de África. Nos os perdáis esa montaña porque, si vais bien preparados y os aclimatáis adecuadamente, podéis con ella. El Rally de los Faraones ha sido la prueba más 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 río 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 día que te espera. La expedición al Polo Norte es otro viaje radical al confín del mundo, duro pero divertido a rabiar. En el Aconcagua (6.959), una montaña a la que he tenido que acudir dos veces para hacer cima, he culminado mi proyecto alpinístico de escalar las siete cumbres más altas de los continentes.

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