



Nathan Fa'avae: Adventurer At Heart

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New Zealander Nathan Fa'avae is a world champion adventure racer, considered by many to be the best in the history of the sport. In *Adventurer at Heart* he shares his life story, and provides a compelling and unique insight into this remarkable pursuit.

It takes a Tour de France cyclist about 90 hours of cycling, spread over three weeks with rest days, to complete the race. An adventure race, however, can take up to 160 hours of non-stop racing over as much as six days, with virtually no sleep or rest. To excel at this sport requires an elite level of skill in mountain running, mountain biking, kayaking, rafting and navigation but, above all, an almost superhuman capacity to endure suffering and pain.

Part-Samoan, Nathan was raised in Nelson, and it was as a wayward adolescent that he discovered outdoor adventure. Since then he has never looked back, and has been a full-time adventurer working as an outdoor educator, the owner of multiple adventure-based businesses, and a professional athlete.

Nathan's career has taken him all over the world, and he has raced in the deserts of Africa, Mexico and the Emirates, the plains of Tibet and China, and the peaks and valleys of Nepal, Ecuador, Brazil, Patagonia, Russia, the European Alps, and New Zealand.

Adventurer at Heart is a story of courage and perseverance, and of overcoming tremendous challenges.

Nathan Fa'avae is an outstanding New Zealander, and this book is an inspiring account of what it takes to become a world champion.

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