British Adventurer Ash Dykes has arrived at his first major milestone while traversing the length of China's Yangtze River on one of the greatest world-first expeditions of the decade.

Monday 8 October, 2018

LONDON, 08 October 2018: British adventurer and extreme athlete Ash Dykes, from North Wales, has just arrived at his first major milestone during Mission Yangtze, his third world-first record attempt to walk the entire 4,000 mile length of the Yangtze river in China - one the world's genuine and last remaining world-firsts.

After setting off in late August, Ash has completed the first 550 miles and has arrived at his first city - Yushu, situated in Qinghai province in the west of China.

In the first five weeks of the expedition Ash has faced and overcome a number of serious scenarios.

Within the first three days of attempting to make it to the source of the Yangtze, one of the highest sources of any major river at over 5,100 metres, Ash's first film-crew left the expedition due to the harsh conditions and altitude sickness. Ash's Tibetan guide then began suffering with serious symptoms of altitude sickness, including nose bleeds and vomiting, which forced Ash to temporarily abort the mission and get his guide off the mountains to receive medical attention.

After quickly finding another guide so he could re-start the expedition before the weather conditions worsened with the change of seasons, he finally made it to the true scientific source of the Yangtze.

Once officially underway, Ash, his two guides Bima & Tuda and Castor Troy (his horse), faced -20 degree Celcius temperatures, snow blizzards, mountain passes over 5,000 meters, glacial river crossings, cliff faces and threats from wolves and bears including awakening to fresh bear prints outside their tents one morning and seeing a bear close by. On a few occasions whilst walking at night, Ash and his guides would feel the need to blow their whistle to make bears aware of their presence, in the hope they'd stay well clear.

Ash was woken in the middle of the night on five occasions by police officials and detained twice, as they worried for his safety. Ash assured them that all was under control, and that he had support from the Qinghai Government and CBCDGF.

Only five days ago, Ash was solo and had to fend off a dog attack from two highly aggressive guard dogs, one being a Tibetan mastiff. Extremely exhausted, he managed to escape unharmed.

It hasn't all been drama though, Ash has so far seen some of the wildest and remotest parts of China, has been warmly welcomed inside the locals' gers (tents) and invited to stay with a Tibetan family to experience their way of life.

Ash said, "This is the true wild west of Asia, in all its beauty. The sheer scale and isolation of this vast landscape should not be underestimated, and it certainly makes you feel vulnerable and insignificant at times."

Aiming to make this one of the world's most interactive expeditions, thanks to the Navarino sat comms Ash is carrying, he has been able to take his many followers along with him from a virtual perspective and has continued to post photos, videos and even live-streams to ensure his audience remain connected with his adventure.

Ash has also partnered with the Green Foundation and has been educated regarding plastic pollution in this area and the nomads perspective of it.

Water-To-Go China, have partnered with Ash and will join him at certain sections en route, to educate local communities on plastic pollution and provide water filtration bottles, which give them access to fresh drinking water. One Water-To-Go bottle eradicates 200 plastic bottles. Ash aims to deliver presentations, talking about the beauty of China, his adventures and the importance of enjoying yet protecting the planet we live on.

Media:



Related Sectors:

Business & Finance :: Charities & non-profits :: Education & Human Resources :: Environment & Nature :: Health :: Leisure & Hobbies :: Media & Marketing :: Men's Interest :: Sport :: Travel & Tourism ::

Scan Me:

Ash says, “It is tough and draining to say the least, but I enjoy what happens along the way, from the people I meet, the challenges I face, the scenery I witness, wildlife I encounter, stories I’m able to share, survival and all the rest of the magic that inevitably happens during the process.

“I feel fortunate to be able to help and hopefully motivate, inspire, educate and work with some of the biggest education authorities along the way, answering peoples’ questions and showcasing the true beauty of China - live time!

“I’ve faced so many difficulties and challenges, but I’m so damn excited to have arrived in Yushu. There was a part of me that found it difficult to visualise my arrival here, just because of the almost daily setbacks. The backpack has been extremely heavy at over 30kg and I’ve faced many mountain passes and harsh weather conditions, often averaging 18 to 20 miles per day. This time now is for me to stock up, refuel, recharge and get set for the next section, which sees me following the Yangtze directly south towards Lijiang in Yunnan province.

“The filming for the documentary is coming along beautifully and we have gathered so much content and many interesting and intense stories so far. I’m slightly overwhelmed with how demanding it’s been, but feel it’s broken me in as hard and as fast as it possibly could, and I’m ready for the next chapter.

“I will continue to go live and post updates in real time along my journey with the help and support from my UK team, so please join me (virtually) and follow the journey via Instagram, Facebook, Twitter and YouTube. You can also track me live on my website www.ashdykes.com.”

The Yangtze River is the longest river to run through a single nation and the third longest river in the world. Ash expects the expedition to take about 8 million steps and a year to complete. END

About Ash Dykes:

At 27 years of age, Ash already has two world firsts to his name. In 2014 he became the first person to complete a solo and unsupported walk across Mongolia, a 1,500 mile, 78 day Mission, which took him over the Altai mountains, across the Gobi Desert and through the Mongolian steppe, whilst pulling a 120kg trailer, carrying all the provisions needed to survive. He almost lost his life during the process.

In 2016, he completed a second world first, traversing the length of of Madagascar, a 1,600 mile journey which took 155 days, facing almost impenetrable jungle, crocodiles, life threatening malaria, all whilst summiting the eight highest mountains.

These expeditions received attention and recognition from many people including Bear Grylls and Sir Ranulph Fiennes.

Ash has also presented two UK theatre tours and released his first book “Mission Possible” globally.

He has been named one of the coolest people in Wales by “Wales Online”, one of the world’s most fearless outdoorsmen by “FHM” and has become ambassador for many organisations, including Madagascar tourism and Malaria No More UK, helping to eradicate the disease for good.

For more information please contact:

Phil Dykes

phil@ashdykes.com

Mobile: +44 (0) 751 679 0587

For photos please download via Dropbox:

http://bit.ly/PressPhotosMissionYangtze

Company Contact:

Ash Dykes Ltd

T. 07516790587
E. phil@ashdykes.com
W. https://www.ashdykes.com

View Online

Additional Assets:
http://bit.ly/PressPhotosMissionYangtze
www.ashdykes.com

Newsroom: Visit our Newsroom for all the latest stories:
https://www.ashdykesltd.pressat.co.uk