



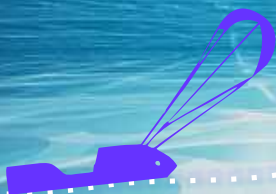
# TRI WINTER CHALLENGE

by Antonio de la Rosa



ANTONIO  
DE LA ROSA

SPONSORSHIP  
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# ANTONIO DE LA ROSA

**H**e was born in Íscar, a small town in Valladolid; Born in Madrid by adoption and highlander at heart: Antonio de la Rosa has been a restless and intrepid person since his youth. At just 19 years old, he became the youngest firefighter in the Community of Madrid; Fifteen years later he set up his own multi-adventure company: Meridianoraid, which is a reference in the Spanish outdoor world for more than a decade.


He started canoeing, an activity that at the age of 13 combined with swimming and rugby; then at 23, he rose as the Spanish Quadrathlon Champion; A few years later, he became an international benchmark in adventure raids: he was captain of the Red Bull team in this competitive modality for 8 years. Together with that emblematic team, he obtained dozens of victories around the world.

At the age of 40, he decided to take advantage of the experience inherited from adventure raids; multisport events in which their participants face an extraordinary load of psycho-physical effort due to the demanding routes (more than 400 km), which must be developed using only a map and a compass to be able to orient themselves and complete the race on time. career -which generally last between 5 and 10 days- and where it is necessary, in addition to being an integral athlete, a person who knows how to work as a team, manage their resources and overcome the various interpersonal situations that arise. along the competitive path, in which they must face and overcome long sessions of cycling, trekking, canoeing or climbing ... crossing rugged, winding and complex natural settings ...

This accumulation of experiences forged the expeditionary who is Antonio today and is part of his “background” as an international benchmark in expedition and adventure issues, both for his personality and for his impressive team feats ... and now alone





A man with a beard and short hair, wearing a black wetsuit, is shown in profile from the chest up. He is holding a dark surfboard with both hands. On his left wrist, he wears a silver metal link watch. The background is a bright, hazy blue, suggesting an outdoor setting near water. The overall image has a soft, ethereal quality.

Antonio de la Rosa has so far reached a series of epic expeditions. In all of them it has required to use the aforementioned experience, due to the level of complexity of each of them, both on land and at sea: it has crossed in winter, with skis, sleds and temperatures below  $-30^{\circ}\text{C}$ , 1,700 kilometers that separate the American cities of Anchorage and Nome, both in Alaska (the second mentioned is located in front of the Chukotka Sea, part of the Arctic Ocean). He also the 700 kilometers of Lake Baikal in Russian Siberia and the 1,000 km circular crossing in Finnish Lapland.

His feats are even greater if we talk about water, since the sea has been the closest companion to him and at the same time the most challenging, due to the distances traveled. In kayak he has crossed all the Canary Islands and the Balearic Islands; He has also included river crossings such as navigating - on a paddle surf board - down the Tagus River, from Madrid, circumnavigated the 3,500 km of the Iberian Peninsula; But the most surprising thing about this element —without any doubt— are his 2 ocean crossings: in 2014 he held the only solo rowing Atlantic crossing competition, the Rames Guyanne (4,700 kilometers from Dakar to French Guyana), in the Which not only reached the goal, but also did it in the first position; In 2019 he managed to be the first person to row (standing) in a paddle surf type boat, from San Francisco to Hawaii, a fact that made him a “trending topic” for the international media, including those belonging to the CNN and NBC networks.

And thus, a long list could continue to be detailed and expanded that would serve to produce an impressive television series or an interesting film documentary, in which - surely - will have to include what will be his most impressive expedition: TRI WINTER CHALLENGE 2021, an epic challenge that poses crossing from the southernmost tip of the American continent to the South Pole, facing 5,500 km in one of the scenarios with the most adverse climates for any human being on the Blue Planet, the most adverse for any human being in the planet.



2009

Cross the 8 Canary Islands in a canoe (kayak), passing on foot or by bike through each of the 8 highest peaks, in 8 days.

420 km  
735 km

4 ISLANDS, 4 SUMMITS, 2 DAYS



8 ISLANDS, 8 SUMMITS, 8 DAYS

Cross the 4 Balearic Islands in kayak, passing on foot or by bike through each of its highest peaks, in 2 days.

150 km  
200 km

2010

2012

Winter crossing on Lake Baikal in Siberia (Russia). with skis.

650 km

SAN RAFAEL GLACIER (Chile)



SIBERIAN BLACK ICE RACE

1st paddle-surf crossing through the San Rafael Glacier in Chilean Patagonia.



2013

2014

1st. Spaniard to carry out this expedition in Alaska, on foot and on cross-country skis in 42 days.

1.750 km

RAMES GUYANE (France - Guyane)



Atlantic ocean crossing rowing and without assistance in 64 days 18 competitors  
**Champion with no previous sailing experience! transcontinental.**

4.700 km

2014

# EXPEDITIONS



ANTONIO DE LA ROSA

2015

1st person to join Madrid and Lisbon in paddle-surf by the Lozoya rivers, Jarama and Tajo 888 km in 19 days

888 km

IDITAROD ON FAT BIKE



CROSSING MADRID-LISBOA IN SUP

Winter ultramarathon on fat bike, in 8 days.

550km

2016

2016

1st solo navigation

731 km

CIRCUNAVIGATION OF THE IBERIAN PENINSULA IN SUP



ARCTIC POLAR CIRCLE BY PADDLE SURF

He manages to circumnavigate the Iberian Peninsula in paddle surf

3.500km

2017

2018

After leaving in 2017 due to freezing in 3 fingers, he was able to complete with victory and record of the test.

1.000 km

PACIFIC SUP CHALLENGE



Rowing crossing (standing) in a paddle surf type boat, from San Francisco (California), to Hawaii, in 76 days.

4.700 km

2019



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## THE PROJECT

After the conquest of the South Pole, there have been many people who have been motivated to emulate those conquering feats, but not all have achieved it and those who have had the courage to do so have sometimes cost them their lives ...

For Antonio, as for many expeditionaries and adventurers, the challenge will be no less imposing, however, doing it like the others is not usually something common in his journeys, the **TRI WINTER CHALLENGE** project that has been proposed, involves two navigations solo, which have not been performed before by any human being. He will navigate in two ways:

**ROWING** (1,000 km): From Patagonia, to the island of Livingstone.

**SAILING** (3,000 km): From Livingstone, via the Wedell Sea, to Berkner.

After doing that epic navigation, he will face a 1,500 km walking tour to the South Pole.



## SOUTH POLE

Referential considerations

Antarctica is - without a doubt - the last great exploration of the human being, the southernmost continent on the planet, which has just turned 200 years after it was discovered. Scene of imposing challenges for explorers from all over the world and also a controversial disputed territory. A place not only for intrepid adventurers and explorers, but also for scientists and incredible finds for humanity ...

90°S 0°E / -90, 0 Coordinates: 90°S 0°E / -90, 0

### Cold levels in the body temperature of a human being:



→ Temperature corporal (normal)  
**37 °C**

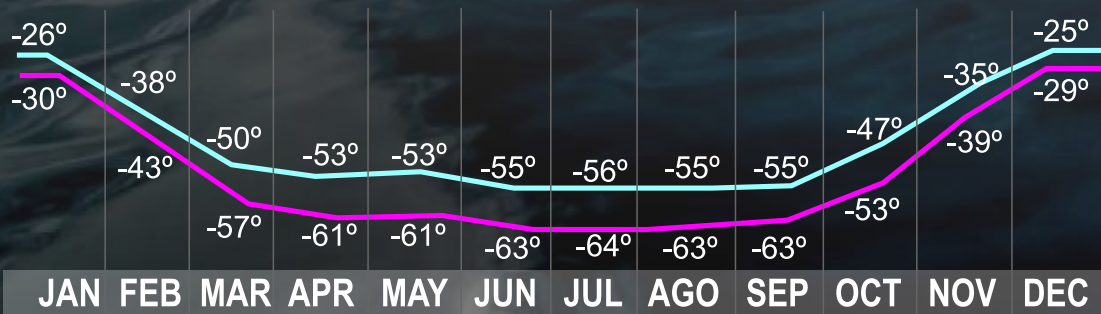
↓ **35 °C**  
The hypothermia

→ **27 °C**  
death



### Average temperature at the South Pole (°C)

● Maxims  
● Minimum



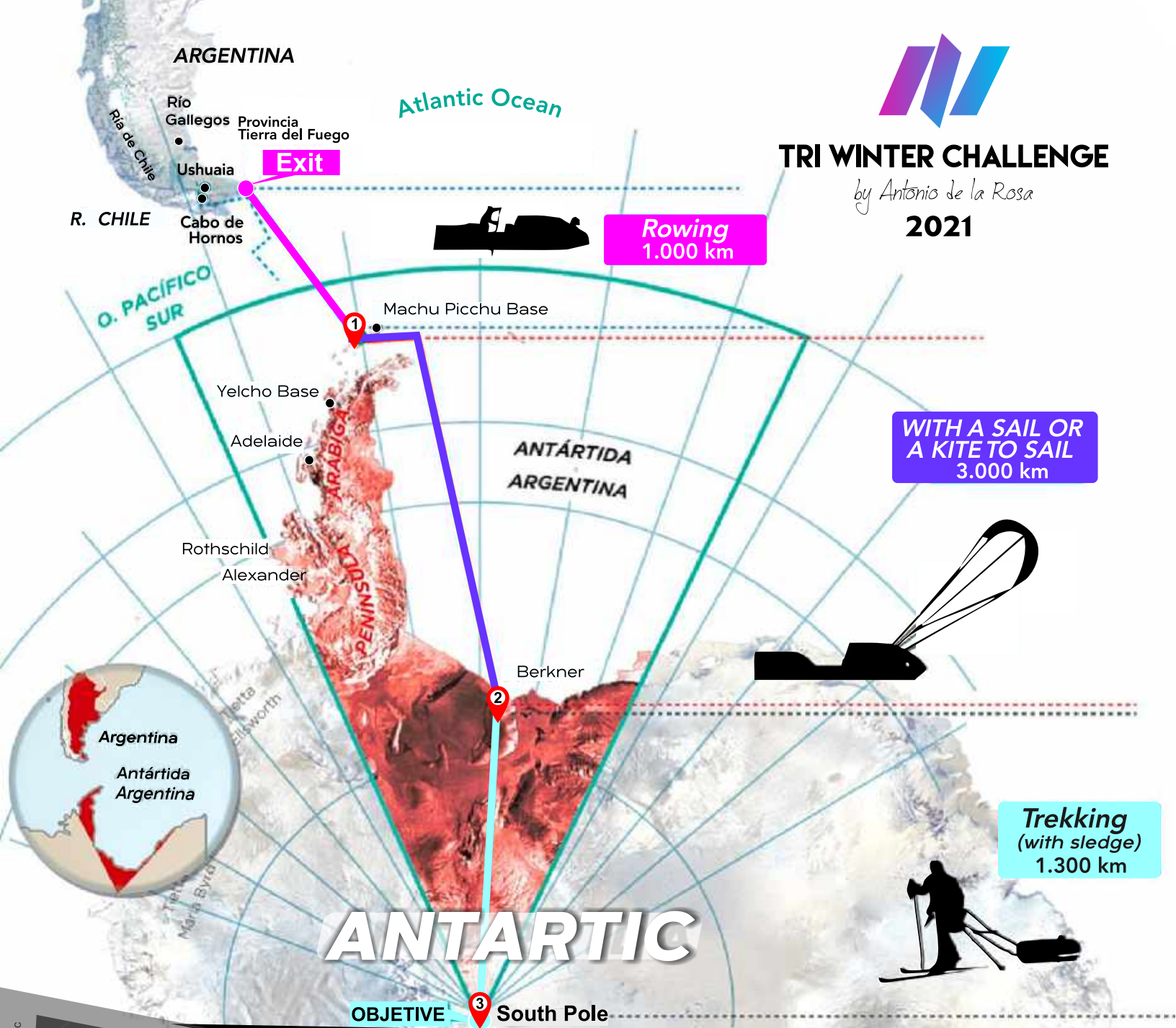




## TRI WINTER CHALLENGE

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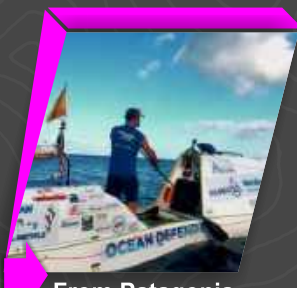
2021



## THE ROUTE

PLACES, DISTANCES AND METHODS

1.000 km



From Patagonia

1 Paddling to Livingstone Island

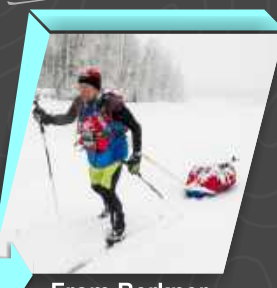
3.000 km



From Livingstone  
(On SUP by the Weddell Sea)

2 To the Berkner island  
\*adapting a sail to the boat

1.500 km



From Berkner

3 With ski and sled up the South Pole.

**5.500 km**  
OF SOLITARIE  
**ADVENTURE**



# THE ULTIMATE CHALLENGE



## TRI WINTER CHALLENGE

*by Antonio de la Rosa*

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