

# Running on the Roof of the World: An Epic and Inspiring Adventure

In 2019, Ryan Sandes, one of the world's top ultramarathoners, embarked on an epic journey to run the entire Great Himalaya Trail, a 1,500-mile route across some of the most challenging terrain on Earth.



## Running on the Roof of the World by Alfredo José Estrada

★★★★☆ 4.6 out of 5

Language : English

File size : 4067 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 241 pages

Lending : Enabled



The Great Himalaya Trail is a high-altitude trekking route that follows the spine of the Himalayas through Nepal, Tibet, and Bhutan. It is considered one of the most challenging treks in the world, and only a handful of people have ever completed it in its entirety.

Sandes's journey was even more ambitious than most, as he planned to run the entire trail, rather than trek it. This meant covering an average of 50 miles per day, at altitudes of up to 18,000 feet.

Sandes's journey was a true test of endurance and mental strength. He faced altitude sickness, extreme weather, and treacherous terrain. But he

also experienced the beauty and wonder of the Himalayas, and the warmth and hospitality of the people he met along the way.

In his new book, *Running on the Roof of the World*, Sandes shares the story of his epic journey. He describes the challenges he faced, the lessons he learned, and the incredible beauty of the Himalayas. The book is a must-read for anyone who loves adventure, running, or the outdoors.

### **An Excerpt from *Running on the Roof of the World***

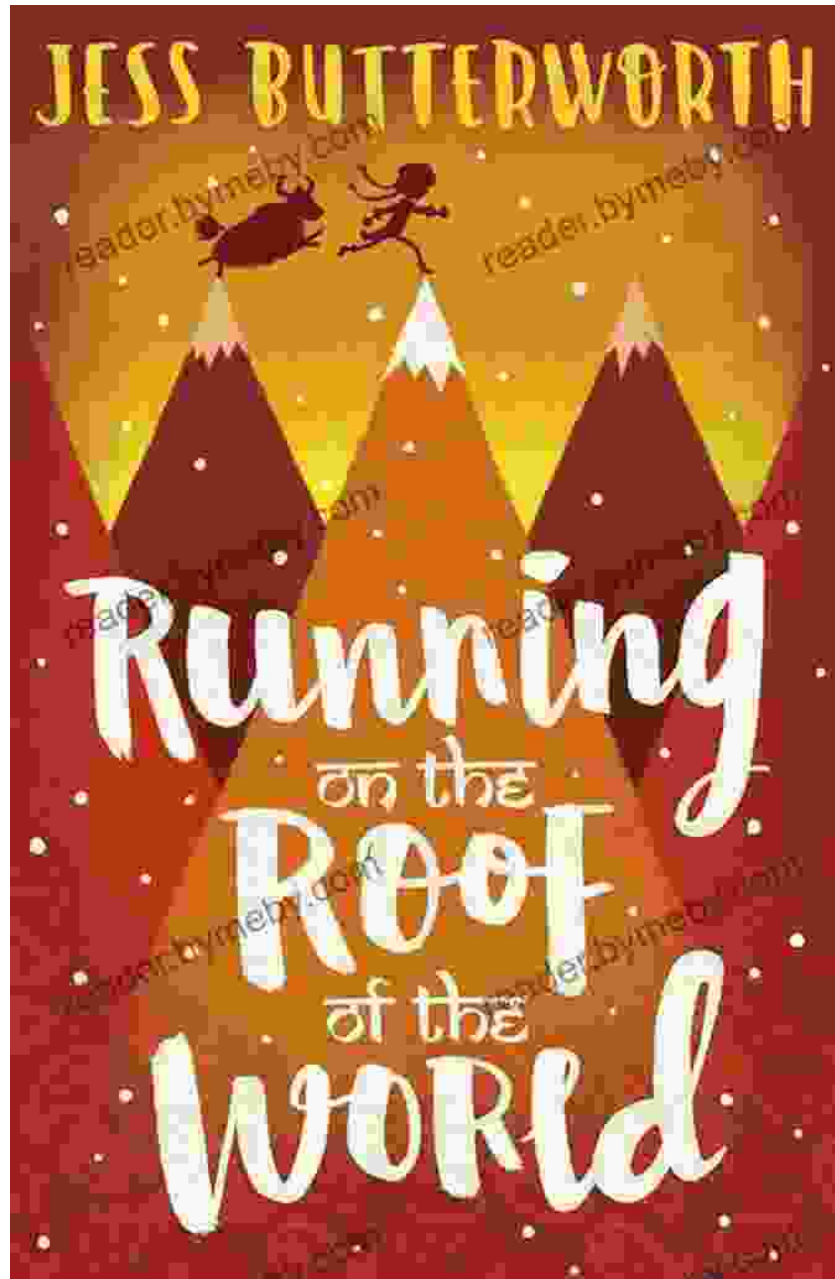
*"I stood at the base of the mountain, looking up at the daunting task ahead of me. I had been running for days, and my legs were already weary. But I knew that I had to keep going. I had to reach the top of this mountain, and I had to do it before nightfall."*

*"I started running, and the mountain seemed to grow steeper with each step. My lungs burned, and my legs screamed for mercy. But I refused to give up. I kept running, one step at a time."*

*"Finally, after what felt like an eternity, I reached the top of the mountain. I collapsed on the ground, exhausted but exhilarated. I had done it. I had conquered the mountain, and I had proven to myself that I could do anything I set my mind to."*

### **Free Download Your Copy Today**

*Running on the Roof of the World* is available now in bookstores and online. Free Download your copy today and be inspired by Ryan Sandes's incredible journey.



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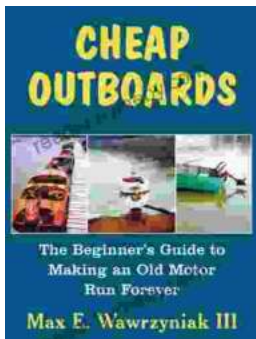
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