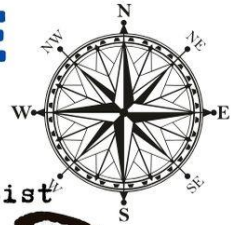
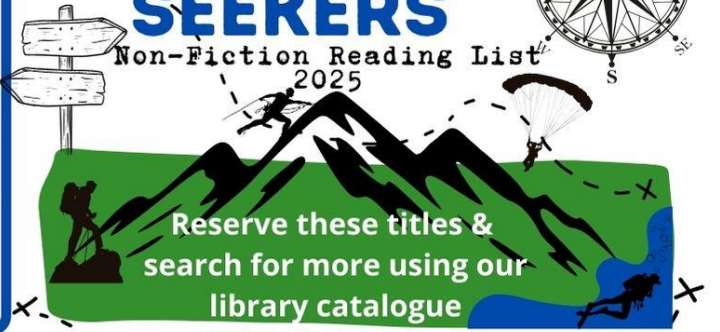


ADVENTURE + THRILL SEEKERS



Non-Fiction Reading List 2025



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Title: The Push
Author: Tommy Caldwell
Published: 2017
eBook
indyreads

The story behind acclaimed documentary, 'Dawn Wall'. In 2015 climber Tommy Caldwell took on the hardest challenge of his life, spending 19 days freeclimbing Yosemite's vertical, 3000-foot Dawn Wall - regarded as the most difficult climb in history and a route nobody had ever done before. Here, he recounts how he got there, the falls, setbacks - being held hostage, losing his index finger, marriage break-up - the summits conquered and the fears overcome.

Title: Alone
Author: Michelle Lee
Published: 2022
ANF

68 days, 12 hours, 49 minutes. In 2018 Michelle Lee became the first Australian woman to row solo across the Atlantic Ocean. Alone details this extraordinary adventure from her perspective. Crossing the Atlantic Ocean is never an easy undertaking, but people have been making the journey for hundreds of years. Michelle sailed into the history books, achieving what few have before her and marking the start of a new chapter in her life encouraging others to live without regret and not die wondering.

Title: Wild Rescues
Author: Kevin Grange
Published: 2021
eBook **Borrow Box**

A fast-paced, firsthand glimpse into the exciting lives of paramedics who work with the US National Park Service: a unique brand of park rangers who respond to medical and traumatic emergencies in some of the most isolated and dangerous parts of America. In 2014, Kevin Grange left his job as a paramedic in L.A. to work in Yellowstone National Park. Seeking a break from city life, to fulfill his dream of working for the National Park Service, and take a crash-course in wilderness medicine.

Title: Underground
Author: Will Hunt
Published: 2019
ANF **MP3**

When Will Hunt was sixteen years old, he discovered an abandoned tunnel that ran beneath his house in Rhode Island. Hunt follows a cast of subterraneophiles who have dedicated themselves to investigating underground worlds. He tracks the origins of life with a team of NASA microbiologists, camps out with urban explorers in the catacombs and sewers of Paris, descends with an Aboriginal family into a 35,000-year-old mine in the Australian outback, and glimpses a sacred sculpture moulded by Palaeolithic artists in the depths of a cave in the Pyrenees. Each adventure is woven with mystery, and our eternal desire to connect with what we cannot see.

Title: Chasing Extreme
Author: Luke Tyburski
Published: 2018
ANF

When Luke Tyburski's dream to play professional soccer on the world stage disintegrated after a series of debilitating injuries, he had no back up plan. He reinvented himself as an ultra-endurance adventurer and discovered his ability to withstand extraordinary conditions and excruciating pain. From the searing heat of the Sahara Desert to a typhoon-ravaged remote island, Luke's drive to constantly test his limits stunned his family, friends and fellow athletes. Chasing Extreme is raw, honest and simply unforgettable.

Title: The Art of Risk
Author: Richard Harris
Published: 2023
ANF

Are free-solo climbers, underwater cave explorers and big-wave surfers crazy ...? How do soldiers and fighter pilots manage risk? What can we learn from BASE jumpers and drag racers? 'Harry' Harris - Thai Cave Rescuer, takes us into the lives of other 'risk-takers', to find out why they do what they do. We meet people adventuring the highest skies to the deepest oceans. Heart-pounding and eye-opening, you'll never look at risk the same way again.

Title: The Impossible Climb
Author: Mark Synnott
Published: 2019
ANF

An emotional drama driven by people exploring the limits of human potential and seeking a perfect, choreographed dance with nature. Alex Honnold, the #1 free solo climber in the world, dared far beyond the ordinary, beyond any climber in history. One slip, one false move, one missed toehold, and you're dead. In The Impossible Climb, Honnold, free solo climbs the route now known as Freerider on Yosemite's El Capitan.

Title: A Walk in the Park
Author: Kevin Fedarko
Published: 2024
eAudio **indyreads**

A rollicking and poignant account of an epic 750-mile odyssey, on foot, through the heart of America's most magnificent national park and the grandest wilderness on earth. Two friends, zero preparation, one dream. A few years after quitting his job to follow a dream of becoming a guide on the Colorado River, Kevin Fedarko was approached by his best friend, National Geographic photographer Pete McBride, with a vision as bold as it was harebrained. Together, they would embark on an end-to-end traverse of the Grand Canyon, a journey that, McBride promised, would be "a walk in the park."

Title: Overlander
Author: Rupert Guinness
Published: 2018
ANF

In March 2017 Rupert Guinness set out on the trip of a lifetime: to race across Australia in the inaugural Indian Pacific Wheel Race. This was no ordinary bike race; competitors would ride completely unassisted from Fremantle in Western Australia to the Opera House in Sydney on the other side of the country. There would be no help, just riders and their bikes crossing one of the most beautiful, and often inhospitable, places on earth. A powerful memoir of a race and journey of the human spirit.

Title: Ranger 22
Author: Ray Goggins
Published: 2022
eAudio

From the hills of south Lebanon to the monsoon jungles of Southern Asia, to the suffocating humidity of Liberia, the mountains of Afghanistan and the snow-covered Balkans, Goggins has seen the best and worst, including conflict zones, terrorist attacks and hostage rescues. After a life spent on the front line in the Army Ranger Wing of the Irish Defence Forces, Ray now trains others to foster a mindset to handle whatever life has in store. Ray's exhilarating journey through his incredible career, and valuable lessons can help us all deal with life, whatever the situation.

Title: Endurance
Author: Toby Price
Published: 2023
ANF **eBook** **indyreads**

Two-time Dakar Rally champion, seven-time Finke Desert Race winner, FIM World Rally Champion - one of Australia's most popular motorsports athletes shares his inspiring story of every bump in the road on his way from a small farm in the Australian bush to the top of the podium in the world's most gruelling endurance race. Who knew that the remote town of Roto (pop. 41) would be the launching pad of one of the greatest motorsports athletes the world has seen? Toby Price has lived a truly remarkable life, filled with ups and downs: a childhood racing prodigy from the tender age of 2 - hardly a paddock could contain him.

Title: 537 Days of Winter
Author: David Knoff
Published: 2022
ANF **LPN** **eBook** **indyreads**

David Knoff had embarked on the adventure of a lifetime as station leader of Davis research station in Antarctica when the COVID-19 pandemic hit. After their ride home was cancelled, what was supposed to be a routine mission became a high-pressure cauldron of uncertainty and anxiety that pushed David's team to their mental limits. Facing unprecedented challenges, a complex medical evacuation and a fire on board their rescue ship, David would need all the resilience he'd gained as an infantry platoon commander and diplomat to keep safe and get home.

Title: Epic
Author: Ray Salisbury
Published: 2024
ANF

Stories of a dozen memorable Kiwi explorers are brought together to form a tribute to the spirit of adventure. It is difficult to comprehend the scale of the journeys of the featured explorers, but author Ray Salisbury brings them to life with detailed maps, backstories, and narratives that fail to hide his own passion for adventure. From Graeme Dingle and Jill Tremain attempting the first traverse of the Southern Alps, to the nineteen-year-old 'wildboy' who lived off the land as he paddled, walked and swam 8000 km of coastline, this is a showcase of the intrepid.

Title: The Girl Who Climbed Everest
Author: Sue Williams
Published: 2017
ANF **MP3** **eAudio** **Borrow Box**

Alyssa Azar is unstoppable. When she was just eight years old, she walked the gruelling Kokoda Track, the youngest person in the world to do so. At 12 she climbed the 10 highest peaks in Australia. Two years later she touched the top of Mount Kilimanjaro. Now, at the age of 19, she has reached the roof of the world: the summit of Mount Everest. The Girl Who Climbed Everest is the inspiring story of how an ordinary girl from country Queensland worked towards ascending the world's highest peak. Alyssa is the youngest Australian to have achieved this extraordinary feat.