



Three Stripes South

The 1000km Trek That Inspired a Women's Adventure Movement

BEX BAND

A life-changing trek along the Israel National Trail from the founder of Love Her Wild, the UK's largest women's adventure movement

- Inspirational adventure for fans of *The Salt Path* and *Wild*
- Backed by a full media campaign
- Author runs a very successful blog and has written for *Conde Nast*, the *Observer*, *High Flying* magazine, *Trail* & the BBC

In 2016, desperate for a drastic change, Bex Band decided to walk the length of Israel with her husband: a 1000km trek including a dangerous crossing through the vast Negev desert. She'd never done anything like this before and the experience changed her life, building back her confidence and self-esteem. ***Three Stripes South*** tells the story of this transformative adventure – battling heat, exhaustion, self-doubt and prejudice – and the new life Bex built for herself when she got home.

Bex Band is an adventurer and conservationist and founder of the **Love Her Wild** women's adventure community. Providing support and opportunities, the community has taken over 1000 women on adventures around the world. Bex has been recognised by *Business Leader* as one of the UK's top 30 inspirational entrepreneurs and was awarded the Next Generation Award by *Enterprise Nation*. For her work advocating women in adventure, she has been shortlisted for a National Diversity Award and in was given 'Legacy Maker' status on the San Miguel Alternative Rich List.



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