



# 21 UK female adventurers to follow on Instagram

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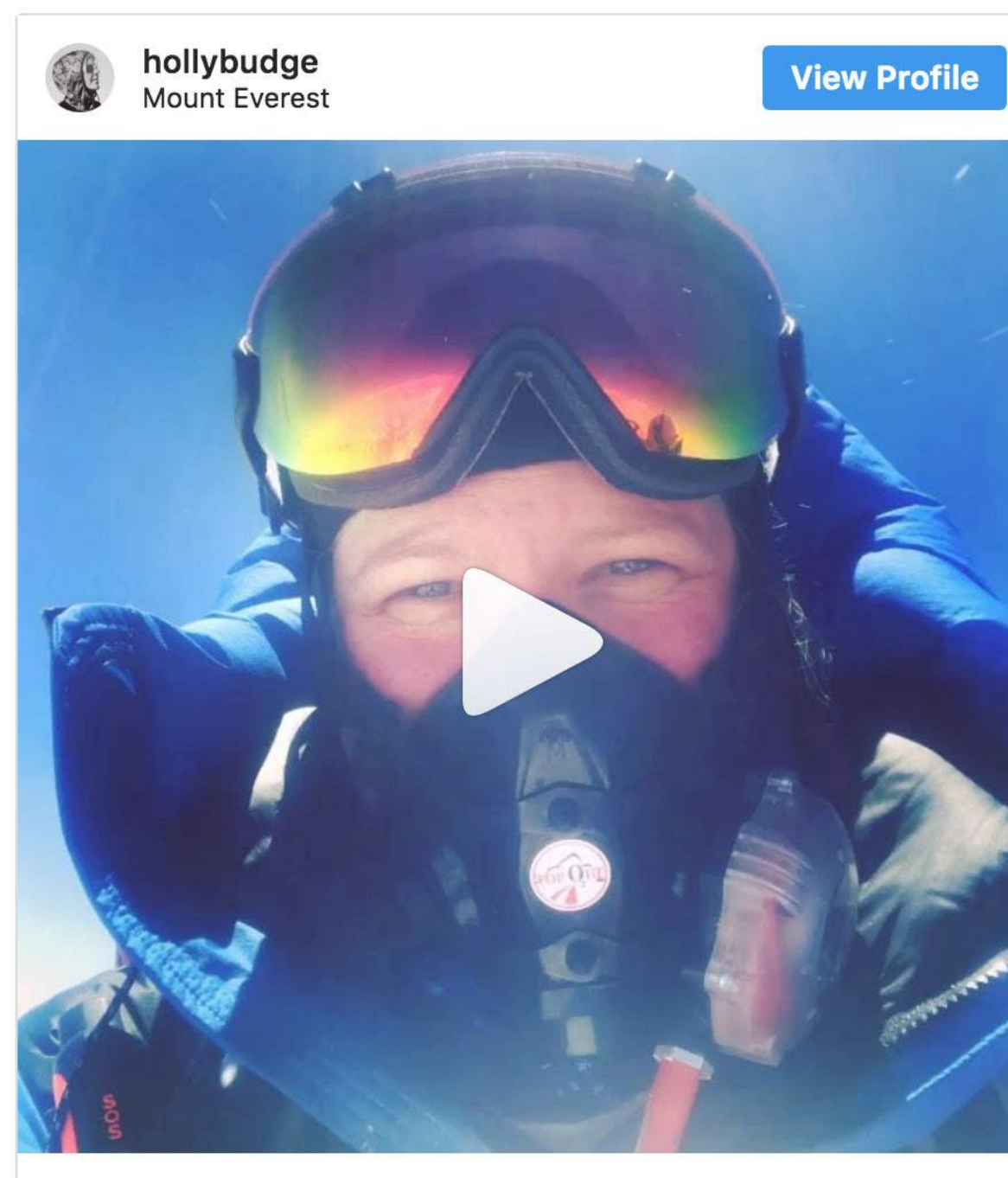
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## Let these lasses inspire your next adventure...

Long gone are the days when a typical adventurer conjured up images of a rugged, bearded man trekking through a desert or ascending a mountain. Nowadays there are more adventurous women pushing boundaries than ever before – whether they are running, cycling, kayaking, climbing or travelling to remote parts of the world.

We've put together 20 extraordinary British female adventurers who document their travels on Instagram. As the American author Helen Keller once said, "Life is either a daring adventure or nothing at all". These women couldn't agree more...

## 5. Holly Budge



**Reason to follow:** Holly pushes boundaries – and then some.

For most people, climbing Mount Everest is an odyssey in itself. Holly Budge decided to take her adventure one step further and become the first woman to skydive over the world's tallest mountain.

Launching yourself from a plane at 29,500ft requires oxygen tanks and a parachute three-times as large as a regular one. Neither the plane nor the occupants had ever jumped from this height before. Luckily, it was a successful first-time mission. Holly then went on to climb Everest on foot, because, why not?

Follow Holly on Instagram [@hollybudge](#).