

“The struggle itself toward the heights is enough to fill a man's heart. One must imagine Sisyphus happy.”

— Albert Camus, The Myth of Sisyphus (1942)

MOUNTAINS

I've been to Makalu, the fifth highest mountain in the world, twice — I didn't summit either time, and I tell it just the same. In 2013, bad weather and avalanches closed the route. In 2022 I went back alone, without high-altitude sherpas or supplemental oxygen, and reached 7,900 meters before a fever forced me down. Up there... the summit isn't really up to you.

On Aconcagua I've reached the summit 30 times, in different styles: from Base Camp in a single day via the Polish Glacier, in a single day via the normal route, responding to emergencies, and guiding for more than ten years. I know it the way you know your own house. It's my “office.”

I've also climbed the volcanoes of Bolivia — Sajama, Parinacota and Pomerape —, the west face of Huayna Potosí (D+/TD, in a day), and the south face of Condoriri's left summit (Ala Izquierda). I did the Polish Glacier in a single day, starting from Plaza Argentina.

Mountain guide · 30+ summits on Aconcagua · 2 expeditions to Makalu (2013 and 2022), no supplemental O₂, no sherpas · Bolivia: Sajama, Parinacota, Pomerape · Huayna Potosí, west face · Condoriri, south face (Ala Izquierda) · Polish Glacier in a day · 10+ years guiding

TRAINING

The old schools never split the body into parts. A Chinese man with two stones, a Greek with a discus, a Russian with a kettlebell — they all understood strength as a single skill, not as muscles taking turns. After running ultramarathons and climbing rock, I ended up finding that same idea — “we are one unit, and strength is a skill” — in Pavel's school.

I'm a certified SFB (Bodyweight) instructor with StrongFirst — the strength school founded by Pavel Tsatsouline (strongfirst.com). I'm currently working toward completing the rest of the certifications.

BOOKS

I used to teach theater, but — maybe — it was the solitude you find in the mountains that led me to write. I learned to write while climbing mountains, and worked up the nerve to publish on Amazon.

Feromonas is an invented bestiary about the true origin of species: dark, sensory, not for everyone, and — according to many — funny. Cuentos del inconsciente [Tales from the Unconscious] are warm stories, with humor, without morals or neat endings. Both are bilingual, and Feromonas has an audiobook in Spanish, narrated by a Mexican actress.

2 published books (Amazon, ES/EN) · Audiobook available · Third book in progress · www.mateconamigos.com

CONTACT

Email info@sebastiansatke.com

Web www.sebastiansatke.com

WhatsApp +54 9 2615 717801

Instagram @sebastiansatke