

# The Adventure Issue

THE WORLD OF ADRENALIN ZEN / SKI JUMPING FOR DUMMIES / OUTSIDE BUYER'S GUIDE

THIS IS PART OF A VALUE  
PACK AND NOT FOR RESALE

MAY 2018 £4.10

# Men's Health

## BUILD ARMS LIKE THIS

→  
**Bigger & Stronger  
The Best Exercise  
You're Not Doing  
2 Moves, 1 Result**

**SOBRIETY  
THE NEW  
HEDONISM** p62

# 32

**TIPS TO RECOVER  
FROM ANYTHING**



**DEFEAT  
FATIGUE**  
And Boost Your Endurance

# 28

Ways  
To Turn  
Chicken  
Into  
Muscle

+

**THE NEW  
SCIENCE OF  
6-PACK ABS**  
How The Rule Book Got Ripped

**THE PILL TO  
END EXERCISE** p68



# Around The World In 80 Adventures 2018

Time off work is an increasingly precious commodity, which is why our annual guide to the world's most exhilarating and revitalising outdoor escapades is more pertinent than ever. Not only will they take you far beyond the limits of your 9-5, each packs a unique hormonal high, leaving you invigorated for the inevitable return to real life

WORDS BY TOM WARD

## HORMONAL HIGHS



**SEROTONIN**  
Harness the feelgood factor to benefit from total mental rejuvenation



**ENDORPHINS**  
These sweat-inducing challenges will give your brain a healthy buzz



**DOPAMINE**  
Novelty trips and new experiences to reboot your cognitive powers



**ADRENALIN**  
Risk life and limb in pursuit of a potent and thrilling natural rush



**TESTOSTERONE**  
Highly demanding expeditions to pump you up in both body and mind

TURN OVER  
TO FIND YOUR  
POTENT 2018  
POWER TRIP

01-02

## Chase the Bright Lights of Greenland

Hunt auroras in the Arctic. On this photography trip, you'll gain more than just Instagram skills, as you navigate icebergs, traverse a Unesco World Heritage site, plus spend a night in a traditional Inuit settlement. In short, this will put your daily grind into perspective like nothing else.

From £3,950 [wildphotographyholidays.com](http://wildphotographyholidays.com)

**Like that?** As well as its picturesque maze of fjords and estuaries, the Great Bear Rainforest in British Columbia, Canada, offers the perfect destination for an ursine encounter. Go full-on *Revenant* with photographer Marc Carwardine on a floating lodge from where you'll set out on daily excursions, taking in wolves and orcas.

From £6,495 [wildlifeworldwide.com](http://wildlifeworldwide.com)



03-04

### Peek Behind the Iron Curtain

Bored of your bike commute? Explore the ancient forests and crystal-clear lakes of the Baltic states on Intrepid's new 11-day cycling trip. From £1,670 [intrepidtravel.com](http://intrepidtravel.com)

**Like that?** To get some fresh Italian air, cycle Merano's highline routes, taking in the Vinschgau Valley. From £936 [preidlhof.it](http://preidlhof.it)

05-06

### Ride and Vine

Far from an indicator of a mid-life crisis, exploring Italy's Chianti region via Harley-Davidson might be the smartest investment you make all year. From £757 [castellodicasole.com](http://castellodicasole.com)

**Like that?** Ahead of the 2018 Bahrain Grand Prix, take in the Sakhr Circuit with your own Formula One racing practice. From £338 [ritzcarlton.com](http://ritzcarlton.com)

07-08

### Feed Your Soul in Southern India

If you're tempted by a yoga retreat, but not keen on all-day omming, make Kerala's Soul & Surf hybrid your spiritual home. From £46 per night [soulandsurf.com](http://soulandsurf.com)

**Like that?** Denmark's Klitmøller surf camp Cold Hawaii is renowned as one of the best spots in Europe. From £110 [coldhawaiiisurfcamp.com](http://coldhawaiiisurfcamp.com)

LET MODERN LIFE'S DAILY ANXIETIES EAT YOUR DUST



## 15-16 Drive the World's Toughest Course

Morocco is the site of the original Dakar Rally and riders of any ability can follow in the tyre tracks of the pros. During this 17-day trip, you'll traverse around 3,000 miles through the Atlas Mountains and Sahara Desert, as well as ride camels (for a change of pace) and camp under the stars.

From £2,199 [guidedmotorbiketours.co.uk](http://guidedmotorbiketours.co.uk)

**Like that?** Land a motocross jump, whatever your ability. Hop on an off-road bike and you can explore the forest tracks of the Welsh countryside. All under watchful supervision, of course... From £205 [yamaha-offroad-experience.co.uk](http://yamaha-offroad-experience.co.uk)

26-27

### Expand Your Mind

You can't connect with the cosmos from the inner city. We suggest decamping to Chile's Elqui Valley, home to astronomical star-gazing facilities. From £2,450 [realworldholidays.co.uk](http://realworldholidays.co.uk)

**Like that?** Head to the Brecon Beacons for views of the Northern Hemisphere's constellations. From £66 per night [stargazersretreat.co.uk](http://stargazersretreat.co.uk)

28-29

### Enroll in Stunt School

It never hurts to be prepared. And this camp on Australia's Gold Coast will certainly have you action-ready, teaching stunts from flying on wires to falling from rooftops. From £222 [stuntpark.com.au](http://stuntpark.com.au)

**Like that?** Limit yourself to one deadly skill with a week of Muay Thai boxing training in Phuket, Thailand. From £315 [tigermuaythai.com](http://tigermuaythai.com)

### TRAIN TO BECOME YOUR OWN DEADLIEST WEAPON



30-31

### Wild Camp in Coastal Turkey

Kayak along Turkey's deserted Kekova coastline, an adventure playground filled with ancient ruins, sarcophagi and medieval villages. From £1,000 [fairlightjones.com](http://fairlightjones.com)

**Like that?** Go white water rafting across the Ayung, the longest river in Bali, Indonesia, at the Maya Ubud resort. From £2,255 [ealthandfitnesstravel.com](http://ealthandfitnesstravel.com)

09-10

### Run with the Dogs

Or ride with them, at least. The Luleå archipelago in Swedish Lapland is comprised of around 1,300 islands. As well as hiring huskies and a sled, you can take a snowmobile trip across the glacial winter landscape to explore the frozen fields and 10m-high mountains of ice. From £1,950 [sunvil.co.uk](http://sunvil.co.uk)

**Like that?** "Snowkiting" has taken off in Tyrol, proving that whatever works on water is equally fun on ice. Tour (and glide over) Austria's frozen lakes wearing either skis or a snowboard. POA [tyrol.com](http://tyrol.com)

11-12

### Glide the Waves

Want to coast over the waters surrounding a luxury private island? Of course you do. Thankfully, the Maldives's Velaa resort offers a range of underwater scooter activities. You needn't don Bond's white dinner jacket to take part, but we wouldn't blame you if you did. From £2,960 per night [velaaprivateisland.com](http://velaaprivateisland.com)

**Like that?** At the more affordable end of the scale, Jet Blade Barbados offers a water sport that involves being strapped into a giant hose and blasted up above the ocean. From £108 [jetbladebarbados.com](http://jetbladebarbados.com)

13-14

### Paddle into the Heart of Darkness

The Amazon flows deep within the heart of any self-respecting adventurer. Now you can explore the Peruvian rainforest in search of caimans and other wildlife with Inkaterra's night-time canoe trips. Plus the lodge where you'll stay is entirely eco-friendly. POA [inkaterra.com](http://inkaterra.com)

**Like that?** Navigate Norway's World Heritage-listed Geirangerfjord mountains by kayaking between each ascent. Guided tours include everything you need to stay afloat. From £97 [activegeiranger.no](http://activegeiranger.no)

17-18

### Break the Ice

Russia's White Sea is the ideal destination for ice-diving excursions. Over seven days you'll brave the elements as you slip into the Arctic depths, discovering life in the

bleakest conditions, from fish to seals. Best of all, there's every chance for you to see the Northern Lights from your steam bath in the evenings. From £1,995 [arcticdirect.co.uk](http://arcticdirect.co.uk)

**Like that?** Brave the breezy Cornish coast on a paddleboard – the Newquay Activity Centre offers a range of trips between the cliffs. POA [newquayactivitycentre.co.uk](http://newquayactivitycentre.co.uk)



TAKE A DEEP DIVE INTO A NEW CHALLENGE

19-20

### Learn to Fly

South Lake Tahoe in California might be the ultimate amateur outdoorsman's escape. Hiking, kayaking and fishing are all on the roster. But the real adrenalin junkie need look no further than fighter pilot training centre Sky Combat Ace, where you'll pull off aerobics, simulate combat and fly over majestic scenery. From £220 [skycombatace.com](http://skycombatace.com)

**Like that?** Soar at 85km per hour on Slovenia's Planica zipline, which claims to be the steepest route in the world. From £22 [nc-planica.si](http://nc-planica.si)

21-25

### Altruistic Excursions

**SAVE SHARKS IN THE SEYCHELLES**  
From your base in a beach hut on the white sands of Anse St Jose, you'll work alongside the National Parks Authority to protect the lemon shark population. From £1,145 [gvi.co.uk](http://gvi.co.uk)

**TRACK JAGUARS IN COSTA RICA**  
Set up and monitor remote cameras to keep tabs on the (very) big cats in Tortuguero National Park, while developing a unique understanding of the rainforest. From £1,145 [gvi.co.uk](http://gvi.co.uk)

**BE ONE WITH THE BUDDHISTS**  
To earn a few karma points, head to Pokhara in the Nepalese Himalayas to volunteer with local children, taking in white water rafting in your downtime. From £945 [gvi.co.uk](http://gvi.co.uk)

**TRACK WILDLIFE IN SOUTH AFRICA**  
Wake with the dawn chorus in the bush before setting out to track lions, cheetahs, leopards, elephants and rhinos in their natural habitat. Your average safari park this is not. From £1,345 [gvi.co.uk](http://gvi.co.uk)

**BULK UP IN THE SOUTH PACIFIC**  
Work on your upper-body strength while assisting with construction projects in a remote Fijian village. Consider hiking through waterfalls your reward. From £1,195 [gvi.co.uk](http://gvi.co.uk)