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



SOBRIETY THE NEW HEDONISM,62

32

TIPS TO RECOVER FROM ANYTHING

THE NEW SCIENCE OF 6-PACK ABS

**How The Rule Book Got Ripped** 

THE PILL TO END EXERCISE, 58



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



**ENDORPHINS** will give your brain

Risk life and limb



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.

om £3,950 wildphotographyholidays.com

Like that? As well as its picturesque naze 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 odge from where you'll set out on daily excursions, taking in wolves and orcas.

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

Like that? To get some fresh Italian air, cycle Merano's highline routes, taking in the Vinschgau Valley. From £936 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

Like that? Ahead of the 2018 Bahrain Grand Prix, take in the Sakhir Circuit with your own Formula One racing practice. From £338 ritzcarlton.com

07-08 (9)

### **Feed Your Soul** in Southern India

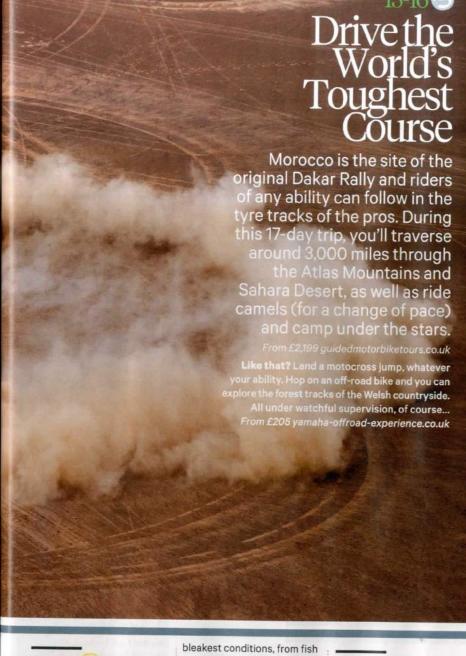
If you're tempted by a yoga retreat, but not keen on allday omming, make Kerala's Soul & Surf hybrid your spiritual home. From £46 per night soulandsurf.com

Like that? Denmark's Klitmøller surf camp Cold Hawaii is renowned as one of the best spots in Europe. From £110 coldhawaiisurfcamp.com









### **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

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

#### 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 lacket to take part, but we wouldn't blame you if you did. From £2,960 per night 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

## 13-14

### Paddle into the **Heart of Darkness**

The Amazon flows deep within the heart of any selfrespecting 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 ecofriendly. POA 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

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

Like that? Brave the breezy the Newquay Activity Centre offers as you slip into the Arctic a range of trips between the cliffs. depths, discovering life in the POA newquayactivitycentre.co.uk



to seals. Best of all, there's 19-20 every chance for you to see the Northern Lights from your

steam bath in the evenings.

From £1,995 arcticdirect.co.uk

Cornish coast on a paddleboard -

### 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

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

26-27 (8)

21-25

Altruistic

**Excursions** 

From your base in

a beach hut on the

Anse St Jose, you'll work alongside

the National Parks

Authority to protect

the lemon shark

population. From

Set up and monito

remote cameras

to keep tabs on

in Tortuguero

the (very) big cats

National Park, while

developing a unique

understanding of

£1,145 gvi.co.uk

the rainforest. From

To earn a few karma points, head to

Nepalese Himalayas

to volunteer with

local children,

taking in white water rafting

in your downtime

From £945 gvi.co.uk

Pokhara in the

£1,145 gvi.co.uk

white sands of

### **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

Like that? Head to the Brecon Beacons for views of the Northern Hemisphere's constellations, From £66 per night stargazersretreat.co.uk

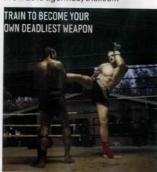
28-29



### **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

Like that? Limit yourself to one deadly skill with a week of Muay Thai boxing training in Phuket, Thailand. From £315 tigermuaythai.com



Wake with the dawn

30-31 chorus in the bush before setting out to track lions, cheetahs eopards, elephants and rhinos in their natural habitat. Your average safari park

£1,345 gvi.co.uk

this is not. From

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

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

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

90 MEN'S HEALTH

MENSHEALTH.CO.UK