

BECAUSE IT'S THERE

Relish where you might not yet have vented—whatever makes your blood run cold. By Alexandra Kohut-Cole

FOR THE...

*HARD AS
NAILS*

THE ADRENALINE RUSH

*EXTREME
KAYAKING*



White-water kayakers need to be maneuvered very quickly to avoid the inevitable hazards from white-water rapids.

YOUR DESTINATION



The world's wildest one-day white water run. Visit www.theZambezi.com

*THE
ZAMBESI RIVER*

COMPANION



JUDE LAW
The sly actor can extricate himself from any eventuality.

*MILDLY
INSANE*



*DIVING WITH
GREAT WHITE
SHARKS*

Shark cages create a discernable barrier that sharks quickly recognise, allowing them to be safely observed up close.



The locals are trying to protect the endangered Great Whites with controlled diving. Visit www.white-shark-diving.com

*GANSBAAL
NEAR CAPE TOWN*



*ROBERT
PATTINSON*
He's cool in the face of danger.

*ULTIMATE
IN
ENDURANCE*



*ULTRA-
MARATHONS*

The Marathon des Sables is a six-day, 254-kilometre ultra-marathon, equivalent to six regular marathons.



One of the toughest foot races on earth. Visit www.saharamarathon.co.uk

*THE SOUTH
MOROCCAN DESERT*



GUY RITCHIE
Madonna's ex-hubby no doubt has endurance in the face of adversity.

*NERVES
OF STEEL*



*SKIING DOWN
EVEREST*

Before skiing down it, you must climb up the thing—Everest owns the highest summit in the world at 8850m—that's close to a jet's cruising altitude.



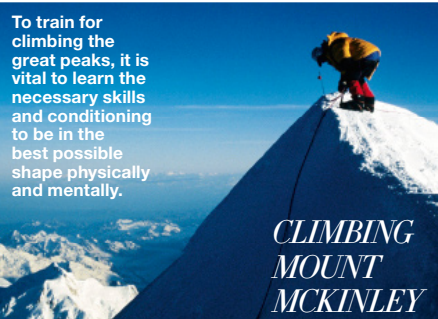
In 2000, Slovenian Davor Karnicar took less than five hours to ski continuously from Everest's summit to Base Camp. Visit www.mount-everest.top-seo-solutions.com

HIMALAYAS



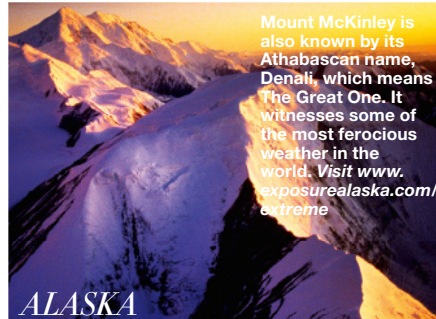
*MICHAEL
SCHUMACHER*
He'd do it just for fun.

*THRILL
OF IT*



To train for climbing the great peaks, it is vital to learn the necessary skills and conditioning to be in the best possible shape physically and mentally.

*CLIMBING
MOUNT
MCKINLEY*



Mount McKinley is also known by its Athabascan name, Denali, which means The Great One. It witnesses some of the most ferocious weather in the world. Visit www.exposurealaska.com/extreme

ALASKA



*SAM
WORTHINGTON*
The *Avatar* actor can make risky choices that pay off.