Adventures

The Men's Fitness Guide





NEW FRONTIERS

Bethefirst to explore

Just because the world has been mapped doesn't mean there are no new adventures left Powerful forces-politics, violence, climate change, natural disaster—are constantly redrawing those maps, opening up new frontiers for adventure travel. These trips explore some of the planet's most incredible land- and waterscapes, which circumstances have preserved in a near-pristine state See them now, before the crowds descend.



■ To celebrate Canadabased Sacred Rides' 20th vear, owner Mike Brcic has put together a first-of-its-kind fat-bike journey across the least densely populated terrain on the globe. To call the 100-mile hut-to-hut route over Greenland's Arctic Circle Trail "remote" is an understatement. The trail will still be covered with snow when the dogsled-aided trip rolls out next April, and the only other souls on it will likely be reindeer. Arctic foxes. and musk oxen. Brcic calls Greenland "a spectacular country with a rich history and virtually no tourists," but don't expect it to stay that way. It's already being

called the next Iceland. > Apr.; 9 days, from \$4,995;

Walk on Bolivia's Moonscape

Years of unrest kept Bolivian tourism in check and today this landlocked country is one of South America's best-kept secrets. In addition to Amazon jungles and Andean peaks, it's also home to the 12,300-foot Altiplano plateau, where Chilean company Explora runs remote camps. This eightday journey explores the dramatic landscape with hikes up active volcanoes. down to flamingo-studded lakes, and out onto the world's largest salt flats, where cactus-encrusted islands rise up from the white, salty "sea." It's the closest you'll get to outer space without boarding a

> Apr.-Nov.; 8 days, from

Dive Cuba's underwater treasure

The first thing divers notice in the Gardens of the Queen, an archipelago of coral and mangrove islands off the coast of Cuba, are the big fish-Caribbean reef sharks and 200-pound grouper-that thrive at this comparably pristine reef established by Fidel Castro (himself a diver) as the Caribbean's largest marine-protected area and a no-take fishing zone. Just 1.000 divers are allowed to visit each year: you can be one of them on an officially sanctioned Ocean Doctor 11-day dive trip that's led by marine biologist David Guggenheim and includes a chartered flight from Miami and five days of touring in Cuba.

Year-round; 11 days, from \$7,510; oceandoctor.org

Alaska is an outsized frontier, and the Arctic National Wildlife Refuge (ANWR) is its wildest. most remote corner (not to mention America's biggest political football). This Czech Republic-size refuge is an untracked wilderness that's home to gray wolves, musk oxen, grizzly and polar bears, wolverines, moose, and massive herds of caribou. On Alaska Alpine Adventures' 10-day ANWR backpacking trip, owner Dan Oberlatz guides you 60-plus miles through the Alpine zone of the Brooks Range, where you're unlikely to see another human for the duration.

> June-Aug.: 10 days, from \$4,995; alaskaalpine

Hike the farthest frontier rising tide

Despite Sri Lanka's rich heritage, marquee wildlife (elephants, leopards). and world-class swells. 20-plus years of civil war kept outsiders away. But recent stability has brought investment to the South Asian island, from luxury resorts to boutique surf camps. Scandinavian travel firm Lapoint has one of the best, on a golden stretch of coastline where monsoon winds deliver clean waves and sunny skies from late October to early April, All-inclusive weeklong stays cover food, luxe beachfront accommodations, equipment, and five days of expert surf instruction.

Year-round (but surf's best Nov.-Mar.); 7 days, from







Check it off the bucket list

They're called "classic" because they're the quintessential adventures—surfing Fiji's blue-green barrels, mushing sled dogs over frozen tundra, and marching on Machu Picchu—that should be on every man's bucket list. These four trips get it right, putting you in the center of the action, no matter how remote it is.

THE CLASSICS, DONE RIGHT

of Namotu-five acres of palm trees and white beaches surrounded by warm equatorial watersis the kind of paradise you dream of being shipwrecked on. Especially if you're a surfer: At one edge of the Malolo Barrier Reef, the luxe Namotu Island Resort looks out on seven epic surf breaks. including the legendary Cloudbreak. Hit the waves in the a m via the included boat shuttle, then spend the afternoon snorkeling, stand-up paddling, or-if you're channeling Castaway-fishing for yellowfin tuna that'll wind up on your dinner plate.

Take over

a tropical island

■ The tiny Fijian island

Year-round (best Mar. Nov.); 8 days, from \$2,080; namotuislandfiji.com

Earn admission to Machu Picchu

At the tail end of a six-day hike to Machu Picchu, there lies food, wine, and a hot tub.

> "Salkantay" means "savage mountain" in Quechua, the language of the Incas, and this trek to Machu Picchu is, indeed. savage compared with the more casual-and crowded-Inca Trail. Six days of hiking take you from Alpine passes overlooking mountaintop glaciers, to jungle-filled river valleys, and finally to the ancient city in the sky. The hard work pays off even more when you reach your Mountain Lodges of Peru quarters, with their hot showers, gourmet food and wine, and outdoor Jacuzzis. This pilgrimage requires sacrifice, sure, but not too much.

Mar.-Dec.: 7 days, from \$3,090; mountain!

Lead the pack across Lapland

 A lot of dogsledding trips are really just glorified sleigh rides-vou sit on the sled and gawk at the snow while your musher handles the dogs. Not so with Nature Travels' backcountry journey across Sweden's Vindelfjällen Nature Reserve, one of Europe's largest protected areas. You drive your own sledbraking on downhills and running behind when the route ramps up-feed and care for your own dogs, and help with chores. Think of it as Iditarod lite: a wilderness trek, but with a Swedish dogsled champ's expert help (and his wife's delicious cooking)

Mar.-Apr.: 8 days. from \$2,414; nature travels.co.uk

Walk on the wild side in Tanzania

For the ultimate African wilderness experience. ditch the Land Rover and ioin Mark Thornton Safaris on a 60-mile walking safari across Tanzania's five-million-acre Ruaha National Park. Harking back to the original foot safaris, these excursions bring you face-to-face with the animals-elephants, lions, and hippos. oh, myl-at ground level. on their terms. And, unlike softer "luxury" walks, this one explores the truly wild corners of the park. with no infrastructure, no roads, no tourist-packed buses. It's just you and the raw, wild beauty of the African backcountry.

July-Sept.; 8 days, from \$6,765; thorntonsafaris.com

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FRESH TAKES ON AGE-OLD JOURNEYS

Find a world of surprises

Already crashed through the Grand Canyon? Topped out on Mount Rainier? Lift-biked the Swiss Alps? For the been-there-done-that crowd, these novel trips riff on the classics, offering thrilling new perspectives on old adventure staples.

Explore Morocco, from markets to mountains

■ Most tours bring clients to Morocco just to haggle at souks, explore walled medinas, and ride camels Ryder-Walker Alpine Adventures, though, mixes the rich Berber culture with six days of climbing in the Atlas Mountains, starting in Marrakesh, ascending to the town of Imlil for acclimatization and peak-bagging, then making the final assault on Jbel Toubkal, North Africa's highest peak. Then it's back to civilization again, with a visit to the port city of Essaouira and a last night in Marrakesh.

> Apr.-May, Sept.-Oct.; 10 days, from \$4,120; rvderwalker.com

Get onboard

■ Travelers flock to snorkel, dive, and fish in the clear turquoise waters of Belize's more-than-185-mile-long barrier reef. Still, there are hidden corners in this ecosystem, like the South Water Caye Marine Reserve, where Island Expeditions runs what may be the world's first inn-to-inn stand-up paddleboard trip, Based out of laid-back island lodges, the journey balances snorkeling and open-water crossings -where you can see stingrays, nurse sharks, and sea turtles-with island-style downtime.

> Jan.-Mar.; 7 days, from \$2,179; island expeditions.com

Peak-bagthe Cascade classics

■ This madcap expedition from Seattle's Mountain Madness tackles three Cascade summits and a total of 32,000 feet of elevation gain in a week. Individually, the routes are fairly beginner friendly, with roped glacier travel, low-grade climbing, and route-finding through icefalls. Consider it a crash course in mountaineering, with on-the-fly training to make sure you summit in one piece. But the real concern here is physical endurance. The "Cascade Express" is, after all, a test of mental fortitude only the strong survive.

July-Aug.; 7 days, from \$1,800; mountain madness com

Storm Slovenia's Julian Alps

Bombing down Slovenia's rugged Julian Alps is a lot like biking in the Italian Alps-minus the crowds. Though it's one of the continent's most forested and water-rich countries, Slovenia is only now being discovered by outdoor junkies as a cheaper, quieter European alternative. This seven-day H+I Adventures trip covers the best trailsfrom Alpine passes to seaside cliffs-while making forays into Italy and Austria. At night you'll rest up at cozy guesthouses and enjoy local meats, wines, and cheeses.

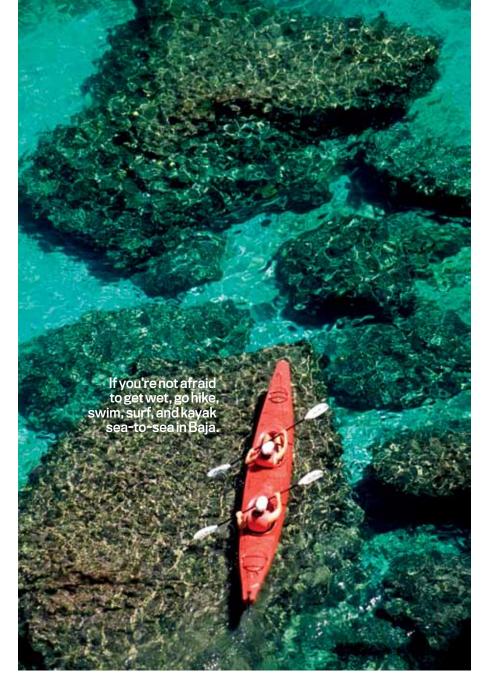
> June-Sept.; 8 days, from \$2,448; mountainbike worldwide.com

Run the canyons of the Colorado

Retrace 264 miles of explorer John Wesley Powell's 1869 wild ride of discovery down the Green and Colorado rivers on an epic new trip from Grand Canyon Dories. Over two weeks, guides navigate historic wooden dories through rapids between the Technicolor walls of Desolation, Grav. Labyrinth, and Stillwater canyons, all the while building up to the churning waves and "Big Drops" of Cataract Canyon. "Inferior boats are mashed like eggshells," wrote Powell of the rapids. Lucky for you, both dories and oarsmen are top-notch.

> May-June; 13 days, from \$4,536; oars.com





ON A MISSION

Test your mettle

For masochists (we're looking at you, Ironmen, ultrarunners, endurance cyclists, and gnarlyass mountain men) who want to accomplish something tangible on vacation (and bring home bragging rights), these trips offer goal-oriented adventure with a generous side of suffering. Trust us, it's more rewarding than you think-and twice as much fun as you can imagine

Punch through the Pyrenees from sea to sea

- While the Alps usually get top billing at the Tour de France, the Pyrenees, which form the rugged, 305-mile-long natural border between Spain and France, are nearly as tall-and even steeper. This epic DuVine Cycling + Adventure Co. trip traverses the entire range, from the Mediterranean to the Bay of Biscay, hitting all the famous, punchy climbs (including the fearsome Tourmalet and Hautacam) in a week straight of 50-plus-mile, 5,000-plus-foot days in the saddle. Eat your heart out, Lance.
- Aug.; 8 days, from \$4,395; duvine.com

Run around

Aug.; 11 days, from \$2,125;

Bisect the Baja

- Most classic Baja trips involve either surfing on empty Pacific-side beaches or kayaking the wildlife-rich Sea of Cortez. This REI Adventures hike does both, but joins them with a unique sea-to-sea hike across the verdant Sierra de La Laguna mountains. In four days-one spent swimming in a refreshing mountain river-you'll ascend from cactus-studded desert through dry forest, green preserves, and grassy meadow before hitting the range's highest summit, El Picacho. It's a wild, at times strenuous trek that highlights Baja's amazing natural diversity.
- > Year-round; 9 days, from \$3,299: rei.com/adventures

the roof of Africa

- Kilimanjaro, the 19,341foot Roof of Africa, is a top mountaineering destination. But for a tougher, more intimate experience with the mountain, join world-class ultrarunner Simon Mtuy's Summit Expeditions & Nomadic Experience for a 162-mile circumnavigation of the peak. The grueling trail run follows footpaths through forests and over countless ridges, covering at least a half-marathon every day. Keeping up with the speedy Tanzanian, who was raised here, isn't easy, but the gorgeous scenery should help keep your mind off the miles.
- nomadicexperience.com

Ride the Rocky Mountain Front

- Glacier National Park's soaring Alpine Going-tothe-Sun Road is one of the nation's most beautiful bike rides. But it's only the warmup to this weeklong trip with Montana's the Cycling House. Next, the tour parallels the Rocky Mountain Front down to Yellowstone, through some of the most gorgeous scenery in the Lower 48. Let your legs do the work-there's plenty of it, with daily tolls averaging more than 75 milesand keep your eyes peeled for grizzlies, wolves, and elk along the way. It's the great American road trip, only on a bike.
- July; 7 days, from \$1,595; thecyclinghouse.com





Best of both worlds.

Explore the French-