



The 100 GREATEST ADVENTURES on EARTH

Men's Health

JUNE 2013 / 100% USEFUL

FIGHT FAT & WIN!

DESTROY YOUR LOVE HANDLES!

31

SPACE AGE MUSCLE BUILDERS

OWN THESE ABS BY JUNE! P101

MAKE YOUR HEART INDESTRUCTIBLE

FAST FOOD ALCHEMY! HOW TO TURN BIG MACS INTO 6-PACKS

ENHANCED PERFORMANCE SPECIAL!

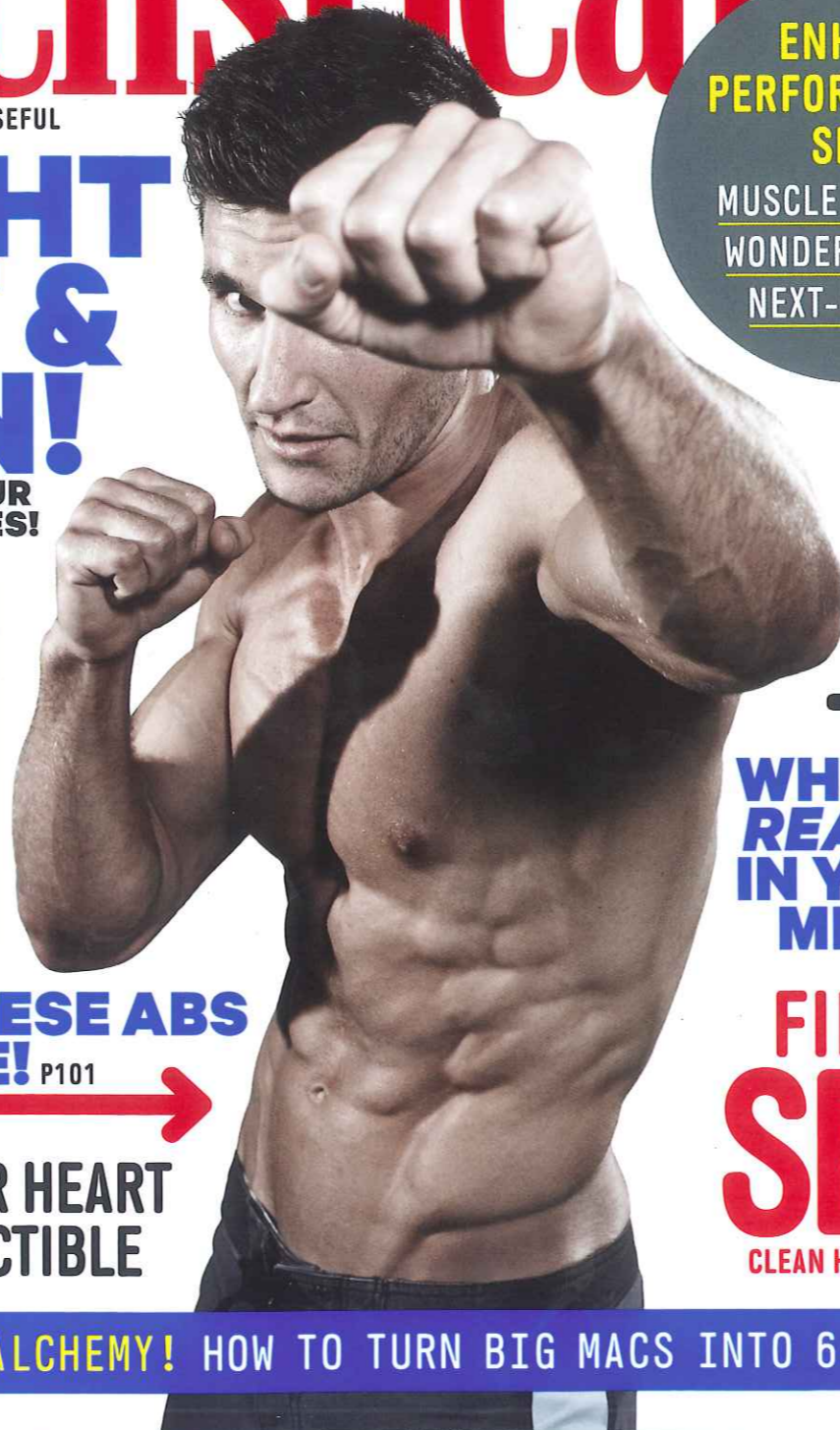
MUSCLE CHEATS <
WONDER DRUGS <
NEXT-GEN SEX <

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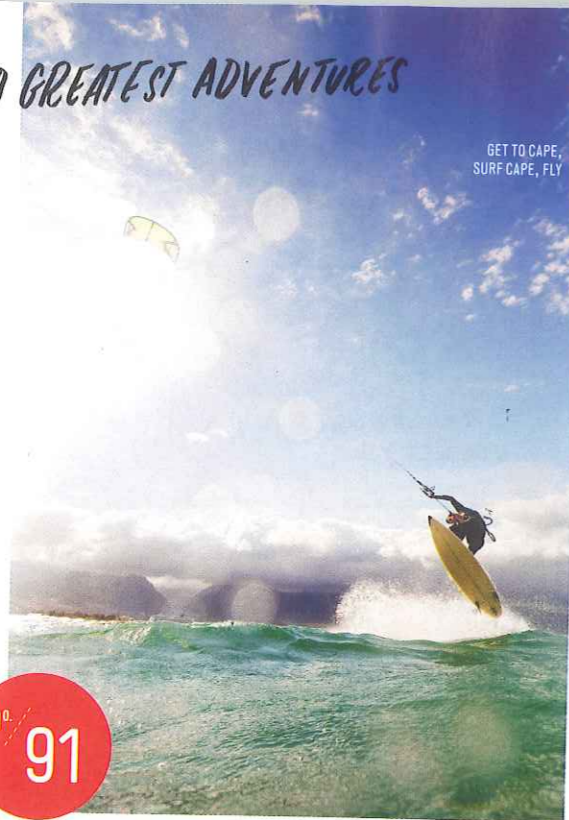
WHAT'S REALLY IN YOUR MEAT?

FILTHY SEX
CLEAN HARD-DRIVE



100 GREATEST ADVENTURES

GET TO CAPE,
SURF CAPE, FLY



No. 91

FLY THE BEST WAVES

Cape Town in South Africa is the epicentre of world kitesurfing. It gets wind all year because nearby beaches face every point on the compass, to pull you over, across and occasionally right off the waves and high into the air. Yes, there are great whites under the water, but think less of that and more about the great seafront city on the other side of the showers.

From £60 bestkiteboardingafrica.com

/ LIKE THAT?

No. 92 Kitesurf at Camber Sands, the UK's best location, 90min from London. £164 thegallivanhotel.com

No. 93

SURF THE WORLD'S BIGGEST DUNES

In the Namib desert, sand dunes as high as The Shard host the world's hottest downhill ride: sandsurfing. (Snowboarding minus the inconvenient avalanche risk.) The dunes' height mean up to 80km/h speeds. Sadly, ski-lifts are as common as Lilt machines, so it's a run to the top.

From £30 namibian.org

/ LIKE THAT?

No. 94 Take a flying safari of Namibia. £POA blacktomato.com

Nos. 95-98 / THE BEST ALTERNATIVE RACES



UVU JUNGLE MARATHON

Forty-degree heat and 99% humidity await you for a 254km journey through the deepest, darkest tracts of the Brazilian Amazon. Sensible training tactics would include familiarising yourself with anacondas, caimans and piranhas. While running... £2,000 junglemarathon.com

ALLALIN RACES

The longest glacier ski and snowboard races in the world take place in Switzerland's Saas-Fee every April and are open to amateurs. For the truly brave, there's also a mountain bike event. The winner's top speed? Ninety miles per hour. £35 saas-fee.ch/allalainrennen

THE CLIPPER ROUND THE WORLD YACHT RACE

The only race in the world where a sailing rookie can compete in a 70ft ocean-racing yacht. You can sign up for a single leg - 18 days from South America to South Africa is the shortest - or circumnavigate the globe over 11 months. Legs from £4,500 clipperroundtheworld.com

THE ESCAPE FROM ALCATRAZ TRIATHLON

After swimming 1.5 miles to shore from San Francisco's infamous island prison you'll cover 18 miles in the saddle, taking in the Great Highway and Golden Gate Park, before finishing your eight-mile run at the Marina Green. £265 escapefromalcatraz.com

No. 99

KAYAK TO YOUR OWN PRIVATE ISLAND

The Bohuslän archipelago is a cluster of around 3,000 islands off Sweden's west coast. Exploring it by kayak is a Greece-beating island-hop (and the best arm workout you'll do all year). When you're done exploring and seal-spotting, simply pitch a tent for the night on your choice island. The tour route takes in a number of fishing villages with restaurants and stores, so you can leave the harpoon at home. Kayaking skills rusty? Book the one-day course to bring you up to speed. See you there. £216 for a three-day tour naturetravels.co.uk

/ LIKE THAT?

No. 100 Head out on a six-day killer whale-watching kayak tour along Johnstone Strait, Vancouver. £575 kayakingtours.com



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britishtriathlon.org

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