



The Adrenaline Junkie's Bucket List: 100 Extreme Outdoor Adventures to Do Before You Die

Christopher Van Tilburg

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Imagine kayaking the churning whitewater of Africa's wild and wet Zambezi River. Get barreled in a wave surfing Fiji's legendary Cloudbreak reef. Trek New Zealand's famed Milford Track through the lush, green fiords.

The Adrenaline Junkie's Bucket List is the ultimate guide for the outdoor and sports enthusiasts seeking out the world's most fantastic adventures. The book runs the gamut of water, mountain and hiking sports for all skill levels?from beginners to experts. Written by a veteran outdoor adventure expert, author and wilderness physician, it presents readers with one hundred amazing and challenging voyages all over the world. Organized by continent, the book offers fifteen to twenty-five trips of a wide variety in each section, and also covers local lore and history, hotel and restaurant recommendations, and other relevant services. Sidebars throughout contain practical advice for the adventure travel enthusiast on health, safety, and outdoor life. This is the perfect book for extreme athletes and armchair travelers looking for an adventurous read.

A heartstopping and essential guide to the best extreme outdoor adventures on every continent



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Elizabeth Rodrigues:

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offers you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading that.

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