



THE ADRENALINE JUNKIE'S BUCKET LIST



**100 EXTREME
OUTDOOR ADVENTURES
TO DO BEFORE YOU DIE**



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Christopher Van Tilburg

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



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Imagine kayaking the churning whitewater of Africa's crazy and wet Zambezi River. The reserve runs the gamut of water, mountain and hiking sports for all skill amounts?from beginners to specialists. Sidebars throughout contain practical advice for the adventure travel enthusiast on health, safety, and outdoor lifestyle. The Adrenaline Junkie's Bucket List may be the ultimate information for the outdoor and sports enthusiasts searching for the world's most great adventures. Get barreled in a wave browsing Fiji's legendary Cloudbreak reef. Compiled by a veteran outdoor adventure expert, writer and wilderness doctor, it presents readers with one hundred amazing and challenging voyages worldwide. Organized by continent, the book presents fifteen to twenty-five trips of a wide variety in each section, and in addition covers local lore and history, hotel and restaurant suggestions, and other relevant solutions. Trek New Zealand's famed Milford Monitor through the lush, green fiords. This is the perfect book for extreme sports athletes and armchair travelers searching for an adventurous browse.A heartstopping and necessary guide to the very best extreme outdoor adventures on every continent



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Nice list Sometimes I simply want to look at more information on things I'll never really do and reflect on my little existence in my own little corporate job with my small paycheck. I really thought about it before ordering, easily was increasing his hobbies! Not just for extreme outdoorsmen An extremely cool book. But then you put it down and react to that email from Bob in accounting. Great Book with a whole lot of information in it I ordered this for my boy who is an extreme Adrenaline junkie! A great book for cool trip tips! I though it might be significantly beyond my skill and adventurousness level, however it has a selection of actions and skill levels required. This reserve is ideal for reminding you that at one point in your life you did want to do more.Great Reserve with a lot of info in it. Five Stars Great reserve definitely has given me a lot of great ideas. A Smile FOR EACH Mile Bucket List will start you into worlds of adrenaline-soaked fun--or remind you so why your storage space is chockablock with gear. The writing is crisp and to the point: get out and play and here's where you can go to get yourself pumped. There's something for everyone, no matter budget. Even couch potatoes will enjoy the journey, especially because they begin to take into account maybe, just possibly, dusting off a vintage bike or pair of hiking shoes or boots. A book to truly get you going or keep you moving, with a smile for each mile and manner of adrenaline-driven motion. This book is quite fun to look over and quite inspiring. Has great outings well planned out! The author has been every where. Great long weekend journeys or month long. I now have some very nice tips and adventures to have.



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