



PRESS RELEASE
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Rough Guide gets extreme

Four celebrities are set to push themselves to the limit in the pursuit of the ultimate travel experience in *Rough Guide To Ultimate Escapes*.

Produced by Lion Television, the four hour-long programmes will build on the success of *Five's Rough Guide To...*, presented by **Julia Bradbury** and **Toby Amies**, and will take adrenalin-fuelled adventures off the beaten track, in the pursuit of a once in a lifetime experience.

Five's intrepid presenters will scour the globe to discover the ultimate travel experience and each week a guest celebrity presenter will go on their own thrill-seeking adventure.

Star of *Green Wing*, **Stephen Mangan** will cycle the spectacular mountain terrain of the Himalayas in Bhutan, Asia and discover the largely unexplored customs and cultures of a remarkable destination that has only recently opened its borders to tourism.

James Cracknell is put to the test in his search for the ultimate natural high in South America's Venezuela, a magnet for the world's biggest adrenaline junkies. James will attempt a daring bungee jump from a bridge and an intense climb and paraglide off the summit of the highest mountain in the Andes.

Dom Joly will explore one of the world's best kept secrets when he encounters the rich flora and fauna of Nicaragua, attempting the challenging climb of an active volcano and then skiing down the volcanic ash slopes.

Sin Cities presenter, **Ashley Hames** treks through the rolling terrain and dense rain forests of the Philippines jungle and attempts a record-breaking abseil into one of the Philippines' most spectacular and remote caves.

Presenters, Julia and Toby will also take on extreme adventures in their search for the ultimate holiday experience. Toby will head to the San Juan Islands in the Pacific North West and whilst searching for remote beaches and natural wildlife, kayaks with killer whales. He sky dives in Namibia, Africa and searches the skeleton coast for the world's only desert elephants, plus he takes on a bike ride descent of the world's most dangerous road - "El Camino de la Muerte" - the road of death.

Julia heads to Indonesia in search of an indigenous tribe and drinks pigs' blood and gets an adrenaline high when she attempts to swim the Devil's Pool on the edge of the Victoria Falls in Zimbabwe. She treks the GR 20, the toughest long distance trail in Europe and experiences the ultimate safari.

Five's Commissioning Editor, Factual Entertainment and Features, Robi Dutta, said: "*Rough Guide To...* has proved a hit with our viewers and it's exciting to build on this success and develop *Rough Guide To Ultimate Escapes*. It's adrenalin-fuelled, informative and fun and will take our viewers on the trip of a lifetime."

Hilary Rosen, Executive Producer for Lion Television, added: "Whether it's para-gliding in the Andes, walking in the African Bush or mountain biking across Bhutan, all of the films provide fresh insight, combined with the Rough Guide take, to some of the greatest destinations in the world."

Rough Guide Publisher and Co-Founder Martin Dunford, said: "We're delighted to be working with Five again and feel this new series is exactly what the Rough Guide brand is all about - fun, adventure, and discovering new ways of seeing the world".

The *Rough Guide To Ultimate Escapes* is a Lion Television production for Five.

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