

SUMMER BODY WORKOUT: OUR 4 WEEK RESCUE PLAN

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Men Journal



The
Greatest
Athlete
of All
Time

MICHAEL
PHELPS

Inside His
Relentless
Quest for
Perfection

Hit
the
Road!

EPIC DRIVES
COOL CARS
HOT MUSIC
SEX IN THE WILD

+

*Our Guide to
the Best
Roadside Food*



A WALL *of*
FLAME

Behind the
California
Wildfire Tragedy



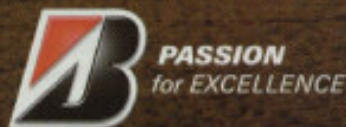
NEW RUNNING SHOES
VINTAGE WATCHES
WORLD'S BEST COFFEE
TINY COMPUTERS
KILLER GOLF DRIVERS
SINGLE BARREL BOURBON

DRINKS TO RECOVER FROM THE NIGHT 'TIL YOU?
100% NATURAL BLOOD-BUILDING SUPPLEMENT
FOR MEN'S HEALTH AND VITALITY
100% NATURAL BLOOD-BUILDING SUPPLEMENT
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NOTEBOOK

Banish Yourself to Siberia... For Fun!

SIBERIA COVERS 77 PERCENT OF Russia, with 4 million square miles of wilderness and more than 40,000 rivers. One of the best to run is the Katun, in the south, which flows at increasingly high levels thanks to glacial runoff from Mount Belukha, Siberia's second tallest peak. The area's bigger, badder rafting has lately been great for business. "Ten years ago you didn't see any lodges or infrastructure near the river, and now it's a boomtown," says Marc Goddard, of Bio Bio Expeditions. Sixteen-day river trips include time in Moscow, overnight stays outside Barnaul (a four-hour flight from Moscow), and a trip on the old spice route between Siberia and Mongolia before riding Class III-IV rapids (16-day trips from \$2,900; bbrafting.com).



The Katun River has been compared to the Colorado.



The Northwest Passage links the Atlantic and Pacific and provides a shipping route between Europe and Asia.

An Easy Icebreaker

THE DEADLY, ICE-PACKED NORTHWEST Passage remained unconquered until Roald Amundsen braved the trip in 1906, and even then he just barely made it across. Today satellite images suggest that the ice is retreating so rapidly that the passage could be a viable shipping lane by 2050, making the Panama Canal nearly obsolete. Following Amundsen's route today (from Anchorage, Alaska, to Resolute Bay, Canada)

aboard an icebreaker with outfitter Adventure Life is more akin to a pleasure cruise. Highlights include passage through the roaring Beaufort Sea and the Victoria Strait, where Amundsen was stranded for two winters. In addition to watching whales, seals, and polar bears, travelers get a look at icebergs that, for now at least, are the size of several city blocks (19-day cruises from \$13,000; alvoyages.com).