

A IS FOR ANTARCTICA, where the surrounding Ross Sea – the last intact marine ecosystem – has been designated the world's largest marine park. asoc.org

B IS FOR BURBERRY, British inventor of the waterproof fabric gabardine in 1879. It was later used by explorer Sir Ernest Shackleton. burberry.com

C IS FOR A CHILLY TRAIN RIDE on MIR Corporation's new 12-day luxury train journey from St Petersburg to the Arctic Circle, taking in Kizhi Island's open-air museum and the Snow Hotel. mircorp.com

H IS FOR HANLI PRINSLOO, a South African freediver and founder of the I Am Water Trust, which fosters ocean conservation through human experience. hanliprinsloo.com

M IS FOR MONSTER HUNTING, for the Hakkoda Mountains' snow 'monsters' – twisted shapes formed from frozen snow – with Walk Japan. walkjapan.com

N IS FOR NASA, whose largest ever rocket, the Space Launch System, is set for a test flight later this year. The most powerful rocket ever built, the SLS will take astronauts further into space than ever before. nasa.gov

O IS FOR THE ÖTILLÖ SWIMRUN UTÖ in September – Sweden's most extreme race, which began as a drunken bet. otilloswimrun.com

EXPERIENCE

THE A-Z OF ADVENTURE

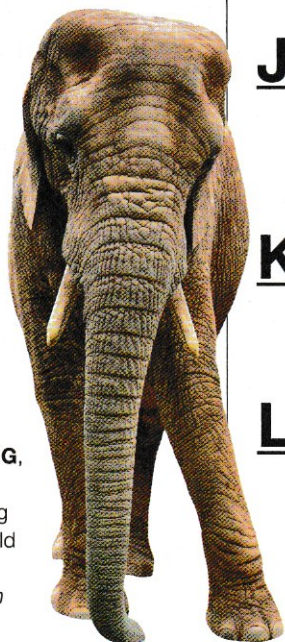
From African elephants on the move to pachyderms in the palm of your hand, a world of exploration awaits over the next 12 months

D IS FOR DAVE CORNTHWAITE, the YesTribe founder, who has skateboarded across Australia and recently completed a 1,000-mile journey across Japan – on a scooter. davecorn.com

E IS FOR ELEPHANTS, 500 of which are being moved to Malawi's Nkhotakota Wildlife Reserve, to repopulate it after poaching. 500elephants.org

F IS FOR FLOWERS in Australia, which are even visible from space. Visit them with the Royal Horticultural Society. rhs.org.uk

G IS FOR GEOCACHING, the tech treasure hunt with three million hiding places around the world for travellers to GPS-locate. geocaching.com




I IS FOR ICE CAVES, found near the White Desert camp in Antarctica, which is reportedly a favourite lodge of both Bear Grylls and Prince Harry. white-desert.com

J IS FOR JORDAN, host of AdventureNEXT Near East, a regional event in spring that helps put emerging destinations on the adventure map. adventuretravel.biz

K IS FOR KEPA ACERO, surfing's greatest living explorer, whose nomadic lifestyle has even found him surfing in the Galapagos. kepacer.com

L IS FOR LOST + E-TECH, the brand of eco surfboards recently used by Alison Teal in the Catacombs below Paris. lostsurfboards.net

P IS FOR PLANET EARTH II, David Attenborough's follow-up to his hit series from ten years ago. Our highlight? The marine iguana vs snake contest.

 Watch Planet Earth II on board (selected flights).

Q IS FOR QUOKKAS, (pictured above), the happiest marsupials on Earth. Visit them on Rottneest Island in the Indian Ocean. rotnnestisland.com

R IS FOR RED BULL X-ALPS 2017, billed as the world's toughest race, in which athletes will journey more than 620 miles across the Alps by foot or paraglider. redbullxalps.com

S IS FOR SARUNI RHINO, the first on-foot tracking experience of black rhinos in Kenya, designed to help protect 11 endangered black rhinos in the Sera Community Conservancy. sarunisamburu.com