



Foxtel
October, 2008
Page: 26
Section: General News
Region: National Circulation: 825,864
Type: Magazines Lifestyle
Size: 462.62 sq.cms.
Published: Monthly


Brief: DISCOVERY

TRAVEL

Driving force

After completing a two-year motorcycle journey of the Americas, **Steve Crombie** tests his mettle in his homeland

In just 40 days, Steve Crombie rode a staggering 7000km along the Great Dividing Range



"DANGER AND DELIGHT grow on one stalk" – this is just one proverb and personal motto adventure traveller Steve Crombie lives by. And it aptly sums up his pursuits on the back of a motorbike through some of the harshest terrain on the planet.

In his latest adventure, Steve takes on Australia's Great Dividing Range in *Natural Born Traveller*, premiering on Discovery Travel & Living this month.

The name of the doco is fitting for Steve, who just completed an incredible and exhausting journey from Australia to the Arctic before tackling the Divide. Not surprisingly, he admits he finds it hard to stay in the same place for too long.

"I'm used to constant stimulation and change, and without that change I don't ever feel really satisfied ... If I was to go on a holiday, I'd go to a slum because you learn more about the people and the environment and why they live there," he says.

His adventure along The Great Dividing Range earlier this year left little opportunity for the 28-year-old Sydney-based adventurer to relax.

"Our intent was to travel as much as we could along the ridge, so we tried to stick as close to The Great Divide as possible," he says. The trip took 40 days and 40 nights and Steve notched up a bottom-numbing 7000km on the bike!

"These days, my arse is pretty much moulded to the shape of the seat; it kind of locks on like a piece of Lego!" he says.

But the pain is certainly worth the gain.

"It's a great way to see Australia, [you see] lots of interesting characters and locations and interesting little sub-cultures that live along the Divide."

Although he was followed by a camera crew for the journey – which he admits was one of the more challenging aspects of the trip – this was a solo effort. Steve carried all the equipment, food, clothes and any other essentials on his bike.

Another lone adventure he took while travelling was an interview on Naked Radio in Nimbin, on the Northern Rivers of NSW.

"The only way you can conduct an interview is naked, whether you're the interviewer or the interviewee, so when I crossed that [threshold] I had to lose everything," laughs Steve.

So, does Steve have any tips for thrill-seekers who want to embark on a similar trip?

Preparation and physical training, like core strength exercises, plus adequate research into the location are essential.

And don't think he's resting on his laurel. Steve's next journey isn't too far away.

"I'm hankering for another adventure; [the next one] is just around the corner."

AMBER GILES

NATURAL BORN TRAVELLER
PREMIERE Tuesdays from October 28 @ 9pm,
Discovery Travel & Living [646]

If you like that...

Into the Unknown with Josh Bernstein
PREMIERE Fridays from October 31, Discovery Channel [610]

Ultimate Journeys
PREMIERE Thursdays from October 2, National Geographic Channel HD [212]

Caught on Safari
PREMIERE Saturday 4 @ 6.30pm, National Geographic Channel [612]