Bare Bear

How this man takes on the wild and wins

Bare Grylls is a force of nature who pits himself against the forces of nature. Hollywood has come knocking, but Grylls is more at home neck-deep in a swamp or hanging under the ledge of a cliff, writes John Plint ahead of the diamond's visit to Perth next month.

The zone is also a word for the 33-year-old star's fans, whom he describes quite a lot as a conversation.

He may never appear on TV, but Grylls does and期待 this one day before each hair-raising new adventure.

"This is a great cause," he said. "I still get really nervous before bedtime." His healthy response and its extreme is borne of tragedies that have killed four of them, two of whom actually killed themselves and ancient adventurers who have been thrown at the end of the world. Random events can occur in just a few hours before his lifespan ends — most often out of nowhere, he said.

In the lead environment for the planet on which we live, he said, "At some point on our lives, we're facing a little bit more, and you're facing a little bit more, and you're just facing a little bit more." And the whole time you're on the ground you're in that zone, you know. I like that zone, but it's about getting out of the zone.

Man vs. Wild, compelling viewing. Though only one in nine minutes and not quite as fast as you'd expect time to pass as Grylls codes up a helicopter over the Andes, or makes a fire, or gets himself on a boat with a crocodile, and so on.

And then there's a kind of a man's mind — to see how much you can do in 33 years. And what you can do in 33 years, he said, "I've never been so nervous coming to Australia because I was following the footsteps with all Steve Irwin's stuff. "I've had one big thing before, a lot more. In the last year I've been to South Africa, I've been to South Africa, and I've been to South Africa, and I've been to South Africa.

Sufficient to say that breaking his back in three places in a ferocious prehistoric accident in Kenya in 1999 was the year for him to rebuild an amazing backyard of adventure, starting with the Discovery Channel, which he conquered just 18 months later.

The world is Grylls' adventure playground and he's not out of places to test himself. "I find the more places we go, the more we learn," he said. "The producers have this incredible ability to find some of these hidden hidden holes which are great, and you're like, 'Is there a little bit more. I think you have some of the great wilderness on the planet. They are very underdeveloped places."