Saturday 29 September 2018 ** S telegraph.co.uk No 50,811 £2.20

After Bodyguard... a bombshell

Bryony Gordon meets Jenna Coleman, star of new drama The Cry

Review

Fuss-free feasts
Simple suppers in 30 minutes or less

Saturday

Ultratravel magazine
76 pages of luxe destinations

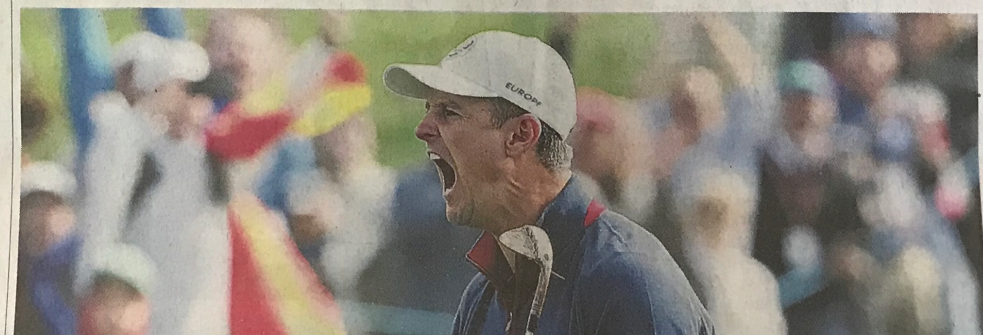
Inside

BRITAIN'S BEST-SELLING QUALITY DAILY

The Daily Telegraph

Javid: we must treat violence as

Tenacious Europe storm to an early lead



Facebook hit by unprecedented cyber attack on 50 million users

By **James Titcomb** *and* **Margi Murphy** *in San Francisco*

FIFTY million Facebook users have been exposed to identity fraud after the biggest cyber attack on the social media company in its history.

The company revealed last night

ADVENTURE SPECIAL

ELEMENTAL A walkway in Malaysia, left; and Richard Madden kayaking in Costa Rica, below

GETTY IMAGES; IMAGENET

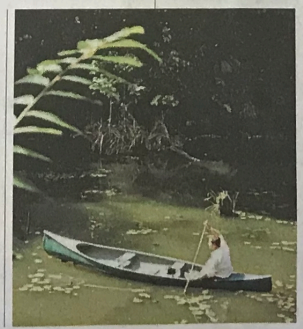
25 ways to ramble in the jungle

From gorilla encounters in Uganda to ancient Mayan ruins in Belize, ***Richard Madden*** *has the experience for you*

Jungles can be magical places. Unforgettable memories come instantly to mind. Sifaka lemurs dancing across the forest floor in Madagascar; a giant silverback gorilla cradling his infant offspring in the mountains of Uganda; shafts of sunlight, like spotlights on a stage, piercing the rainforest canopy in Costa Rica; gazing out over the jungle-covered Sierra Nevada mountains from the Ciudad Perdida (Lost City) in northern Colombia.

But jungles can be scary places, too. I remember once losing my bearings in the rainforest of Belize while exploring a Mayan temple. Then there was the time I came face to flicking tongue with a black mamba in Tanzania and that strange mixture of excitement and terror on a night walk in the Amazon. But perhaps most intimidating of all was being surrounded by a group of chimpanzees on a "border patrol" in the Kibale Forest of southern Uganda.

I was taking part in a project habituating chimpanzees to visits by small groups of human visitors. Bipedal, screeching demonically, and with their fur standing on end, they charged within a few feet of us towards a rival group hidden in the undergrowth. All memories, scary or heart-warming, that I wouldn't change for the world. And perhaps this explains the current surge in popularity for jungle getaways.



Even the brief disappearance of Benedict Allen in the jungles of Papua New Guinea sparked a debate in which many people empathised with the celebrity explorer's need to swap the material comfort of the urban jungle with the self-reliance required in the world of a real one.

The term "jungle" itself is sometimes loosely defined. After all, when does a forest become a jungle? Year-round warmth seems to be the defining factor, along with the regular deluges that make the world's rainforests some of the most biodiverse habitats on the planet. Diminishing at an alarming rate, the largest concentrations of pristine rainforest are to be found in Central America, the Amazon basin in South America, Central and Western Africa, south-east Asia and the east coast of Australia.

Understandably on a hard-earned holiday, most of us prefer to enjoy our jungle adventures in the safety of a guided group, while staying at a comfortable ecolodge. Here we can safely immerse ourselves in nature while enjoying the antics of exotic monkey species on walks with the possibility of sighting rare species like a quetzal, the long-tailed multi-coloured bird that once provided the feathers for the headdresses of Mayan chieftains, or jungle cats like jaguars.

I came relatively late to the attractions of the world's jungles. But when I did, I was hooked. My revelation occurred when I was asked to present some episodes for a travel series called *Trailblazers* made by the Discovery Channel.

One of my briefs was to explore the rainforests of Costa Rica. During three weeks on the road in a crew of five, we travelled from the Caribbean coast to the Pacific coast taking in such gems as the central Monteverde Cloud Forest and the Parque Nacional Corcovado, which covers much of the Osa Peninsula in the west. This is home to such inhabitants as the highly endangered giant anteater, tapir, harpy eagle and almost all of Central America's cats, namely jaguars, ocelots, pumas, jaguarundi and margays.

Along the way I rode horses, trekked through the jungle, sighted a quetzal, canoed along jungle rivers and caught a record-breaking tarpon (being on TV, I still have the evidence).

I played trumpet with a mariachi band, strode manfully along the beach where Columbus first landed in the Americas and spent a night in the canopy of the rainforest meeting nocturnal inhabitants that included the wide-eyed kinkajou (aka the "honey bear"). Any visitor to this country can replicate these activities – with the exception, perhaps, of that obliging mariachi player.

Synonymous with the term "eco", Costa Rica leads the way in providing sustainable holiday options and is home to some of the world's best jungle ecolodges. It seemed entirely appropriate that the ubiquitous Costa Rican greeting of "*pura vida*" means, in its literal sense, the wish for a pure or simple life.

More energetic jungle experiences include trekking the Kokoda Trail in Papua New Guinea, where the Australians famously fought off the Japanese attempt during the Second World War to capture Port Moresby.

Rising and falling 20,000ft along the 60-mile (97km) route, it has been described as "the devil's design, the ultimate military obstacle course", a tortuous switchback of steep ascents and treacherous drop-offs, swollen rivers, huge rocks and tangled roots. Nevertheless, it was one of the most enjoyable experiences of my life.

The same applies to the shorter, but nonetheless challenging, trek to the Ciudad Perdida in Colombia. Hidden under the jungle until 1976, it was once the sacred city of the local Tayrona people whose descendants, the Kogi, still live in the mountains. The trek so inspired me that it later provided the setting for the children's adventure novel (*Mission Survival One: Gold of the Gods*) which I penned as a ghostwriter for the TV adventurer, Bear Grylls.

The possibilities for life-enhancing jungle experiences are many and varied. When managed responsibly, they can also help preserve fragile ecosystems and fund conservation projects by providing employment to locals. My choices on these pages include versions of all my experiences above and many more besides. *Pura vida a todos*!

CONTINUED ON PAGE 16 →

11 MADAGASCAR RAINFOREST AND ISLAND ESCAPE

n Andasibe, one Madagascar's finest national parks, you'll search for the ndri, largest of all lemurs, along with nocturnal species such as mouse and greater dwarf lemurs.

At nearby Mantadia national park, you should also spot the nose-horned chameleon and vivid bird species like blue and red-fronted coucals, rare "dancing" sifaka lemurs and the elusive aye-aye. The tour ends at idyllic Île St-Marie off the east coast.

☐13 days from £3,285 including flights, accommodation and meals. Audley Travel (01993 838690, audleytravel.com)

12 GORILLA TREKKING, RWANDA

Located in the jungle-covered cone of an eroded volcano, the indigenous-style architecture of Bisate Lodge's has set a new standard for comfort with spectacular views over the surrounding landscape.

It's the perfect base for mountain gorilla trekking in the adjacent Volcanoes National Park. Bisate is also a visionary conservation and community project with its first phase focusing on reforestation of a large core site.

☐Four nights full board at Bisate Lodge costs from £7,685 including flights and two gorilla treks. Luxury Safari Company (01666 880111, theluxurysafaricompany.com).

13 ON FOOT IN GHANA

This new trek for 2018 explores the Volta Region of Ghana, in West Africa. The area is known for its dramatic landscapes, rainforests and tribal populations. Along the way you will experience a traditional voodoo ceremony and take a canopy walk through the rainforest in Kakum National Park.

The tour ends on the Gold Coast bordered by the Atlantic and visiting historic, colonial-era castles and local fishing villages.

☐Eight days costs from £1,935 including flights and B&B accommodation. Explore! (01252 883 613, explore.co.uk).

14 GREYSTOKE MAHALE, TANZANIA

Located on the shores of Lake Tanganyika in remote western Tanzania, Greystoke is one of the best camps in the world to encounter wild chimpanzees. Small groups trek into the surrounding jungles of the Mahale mountains to spend time with habituated groups of chimps. Combine with big-game viewing at Chada Katavi camp further south.

☐Seven nights from £5,680 including accommodation and meals. Excludes flights. Luxury Safari Company (01666 880111, theluxurysafaricompany.com).

15 RUBONDO ISLAND, LAKE VICTORIA

Hidden beneath sub-tropical rainforest, Rubondo Island on Lake Victoria is home to the largest island-based national park in Africa.

BUSH CRAFT
Bisate Lodge in Rwanda, above; Greystoke Mahale camp in Tanzania, left

Rubondo became a wildlife refuge in the Sixties and as well as superb bird-life and fishing opportunities (there are massive Nile perch), has populations of elephant, giraffe, hippo, crocodile and wild chimpanzees.

☐Nine nights in Tanzania (three at **Rubondo) costs from £7,500 including accommodation**, meals **and flights. Scott Dunn** (020 8682 **5070, scottdunn.com).**

FIV

Althou

Tropica
primari
the trop
Caprico
degrees
the equ
are hig
least 10
mean m
temper
(24C) a
betwee
Coverir
of Earth
accoun
per cen
and ani