

Bold Adventurer Bear Grylls is Back for a Daring, New Season of National Geographic's 'Running Wild with Bear Grylls'

In its second season on National Geographic, world-renowned survivalist Bear Grylls returns to the wilderness eager to push the mental and physical limits of a brand new slate of celebrities in the hit adventure series **RUNNING WILD WITH BEAR GRYLLS**. Hollywood's fan-favorites come along for another adventurous ride to join Grylls in new challenges that make even the bravest shudder. The newest season premieres **March 29 at 9/8c** on National Geographic.

Each week, a new celebrity guest leaves the luxury of their homes to venture into some of the most extreme environments in the world to conquer fears, test their limits and sometimes dabble in nature's not so tasty delicacies. Continuing to push superstars' comfort levels this season, Grylls travels the globe from the deserts of Utah to the Dolomites of Italy to the Sierra Nevada Mountains of California for more epic, life-changing adventures.

"There's no doubt that life has been difficult for so many around the world, but if anything, this time is teaching us all resilience—and there is no better teacher than the wild. For me to be able to head back into the wild with so many incredible new celebrity guests is a true privilege," says host Bear Grylls. "I know the power in life of never giving up, and this newest season tested that in spades. In each of these tough, unforgiving environments, from deserts to high mountains, we see these stars share some incredibly intimate and honest moments. To be part of that is a powerful inspiration—and that is so needed right now."

Survival is the name of the game when Emmy®-nominated star **Terry Crews** ("Brooklyn Nine-Nine") joins Bear on an epic journey across Iceland's treacherous terrain to cross freezing, violent floodwaters while trying to avoid hypothermia. Fan-favorite **Bobby Bones** ("Breaking Bobby Bones") is back for round two, and this time he brings his fiancé Caitlin Parker along for the ride in their first joint television appearance! Their ability to rely upon each other in the rugged wilderness of the Eastern Sierra Nevada Mountains is put to the ultimate test when they must track deadly mountain lions, descend towering sandstone cliffs and forage for food under ice-covered waterfalls.

Bear takes Marvel superstar **Anthony Mackie** (the highly anticipated Disney+ series "The Falcon and the Winter Soldier") to the highest peaks of the Italian Dolomite mountains for an adventure he'll never forget. There he braves freezing conditions to conquer sheer cliffs and icy waterfalls, where even the smallest slip could lead to disaster. Emmy Award-winning actor and comedian **Keegan-Michael Key** ("Brain Games") must put all jokes aside and face some of his greatest fears to conquer the lava fields of Iceland in an adrenaline-pumping adventure.

This season's lineup of celebrity guests includes (in alpha order):

- **Bobby Bones and fiancé Caitlin Parker** –award-winning and influential American TV and radio personality and bestselling author ("The Bobby Bones Show," "Breaking Bobby Bones," "American Idol")
- **Terry Crews** – Emmy Award-nominated actor and former NFL linebacker ("Brooklyn Nine-Nine," "Deadpool 2," "The Expendables");

- **Keegan-Michael Key** – Emmy Award-winning actor and comedian (“Brain Games,” “The Prom,” “Friends from College”)
- **Anthony Mackie** – award-winning actor (“Avengers: Endgame,” “Altered Carbon,” “Captain America: Civil War,” highly anticipated Disney+ series “The Falcon and the Winter Soldier”)
- **Danica Patrick** –former professional racing driver and the only female winner of an IndyCar Series race—the 2008 Indy Japan 300
- **Danny Trejo** – award-winning actor (“Machete,” “Sons of Anarchy,” “From Dusk Till Dawn: The Series”)
- **Rainn Wilson** – actor, writer and producer (“The Office,” “Utopia,” “Star Trek: Discovery”)

RUNNING WILD WITH BEAR GRYLLS was developed by Bear Grylls and Delbert Shoopman. The series is produced by Electus, a Propagate Company and Bear Grylls Ventures. For Electus and Bear Grylls Ventures, Bear Grylls serves as executive producer along with Chris Grant, Drew Buckley, Ben Silverman, Howard Owens, Liz Schulze, Rob Buchta and Delbert Shoopman. For National Geographic, Bengt Anderson is executive producer.

About National Geographic Partners LLC

National Geographic Partners LLC (NGP), a joint venture between The Walt Disney Company and the National Geographic Society, is committed to bringing the world premium science, adventure and exploration content across an unrivaled portfolio of media assets. NGP combines the global National Geographic television channels (National Geographic Channel, Nat Geo WILD, Nat Geo MUNDO, Nat Geo PEOPLE) with National Geographic’s media and consumer-oriented assets, including National Geographic magazines; National Geographic studios; related digital and social media platforms; books; maps; children’s media; and ancillary activities that include travel, global experiences and events, archival sales, licensing and e-commerce businesses. Furthering knowledge and understanding of our world has been the core purpose of National Geographic for 133 years, and now we are committed to going deeper, pushing boundaries, going further for our consumers ... and reaching millions of people around the world in 172 countries and 43 languages every month as we do it. NGP returns 27 percent of our proceeds to the nonprofit National Geographic Society to fund work in the areas of science, exploration, conservation and education. For more information visit natgeotv.com or nationalgeographic.com, or find us on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#), [LinkedIn](#) and [Pinterest](#).

About Bear Grylls

Bear Grylls has become known worldwide as one of the most recognized faces of survival and outdoor adventure. His journey to this acclaim started on a small island off the U.K. coast where his late father taught him to climb and sail. Trained from a young age in martial arts, Grylls spent three years as a soldier in the British Special Forces as part of 21st SAS Regiment. It was here that he perfected many of the survival skills that his fans all over the world enjoy as he pitted himself against the worst of Mother Nature. Despite a free-fall parachuting accident in Africa, where he broke his back in three places and endured many months in military rehabilitation, Grylls went on to become one of the youngest climbers ever to reach the summit of Mount Everest.

He then went on to star in seven seasons of the Discovery Channel’s Emmy award-nominated “Man vs. Wild” TV series, which became one of the most watched shows on the planet, reaching an estimated 1.2 billion viewers. Since then, he has hosted more extreme adventure TV shows across more global networks than anyone else in the world including the BAFTA award-winning “The Island With Bear Grylls,” “Bear Grylls’ Survival School,” “Man vs. Wild,” “Running Wild” for NBC and “Absolute Wild” for Chinese TV. He is a No. 1 best-selling author, an honorary colonel to the Royal Marine Commandos and the youngest ever chief scout, an inspiration to 55 million scouts worldwide.

Media Contacts:

Nadia Aziz, 202-704-6727, nadia.aziz@natgeo.com

Jennifer Driscoll, 614-595-9604, jennifer.driscoll@jbdpr.com