

Bear Grylls is Running Wild

Season 1

Bear Grylls is Running Wild is an epic survival adventure series that drops some of the world's biggest celebrities into the planet's harshest environments for an unforgettable 48-hour test of endurance. Guided by legendary adventurer Bear Grylls, each journey is packed with heart-pounding action and candid, unfiltered conversations that reveal a side of these famous faces audiences have never seen before.

This season, Bear leads his guests across a globe-spanning gauntlet of extreme terrain—from the frozen glacial wilderness of Norway to the rugged peaks of Eryri in Wales. Along the way, they navigate Arctic rainforests, vast canyonlands, and punishing desert landscapes, tackling glacier crossings, canyon descents, high-risk extractions, and even an adrenaline-fueled freefall from 11,000 feet over the Irish Sea.

Opportunities

- Custom Content
- Brand Bridge:
Custom/Clip-based
Commercial-time Content
- Social Content
- FOX Digital Strategic
Media Placements

Production

Propagate Content, The
Natural Studios

Location: Norway

Timing: Complete

Airing

April – June'26

Talent

Bear Grylls
Matthew McConaughey
Uma Thurman
Elizabeth Banks
Tiffany Haddish
Colman Domingo
Michelle Monaghan
Rhys Darby
MGK

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