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**PUNCH YOUR TICKET FOR ADVENTURE**

**IN THE ALL-NEW SEASON OF TRAVEL CHANNEL’S “TRIP FLIP”**

***Season Three, Hosted By Resident Fun-Seeker Bert Kreischer,***

***Premieres Wednesday, April 23 At 9:00 P.M. ET/PT With Back-To-Back Episodes***

**CHEVY CHASE, MD** (March 20, 2014) – Professional fun-seeker and travel enthusiast Bert Kreischer will try just about anything – and he’s looking for adventuresome travelers to join him as his guests! Season three of Travel Channel’s action-packed series [**“Trip Flip” premieres on Wednesday, April 23 at 9:00 p.m. ET/PT with back-to-back episodes**](http://www.travelchannel.com/tv-shows/trip-flip)**.**

In each of the thirteen half-hour episodes, Kreischer finds a pair of random travelers who are willing to leave their normal lives behind and go on a spontaneous once-in-a-lifetime adventure that only Travel Channel can deliver. After discovering their likes, dislikes, dreams and desires, Kreischer delivers an action-packed, fully customized itinerary stacked with hair-raising thrills, unique accommodations, mouthwatering food and unexpected surprise twists. From racing vintage cars in Savannah to heli-skiing in the Swiss Alps, forget about the guidebooks and tour buses – every “Trip Flip” adventure veers off the beaten path in surprising ways, both large and small. It’s a life-changing, heart-pounding journey these travelers will never forget.

“This season of ‘Trip Flip’ is five times more fun and ten times more exciting than the last,” said Kreischer. “It’s not just about the crazy adventures we do – and trust me, we could fill a boat with crazy adventures. It’s about finding and embracing the unexpected within yourself, inspiring new travel experiences and the emotional rewards you reap when trying something so new it scares you!”

In the **season premiere’s first episode** (9:00 p.m. ET/PT), Kreischer takes Floridians Angela and Sara on an **Idaho** adventure that begins with a major shot of adrenaline: BASE jumping off the Perrine Bridge – the only place in the U.S. where thrill seekers can legally do so! After plunging 485-feet over the Snake River, Kreischer takes these hardcore adventurers upstream to fish for monster sturgeon – the largest freshwater fish in North America. Next is “skijoring” – an insanely fun activity that involves being pulled behind a galloping horse while on skis! The trip wouldn’t be complete without a true Idaho ‘rock and roll’ experience – rock crawling in 4x4s over a natural canyon rock formation. To finish off their excursion, Kreischer and the girls head to Sun Valley to make custom bamboo skis, test ride them down the mountain and compete in the uniquely challenging – and comical – Snow Box Derby.

In the **second episode** (9:30 p.m. ET/PT), Kreischer takes Idaho-based couple Kimi and Gabe on a tropical adventure in **Costa Rica.**  In true “Trip Flip” fashion, the couple arrives via private Cessna, but has to repack their belongings into backpacks before setting off as vagabonds. First up is harnessing in for one of the world’s longest zip lines – head-first, Superman-style at 90 mph for more than a mile over the monkey-filled jungle! They then hike over to the Envision Festival – the Burning Man of Costa Rica – for an unforgettable front-row experience. With more adventures in store, Kreischer tests the couple’s whitewater rafting skills as they brave the Naranjo River on class IV rapids. After fishing with locals and making some couldn’t-be-fresher ceviche, spending the night in a secluded jungle tree house, horseback riding on the beach and feasting on an authentic homemade Tico breakfast, Kreischer has one final surprise in store for this vivacious couple: open-air gyrocopters that soar through the sky for a bird’s eye view of the Costa Rican coastline.

Upcoming episodes take place in **Alaska;** **Kauai, Hawaii;** **Florida;** **Los Angeles and San Francisco**; **New Mexico;** **Paris; Portland, Ore.** and **Portland, Maine;** **Rio de Janeiro;** **Savannah, Ga.; Sturgis, S.D.** and the **Swiss Alps, Switzerland.**

“Trip Flip” is produced by High Noon Entertainment for Travel Channel. For High Noon Entertainment, the executive producer is Scott Feeley. For Travel Channel, the executive producer is Dale Roy Robinson.

**GET MORE “TRIP FLIP” FUN AT TRAVELCHANNEL.COM**

Check out “Trip Flip” on TravelChannel.com (<http://www.travelchannel.com/tv-shows/trip-flip>) for special extras including: behind-the-scenes photos, exclusive videos, tips from Bert Kreischer, travel guides from each “Trip Flip” destination and more. Experience “Trip Flip” on [Facebook](https://www.facebook.com/TravelChannel) and follow **@TravelChannel** and **#TripFlip** on [Twitter](https://twitter.com/travelchannel) for more exclusive updates and content.

**TRAVEL CHANNEL** ([http://www.travelchannel.com](http://www.travelchannel.com/)) is a multiplatform travel lifestyle brand with the core mission of providing inspiring and compelling programming that takes viewers beyond their everyday destinations, making the unfamiliar familiar, whether it's around the world or around the block.  A dual feed network that is also available in HD, Travel Channel is the world’s leading travel media brand, and is available in over 94 million U.S. cable homes.  Owned and operated by Scripps Networks Interactive (NYSE: SNI), Travel Channel has offices in Chevy Chase, MD, and New York, NY.  Scripps Networks Interactive (NYSE: SNI) also owns and operates HGTV, DIY Network, Food Network, Cooking Channel and Great American Country.

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**Media Contacts:**

For Travel Channel:

Caryn Davidson Schlossberg, [Caryn.Davidson@travelchannel.com](mailto:Rick.Gomes@travelchannel.com), 212.835.3360

Stephanie DePietro, [Stephanie.DePietro@travelchannel.com](mailto:Stephanie.DePietro@travelchannel.com), 212.835.3380

Amelie Tseng, [Amelie.Tseng@travelchannel.com](mailto:Amelie.Tseng@travelchannel.com), 212.835.3359

FerenComm on behalf of Travel Channel:

Nicole DiFrancesco, [NicoleD@ferencomm.com](mailto:NicoleD@ferencomm.com), 212.983.9898