

[Crypt Hunter Interview - Josh Bernstein](#)

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After our recent profile and the competition regarding Digging for the Truth and it's host Josh Bernstein we were lucky enough to score an interview with the man himself! Josh was kind enough to take some time out from his busy schedule (out in the field!). I was really impressed with his three travel tips and the artifacts that he'd be interested in exploring for.

[Digging for the Truth - Season 3](#)

Join host, explorer and survival expert Josh Bernstein on exclusive fact-finding expeditions that take a fresh look at the world's greatest ancient mysteries and puts adventure back into history. With an engaging approach to archaeology, the program digs for the truth and goes to extremes to do it.

Explore with Josh as he travels to some of the most intriguing, remote and physically challenging locations in the world that include trekking through the deserts of Egypt, tackling the jungles of the Peru and rappelling into deep caves beneath Jerusalem.

- **With Digging For The Truth, you get to visit some exotic places. What is your favourite place in the world and why?**

My favorite place in the world is home with my family. Why? Because I'm rarely there these days. Outside the US, my favorite place is perhaps Jerusalem, Israel. Then Cusco, Peru. I think both are magical cities.

- **Being away from home so long during shooting do you find it odd during the break when you are back home? Do you find yourself itching to get back out into the field?**

[laughing] No, I'm in no rush to get back out into the field. The production season is much more grueling than most people realize. Perhaps read my book to understand what it's really like (Digging for the Truth: One Man's Epic Adventure Exploring the World's Greatest Archaeological Mysteries). So when I'm home, I'm happy for the few weeks I have off between seasons. But if I miss anything, it's the camaraderie of hanging out with my crew, not the travel.

- **Are you surprised at the popularity of Digging For The Truth and of course your own celebrity status?**

I was pleasantly surprised during the first season when I found out we set a record for the network and were then renewed. I didn't realize how rare that is in television. And then to be given a second and then a third season – also now record-breaking – has been

amazing. Of course, we all work so hard to make DFT the best it can be and we all hope for continued success each year. But I guess you never know how viewers will react. So far, so good.

My own “celebrity status” is irrelevant to me.

- **What is the most dangerous thing you’ve either had to do or had done to you?**

Hmm. Perhaps stand on that iceberg in Greenland during the Vikings episode. It was “dangerous” in the sense that it wasn’t necessary for the show (I just wanted to try it) and no one knew if it would collapse under me or not. When that large chunk broke off from underneath, my heart skipped a beat.

- **I know in other interviews you’ve dismissed the Indiana Jones comparison to yourself but deep down when you watch those types of films do you think to yourself “whatever! I could do that!” or even “I’ve done that!”?**

No, not really. When I watch Hollywood films, I recognize that’s make believe. However, when I watch other documentary programs, I do tend to watch differently now that I’m a host and know what it takes to create each scene.

- **If you had to choose one relic to find what artifact would you most like to uncover?**

For Digging for the Truth or by myself?

If it were just me, I’d go back to Axum, Ethiopia without cameras and talk with the Guardian of the Ark about what he has in the Church of St. Mary’s of Zion.

If it were for a DFT show, I think the “Noah’s Ark” site on Mt. Ararat in Turkey is worth a closer look.

- **What’s your favourite travel tip?**

I have three right now: 1. Assume everyone else is more important than you 2. Assume that their time is valuable. 3. Travel with a sense of humor.