

**NATIONAL GEOGRAPHIC UNVEILS FIRST LOOK AT
CHRIS HEMSWORTH: A ROAD TRIP TO REMEMBER —
A POWERFUL AND HEARTFELT SPECIAL FEATURING THE GLOBAL
MOVIE STAR ON HIS MOST PERSONAL JOURNEY YET**

The Deeply Personal Documentary Follows Chris and His Father on a Road Trip Back in Time as They Explore the Scientific Impacts Behind Social Connection and Reminiscence Therapy as Methods To Stimulate Mental Activity, Evoke Memories and Improve Well-being — Hopeful Tools in the Fight Against Memory Loss and Cognitive Decline

***CHRIS HEMSWORTH: A ROADTRIP TO REMEMBER* Premieres Nov. 23 on National Geographic and Streams Nov. 24 on Disney+ and Hulu**



TRAILER [HERE](#)
KEY ART [HERE](#)

(WASHINGTON, D.C. – Oct. 16, 2025) Today, more than 57 million people worldwide are living with dementia, with Alzheimer's disease the most common cause. And every year, there are a staggering 10 million new cases of dementia worldwide, which begs the question: What can we

do to help those affected by it? This question is what motivated [Chris Hemsworth](#) to return with his most personal mission yet: **CHRIS HEMSWORTH: A ROAD TRIP TO REMEMBER**. Moving beyond his own health as featured in the **LIMITLESS** series, in this deeply emotional special, Chris embarks on an intimate motorcycle journey across Australia with his father, Craig, who was recently diagnosed with Alzheimer's, to rekindle memories and strengthen their bond, exploring the effective science of connection, community and nostalgia — crucial but often overlooked tools in protecting brain health.

The one-hour documentary, from Academy Award®-nominated filmmaker Darren Aronofsky's *Protozoa*, Jane Root's *Nutopia*, and Chris Hemsworth and Ben Grayson's *Wild State*, premieres Nov. 23 at 9/8c on National Geographic and streams the next day on Disney+ and Hulu.

In this touching and uplifting journey, inspired by Craig's recent diagnosis, Chris and his father set out on their motorcycles on a "road trip back in time," visiting people and places from their shared past, from suburban Melbourne to the wild expanses of Australia's Northern Territories, to explore the profound science of social connection. Through the stunning, vast landscapes of Australia, Chris and Craig's journey becomes a funny and moving exploration of a father and son's bond, proving that love, community and shared experience can be potent medicine.

Their adventure, some of which Chris films himself, is guided by Dr. Suraj Samtani, a dementia specialist and clinical psychologist at the University of New South Wales Centre for Healthy Brain Aging, who worked with producers in collaboration with the Hemsworth family over the course of a year.

Dr. Samtani's research, along with a recent global study of over 40,000 people across 14 countries, found that those who maintained regular social interactions cut their risk of developing dementia in half, with evidence showing that strong social connections can even slow cognitive decline after diagnosis. This critical finding provides the scientific foundation for the trip's key beats, including the following:

- **Reminiscence Therapy:** revisiting past experiences by talking to someone about them, using objects from the past (like photos or home videos), or visiting places from the past is a great way to boost cognition.
- **Social Connection:** regular interactions, like talking with a friend or having a confidante, are shown to reduce the risk of early mortality.
- **Social Bridging:** participating in wider community activities, like volunteering or group walks, is linked to slower rates of cognitive decline.

"My Dad and I had always spoken about taking a trip back to the Northern Territory, where our family had lived years ago, but we had never been able to set aside the time to actually do it," said Chris Hemsworth. "More recently the idea of taking that road trip reemerged with more pressing importance. The result was a more profound, more moving, and more surprising journey than I ever anticipated."

In August, National Geographic released **LIMITLESS: LIVE BETTER NOW**, where Chris took on epic challenges to reveal ways we can all live better today. In the “Brain Power” episode, he took on a brain-boosting challenge — playing “Thinking Out Loud” on stage with Ed Sheeran before 70,000 fans in Bucharest — a moment that’s since racked up nearly 35 million views across Chris’, Ed’s and Nat Geo’s social platforms. A global hit, season one of **LIMITLESS** is National Geographic’s second most-watched streaming series ever, with nearly half its audience coming from international viewers.

CHRIS HEMSWORTH: A ROAD TRIP TO REMEMBER is produced by Protozoa, Nutopia and Wild State for National Geographic. Tom Watt-Smith, Peter Lovering, Arif Nurmohamed and Jane Root serve as executive producers for Nutopia. Creators Darren Aronofsky and Ari Handel of Protozoa return to executive produce, and Chris Hemsworth, Ben Grayson and Brandon Hill are executive producers for Wild State. Tom Barbor-Might directs the documentary. For National Geographic, Bengt Anderson and Simon Raikes are executive producers.

Instagram: [@NatGeoTV](#) | [@ChrisHemsworth](#) | [@DisneyPlus](#) | [@Hulu](#)

Facebook: [@NatGeoTV](#) | [@ChrisHemsworth](#) | [@DisneyPlus](#) | [@Hulu](#)

TikTok: [@NatGeo](#) | [@ChrisHemsworth](#) | [@DisneyPlus](#) | [@Hulu](#)

X: [@NatGeoTV](#) | [@ChrisHemsworth](#) | [@DisneyPlus](#) | [@Hulu](#)

Hashtags: #ChrisHemsworthRoadTrip | #DisneyPlus | #Hulu

###

About National Geographic Content

Representing the largest brand on social media with over 777 million followers and 1.1 billion impressions each month, National Geographic Content’s award-winning and critically acclaimed storytelling inspires fans of all ages to connect with, explore and care about the world through factual storytelling. National Geographic Content, part of a joint venture between The Walt Disney Company and the National Geographic Society, reaches over 532 million people worldwide in 172 countries and 33 languages as a digital, social and print publisher and across the global National Geographic channels (National Geographic Channel, Nat Geo WILD, Nat Geo MUNDO), National Geographic Documentary Films, and direct-to-consumer platforms Disney+ and Hulu. Its diverse content includes Oscar®- and BAFTA award-winning film *Free Solo*, Oscar-nominated films *Fire of Love* and *Bobi Wine: The People’s President*, Emmy® Award-winning franchise *9/11: One Day in America* and *JFK: One Day in America*, Emmy® Award-winning series *Animals Up Close*, series *Trafficked with Mariana van Zeller*, *Life Below Zero*, and *Secrets of the Whales*, in addition to multiple National Magazine Awards, Pulitzer Prize Finalists and Webby wins. Visit [nationalgeographic.com](#) and [natgeotv.com](#) or explore [Instagram](#), [Threads](#), [Facebook](#), [LinkedIn](#), [YouTube](#), [TikTok](#), and [Reddit](#).

About Disney+

Disney+ is the dedicated streaming home for movies and shows from Disney, Pixar, Marvel, Star Wars, and National Geographic, along with The Simpsons and outside the U.S., general entertainment brand Hulu. As the flagship direct-to-consumer streaming service from The Walt Disney Company, Disney+ serves as a connection point for audiences around the world with an unmatched collection of award-winning general entertainment, gold-standard family programming, the most trusted news, and global sports programming from ESPN. With unprecedented access to Disney’s long history of incredible film and television entertainment, it is also the exclusive streaming home for the newest releases from The Walt Disney Studios. Disney+ is available as a standalone streaming service or as part of bundle

offerings in the U.S. whereby bundle subscribers can now stream Hulu and ESPN content directly in the Disney+ app. Subscriptions also include access to the Disney+ Perks loyalty program including special discounts, everyday savings, and early access to exclusive experiences that only Disney can offer. For more, visit disneyplus.com, or find the Disney+ app on most mobile and connected TV devices.

About Hulu

Hulu is a leading premium on-demand and live streaming service in the U.S. that offers an expansive slate of entertainment from every major U.S. broadcast network as well as 20th Century Studios, ABC, ABC News, ESPN, FX, Searchlight Pictures, and many more. For more than 17 years, Hulu has provided on-demand access to hit TV series and films, award-winning Originals and exclusive licensed content. With Hulu + Live TV, subscribers receive a unique combination of 95+ live news, entertainment and sports TV channels and can access Hulu's on-demand library, plus Disney+ and ESPN in their respective apps, all in one plan. Hulu is available as a standalone streaming service or as part of bundle offerings with different combinations of Disney+ and ESPN and can be further personalized through a variety of premium add-on subscriptions. Visit hulu.com to subscribe or learn more about the service.

About Protozoa

Protozoa, based in Chinatown NYC, is headed by Darren Aronofsky and his partner, Ari Handel. Their film credits include Aronofsky's *π*, *REQUIEM FOR A DREAM*, *THE FOUNTAIN*, *THE WRESTLER*, *BLACK SWAN*, *NOAH*, *mother!*, *THE WHALE*, *POSTCARD FROM EARTH* for MSG Sphere, and, recently, *CAUGHT STEALING* for Sony Pictures; as well as Pablo Larrain's *JACKIE*, Yann Demange's *WHITE BOY RICK*, Lance Oppenheim's *SOME KIND OF HEAVEN*, Josef Kubota Wladyka's *CATCH THE FAIR ONE*, Alex Pritz's *THE TERRITORY*, Tobias Lindholm's *THE GOOD NURSE*, Jack Begert's *LITTLE DEATH*, Olivier Sarbil's documentary *VIKTOR*, and Brandon Kramer's *HOLDING LIAT*. TV credits include *ONE STRANGE ROCK*, *WELCOME TO EARTH*, and *LIMITLESS* for Nat Geo, *KINDRED* for FX, *BLACK GOLD* for Paramount+, and, most recently, *LIMITLESS: LIVE BETTER NOW* for Nat Geo.

About Nutopia

Nutopia is renowned for producing award-winning series on a global scale, combining epic cinematography with premium documentary storytelling and A-list talent.

Recent releases include season 2 of *Limitless* with Chris Hemsworth, *Secrets Declassified* with David Duchovny for The HISTORY Channel, and the Daytime Emmy-nominated *Shark Beach* with Anthony Mackie: Gulf Coast for National Geographic's Sharkfest.

Nutopia's upcoming slate includes a landmark 20-part World War II series with Tom Hanks for The HISTORY Channel and *Pole to Pole* with Will Smith for National Geographic and Disney+.

About Wild State

Wild State is a multi-platform production company that produces Scripted, Unscripted and Branded content across film, television, and digital platforms. Wild State is dedicated to generating immersive narratives that entertain and shine a light on important issues around the globe. Hemsworth and Grayson were Executive Producers on the National Geographic produced Disney+ original *Limitless* with Chris Hemsworth, and serve as Producers on the *EXTRACTION* franchise with AGBO on Netflix, *Crime 101* with Amazon, and *Corsair Code* which is in development at Apple.

Media Contacts

Jennifer Driscoll

Jennifer.Driscoll@natgeo.com

Melissa E. McKeon

Melissa.E.Mckeon@natgeo.com

Janean Ruttner

Janean.Ruttner@natgeo.com