

**Adventures of a Lifetime
National Geographic
50 Amazing Adventures Around
the World**

#1 Galapagos Islands

- Vocabulary- obscurity, archipelago, inhabit, Inquisitive, realm, frolic, stunning
- Find a synonym for the following words- array, great, stunning, spurred, frolic

#2 Grand Canyon

- Identify the verbs
- Identify the adjectives

#3 Bali

- Theme
- Define these words using context clues- surf break, mellow, swells

#4 Zion National Park

- Find Proper Nouns(3)
- Find 5 common nouns

#5 North Shore of Oahu

- Copy 3 sentences. Find the complete subject and underline it once. Then find the complete predicate and underline it twice.

#6 Great Barrier Reef

- Which two comma rules are used in this paragraph?

#7 Mammoth Caves

- Find three words with suffixes
- Find 3 words with prefixes. Give the meaning for each word.

#8 Everest Base Camp

- Find four prepositional phrases

#9 Stromboli

- Find the plural nouns

#10 Yosemite

- Write each verb
- Write the prepositions
- Write the helping verbs

#11 Machu Picchu

- Main Idea/Details

#12 Mount Shasta

- Write the adjectives

#14 Tuckerman Ravine

- Find an antonym for each of these words-shallow, larger, covered, cold, top, bad, unhappy

#17 Te Araroa Trail

- Find 3 adverbs

#20 Appalachian Trail

- Write three subordinating conjunctions

#18, 23 Iceland or Iowa- Does it take longer to bicycle around Iceland or across Iowa.

1

SNORKEL WITH SEA LIONS GALÁPAGOS ISLANDS

If not for Darwin, the Galápagos Islands might have remained in obscurity with their wealth of odd, indigenous wildlife. His evolutionary theories helped land the archipelago on the tourist map—as well as spurred efforts to protect the islands—but the great scientist missed out on one of the most stunning landscapes of the Galápagos: its underwater realms. An encyclopedic array of wildlife inhabits these islands, some 600 miles off the coast of Ecuador, and most of them famously don't fear humans. Snorkel with sea turtles, penguins, and marine iguanas, swim into walls of reef fish, and frolic with sea lions, which may be the most fun. Incurribly inquisitive, these mammals show off by flipping, spinning, diving in circles, and even brushing up against new-found human friends.

ADVENTURE 101 On land, sea lions are much less playful and travelers should be aware of the alpha males protecting their harems. But those with the patience to sit still on the beach find that pups will occasionally come close.



SANDRO LONARDI/NATIONAL GEOGRAPHIC YOUR SHOT

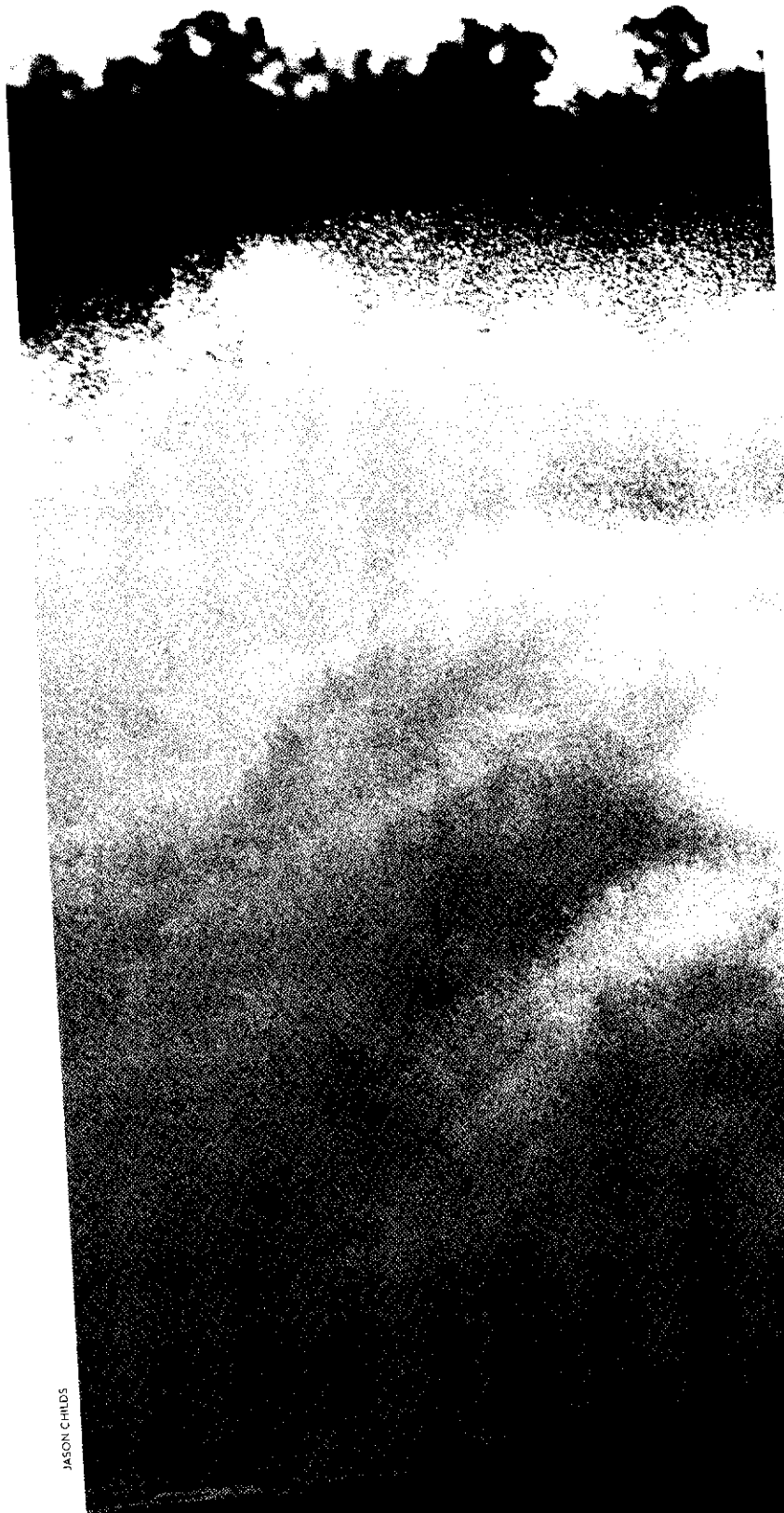
Curious sea lions of
the Galápagos Islands

3

SURF BARREL WAVES **BALI**

For the Indonesian isle of Bali, turbulent weather in the southern ocean is great news—and it's the reason why, in winter, surfers come flocking. "The swells are really clean most of the time because they travel so far from South Africa to get there," says pro surfer Ramon Navarro. "The waves just break perfectly." And there are plenty of them. Bali has dozens of surf breaks, varying from long, mellow beginner waves to huge barrels. Post-surf, visitors discover an abundance of beauty in the colorfully dressed Balinese, the mellow pace of life, and the offerings of flower petals that brighten houses and temples everywhere.

ADVENTURE 101 The popular surf breaks near the airport and the city of Kuta can become crammed with tourists. Experienced surfers rent motorbikes outfitted with surfboard racks and head up the coast to find blissfully empty breaks.



JASON CHILDS



4

HIKE A CATHEDRAL

ZION NARROWS

In southern Utah, the Virgin River meanders for over 150 miles, bringing life to a wide swath of parched desert. It also offers another gift: the Zion Narrows, a sinuous 16-mile chasm that is one of Zion National Park's most spectacular sights. Waist-high water and cobbles as large as bowling balls can slow hikers, but why rush? Above, burnt-sienna cliffs soar to 2,000 feet and, at points, narrow to 20 feet. Lush gardens of orchids and ferns hang in alcoves, stately ponderosa pines grow in nooks, and serene pools glow a shade of turquoise thanks to mineral-rich waters.

ADVENTURE 101 Many hike top-to-bottom in one day or out-and-back from the bottom of the canyon, but the ideal approach is to take two days, camping overnight at one of 12 secluded campsites deep in the canyon.

JORDAN SIEMENS/GETTY IMAGES



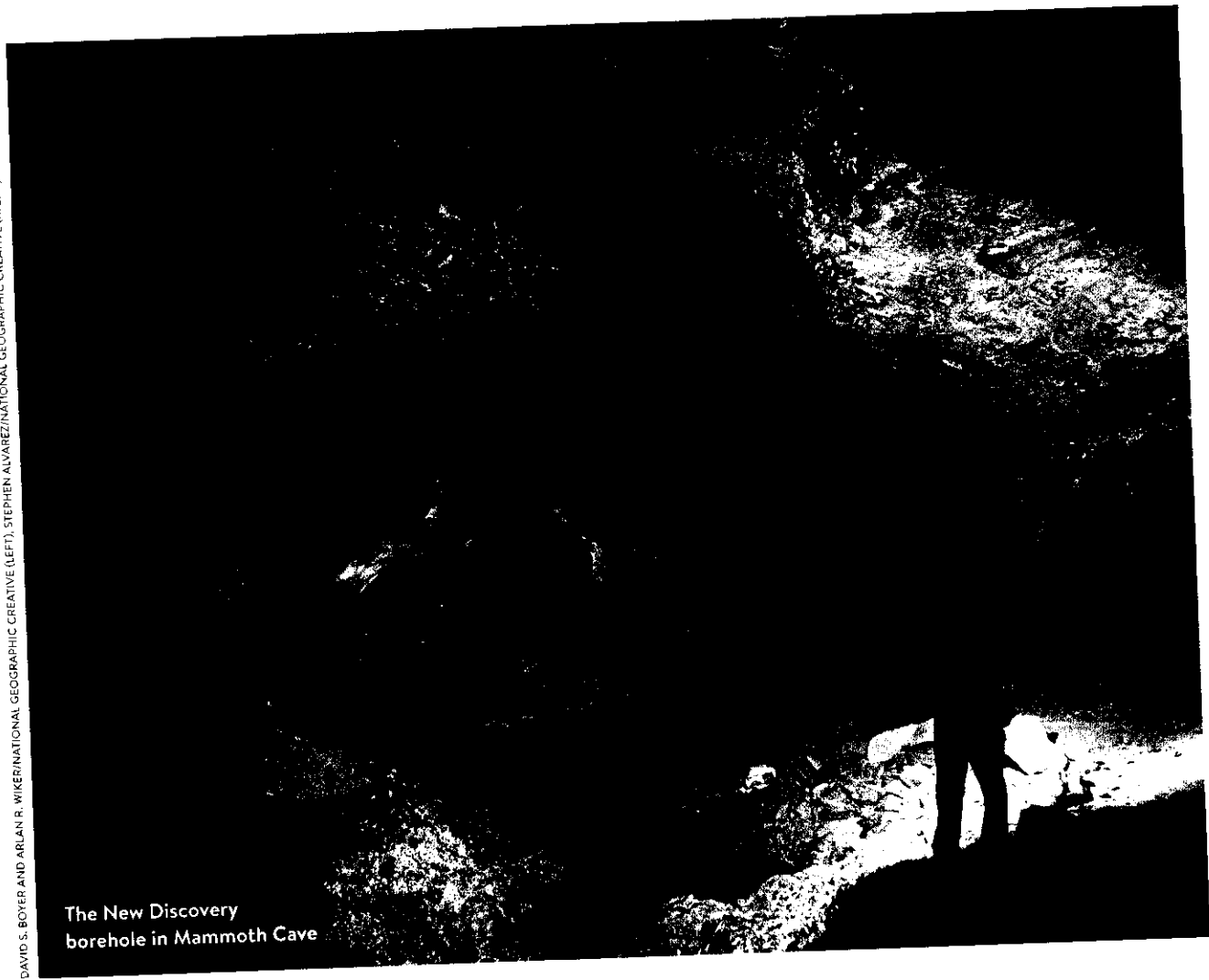
5

SURF FAMOUS BREAKS

NORTH SHORE OF OAHU

Hawaiians know that riding the ocean requires the rare combination of calm, confidence, and utter respect for the sea. That's how the best surfers in the world glide down the face of waves that tower 30 feet or more on the famed North Shore of Oahu, the birthplace of surfing. Flocks of pros and spectators show up to big-wave events like the Vans Triple Crown of Surfing, the sport's de facto World Series. But there are also breaks of every size and offshore winds that create perfectly shaped and unusually long rides for everyone from awed beginners to Laird Hamilton.

ADVENTURE 101 The biggest swells slam into the North Shore in winter, but the summer months bring mellow, glassy, uncrowded waves perfect for newbies.



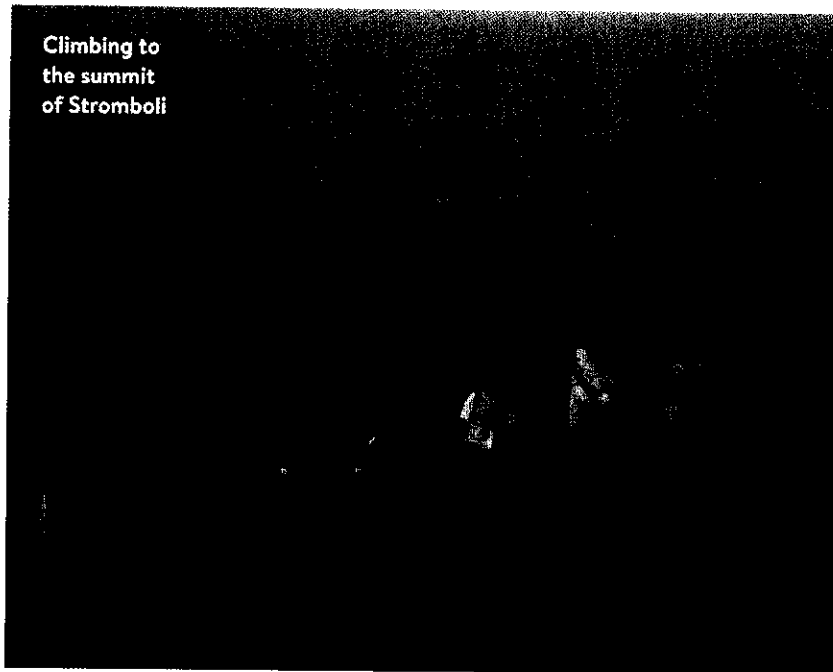
The New Discovery
borehole in Mammoth Cave

7 SQUEEZE THROUGH CAVES MAMMOTH CAVE

There's more to Kentucky than what lies at the surface. The passageways of Mammoth Cave, the longest known cave system in the world, penetrate more than 400 miles beneath the earth. At the entrance chambers, visitors gape at giant rooms, stalactites, stalagmites, and flowstone formations that resemble frozen waterfalls, but the most indelible experiences lie much deeper and can be accessed only with a guide. On Mammoth Cave National Park's famed five-mile Wild Cave Tour, visitors crawl, climb, and squeeze through holes scarcely bigger than a volleyball to see narrow canyons, elliptical tubes, and the towering beauty of the immense Cathedral Domes.

ADVENTURE 101 One of the most remarkable views in Mammoth Cave is the lack thereof. Sit still and turn off your headlamp to experience two rarities: complete darkness and mind-bending silence.

Climbing to
the summit
of Stromboli



9

CLIMB A VOLCANO

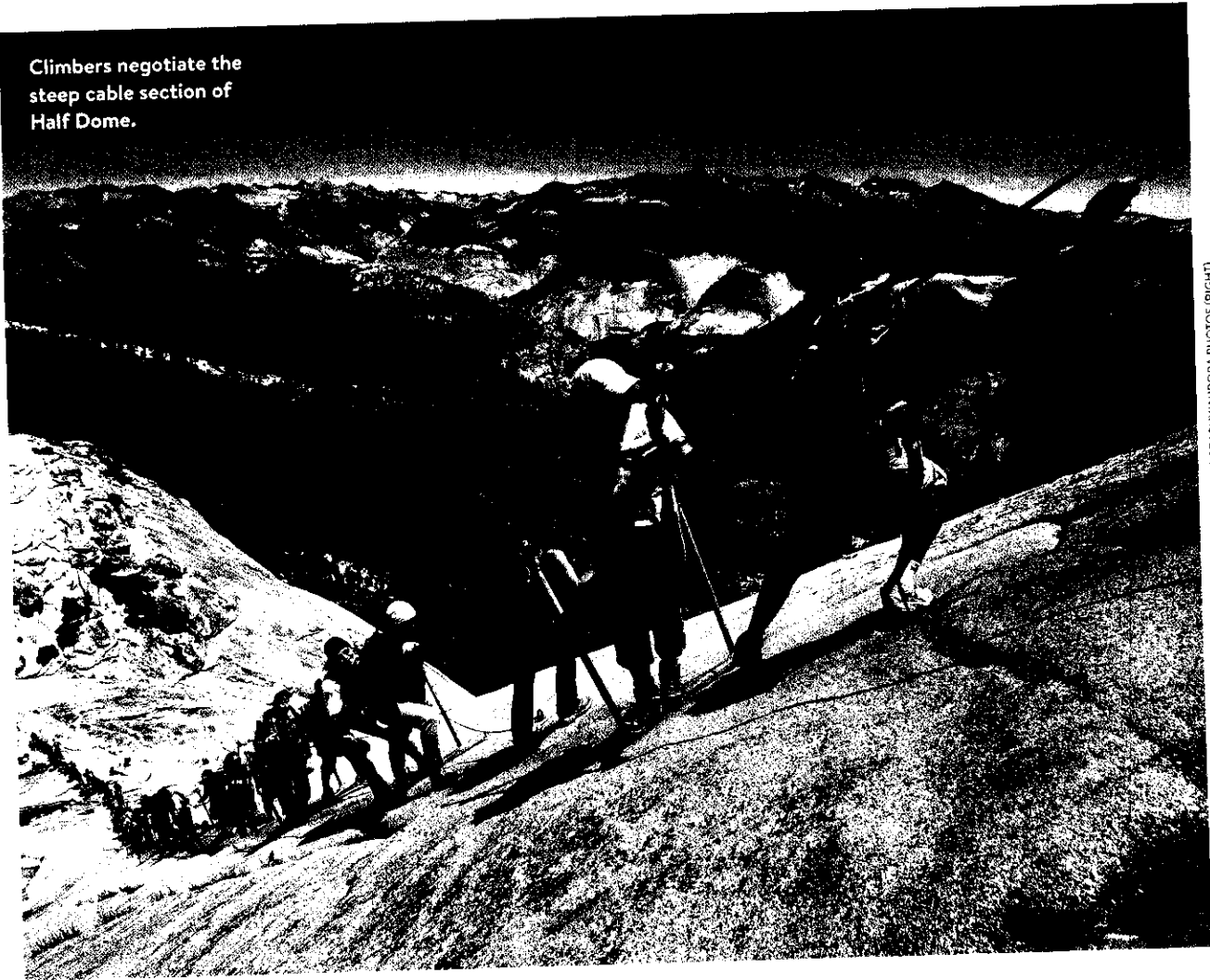
STROMBOLI

Earth's volcanic fire created the Aeolian Islands, an Italian archipelago rising out of turquoise waters off Sicily's northeast coast, and it continues to shape and define them. Steaming fumaroles and hot springs mark most islands, and on the far eastern side, Stromboli, a 7.8-square-mile cone-shaped active volcano, spews small bits of fire and lava all day long. While the volcano is certainly dangerous, it's also predictable enough that hikers can scramble through fragrant wild herbs, scrub oak, and a black moonscape to the 3,034-foot summit and peer into the molten workings of three active craters. The stunning lava bomb eruptions at the top are believed to have been going off almost continuously for the past 2,000 years, with occasional lava flows and major eruptions.

ADVENTURE 101 Hike the trail near sunset to experience one of nature's best fireworks displays. Not a risk-taker? Evening boat tours view the show from a safe distance on the water.

GUY VANDERLEIST/GETTY IMAGES (RIGHT), JUAN CARLOS MURCZ/AGEFOTOSTOCK (LEFT)

Climbers negotiate the steep cable section of Half Dome.



MICHAEL WALONEY/SAN FRANCISCO CHRONICLE/CORBIS (LEFT), JOSH MILLER PHOTOGRAPHY/AURORA PHOTOS (RIGHT)

10

CLIMB HALF DOME

YOSEMITE NATIONAL PARK

Californians once thought climbing Half Dome was impossible. Now, thousands of people do it every summer. The route, however, is no cinch. About 16 miles, it climbs 4,800 feet from the floor of Yosemite Valley, past Vernal and Nevada Falls, and under the looming shadow of Liberty Cap, a giant granite spur. The biggest challenge comes at the end, when hikers scale Half Dome's hair-raisingly steep slab of granite to the summit, where a tableau of the entire Yosemite Valley unfurls—a spectacular glacial bowl, guarded by magnificent monoliths, that has astounded American legends from John Muir to Ansel Adams.

ADVENTURE 101 Between Memorial Day weekend and Columbus Day, the National Park Service maintains cables to help climbers ascend the steep 400-foot stretch just below Half Dome's summit. Bring shoes with good traction and gloves to prevent chafing.

The Inca ruins of Machu Picchu shrouded in fog

11

TREK TO AN ANCIENT CITY

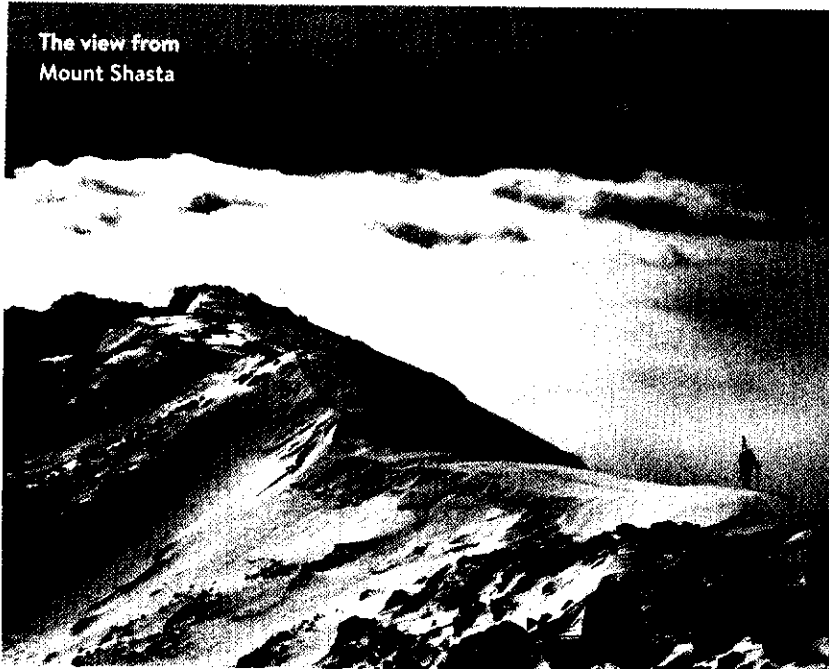
MACHU PICCHU

The Inca had a knack for pinpointing South America's most dumbfoundingly beautiful places. A case in point: Machu Picchu, a lost city tucked deep in Peru's tropical mountain forests. Thousands of trekkers go on pilgrimage along the Inca Trail every year to witness these mountaintop ruins shrouded in mists, but only a few choose the newer alternative trail: the Salcantay Route. Winding around 20,000-foot peaks, along verdant riversides, and through bucolic coffee plantations, orchards, and thatched-hut villages, the 39-mile route traverses 15 ecosystems and tops out at over 15,000 feet. The grand finale? A view of Machu Picchu from the southwest, one that few travelers ever see.

ADVENTURE 101 Many backpackers camp along the way, but for those who prefer to travel like Inca royalty, four ecolodges dot the trail, each conveniently a day's walk apart and equipped with hot tubs for sore muscles.



UNKNOWN PHOTOGRAPHER/ISTOCKPHOTO



12

SKI MOUNTAINEER A VOLCANO **MOUNT SHASTA**

Mount Shasta is one of the largest Cascade volcanoes by volume, but think of it as a gentle giant. This 14,163-foot volcano, which towers over northern California, is gifted with spectacular vertical relief and reliably sunny weather that makes for prime climbing conditions. On summit day, rise at 2 or 3 a.m. and zigzag 5,000 vertical feet up to the peak, a jumble of boulders big enough for multiple people to take in the views, which stretch as far as 125 miles. The reward is one of the longest continuous ski descents in the Lower 48: You'll turn 7,000 vertical feet down 35- or 45-degree slopes all the way to the trailhead.

ADVENTURE 101 Appetites naturally plummet at high altitudes, but mountaineers need lots of calories to get to the summit. The solution? Bring the most reliably appetizing snacks you can find, whether it's chocolate-covered gummy bears or beef jerky.



GRANT GUNDERSON/TANDEM STOCK (RIGHT); CHRIS CARR/SHASTA MOUNTAIN GUIDES (LEFT)

Pro skier Cody Barnhill swoops down Mount Shasta.



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**CLIMB A COLORADO
FOURTEENER**

LONGS PEAK

Colorado has more terrain above 10,000 feet than any other state in the U.S., with 58 peaks that spike over 14,000 feet. One of the most famed is 14,259-foot Longs Peak, which soars over the other mountains in Rocky Mountain National Park, about 75 miles northwest of Denver. The 15-mile round-trip climb on the Keyhole Route, which ascends 4,800 vertical feet over boulder fields, past gaping cliffs, and up smooth granite faces, is not for couch potatoes. But at the summit, gaze over a spread of sculpted granite ridges, alpine lakes, and conifer forests topped by Colorado's steady deep-blue sky.

ADVENTURE 101 The best time to climb Longs Peak is between mid-July and mid-September, when the snow has melted and temperatures are warmest. To avoid the summer thunderstorms that typically strike in the afternoon, bring a headlamp and start hiking well before sunrise.



15

MOUNTAINEER A TEST PIECE **MOUNT RAINIER**

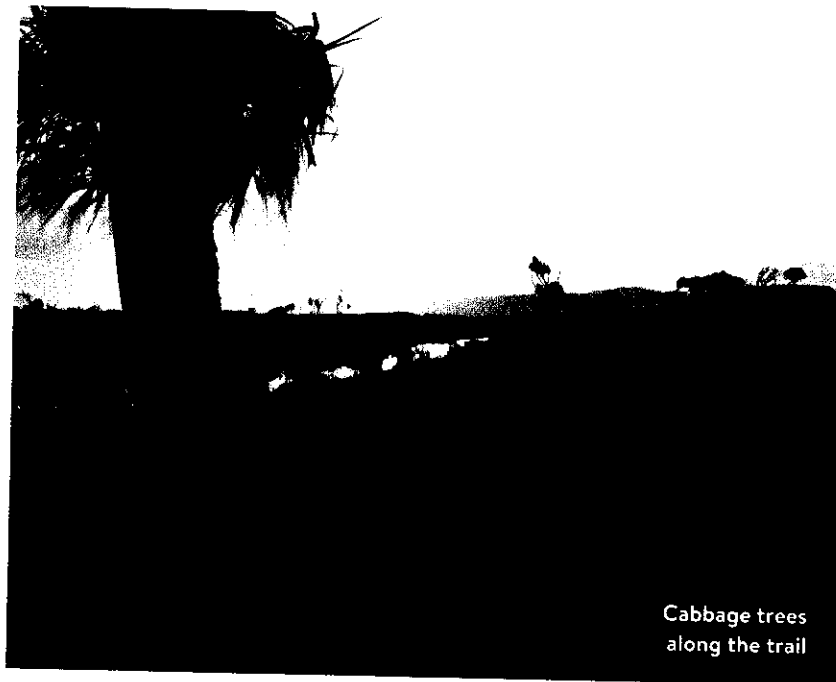
Because 14,410-foot Mount Rainier is one of the most extensively glaciated peaks in the continental U.S., with giant seracs, crevasses, and notorious weather, it's a famed training ground for budding American climbers. Only about 60 miles south of Seattle, walk in the footsteps of legendary mountaineers on a two-day climb up the Disappointment Cleaver or Ingraham Glacier routes. On the 9,000-vertical-foot ascent, mountaineers plod through alpine meadows and sparkling snowfields to a summit encased in glaciers. On a clear day, views stretch all the way from the Pacific Ocean, over valleys cobbled with clouds, to the spines of the North Cascades.

ADVENTURE 101 After a successful summit bid, mountaineers head to the Highlander Steak House & Lounge in nearby Ashford, Washington, where they recount stories over burgers and beers.

ARNAB BANERJEE/TANDEM STOCK



ANDY BECHER (LEFT), HOLGER SPERING/WESTENDBICORRIS (RIGHT)



Cabbage trees
along the trail

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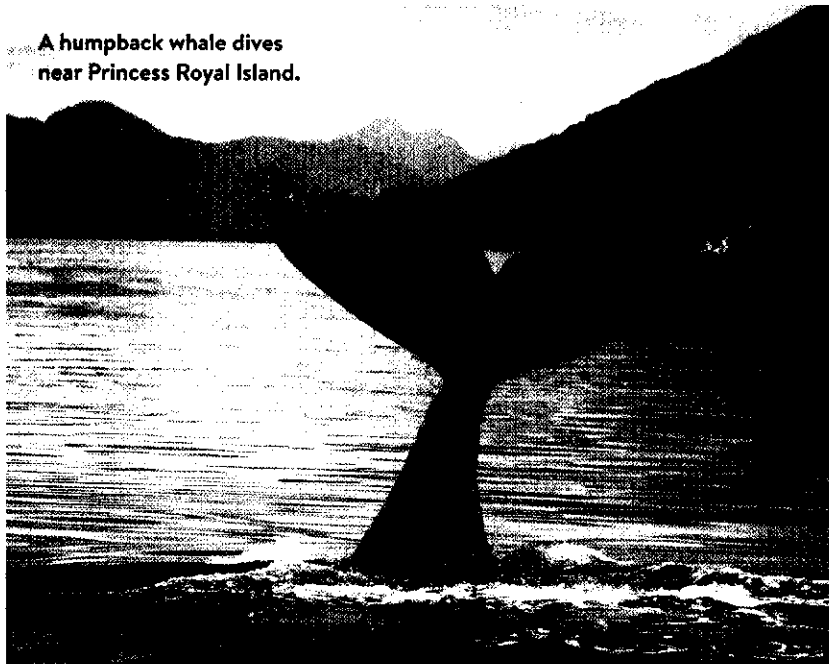
BACKPACK NEW ZEALAND

TE ARAROA TRAIL

New Zealand is famed for its mind-boggling diversity of landscapes, and few trails offer up quite the menu as Te Araroa, Maori for “The Long Pathway.” Stretching 1,894 miles from Cape Reinga at the tip of the North Island to Bluff on the toe of the South Island, Te Araroa weaves over peach-colored dunes and sweeping beaches, along craggy alpine ridgelines, and through the dark, spooky forests of the Takitimu Mountains. Unlike many walking paths, this one was designed to link cities and villages, and hikers are rarely lonely, meeting Kiwis including farmers, Maori, mountaineers, and city slickers.

ADVENTURE 101 Those who don’t want to hike for three months straight can easily tick off one of the shorter trails that form Te Araroa, such as the South Island’s mellow seaside Queen Charlotte Track.

A humpback whale dives near Princess Royal Island.



19

SAIL THE GREAT BEAR RAINFOREST

BRITISH COLUMBIA

Stretching from northern Vancouver Island to the Alaskan border, the Great Bear Rainforest holds a fraction of one percent of the human population of Canada—and an untold universe of natural wonders. Here, bald eagles dot the trees, millions of migrating salmon clog the rivers, and rare white bears stalk shadowy forests of cedar, hemlock, and spruce. A sailboat offers access to the upper reaches of majestic fjords where granite cliffs soar out of the ocean. Watch for abundant wildlife, like grizzly bears, wolves, whales, and seabirds, and stop to visit First Nations villages where people still sustain a culture that dates back some 10,000 years.

ADVENTURE 101 Don't forget a bathing suit. Sailors often anchor and hike to remote hot springs to relax weary muscles and enjoy views over island-flecked bays.

JOHN BORTHWICK/GETTY IMAGES (LEFT); PAUL NICKLEN/NATIONAL GEOGRAPHIC CREATIVE (RIGHT)



21

MOUNTAIN BIKE THE WHITE RIM **CANYONLANDS NATIONAL PARK**

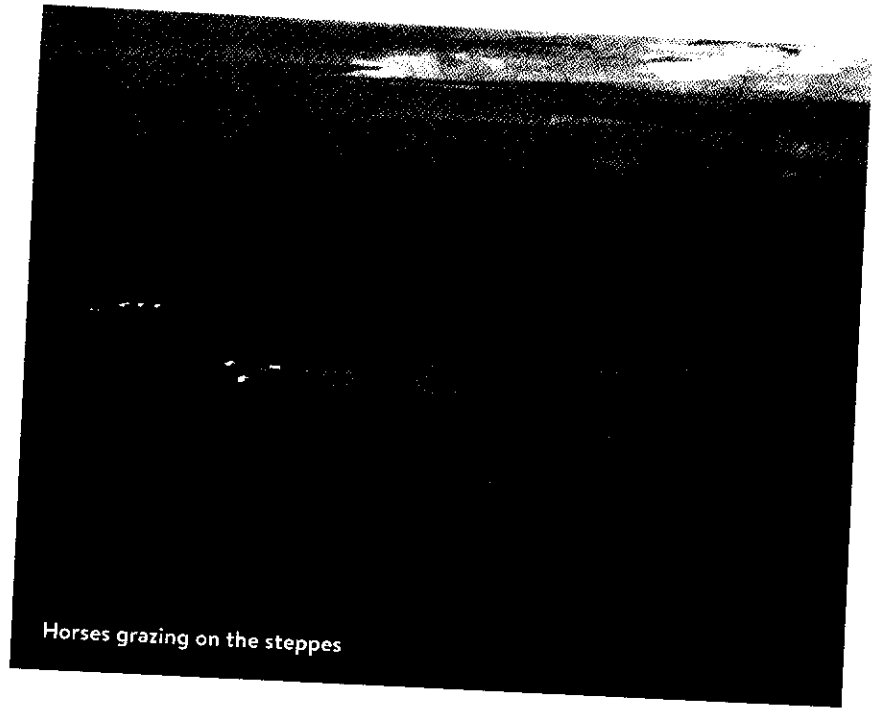
Deep in Canyonlands National Park, a sandy, rugged 103-mile four-wheel-drive road known as the White Rim winds through some of southern Utah's most beguiling scenery: huge expanses of sagebrush desert, giant undulating walls of red sandstone, and the curling ribbon of the Green River. Some mountain bikers tick off the whole loop in a day, but most take three or four, camping with the support of four-wheel-drive vehicles. Stop to slither through slot canyons, explore ancient ruins, and tiptoe across the Musselman Arch, a 187-foot span of multicolored sandstone. After dark, set up camp and watch as the stars spin overhead in the desert's startlingly clear skies.

ADVENTURE 101 The best times to bike the White Rim are spring and fall, when temperatures hover in the 70s. In spring, wildflowers and cactus blooms also litter the desert floor.

KENNAN HARVEY/AURORA PHOTOS



PIC HUGUIN DMITRY/SHUTTERSTOCK (LEFT), MARK LEONG/NATIONAL GEOGRAPHIC CREATIVE (RIGHT)



Horses grazing on the steppes

25

HORSEBACK RIDE WITH NOMADS

MONGOLIAN GRASSLANDS

Mongolia is a study in contrasts. Here, gorgeous Buddhist temples coexist with trendy Internet cafés, and nomads tend their herds as they have for centuries—but now with a cellphone in hand. Travel through this evolving hinterland on horseback to visit nomadic families. Along the way, try your hand at archery, check out hilltop Buddhist monasteries, and listen to Mongolians' famous reverberating throat singing. Each evening, stay in a *ger*—a Mongolian yurt—before waking to the delicate light of dawn casting long shadows over the wide-open grasslands Genghis Khan and his hordes once swept through.

ADVENTURE 101 Consider going in July, when Mongolians celebrate a national holiday known as Naadam. In cities and villages, locals come together to cheer on young athletes who dress in colorful garb to compete in horse racing, archery, and wrestling.

Mountain biking the
Maah Daah Hey Trail,
North Dakota

28

BIKE THE MAAH DAAH HEY TRAIL

NORTH DAKOTA BADLANDS

In the 1880s, the beauty of the badlands of western North Dakota helped inspire Theodore Roosevelt to become one of the country's most influential conservationists. Experience the power of this still remote landscape on the 96-mile Maah Daah Hey Trail, which winds along the Little Missouri River through grasslands tinted with wildflowers and striped buttes. The trail isn't highly technical but it is a formidable challenge, with thigh-busting ascents up bentonite buttes and rugged, forearm-pumping downhill. Do as Teddy would do and sack out in a tent in a campsite where it's hard to tell much has changed since the future president roamed these hills.

ADVENTURE 101 Many cyclists hire a shuttle driver to ferry supplies from campsite to campsite, which means they can ride unencumbered by a pack or panniers.

DANITA DELIMONT/AURORA PHOTOS

