




# NEXT WEEKEND

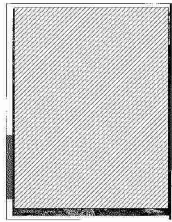
BY ROBERT EARLE HOWELLS

INSTANT ADVENTURES 46 WILD ROADS 52

## INSTANT ADVENTURES ARIZONA Hike Into This Magazine

 You saw its sexy visage on the cover of the June/July issue of *ADVENTURE*: the Grand Canyon's Havasu Falls. Yes, the 100-foot cascade really is that foxy. Even better, a great ten-mile hike (pictured) drops you 2,100 feet to view the cataract and three other nearby waterfalls on the Havasupai Indian Reservation. Havasu is the most photographed, but Mooney Falls is the tallest (200 feet). Navajo Falls "is like a water park," says Ray Hendricks, whose Just Roughin' It Adventure Co. leads tours (\$825 for three days; [justroughinit.com](http://justroughinit.com)). Beaver Falls, meanwhile, is the most secluded. Whether you go DIY or with a group, you can set up in the tribe's shady canyon-bottom campground, spend a few days amid the water parks, then hike out with a lighter pack (\$17, plus \$35 entrance fee; [havasupaitribe.com](http://havasupaitribe.com)).

PHOTOGRAPH BY JIM JARIE WEBER PHOTOGRAPHY



PACIFIC

WASHINGTON  
**Sleep in the Sky**

It's pretty rare to be able to see three states and another country from a single perch, especially when that perch is your bed. Such is the high life at Mount Spokane's Quartz Mountain Fire Lookout (5,129 feet). The cabin sleeps four, and from its windows you can scan the lake-dotted cedar and hemlock forests of Idaho, Montana, British Columbia, and Washington's Selkirk Range (\$60; [parks.wa.gov/yurtsandcabins/quartzmntn.asp](http://parks.wa.gov/yurtsandcabins/quartzmntn.asp)). More conventional lodging is available down the hill in Bear Creek Lodge (\$65; [bearcreeklodge.wa.com](http://bearcreeklodge.wa.com)). The surrounding 13,919-acre Mount Spokane State Park is laced with a hundred miles of bike/hike trails, including a great seven-mile ride called the Kit Carson Loop, which gains a cool 5,000 feet. Three Peaks Loop, a stellar day hike, starts near the cedar and runs 14 miles to the mountaintop (5,883 feet) and Vista House, a storybook stone cabin (day use only) that's got nothing on that abode in the clouds.

OREGON  
**Hug a Tree**

Scaling the tall conifers of southern Oregon's Rogue River Valley is the arboreal version of big-wall climbing. The guides at Tree Climbing Northwest will gladly lead you up high for a simple overnight in a tree-slung hammock. Or you can give it three days and some serious effort and come away with mad tree-scaling skills (\$575; [newtribe.com](http://newtribe.com)). TCN is about "bringing people and trees together," says Sophia Sparks, president and human-conifer matchmaker. As for the clinic, "It's intense, but anyone can do it," she says. TCN will teach you how to "read" a tree, execute the all-important rope throw, and tie the most useful knots. If guides and students are game, the course culminates with a night 150 feet up, on a ridge in forest so thick you (mercifully) can't see the ground.

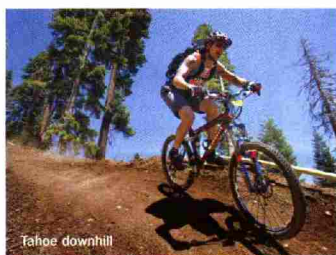
CALIFORNIA  
**Cruise Tahoe Slopes**

Before snow flies (and snow bunnies multiply), Tahoe is mountain biking's stunning little secret. Exhibit A: the runs at Northstar-at-Tahoe's mountain bike park, some of which overlook Lake Tahoe and all of which serve up big views of surrounding Sierra peaks (\$39 for a day pass; [northstarat.tahoe.com](http://northstarat.tahoe.com)). But don't get too distracted on runs like Gypsy, replete with manicured berms, tabletop jumps, and log rides. Or on smooth roller coasters like

Big Trees & Little Trees, which features a teeth-saving 120-foot boardwalk above a gnarly rock garden. Reading the terrain commands your full attention. Village at Northstar is the area's most biker-friendly crash pad (\$69, including lift tickets; [villageatnorthstar.com](http://villageatnorthstar.com)).

CALIFORNIA  
**Talk With the Animals**

Padding Morro Bay has a certain *Evan Almighty* quality to it: Impossibly cute sea otters swim to your boat, as do harbor seals, bat rays, and the odd leopard shark, while you navigate the protected waters of this old-fashioned fishing village. Dusk is a great time to play animal wrangler with Central Coast Outdoors (\$99; [centralcoastoutdoors.com](http://centralcoastoutdoors.com)). You'll glide through a heron preserve, across a salt marsh, and onto the sand spit for a sunset dinner—grilled sausages, veggie burgers, local wines. Make it a weekend by staying at the Back Bay Inn in nearby Los Osos and hiking up Valencia Peak in Montaña de Oro State Park for one of the best views of the central coast (\$145; [backbayinn.com](http://backbayinn.com)).

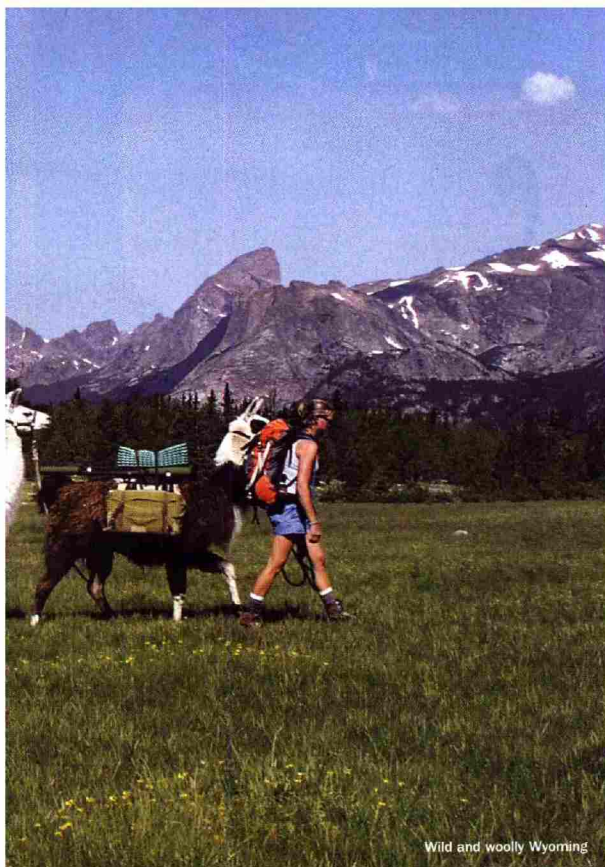


MOUNTAIN

ALBERTA  
**Visit Gravity Central**

Things keep going downhill at the Canada Olympic Park just outside Calgary, site of the 1988 Winter Olympics. The summer adventure center's latest gravity-friendly thrill is "zorbng"—the dubious art of climbing into a ten-foot transparent ball (anyone remember *The Prisoner*?) and rolling down the mountain in a sort of continuous endo (\$30; [canadaolympicpark.ca](http://canadaolympicpark.ca)). Or you can harness up to the world's fastest zip line—beefy guys hit 86 mph on the 1,640-foot cable span, which drops 328 feet, and need a parachute to slow down (\$49). It supposedly emulates the feeling of ski jumping but mainly feels like sliding down a cable really fast. If that's not enough passive activity, take a dry ride on the luge run (\$6). But if you can handle burning a calorie or two, check out the center's brand-new mountain bike complex, which has groomed trails for all levels, plus a skills center with jumps and drops (\$25). When night falls, proceed half an hour west toward Banff to Rafter Six Ranch, one of the world's largest log structures, and look forward to some serious Alberta beef (\$189; [rafter.six.com](http://rafter.six.com)). They slow-cook top round for seven long hours in a charcoal oven, from which it emerges medium rare and saturated with smoke.

PHOTOGRAPHS: FROM LEFT: SCOTT SUDY/TANDELIGHT PHOTOGRAPHY; COURTESY OF LANDER LLAMA COMPANY; DAVE FREED/ALL CANADA PHOTOS INC./ART LIFE IMAGES



Wild and woolly Wyoming

**WYOMING**  
**Llama-Pack**  
**Sweetwater Canyon**

**|** Sweetwater is a gem of a western Wyoming canyon between the Wind River Range and the Red Desert, an arid sandstone chasm carved by the Sweetwater River. The problem is, you may never find it amid a confusing maze of tracks on wild Bureau of Land Management terrain. "You could approach it and not even know it's there," says Scott Woodruff, a guide at Lander Llama Company. "I'd direct you to the trailhead, but, well, there's no trailhead." Woodruff, however, knows right where the canyon lies and says September is a great month to venture in. His friendly ruminants haul your gear to a luxe base camp, and from there it's a matter of day hiking, fishing for browns and cutthroats, and relaxing in splendid solitude. The only company you're likely to have is the wild variety: lots of elk and antelope, some moose, mule deer, and one of the highest densities of hawks and eagles anywhere (\$630 for three days; [wyominghiking.com](http://wyominghiking.com)).

**COLORADO**  
**Paddle a New**  
**Whitewater Park**

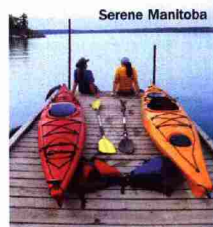
**|** The Colorado always flows high through Glenwood Springs, but thanks to a new million-dollar whitewater park, paddlers are guaranteed a standing wave in the heart of town almost any day of the year. "Super sick" is how kayakers are extolling Glenwood Springs Whitewater Park's main feature, an eight-foot-high crest that disappears only when swallowed up by spring runoff (when there are plenty of other whitewater thrills anyway). It's a brilliant venue for anyone's arsenal of playboating tricks, be they spins, blunts, or McNasties. The park also comprises learning pools, random eddies (great for fly-fishing), and a training/competition run ([glenwoodwhitewaterpark.org](http://glenwoodwhitewaterpark.org)). If you want to let someone else do the work for a day, book a rafting trip through nearby Glenwood Canyon (\$75; [coloradowhitewaterrafting.com](http://coloradowhitewaterrafting.com)). For a room with a brew, check out the Hotel Denver, home to Glenwood Canyon Brewing Company (\$149; [thehoteldenver.com](http://thehoteldenver.com)).

CENTRAL

INSTANT ADVENTURES

**MANITOBA**  
**Zoom Into Zen**

**|** The zen level is off the charts on Northern Soul Wilderness Adventures' canoeing trips into Whiteshell Provincial Park 90 miles west of Winnipeg. Before and after floating one of 200 pine-fringed lakes, paddlers break for hatha yoga sessions at sunrise and sunset. "We choose our campsites for their proximity to good yoga studios," says Northern Soul's Dave Pancoe. By "studios" he means nice flat expanses of rock within the thousand square miles of granitic Canadian Shield terrain. The Yoga Canoe Weekend includes about 17 miles of paddling across Caddy, North Cross, and South Cross Lakes, which are linked by old railway tunnels (\$399; [northernsoul.ca](http://northernsoul.ca)). Enlightened paddlers have been known to groove on the reverberating sound of "om" in the passageways.



Serene Manitoba

**WISCONSIN**  
**Ride the Chequamegon**

**|** Up in Wisconsin's North Woods, "Chequamegon" rolls off the tongue as readily as "beer and brat." The word has three related meanings: a 1.5-million-acre national forest with superb mountain biking trails, a long-ago-sold-out bike race, and a rollicking fat-tire festival in its 26th year (September 12-14; [chequafattire.com](http://chequafattire.com)). "Just watching the mass start of 1,700 riders will knock your socks off," says festival director Gary Crandall of the marquee event, the Chequamegon 40. The festival includes three other sold-out races, but anyone can get in on a mountain bike orienteering event or a tight-course criterium race. Or just go ride. It's a great month for traversing rolling terrain on 300 miles of marked and mapped trails maintained by the Chequamegon Area Mountain Bike Association ([cambatrails.org](http://cambatrails.org)).

the top via Old Mac Trail gets you to an observation tower with a view of the Cumberland Plateau, Tennessee Ridge and Valley, and the Great Smoky Mountains. Frozen Head is just one of the park's 16 peaks higher than 3,000 feet. The reserve recently reopened a classic CCC-built route called North Bird Mountain Trail, whose switchbacks lead to several Phillips Creek falls en route to the top. Big Cove Campground is an ideal base for hikes (\$13; [tn.gov/environment/parks/FrozenHead](http://tn.gov/environment/parks/FrozenHead)).

**TEXAS**  
**Watch Raptors Attack**

**|** North America's premier predator convention is held each fall in the skies above Nueces County, an astounding sight that can include as many as 400,000 *Buteo platypterus* (aka broad-winged hawks) in a single day during the last two weeks of September. Twitchers muster on a platform in Hazel Bazemore County Park just west of Corpus Christi, the de facto hawk-watch headquarters. Staying at George Blucher House B&B Inn in Corpus Christi puts you right across the street from Blucher Park, a superb bird sanctuary (\$140; [georgeblucherhouse.com](http://georgeblucherhouse.com)). And it's just a short drive north to Aransas National Wildlife Refuge, where the first whooping cranes are arriving for their winter vacation.

**TENNESSEE**  
**Explore Rare High**  
**Country**

**|** Elevation stats don't tell the story in Frozen Head State Park, but they're pretty impressive nonetheless. The wildland boasts 13,122 acres of Cumberland Mountains terrain in eastern Tennessee. The signature summit is "only" 3,324 feet high, but the seven-mile, 2,000-foot hike to

INSTANT ADVENTURES

EAST

**NORTH CAROLINA**  
**Let a Kite Fly You**

There are myriad reasons why Hatteras is one of the best places in the world to learn to kiteboard. For one, "The wind is almost always kitable," says Captain Ty Luckett of Kite Hatteras. "Plus, you don't need as much wind as a windsurfer does. If it's blowing 12, it feels like 30." Above all, kiting Hatteras means 40 miles of waist-deep, September-warm Pamlico Sound water, all protected from daunting ocean swells. Luckett schools his charges from a floating classroom: a custom kite boat rigged with a tower that pulls you out of the water just as the wind would. The system ensures quick progress. After two days of Kite Camp you'll be able to ride upwind or down, goofy foot or regular, and—before heading home—you just may be good enough for Luckett to take you to "a few secret spots" he happens to know (\$795; [kitehatteras.net](http://kitehatteras.net)).



Kiting Hatteras, North Carolina

**NEW YORK**  
**Climb Off-Limits Gunks**

Sky Top, a legendary but-tress along New York's Shawangunk Ridge, was one of the first casualties of the insurance hikes that shut down crags from coast to coast in the 1980s. But that was then. Now, the 200-foot cliff is open exclusively to guests of Mohonk Mountain House (\$240, including meals; [mohonk.com](http://mohonk.com)). "It's crazy. You can get up on a 5.2 with plenty of holds, look down, and think, 'Where the hell am I?'" says Marty Molitoris, director of Alpine Endeavors climbing school and guide service. Guests of the ridgetop lodge can climb or take lessons on Sky Top's 300 routes with Alpine Endeavors for \$169 a half day (less for groups). The climbing is just as good right next door on Trapps, which

Alpine Endeavors guides too (\$250 a day; [alpineendeavors.com](http://alpineendeavors.com)). They'll also steer you to a campsite just down the road—not exactly a castle, but the price is right: free.

**NEW HAMPSHIRE**  
**Bike Inn-to-Inn**

For New Hampshire's inn owners, the old maxim "location, location, location" has a whole new meaning. The place to be these days is along some of the prettiest roads for cycling in the U.S.—or any other country, for that matter. "I'm from Bavaria," says Pecco Beaufays, owner of the [Highland Lake Inn](http://Highland Lake Inn), "and I know beauty. But this area, with its lakes and mountains, it's just completely unspoiled." A group of inn owners has put together a selection of 50 routes near Mount Kearsarge and Lake Sunapee on roads

so narrow and placid that local riders call them "goat paths." The inns will transfer your gear, arrange for a guide if you want, and, of course, put you up in their inns for a discount off normal rates. "It's completely flexible," says Beaufays. "We work with you for as many nights as you want and as far as you want to ride." A typical package is \$550 per person for a group of four staying four nights ([granitestatevacations.com](http://granitestatevacations.com)). Bicycles are available from Outspokin, a local shop, and whether you rent from them or not, they'll bail you out of any technical tight spots (\$35 for bike rentals; [outspokin.com](http://outspokin.com)).

**PENNSYLVANIA**  
**Raft or Ride the Lehigh**

"First this area ran on anthracite mining," says Whitewater Challengers' guide

manager Marc Brown. "Now we've gone green: Rafting is the big industry." Whether it's an industry, a thrill ride (Class II and III whitewater), or simply a pleasant way to see the steep-walled Lehigh Gorge in the western Poconos, rafting hits its peak in September when dam releases guarantee two great weekends (13-14, 27-28) while the weather's still warm and the hardwoods are turning gold. You can run two different sections of the river in the course of a weekend, but the hot tip is to raft one day and bike the next. Whitewater Challengers provides bikes and shuttles for the 35-mile rail trail that traces the Lehigh through the gorge (\$68, including a campsite; [whitewaterchallengers.com](http://whitewaterchallengers.com)). Not that you have to wait for a dam release to ride—it's \$35 for a bike and shuttle even when the river isn't foaming.

PHOTOGRAPH BY REAL WATERSPORTS