

Amp Up Your Outdoor Adventures

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Do you like swimming? Then just add adventure and try freediving! Go big or go home with these amped-up versions of your favourite outdoor activities.



STORY BY:

KAREN CATCHPOLE AND ERIC MOHL OF THE TRANS-AMERICAS JOURNEY

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If you like SWIMMING try FREEDIVING

Never heard of **freediving**? You're about to. A major motion picture about the death of one of the rising stars of competitive freediving is in the works. *Dive* will be directed by Martin Campbell, award-winning director of multiple James Bond adventures, including *Casino Royale* and last summer's *Green Lantern*. In 2013 ESPN is also planning to release a documentary about the same tragedy, which took the life of freediver **Audrey Mestre**. She died in 2002 attempting to break the world freediving record with a dive of 170 metres on a single breath of air. Recreational freediving isn't about depth, it's about learning breathing techniques and other disciplines that allow you to stay underwater longer so you can enjoy the environment and the critters without cumbersome scuba diving equipment. Like scuba diving, however, proper instruction and safety measures are necessary for freediving. Find certified instructors and courses through **Performance Freediving**, **Freediving Instructors International** and **AIDA Canada**.

If you like CANYONEERING try COASTEERING

Coasteering is like canyoneering, only it's done along a rocky coastline instead of a slot canyon. Like canyoneering, participants scramble, climb, swim, jump and otherwise navigate their way around the natural obstacles presented by the rock and water in front of them. Coasteering is popular and well established in the U.K. and just emerging in North America.



If you like SLEDDING try AIRBOARDING

Take an Aerobed mattress in the shape of a giant guitar pick. Put handles on the top. Now lay down on it and launch yourself down a snowy hillside head first. Welcome to Airboarding! Invented 10 years ago, Airboards are big in Europe and growing in popularity in North America. To test out an Airboard before you shell out the US\$389 to \$499 for one of your own, sign up for an Airboard adventure at [Smugglers' Notch](#) where you can rent an Airboard and play on two of the ski resort's runs during certain hours of the day (US\$25 including instruction and rental). [Canaan Valley Resort](#) in West Virginia offers Airboard rental (US\$40 for two-hour rental with lesson; US\$50 for three-hour rental with lesson). And [Umiak Outdoor Outfitters](#) in Stowe, Vermont offers a combo trip in which you snowshoe up, then Airboard down (US\$69 including instruction, rental, hot cider and Vermont cheddar cheese and crackers).

Look for [Karen Catchpole and Eric Mohl's Just Add Adventure!](#) [series](#) every Wednesday and Friday all summer long on Travel and Escape!

KAREN CATCHPOLE AND ERIC MOHL OF THE TRANS-AMERICAS JOURNEY



In April of 2006, journalist Karen Catchpole and photographer Eric Mohl left their jobs and apartment in New York City and embarked on the [Trans-Americas Journey](#), a 200,000-mile working road trip through all 23 countries in North, Central and South America. After many years on the road they are still nowhere near their goal of Tierra del Fuego at the tip of South America where the road literally ends. Until then, their slow and steady overland exploration of The Americas continues.

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