

MODERATE

PADDLING, PEDALING, AND OTHER PLEASURABLE PURSUITS

Raft Through the Rain Forests of Costa Rica

Raft through the Class III and IV rapids of the wild Pacuare River while keeping an eye out for howler monkeys, toucans, and sloths in the surrounding old-growth rain forest. At night, bunk down in a forest jungle bungalow at Pacuare Lodge, which won a 2000 Cornell West Developer World Savers Honorable Mention (Costa Rica Nature Adventures, 800-534-0411; two days, \$126 per person).

Descend into a Hidden Canyon in Jordan

The stark beauty of the kingdom's slot canyons isn't confined to the ancient sandstone city of Petra. On an overnight camping trip to hidden Wadi Maraha, you'll climb, scramble, rappel, and swim the gorgeous gorge's waterfalls and pools (Terraal Adventures, 967-6-583-3063; two days, \$262 per person).

Wine, Dine, and Snow- shoe in Washington

Central Washington's Columbia River Gorge is the striking setting for a perfect balance between the great outdoors and great wines. Celebrate the "ActiVino" lifestyle by tramping through winter snows before heading back to your boutique inn base camp, part of the Cave B Estate Winery overlooking the river (Ever-Green Escapes Adventures, 800-203-7603; three days, \$650-\$750 per person).



The Islands of Phang Nga Bay were once part of a massive coral reef.

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their back. "Travelers want a more involved vacation," Lamosaux adds. "There's a limited amount of time, and they want to pack in as much as possible. It's the opposite of just lying on the beach."

The Adventure Travel Trade Association (ATTA) defines its core activities as the intersection of at least

as climbing or caving, 24 percent enjoyed something "soft," like a safari, a ski trip, or sea kayaking. Respondents in all three markets said that they intended to be more adventurous on their next vacation. "When you can mountain bike, scuba dive, or take a kayak trip off a 5,000-passenger cruise ship,