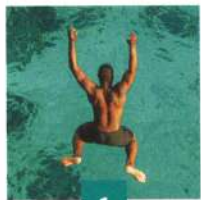




Locals and tourists alike take the big plunge into Negril's azure waves below.

# Adventure Isles

FORGET THE BEACH: TRY THESE FIVE WHITE-KNUCKLE EXCURSIONS INSTEAD. — DL



1

## JUMP STREET

Follow the rum-fueled crowds to Rick's Cafe, a cliff-hugging bar in Negril, **Jamaica**, where tourists and locals alike routinely hurl themselves from a series of rocky bluffs — the tallest of which is 35 feet above sea level. Afraid of heights? Then descend to one of the lower cliffs, where you can jump from just 5 feet above the water. Safety check: Drinking and jumping is not recommended. [rickscafejamaica.com](http://rickscafejamaica.com)



2

## HOT STUFF

Fed by five active volcanoes, **Dominica's** canyons are geothermal works in progress. See them on an Extreme Dominica canyoning tour, a three-hour excursion that takes visitors hiking, rappelling, climbing and swimming through a white-water gorge. (Wear a swimsuit.) When you're done, consider trekking to Boiling Lake, a natural hot spring that reaches 198 degrees Fahrenheit. [extremedominica.com](http://extremedominica.com)



3

## UP AND AWAY

If you want a real bird's-eye view of **Belize's** lush rainforests without having to head to the airport, a microlight (also known as an ultralight) excursion with Big Earth might be the better ticket. On this cross between hang gliding and flying a small plane, you'll get a glimpse of howler monkey troops, thatch-roof villages, winding rivers and forgotten Maya temples from about 5,000 feet up. [bigearth.com](http://bigearth.com)



4

## ZIP IT UP

Experience one of the world's longest zip-lines with a ride on The Beast, a 4,745-foot-long line suspended more than 850 feet above ground in **Puerto Rico's** Toro Verde Nature Adventure Park. This is not your typical mundane canopy tour: You'll fly over the forest Superman-style — face down, hands out and at speeds of up to 65 mph — for nearly three hair-raising minutes. [ziplinetourspr.com](http://ziplinetourspr.com)



5

## DIVE RIGHT IN

Experience a full 40 seconds of blood-pumping free-falling, followed by a long, slow glide over **Aruba's** rugged landscape. With Skydive Aruba, first you'll fly to 10,000 feet aboard a four-passenger Cessna; then you and your instructor will take the plunge in tandem — which begins as a 120 mph descent over the Caribbean Sea. No experience necessary. [skydivearuba.com](http://skydivearuba.com)

CLOCKWISE FROM TOP: AUBORA PHOTOS/ALAMY; SHUTTERSTOCK; EFRAIN PADRO/ALAMY; ZACH STOVALL; SHUTTERSTOCK; PRISMA BILDGENTUR AG/ALAMY