

Finding your next adventure

By Susan Waymire, CTC
Correspondent

How often have we heard of “Bucket List” travel or “Adventure” travel? What does this really mean and what is involved for you to personally travel in this manner? Here is a look at the different forms of adventure travel and how you can explore the world in an exciting and unique way.

Exploration/Expedition Cruising: This market is hot and perhaps the fastest-growing sector in the travel industry at the moment. Small-ship cruising to popular destinations such as Alaska, Baja, the Galapagos, and Antarctica allow just about anyone who is curious and of reasonable physical condition to explore these unique places. Many of these ships sail with under 100 passengers, allowing them to explore different and smaller ports of call than the much larger ships. Naturalists from the region are your guides who cover the many topics from those areas — wildlife, geology, history, to name a few.

Exploration is done via Zodiacs, scuba-diving, kayaks, or hiking on shore allowing you to get up close to the glaciers and wildlife. As these ships do not always have elevators, you should be able to ascend/descend stairs and be able to ride in a skiff or Zodiac. There is no nightly entertainment, rather there are lectures from guest experts or perhaps a local band. Many of these suppliers integrate the local culture into their programs.

There are numerous side activities such as piranha fishing or paddleboarding on

the Amazon, cooking classes from the ship’s chef, or snorkeling with the Galapagos penguins. So as long as you’re still mentally curious, this is a great way to travel without much physical effort.

Active Adventure Travel: These trips offer physical challenges to their travelers. Hiking, biking, and kayaking are the primary activities but skiing, horseback-riding and other activities are options for the fit traveler. As an avid active traveler, I suggest that my clients do the physical work to prepare for their trips. Conditioning for these trips depends on the level of activity you’re looking to do. You should know your body’s limits if you’re taking an active adventure. Nothing is worse than missing out on that epic glacial heli-ski run because you had to head in early for the day due to lack of training. Many outfitters specify what kind of physical requirements will be needed. There are “multi-sport” trips that include all means of active travel and offer cultural experiences as well. So, if you’re a rock-climber or you love Via Ferrata, that passion can take you to new heights worldwide in dramatic settings you never have experienced before. And, the biggest bonus is you can enjoy the whiskey-tasting and eat whatever gourmet food you want after that full day of hiking.

Wildlife Adventures: Perhaps one of the biggest adventures on many travelers’ bucket lists is an African safari. Who doesn’t want to explore the Big Five in their natural habitat. The journey to Africa is long, but so worth the effort. Seeing the rhino prior to extinction, a cheetah

in a full sprint, or a lioness with her cubs is nothing short of exhilaration. There are different forms of safari accommodations, from camping or glamping to beautiful lodges. In either case you’ll be riding along bumpy roads in a 4x4, so if back or joint problems are an issue, you may want to make sure you’re physically fit for this. While in Africa, you’ll experience the local culture such as the Masai people of Eastern Africa.

Other wildlife expeditions now available are viewing the polar bears in Churchill, grizzlies in Alaska and of course, the famous Gorilla Trek in Uganda or Rwanda. Many of these outfitters have photography experts on staff to help you snap that perfect picture to hang on your office wall. With that said, you’ll want to factor in the cost of a solid camera with a 300mm lens to get those once-in-a-lifetime photos. While the Gorilla Trek requires some fitness, the polar bear trip in Manitoba requires little fitness as you travel out on the tundra in a giant all-terrain vehicle.

If you travel to the Amazon or Antarctica, you’ll



PHOTO COURTESY SUSAN WAYMIRE

Is it time you to schedule your “Bucket List” travel? Perhaps the Galapagos are for you.

be traveling via ship, making it an easy trip for most anyone. The important note here is to read carefully the itinerary with the activity it requires and to review it with a knowledgeable travel advisor. Viewing wildlife sometimes means hiking a fair distance to get close enough for that perfect photo. Personally, I will be traveling to see the polar bears of Churchill. With talk of extinction, I am excited to have this checked off my list this year.

Travel for Good/Sustainability: With this form of adventure travel, you’ll give back in some way to the good of our planet. Whether it’s helping install water purifiers in the Amazon, or helping teach kids in India, or building homes in Mexico, you’re one-on-one with the people and the culture. This

is one of the more rewarding forms of travel and one that gives back to an impoverished community. There’s eco-travel as well, where you may be helping with the wildlife in the Galapagos or cleaning the plastic from the ocean. Whichever trip you take, the reward is a life-changing experience and one you’ll remember for a lifetime.

With this said, adventure comes from within. We all know what gets us excited and gets that adrenaline pumping. If you’re not as active, it’s still possible to nurture your soul and travel to see the diversity of our planet and people. Adventure travel can take you places you never thought you’d get to in your lifetime. Step out of your comfort zone and explore your wild side!

Senior health fair on tap in Sisters

SPRD and Sisters-Camp Sherman Rural Fire Protection District will present the third Senior/60s+ Health Fair, slated for Thursday, October 10, at the Sisters Fire Hall from 3 to 7 p.m.

“Last year we received several emails and phone calls from individuals who wanted to attend the fair but were unable because they still work, so we decided to try this new day and time,” said Shannon Rackowski, event coordinator for SPRD.

Sisters-Camp Sherman Fire District and SPRD have been partners in the Health

Fair from the beginning.

All the participants from past years will be joining the fair again this year. St. Charles Hospital, The Lodge in Sisters, Mosaic Medical, Les Schwab, Oregon Council on Aging, Central Electric Cooperative, All American Hearing, Step & Spine, Shibui Spa and more will be on hand.

This fair is free to the community, with all participants providing a free service: Hearing, eye testing, tire pressure checks, balance testing, orthotics checks, posture screening, massages, blood pressure checks, and more.

Obstetric and gynecologic appointments now available in Sisters



Every Wednesday at St. Charles Family Care in Sisters, a nurse practitioner or certified nurse midwife will be at the clinic to provide obstetric care, well-woman exams, contraceptive management, menopause treatment and other services.

To schedule an appointment, please call: 541-526-6635.

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StCharlesHealthCare.org