

RECREATION

Adventure 101

*If you're tired of taxing your brain,
try putting your body to the test instead,
at an outdoor sports school.*

BACKPACKING

**Vermont Voyageur Expeditions
Montgomery Center, Vermont**—On three-day, four-night trips into the Green Mountains, instructors teach you basic camping skills like reading the clouds to predict the weather, navigating by compass, and proper packing.

You'll also bake bread and pizza and hunt for wild edibles, such as wood sorrel (for salads) and arrowhead root (a potato-like veggie). The trip costs \$295. Call Vermont Voyageur Expeditions at 802-326-4789.

The Yellowstone Institute

Yellowstone National Park, Wyoming—On overnight trips, campers hang food from trees and learn the history of bear-human clashes. Led by Yellowstone Institute, the treks emphasize safety in grizzly country.

Backpackers provide their own food and gear for the \$65 course, which teaches different camping techniques. Classes on everything from wildlife photography to horse packing are also available. Call the Yellowstone Institute at 307-344-7381.

SCUBA DIVING

Newport Watersports

Newport, Oregon—Divers in the Northwest are getting into cold water—but they have good reason. While underwater on the Oregon coastline, they get to see an abundance of marine life not normally found so close to shore.

Newport Watersports offers a diver-certification course for \$195. The class meets 12 times in five weeks,

taking open-water dives at six locations. On the final dive, students head down 40 feet to the bottom of Haystack Rock, a favorite dive spot on the West Coast. You may even spot an octopus. Call Newport Watersports at 503-867-3742.

Coral Reef Park Company

Key Largo, Florida—If you would like to swim among hundreds of varieties of tropical fish,



Hemingway loved the Keys for its fishing, but divers love it for John Pennekamp State Park and its hundreds of varieties of fish, including the gray angelfish.

about 40 species of colorful coral, and even a shipwreck or two, head south to John Pennekamp State Park.

Coral Reef Park Company offers three- to five-day certification courses at the country's first underwater park. The \$300 classes are split between the classroom, a lagoon, and the open water. Call Coral Reef Park Company at 800-344-8175.

CLIMBING

International Alpine School

Eldorado Springs, Colorado—If you want to get to the top fast, try a rock-climbing class at Eldorado Canyon—premier climbing country outside Boulder, Colorado. The International Alpine School offers a basic weekend course for \$125.

Students learn belaying, rappelling, and climbing techniques on rock formations 50 to 800 feet high. Call the International Alpine School at 303-494-4904.

Seneca Rocks Climbing School

Seneca Rocks, West Virginia—The West doesn't have a monopoly on hot climbing spots. Seneca Rocks, in West Virginia's Allegheny Mountains, offers

challenging ascents to both novices and experts.

Seneca Rocks Climbing School has a three-day, \$225 beginner class. Students learn about equipment, basic knots, rappelling, and self-rescue. The course finishes with a climb to the summit of 900-foot Seneca Rocks. Call Seneca Rocks Climbing School at 304-567-2600.

—Janet Stites

A Reel Splash

Dive-in theaters at water parks are a great way to cool off. Filmgoers float on inner tubes or rafts in a wave pool while watching big-screen movies. By the time the film is over, there isn't a dry eye—or anything else—in the house. Best of all, film admission is included in the park's entrance fee. Catch a movie at these two parks this summer:

Adventure River Water Park, in Memphis, Tennessee (901-382-9283); shows are Thursday nights. Park admission: \$11.75 per day, \$6.50 after 4 p.m.

Raging Waters in San Dimas, California (714-592-8181); shows are Friday evenings. Park admission: \$14.95 per day, \$9.50 after 5 p.m.

—Robin DeRieux