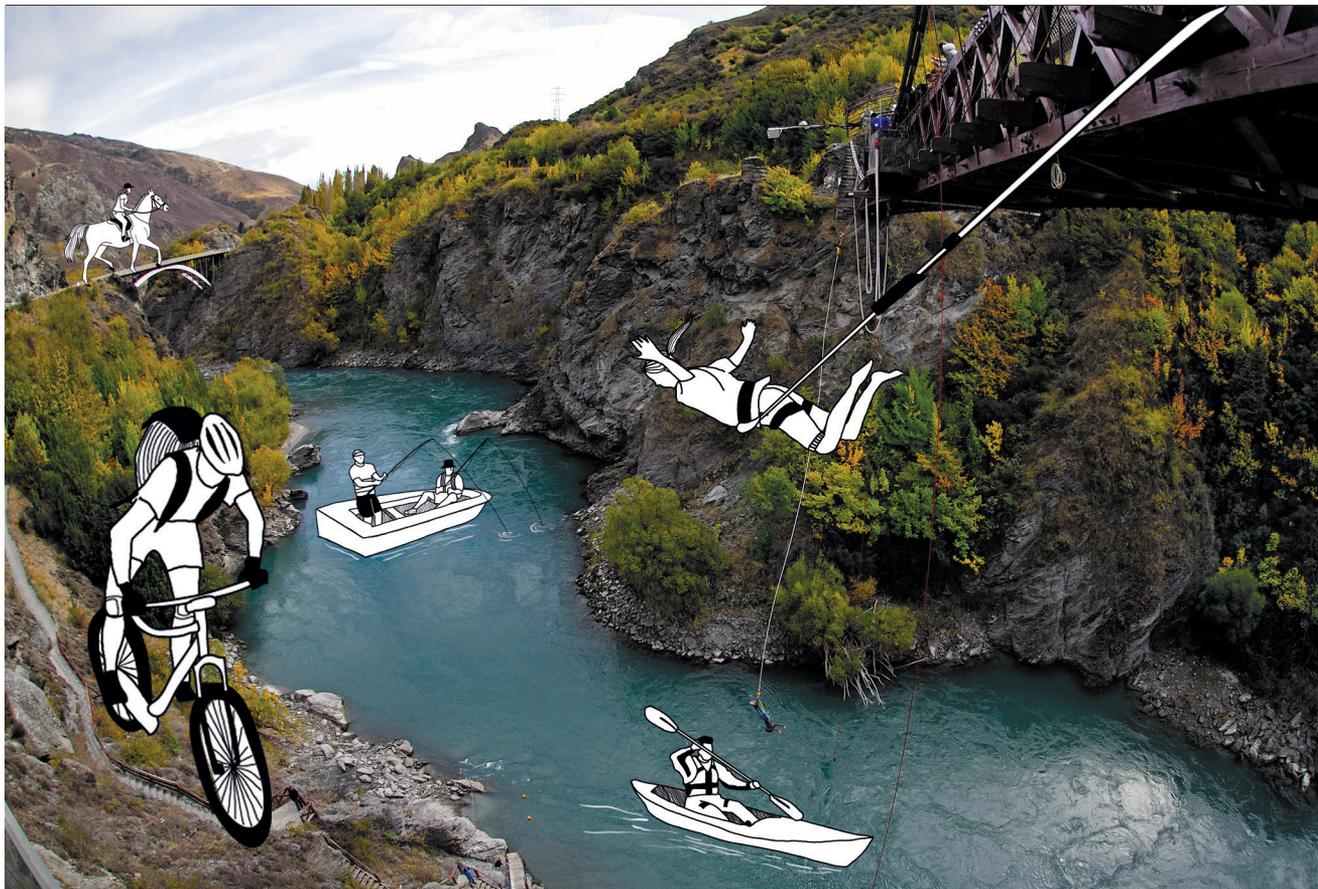


Trip Doctor



PLANNING

Q: I'm no athlete, but I do want to take a sporting trip. Any ideas for something out of the ordinary?

There are all sorts of options out there for the active traveler, whether you're into heli-skiing or kite-surfing. Here are five ways to get moving. By Diana Hubbell

KAYAKING

New Zealand Multisport, Backroads
This action-packed trek through the heart of the country keeps your heart rate up as it takes you from the towering stone formations of Cathedral Cove to the vineyards around Hawke's Bay. A quick paddle across Lake Rotoiti carries you to a remote hot spring only accessible by boat. backroads.com; eight days from US\$5,498 per person.

BUNGEE JUMPING

Nepal Trek and Trail, Smiling Albino
There's a little bit of everything on this journey from the Kathmandu valley to the Tibetan border. Trekking, mountain biking and rafting are all on the agenda, but for the daring, the highlight will be a bungee jump from one of the highest platforms in the world. smilingalbino.com; 13 days from US\$2,900 per person.

MOUNTAIN BIKING

Mountain Biking The Philippines, SpiceRoads
Though the beaches of the Philippines are an aquatic sports paradise, a trip through the country's interior reveals a whole new side to this archipelago. Rugged mountain bikes take you from an active volcano in Taal Lake to coconut plantations and natural waterfalls. spiceroads.com; 11 days from US\$2,200 per person.

FISHING

Golden Himalayan Mahseer, EpicQuest
Go fly-fishing with a personal guide for the Golden Himalayan Mahseer—a prize catch that can weigh more than 20 kilograms—in the pristine waters of India's Western Ramganga River. After a morning in the stream, consider checking out the nearby tiger preserve. epicquest.com; seven days from US\$5,725 per person for four people.

HORSEBACK RIDING

Mongolia: Mountains, Lakes & Shamans Horse Trek, Wild Frontiers
How better to explore this land of nomads—not to mention sweeping plains and one of the brightest night skies anywhere—than astride your own steed? Your four-footed companion will carry you from Ulaanbaatar to the north. wildfrontierstravel.com; 14 days from £2,839 per person.