

Pre-Baby Bucket List

Now's the time to get a few thrills out of the way

BY SARAH SEKULA

**JUMP
FROM
A CLIFF**

If a little bundle of joy might be part of your mix soon, it's high time you get some rough-and-rugged roaming out of your system first.

"I think you can be less resentful of parenthood slowing you down if you've done a few adventurous things beforehand," says Jessica Hartshorn, lifestyle editor of *American Baby* magazine. "My husband and I took two trips to Europe in the two years leading up to when we started trying for the first pregnancy."

Here are some action-packed excursions that will send you home with killer stories and epic photos to prove you were a wild woman once, even if you go by "Mama" now.

HURLING YOURSELF OFF a cliff into a warm body of water is a longtime tradition for Bermudians and a must-do for tourists. Why not take the leap yourself?

The Caribbean island is full of sweeping limestone cliffs. Make your way to Diving Board Island, which is just a short boat ride from the capital city of Hamilton. Guests can choose from several different heights, so newbies can take baby steps.

Abbott's Cliff is another good spot to jump. Grab a picnic basket lunch and gaze at the panoramic views before taking the plunge. »

FAMILY-FRIENDLY VERSION:

The Great Wolf Lodge brings water adventures closer to home. Several of the resort's 12 locations host a water slide called the Alberta Falls, which reaches four stories high. greatwolf.com

SWIM WITH GIANT MANTA RAYS

AFTER SUNSET, ONE of the coolest things to do on the Big Island of Hawaii is don a snorkel or scuba gear and make friends with manta rays (some with 14-foot wing spans) in the calm waters off the Kona Coast.

By shining spotlights on the sea floor, guides attract loads of phytoplankton, which the rays gracefully scoop up while doing back rolls.

By day, this little nook is known as Garden Eel Cove. But by night, when these graceful beauties put on their spectacular underwater ballet, locals call it Manta Heaven. Not only that, you are bound to see dolphins and loads of fish, too.

FAMILY-FRIENDLY VERSION:

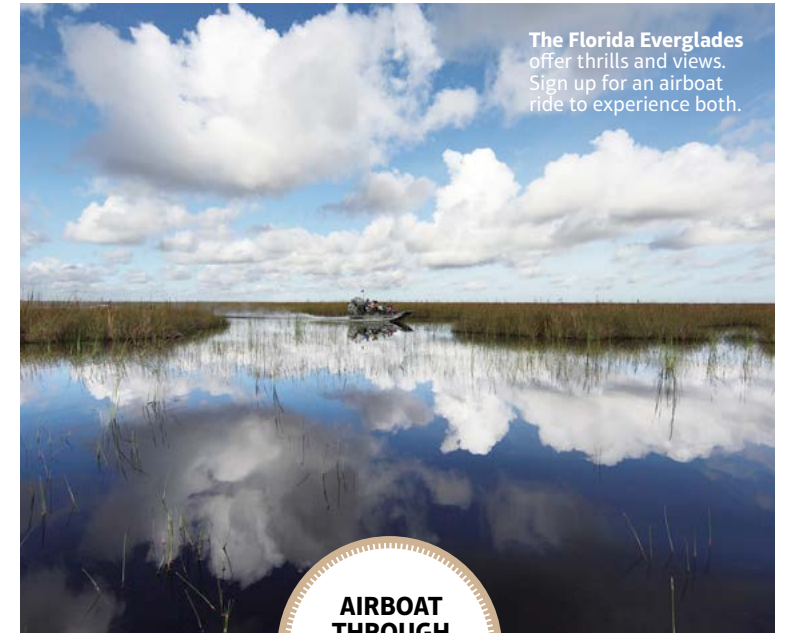
Feed the fish and pet friendly stingrays at Monterey Bay Aquarium in California. montereybayaquarium.org



Get up close to manta rays after the sun goes down.

FROM LEFT: THINKSTOCK; C J KALE/HULA KA ADVENTURES; DAVIDE VEZZARO (2)

The Florida Everglades offer thrills and views. Sign up for an airboat ride to experience both.



AIRBOAT THROUGH A GATOR SWAMP



FLORIDA'S EVERGLADES NATIONAL Park, the largest subtropical wilderness in the continental U.S., is the only place in the world where you can see toothy crocodiles and alligators living side by side in the wild. Seek them out by racing among the sawgrass and cattails on an airboat tour.

Boats can reach speeds up to 50 mph or travel at a more relaxing pace that lets guests take in the scenery. Prolong your visit by checking out animal exhibits back on land that let you hold a baby gator or feed a pot-bellied pig. Or kick it up a notch with a nighttime tour. You'll hear the hum of crickets and frogs while being watched by red-glowing gator eyes. »

FAMILY-FRIENDLY VERSION: The St. Augustine Alligator Farm Zoological Park in St. Augustine, Fla., showcases crocs and gators that range from a small Chinese alligator to the 15-foot, 13-inch Maximo, a giant saltwater croc. And by showcase, we mean safely behind gates and plexiglass. alligatorfarm.com



**COAST
DOWN A
VOLCANO**

Take in beautiful views before sliding down!

THERE'S NOTHING LIKE careening down the side of an active volcano, especially while ash is flying to and fro and the hot wind is tousling your hair.

Cerro Negro, which first appeared in western Nicaragua near the town of Leon in 1850, has erupted more than 20 times over the years and is known as the youngest, most active volcano in the hemisphere.

The steep, 45-minute climb to the top of the volcano leads to unparalleled views. But the real fun starts on the way down. Guests slide down the outer, ashy rim of the volcano on a sled-like contraption that's just plain fun to ride. Better yet, bragging rights are a guarantee. ●



FAMILY-FRIENDLY VERSION: The whole family can try sand sledding or sandboarding at the Great Sand Dunes National Park in Mosca, Colo. [nps.gov/grsa](https://www.nps.gov/grsa)