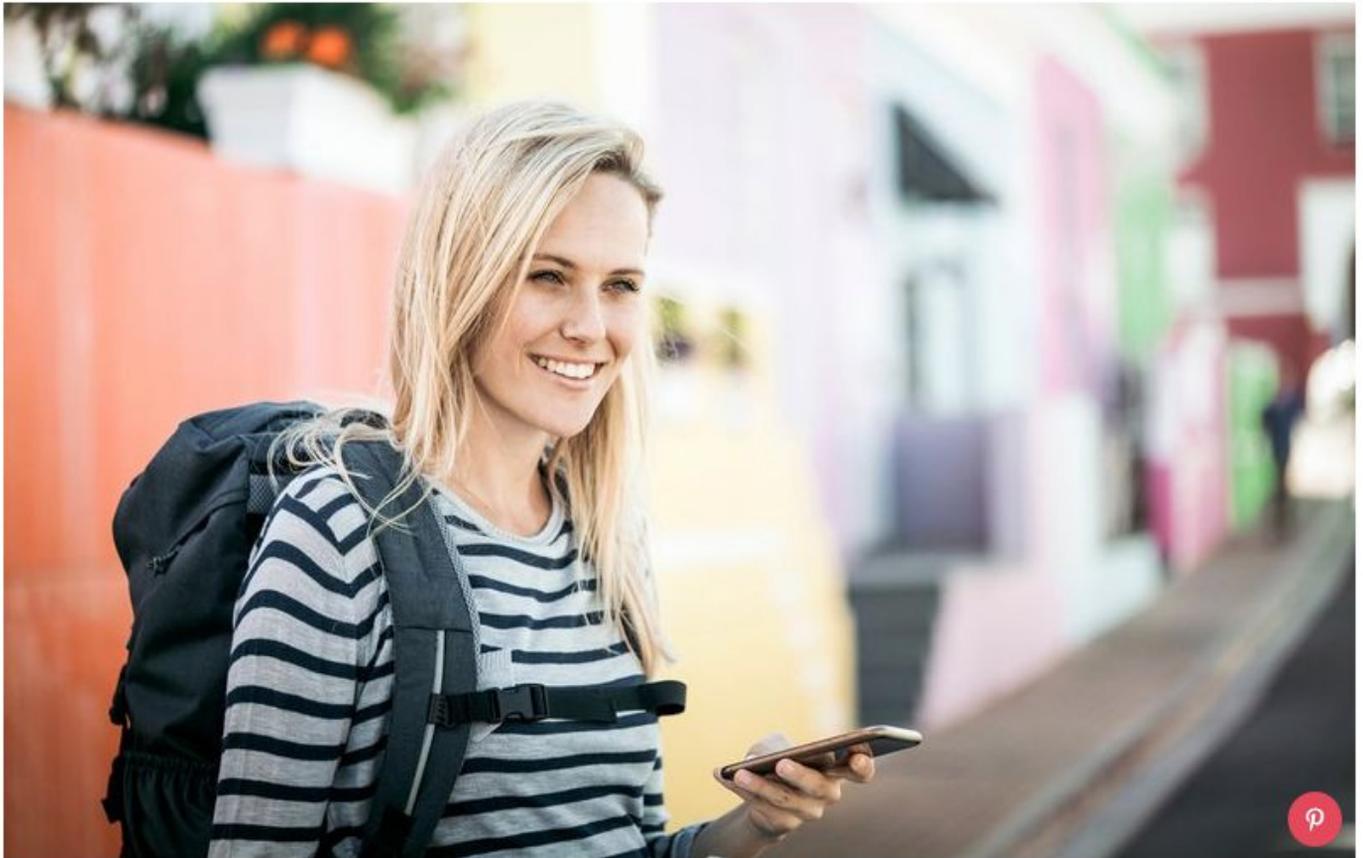


January 8, 2018

# TRAVEL+ LEISURE

## This Is the Age When People Become Less Adventurous



Portra/Getty Images

**Here are some travel ideas to add some adventure back into your life.**

STACEY LEASCA JANUARY 08, 2018

According to researchers in the United Kingdom, there's a shelf life on adventure. A finding that, frankly, should be offensive to travelers everywhere.

In a survey of 2,000 people, commissioned by a U.K television station, 36 percent of respondents said taking risks became less appealing as they entered their 30s. Specifically, at age 34. Half of the respondents said it was partly due to the fact that they felt their own physical fragility growing as time went on.

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More than 30 percent of respondents said they felt starting a family had slowed their lust for adventure, while an additional 15 percent said they wouldn't dare take a risky trip or take part in a dangerous activity in case it affected their career.

However, according to Luke Hales, the general manager of the TV station, Dave, the survey isn't all bad news. It just depends on how you look at it.

"The survey shows nearly a third of Brits still crave the rush of adrenaline that extreme activities provide, and that there's no reason to slow down," Hales told the Independent.

Before the surveyed Brits give up their adventurous lives, one in six said they enjoyed skiing, while a fifth of respondents said they love rock climbing, and one in five enjoy peddling up and down hills while on a mountain bike. Really, if you love it so much, why give it up? Age, after all, is nothing but a number and adventure is a true state of mind. Keep scrolling for a few adventurous vacations you can take at any age and keep the rush going forever.

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## Trek to Machu Picchu.

So you're over a certain age. So what? If you're physically able, trekking to Machu Picchu is without a doubt the adventure of a lifetime. And going with a skilled and knowledgeable tour operator is crucial to enjoying the trip.

Check out companies like [Mountain Lodges of Peru](#), which just celebrated its 10th anniversary of bringing travelers to the most remote corners of the country. Sign up for a 10-day journey and get to rock climbing and trekking again.

## Swim with pigs in the Bahamas.

If getting up close and personal with nature while simultaneously lounging by the ocean is your thing then head to the white-sand beaches of the Exumas — a chain of more than 365 tiny Bahamian islands that is also [home to a few dozen pigs](#). Yes, pigs, who are more than ready to spend a little time splashing in the shallows with you.

To get there head out with [4C's Adventures](#), a tour company offering full-day tour that includes visiting the pigs and even swimming with nurse sharks for \$160 per person.

## **Go night diving in Cozumel.**

Sure, you could go to Mexico and simply sit by the pool or at the beach and drink margaritas, or you could throw on a scuba tank and go night diving with sea creatures. Yes. At night. In the dark.

To get there, book a stay at the [Occidental Cozumel](#), which and check in with their dive concierge, who will take care of all your diving needs from certification to wetsuit. And truly, seeing the ocean at night is something that must be seen to be believed. From lobsters, to king crabs, nurse sharks and fluorescent plankton, the whole world opens up once the sun goes down.

## **Ride along with sled dogs after hitting the slopes.**

If you live in New England or the tri-state area and are looking for a quick, but highly adventurous getaway, head up to the picturesque ski town of [Stowe, Vermont](#).

There, you'll be able to hit the slopes at Stowe Mountain, where you'll find terrain from beginner to expert (just try heading down their famous "[front four](#)" if you dare). In Stowe, stay at the [Stoweflake Resort](#), where you can either relax in their spa after a long day of skiing, or head out for more fun with their dogs. Stoweflake is the only resort with on-premise dog sledding that happens nearly every day of the week. And if snow isn't your thing, visit them in the spring or summer as they have a hot air balloon ready to take you far, far away too.

## **Take a jeep tour to the center of the San Andreas Fault.**

Yeah, [Palm Springs](#) may be a sleepy little resort town in the middle of California, but it's also home to something that can seriously shake things up: The San Andreas Fault.

If you've got the guts to get up close and personal with the fault that will likely rock California to its literal core one day then hop on one of [Red Jeep's adventures](#), which will take you there and teach you everything you need to know about the earth's delicate crust. Just be careful, as when *Travel + Leisure* took this little adventure we spotted more than our fair share of rattlesnakes, so truly, be ready for a mother nature-induced adrenaline rush.