

Adventure World

magazine

SUMMER 2024

The Shark Dive

at Bega Lagoon

ADVENTURE WORLD MAGAZINE

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ADVENTURES WITH *Izzy!*

What Am I Going To Do This Summer?

by Izzy Farrar

With warm weather coming, it's time to find some fun activities that will keep you busy and active this summer. I don't want to waste the summer just laying around all day, so I've decided to try putting a little more time and effort into finding some summer activities that I love.

One activity I've been enjoying a lot recently is taking walks. Walking is super simple, doesn't take any gear or money and can be accomplished pretty much anywhere. I love taking long walks on the weekends to get outside and be active. It's the easiest way to get in some movement while enjoying being outside. I love walking with my mom, friends and by myself. I'm blessed to have trails behind my house and I put them to use getting my steps in all of the time.

The next summery activity I've been getting into is pickleball. Pickleball is a phenomenon that is sweeping the country and I'm no different. It's a fun sport that can be learned relatively easily and inexpensively. You can play doubles or singles and pickleball is a lifetime sport that can be enjoyed by people of all ages. Pickleball is really fun, but it is also a great workout.



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Finally, I've been reading a ton lately and going to the library to find new books. I've been working on expanding the genres I read and challenging myself to read books I wouldn't normally choose. In my opinion getting into reading is one of the easiest things you can do and reading has many benefits. Along with being a good form of entertainment, you can expand your vocabulary and improve your comprehension skills. Reading is also a shareable activity and there are many communities where you can share your interests with others. My best friends have also been enjoying reading lately and it has been super fun to be able to recommend and share books with each other.



There are lots of activities to be had this summer, so get off the couch and go find yours! **AW**



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A Walk in the Park

*24 Miles and 6,500 feet of Elevation Gain
on Grand Canyon's Rim to Rim*

by Eliza Nelson







In October of 2022 I surprised my dad by video calling him from Machu Picchu. Before he could even say anything, my friends and I excitedly began singing “Happy Birthday” right there in the middle of the ruins. I loved watching the modest smile on his face turn into an unabashed grin, the corners of his eyes wrinkling. He seemed to be happy for at least three reasons. The first I’m sure you can guess: that’s right, it was his birthday. The second was because his youngest daughter who’d been away adventuring for two months finally called him from a place she had been longing to explore. The third had to do with what he himself had accomplished the day prior.

“How was Rim to Rim?” I asked enthusiastically, wanting to hear as much about his big hike as we could fit into a couple minutes. “It was so great, buddy,” he shared, downplaying the difficulty of the experience while the same grin continued stretching across his face.

If you’re not familiar, Rim to Rim is a well-known beast of a hike which stretches from one side of the Grand Canyon to the other. My dad and four of his siblings opted to start at the North Rim and head South, completing the 24 miles and 4,500ft of elevation gain in less than a day and only hours before his 59th birthday.

Though I certainly felt thrilled to be studying abroad that fall, I’ll admit I was a bit sad not to have been able to hike with him. For months I had watched him carefully prepare, even having had the chance to take part in a few of his training hikes over the summer. After seeing him put in so much effort, not being there to watch him accomplish such a mammoth feat felt a bit anticlimactic.

Through adventure, the two of us had formed a deep connection, helping each other make possible our seemingly unattainable goals. After feeling pulled to travel to Peru, he helped me make the trip happen, later telling me that seeing me officially commit to the experience with no option of backing out played a big role in him having the courage to commit to big things too.

As he and I called the morning after he hiked Rim to Rim, I resolved then and there to do it with him the following year.

Flash forward to early summer 2023: I realized if I really wanted to complete the hike, I, and my good friend Julia (who I’d invited to accompany us), needed to get serious about training.



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Rim to Rim, though a well-known and highly populated trail, is no walk in the park. Well, I suppose it literally is a walk in a national park, but you know what I mean. Not only does the trail include a minimum of 24 miles of hiking and 4,500ft in elevation gain (depending on the route), its location in the Grand Canyon creates a few problems.

Due to its shape, the canyon becomes increasingly hot as you descend. With each 1,000 feet of elevation loss, the temperature rises an average of 5.5 degrees, meaning that though the top might be 95 degrees, the canyon's bottom could register at a staggering 120 degrees in the summer months. This creates health risks even for young, seasoned hikers. Additionally, the shape of the canyon requires hikers to spend miles descending thousands of feet



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before beginning to ascend at all, resulting in a grueling last 10 or so miles. On top of all this, the limited water sources, cell service, and convenient way for rescue crews to access those in need, make the hike even more dangerous. Without the proper base fitness, planning, hydration, nutrient intake, and training, this hike can be (and has been) fatal.

In fact, in 2023 alone, 10 people died in the Grand Canyon, many from causes related to heat exhaustion or falling. Unsurprisingly, many people and websites discourage hikers from attempting the trek; it's dangerous and difficult to recover from if something goes wrong.

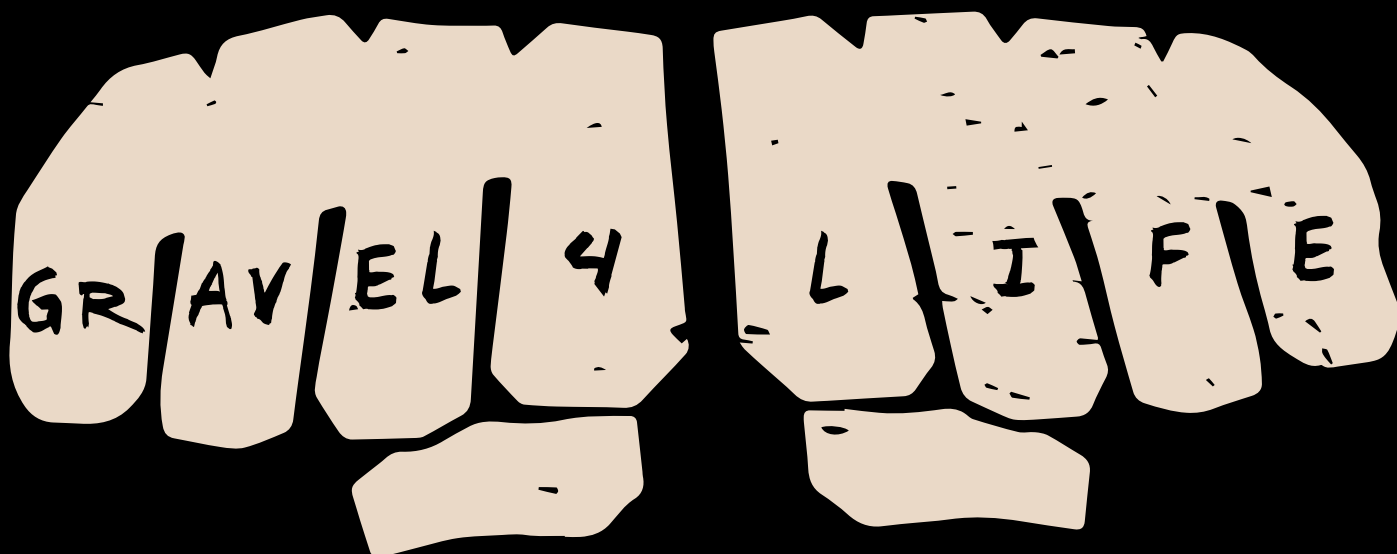
But I had told my family I wanted to do it. And more importantly, I had told myself.

Backing out from a place of fear or intimidation felt wrong. My gut, though perhaps a bit daunted, didn't feel uneasy or afraid. I knew I'd need to spend hours preparing but didn't want to back out just because it might involve a little risk. That sounded like something the old me would've done, which didn't sit right with me.

Though I've really settled into my love for outdoor adventure the past few years, I didn't feel like a confident adventurer as a kid. Whenever my parents took me and my siblings on hikes, I remember being the slowest one, tentatively stepping from rock to rock with the fear of falling pressing on my mind as we descended. From a young age, I noticed my cautious and timid nature, often feeling embarrassed by my lack of strength and courage. Soon enough, I began to conceptualize myself as being inherently weak and fearful, thinking that people like me didn't do big things.



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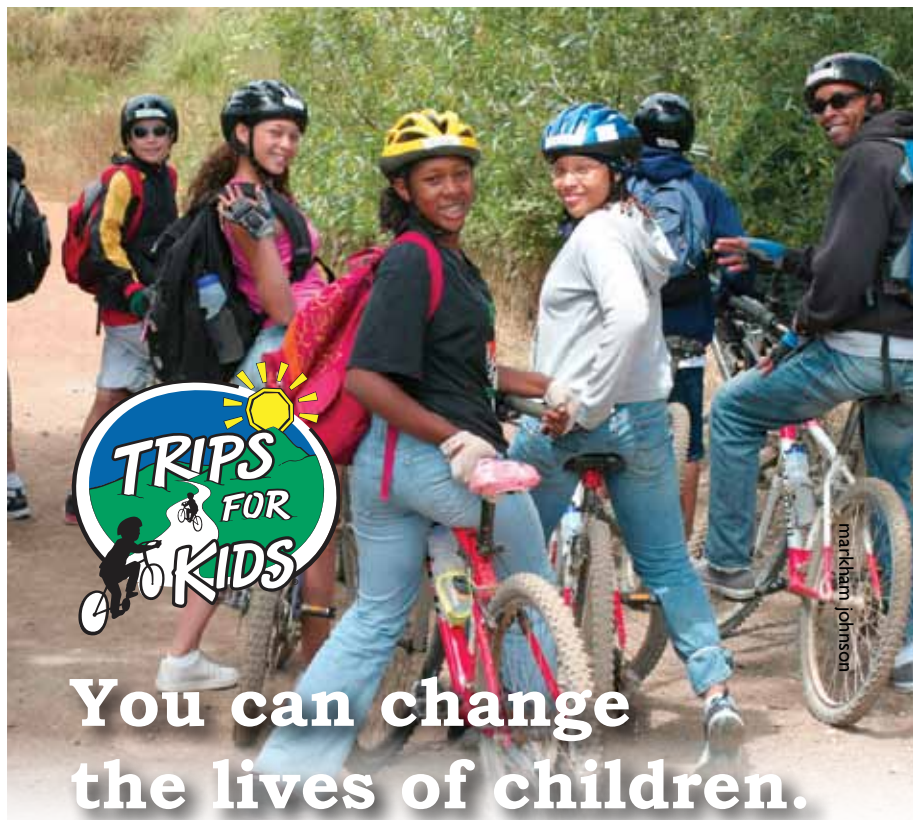


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Despite these paralyzing patterns of thinking, I've worked really hard the past few years to get out of that mindset, pushing myself to try new things I didn't think I could do. Whether it has involved climbing outdoors, going on a multi-day backpacking trek, self-arresting with an ice ax, or camping alone, I've done my best to lean into my love for outdoor exploration despite my previous tendency to shy away from the risks real adventures require.

I think it's safe to say this was a big reason hiking Rim to Rim felt so important to me despite its danger: I wanted to prove to myself that my years of hiking and climbing had actually effectuated a lasting change in me, that rather than remaining the timid little girl I'd been for so long, I had become a brave and competent adventurer. The kind that does big things.

Soon enough, I started checking off hikes in the Wasatch to prepare. As I trained, I worked my way up from smaller to bigger projects, wanting to gradually increase mileage, exposure time, and elevation change as I got closer to Rim to Rim. I also planned to hike the Grand Canyon over fall break, a conveniently timed respite from the semester which coincides with periods of cooler temperatures in the canyon.



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Though I tried to increase the difficulty of my training gradually, I frequently felt frustrated with my tiredness. One hot day in September, I decided to summit Grandeur peak alone, starting at Rattlesnake Gulch in Millcreek Canyon, before following the pipeline to Church Fork, climbing Grandeur and returning to Rattlesnake. Even though I felt strong before Church Fork, once the real elevation gain started, I tired quickly. The last third of the climb felt brutal, my legs burning and lungs screaming as I slowly crept up the mountain.

“If I’m this tired now,” I thought, “how am I supposed to do Rim to Rim?” Grandeur Peak, though pretty difficult, includes a little less than 3,000ft of elevation gain and only 13 miles of hiking, less than half of what my Grand Canyon adventure would entail.

I had a similar feeling the next month when I hiked Timpanogos for the first time. Despite my training, I lagged behind many members of my group who hadn’t been hiking in months. As I carefully placed each foot and breathed heavily, I couldn’t help but feel a little crushed. Why was I so tired? Would I be able to do Rim to Rim in just two weeks?

On the morning of October 14th, 2023, I woke up in a hot hotel room in Arizona with clogged sinuses and a knot in my stomach. My inability to sleep combined with the lingering cold I’d had for the last few days left me feeling pretty crappy. As I thought about the day ahead of us, my throat closed up; the season’s tourist traffic had prevented us from finding a hotel on the North Rim, forcing us to hike South to North, which would add an extra 1,500ft of elevation gain to the trek. On top of that, my dad, who I had trusted to encourage me through the hardest points, had suffered a back injury in late summer, meaning Julia and I would hike the unfamiliar trail alone. Fortunately, Julia is a strong and patient adventurer, the ideal partner to bring on such an important trek. I knew she could be strong for both of us, but what if my body and mind gave up?

In the middle of my nervousness, I couldn’t help but think, “I’ve been talking about this all summer, and we drove nine hours to get here. What am I gonna do, not do it?”

At 5:55 am my dad watched the beams of our headlamps wind down the beginning section of the Bright Angel Trail. Julia and I marveled at the immense size of the rock, pointing excitedly when the first rays of light from across the canyon ignited the tops of the walls. Just before crossing the bridge at the bottom of the canyon, we put on special glasses to enjoy a once in a lifetime experience of seeing an annular eclipse from the Grand Canyon floor.

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Though I initially thought feeling sick would be my end, it turned out to be my saving grace. Rather than pushing to hike as fast as possible, I set a slow but sustainable pace, keeping myself in check in order to not burn out too quickly. I was surprised by my consistent strength, never feeling a need to stop and catch my breath, and instead settling into a flow-state that allowed us to push forward steadfastly after each food and water break.

Just before 5:15 pm and after 24.5 miles with 6,500ft of gain, we took our last steps on the North Kaibab trail before making it to the North Rim. “Less than 12 hours,” I said, looking at my watch and feeling relief and joy settle into my body as I sat next to the trailhead sign in exhaustion.

I felt a smile climb its way across my sweat and dust covered face; it was the same kind of grin my dad had worn just a year earlier.

Maybe next year we'll finally do it together. **AW**





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Dirt Biking 101

by Luke Farrar

This spring break, I got to take dirt biking lessons at Dirt Labs in Smithville, Texas. They provide everything you need to safely learn how to ride dirt bikes including the helmet, boots, chest protector, pants, jersey, gloves & a sweet dirt bike. My instructor, Cody Haverfield, was a professional motocross racer and he is a fantastic rider. Cody shares years of experience and he is a great coach because you can tell how much he really loves the sport. The facility, Dark Horse MX, has three tracks for all skill levels, two of which I got to tear up myself.







Cody reviewed all of the important basic controls like the brakes, gas, clutch and shifter and how and when we should be use them. He gave us a bunch of drills and techniques to work on and soon we were picking up new skills. While at dirt labs, I learned the proper form for riding through corners as well as the technique of being smooth to be fast. Cody also taught me how to stand up while riding my dirt bike, which is a crucial skill for higher level riders. You actually stand most of the time while riding which lowers your center of gravity and puts you in a good position for jumps and riding up steep inclines.

If you're going to ride dirt bikes, then you have to accept that eventually you will crash. Fortunately, the protective gear is more than enough and hopefully you will not come away with any major injuries, especially on the beginner level. Me and my dad got to race each other towards the end of our lesson and we both ended up crashing - I would like to note that I won the race! The crashes were nothing major though and the most anyone came away with was a few cuts and bruises.

At times we had to ride on a simple flat track while practicing techniques and even that was fun. But I really enjoyed it when we got to practice on the motocross track with banked curves and jumps. Towards the end we talked Cody into making some really big (120 foot) jumps – it was amazing to watch.

Cody is a great teacher and a really cool guy who makes everyone from beginners to experienced riders feel welcome. Cody loves to teach people how to ride dirt bikes and he makes learning easy and fun. I highly recommend finding an instructor in your area and learning how to ride dirt bikes. If you are in Texas, you should give Cody a call at Dirt Labs. www.dirtlabcoaching.com **AW**



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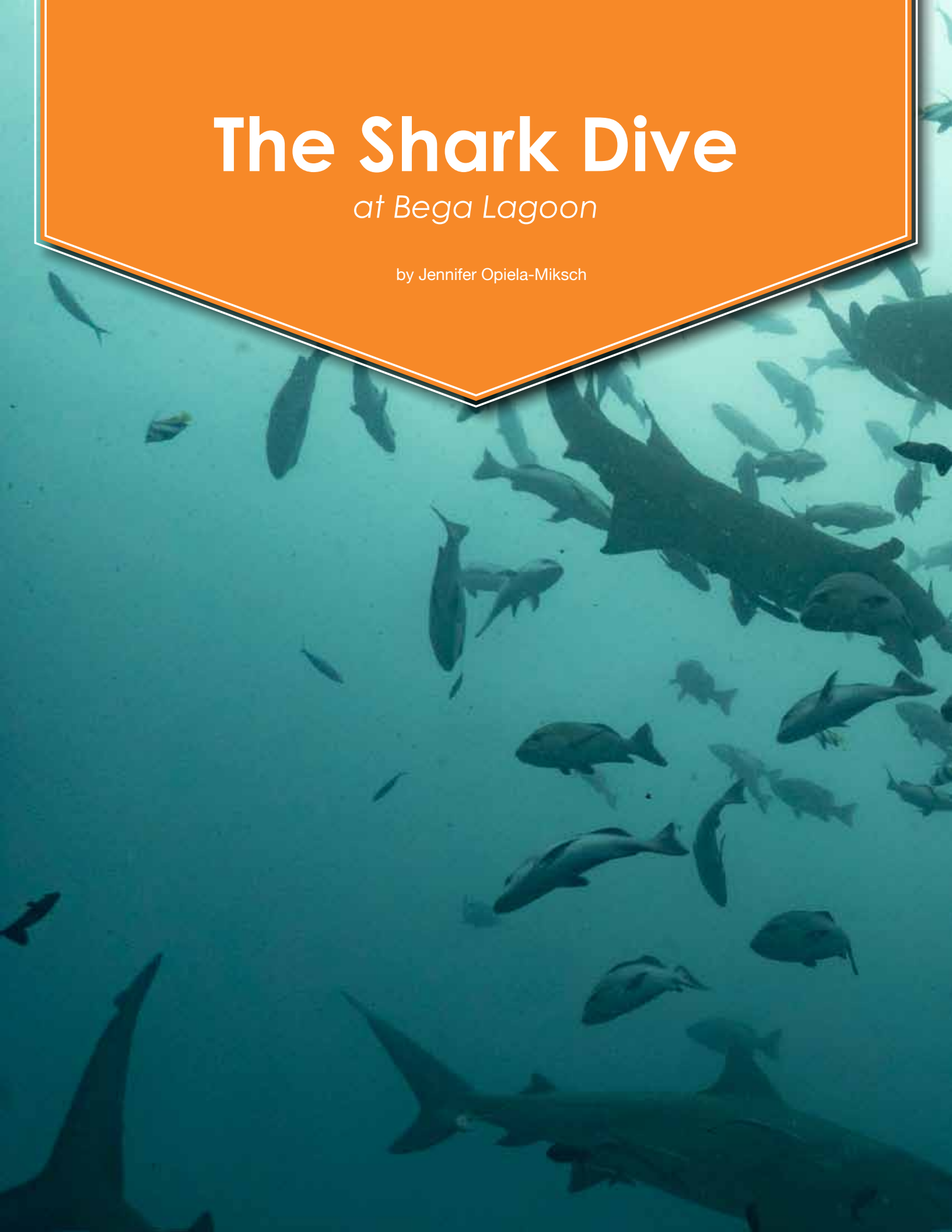
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For divers looking for adventure, The Cathedral Shark Dive in Fiji is a bucket-list location.

Just a short boat ride from Beqa Lagoon Resort in Fiji, this dive site is teeming with life and provides a great viewing area for what is soon to arrive.

Divers drop from the surface along guide ropes to the Cathedral dive site, settling in at about 65 feet. A wall has been erected of stone and dead coral for the divers to kneel behind. As the divers are getting set, the dive masters head to their stations. Some stand behind the divers, some head to the feeding box on center stage.

The Tawny Nurse sharks are the first to appear among the clouds of colorful fish. They are between 9 and 13 feet long, hoping to sneak in for some of the free offerings.

The grey and black tip reef sharks are next to zip in. They are smaller in size, but fast.

Once the word is out that lunch is being served at the Cathedral, the Lemon sharks and Bull sharks arrive. Both species weigh between 400 - 500 pounds and are over 9 feet in length. They swerve in and out of the schools of fish looking for their snack.

If divers are lucky, the next to arrive is the Tiger Shark. There are an estimated eleven Tiger Sharks who frequent the Cathedral. They measure between 9 and 15 feet long and weight in at over 1,300 pounds. They gracefully swim around the other fish and sharks to find their yummy morsel.



Divers are treated to closeup views of the magnificent animals on this dive. Some divers are encountering sharks for the first time underwater. Some divers are conquering fears they have about sharks. The controlled chaos of the dive dispels myths created by Hollywood of sharks as man-eating machines.



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These shark dives were created in Fiji for many reasons.

They create economic tourism for the people of Fiji. One bowl of shark fin soup can sell for \$100. The typical tourist will spend that amount to experience the shark

dive. These shark dives are done several times throughout the week. The sharks remain alive and the Fijian villages benefit.

These shark dives also help rebuild the reefs. The Cathedral was once an overfished area, with few large fish and dying coral. The area is now a Marine Protected Area, allowing for recovery and population growth for all creatures who live on the reef. The site is now full of bright, colorful fish and beautiful coral.

Perhaps the most important reason for these shark dives is to change the attitudes of people about the nature of sharks. Media teaches people to fear sharks and to remove them from the waters. These dives allow people to view them in their underwater world, and see the sharks' vital role in it.

The people of Fiji have long worshipped the shark god, Dakawaga, and view the shark with reverence, not fear. This sense of reverence is carried with the divers as they return to the boats for the ride back to the resort.

For an adrenaline-pumping adventure that is educational as well, the shark dive at The Cathedral is not to be missed! **AW**



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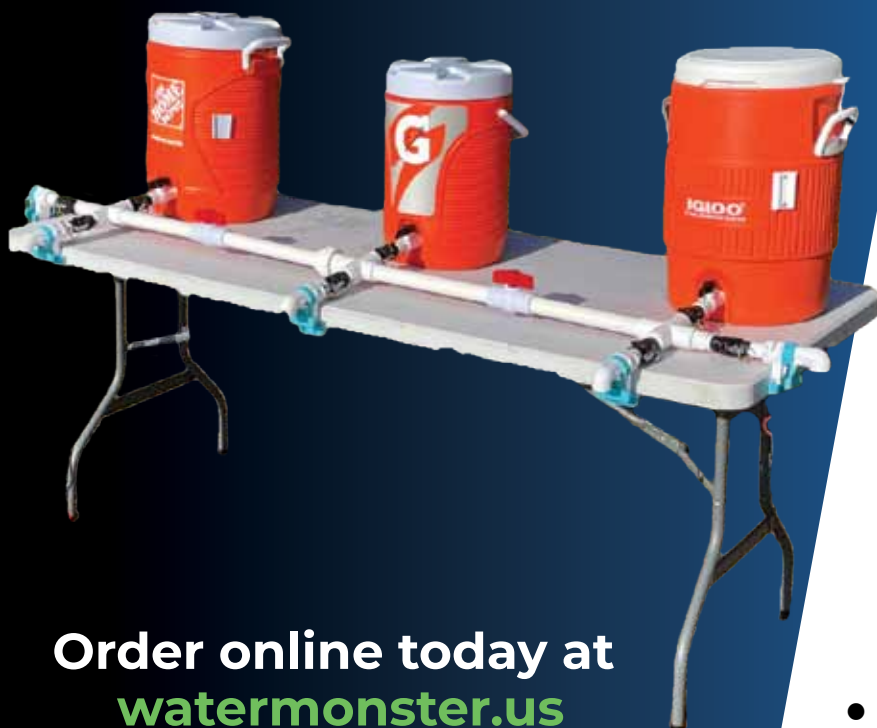


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A cyclist wearing a red and black jersey and a helmet is riding away from the camera on a wide, light-colored gravel path. The path is flanked by green grassy hills. The cyclist's shadow is cast on the gravel.

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