

# NORTH + SOUTH = FUN

There's no better way to quench your thirst for an adrenaline-fueled journey than to grab your passport and go international. But jet lag and economy air travel can leave you feeling like an intercontinental jaunt just isn't worth the paper your

boarding pass is printed on. So check out our North American neighbors. Our favorite international cities for adventure are just a half tank away from the border.

**BY KELLY CARTER AND KYM SCHERZER**

## **Montreal, Canada**

Brush up on your high school French before parka season. Here are the must-do's for any trip to "La Belle Ville":

### **BIKING**

Once named *Bicycling* magazine's No. 1 biking city in North America, Montreal has 236 miles of bike paths. Ride along Lachine Canal and its rapids while taking in historic Old Montreal—a nice precursor to the night of debauchery you'll spend on Saint Catherine Street, where the party never ends. (There's a reason Montreal is known as the Sin City of the north.)

**CAROLEMONTREAL.COM**

### **THE TRAPEZIUM**

Dying to live out your circus-life fantasies? Head to the Trapezium, an indoor recreational flying-trapeze center. Participants take off from an elevated platform and swing on a trapeze bar while wearing a safety harness and soaring over a safety net. The goal is to be caught by another trapezist, who is also swinging through the air.

**TRAPEZIUM.QC.CA**

### **SURFING**

In the middle of a landlocked city? In Montreal, it's possible. When the water in the city's St. Lawrence Canal flows over a natural rock shelf located just outside the city, the dropping water causes a wave that never ends. The result is a one-of-a-kind world-class surf spot. Local surf-shop 2Imagine will have first-timers standing up on a wave in no time. **2IMAGINE.NET**

## **Los Cabos, Mexico**

If going south of the border is more your style, check out this relaxing Baja getaway. Stay at the Westin Resort & Spa or the Sheraton Hacienda del Mar. Our favorite Los Cabos activities:

### **ATV RIDING**

Get off the beaten path and experience Mexico's diverse landscape from behind the handlebars of a four-wheeler. Cabo Traveler Advisors coordinates rides through locations such as Migrino Beach, San José del Cabo, and Tourist Corridor. You'll traverse canyons, arroyos, mountains, and sand dunes while taking in amazing views of the Sea of Cortez.

**CABOCTA.COM**