



The trails down Guatemala's volcanoes offer jaw-dropping panoramas.

the cloud-piercing volcano you'll be tackling on your bike.

Rent your wheels from **Old Town Outfitters** and book its daylong **Volcano Ride**, a cross-country singletrack route that

rings **Volcán Agua** on farmers trails and ancient footpaths. You'll start out pedaling through dense green forests, progress through corn and coffee fields, and, for the fi-

nale, scream down five miles of singletrack along the side of the 12,350-foot **Agua** (\$40; [adventureguatemala.com](http://adventureguatemala.com)).

**BEYOND THE VOLCANOES**

If you want to sneak in some time on famed **Lake Atitlán** (and you should), Old Town also offers a two-day pedal and paddle excursion that will drop you down 2,000 vertical feet of singletrack before arriving at the Mayan village-ringed lake. From there you'll head, via kayak, to secret swimming holes and cliff jumps before spending the night at a lake-side hotel reachable only by paddle (\$209; [adventureguatemala.com](http://adventureguatemala.com)). —N.C.

**MORE PLACES TO BIKE**

**COPPER CANYON, MEXICO**  
At four times the size of the Grand Canyon, Mexico's Copper Canyon is the biggest such system in North America. On this 80-mile hiking-biking expedition, you'll ride along soaring waterfalls, mining villages, imposing canyon walls, and rugged desert scenery (\$2,000 for a nine-day excursion; [rei.com](http://rei.com)).

**SOBERANIA NATIONAL PARK, PANAMA**

Only 15 miles outside of Panama City, Soberanía National Park is easily accessed from the city via the Madden Road to Gamboa — in fact, many bikers ride straight from the capital to the park, which covers about 85 square miles. Once inside the park, on the 15-mile Pipeline Road, you'll happen upon panoramic canal views and share paths with green iguana, several types of monkey, and up to 500 species of bird, here in Latin America's birders paradise.

**TIP:** Visit Livingston, a Garifuna beach town reachable only by boat from Río Dulce, for *tapado*: a delicious dish that combines red snapper, crab, squid, and shrimp with the unlikely flavors of coconut milk and banana.



**SURFING**

**BEST PLACE TO DO IT**

**CENTRAL NICARAGUA**

After slipping under the travel radar due to decades of revolution, Nicaragua is back on the map — unfortunate news for those surfers who have long known about the country's near constant offshore winds, low-80s water temps, and clean, world-class waves. The surfing epicenter is expat favorite **San Juan del Sur** in the southwest, which is striking distance by boat from such celebrated breaks as **Popoyo** and **Manzanillo**. But to escape the crowds, move up to the harder-to-access north-central coast for empty lineups, offshore winds 250-plus days a year (minus the unpleasant gusts that can batter the south), and an authentic *Nicaragüense* vibe. Eliminate the challenges of unruly roads and tough-to-find breaks with an outfitter like **Surf Tours Nicaragua**, which will take you by boat or 4x4 to the best spots (seven-day packages from \$800; [surftoursnicaragua.com](http://surftoursnicaragua.com)).



Towns like Chinandega have become surfer retreats.

**TIP:** March through September is known for the biggest swells (up to 20 feet), but November can be quite good as well — plus it offers excellent offshore fishing for marlin, dorado, and more.

**BEYOND THE WAVES**

Rising from **Lake Nicaragua**, **Isla de Ometepe** makes for a perfect day of paddling: a picturesque island home to two spectacular volcanoes and rich Náhuatl history. Stay at breezy **El Encanto**, on a lush hilltop farm at the foot of the mist-shrouded **Volcán Maderas** (from \$15; [goelencanto.com](http://goelencanto.com)). —LAURA SICILIANO-ROSEN

**MORE PLACES TO SURF**

**EL SUNZAL, EL SALVADOR**

Northeast of Nicaragua, lesser-known El Salvador is acclaimed for its long-riding right point breaks. Enjoy them while ensconced in modern comfort at Casa de Mar Hotel (from \$110; [casademarhotel.com](http://casademarhotel.com)). Or have it all and book Nicaragua Surf Tour's Border Blitz — 10 days of surfing El Salvador and central or south Nicaragua (\$1,700; [nicaraguasurftour.com](http://nicaraguasurftour.com)).

**CERRO NEGRO VOLCANO, NICARAGUA**

Thanks to Nicaragua's magnificent Maribios range, opportunities abound for exploring active volcanoes, and one of them is steep and smooth enough to surf...kind of. Volcano boarding involves sledding down Cerro Negro's pebbly face on a sit-down plywood-and-plastic board, at speeds up to 50 mph (\$23; [bigfootnicaragua.com](http://bigfootnicaragua.com)).

FROM TOP: PATRICE HALEY; COURTESY BRIAN FINCH