





@TheNest Tweating b/c about to run from 12 angry bulls!!

Talk about the ultimate adrenaline surge, sprinting through the streets of Pamplona with a charging herd hot on your heels will have your hearts racing faster than, oh say, downing a thousand Red Bulls. Run the race of your life or, stick to the sidelines and sip some "calimocho" (a mix of Coca-Cola and wine that's actually good!), because the 24-7 street parties taking place during the San Fermin Festival (SanFermin.com; July 6-14) will also push your endurance to its limits. But don't chicken out just yet: While 200 to 300 people do get injured (ranging from minor scrapes to yes,

full-on gorings) each year, bull shepherds help keep the bulls in check, and there have been only 14 fatalities in the past 100 years. Still, running with the bulls is very much an at-yourown risk endeavor. There's no registration required—just be at the Plaza Consistorial before 7:30 a.m. to secure a space before the barriers are closed. (For a rules and information, go to Pamplona.es and for veteran advice on surviving the run, go to BullRunners.co.uk).

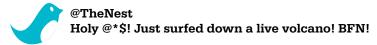
WHAT YOU'LL NEED To run, you're required to wear the traditional get-up: summer whites and a red neckerchief

(which you can purchase when you get there). Don't forget running shoes (your Nikes are fine for your feet) and an alarm clock (you'll need to be at the bull-running route well before 7:30 a.m. to get in position before the police close the.

WHERE TO STAY

steal Take a break from the crowds at the Zenit Pamplona (+34-90-288-1904; HotelZenitPamplona. ZenitHoteles.com), a budget, but still stylish, boutique hotel located on the outskirts of town that offers a free shuttle to all the action, from \$83.

splurge Make like Ernest



If the buzzing sound of a canopy zipline feels about as exciting as the hum of vacuum cleaner, head to Nicaragua to coast down a 1,300-foot-tall, still-active (it last erupted in 1999) volcano known as Cerro Negro or the so-called, "ring of fire." Summit the volcano's steep face and then shred toasty black ashes on a surfboard for 10 of the most exhilarating minutes of your life. Stay in the colonial city of Leon about an hour from Cerro Negro, where local volcano "sherpas" (+505-2311-6695;Quetzaltrekkers.com), from \$30. tktktktktkt

WHAT YOU'LL NEED Hiking boots (it will take about an hour to climb the slope's roughish terrain to the top)

WHERE TO STAY

steal The cozy, six-room Posada Dona Blanca B&B (+505-2311-2521; PosadaDonaBlanca. com) looks like a local residence with its Spanish colonial architecture, from \$49 for an air-conditioned room and breakfast. splurge (well, by Leon standards at least): Head to the nicest lodging option in town—El Convento (+505-2311-7053; ElConventoNicaragua.com), a 17th-century convent-turned-hotel and historic landmark that includes an upscale restaurant, from \$114. tktktktktktktkktktkk

WHAT ELSE TO DO

Relax after your adventure with the Nicaraguan national drink—El Macuá—a summery elixir of white rum, guava juice, lemon juice, sugar and ice. Visit Leon's ornate Basilica Catedral de la Asuncion and the 16th-century Spanish colonial settlement of León Viejo, a UNESCO World Heritage site. Sample international cuisine spiked with Nicaraguan flavor at Restaurante El Victoriano. Be sure to try the coconut squid served with mashed quequisque (a local vegetable similar to yucca) tktktktktktktktk.





@TheNest Riding camels & camping in desert=more bad-ass than Burning Man!

Think you can't live without your laptop, DVR and 24-hour takeout? Channel Lawrence of Arabia (or Priscilla, Queen of the Desert) with Bedouin Discovery Tours' (+962-3215-4458; BedouinDiscovery. com) customizable six-day camel trek that startws and ends in Petra (the tour will arrange transportation to and from the airport). Live like nomads and ride camels through the expansive Wadi Rum desert's lunar-like sand dunes; camp out under the stars in comfy but rustic tents; and enjoy meals prepared over a fire dug into the sand. If you can't handle "au naturel facilities" (the desert has no plumbing) or camping for six full days days, Bedouin can arrange hotel accommodations (as luxe as you want) for an additional charge. Best of

all? Bedoun lets you customize your trip, by adding on additional activities after the camel trek (such as snorkeling in the Red Sea), which they'll then arrange. The basic tour starts at \$1,700, including all meals, transportation, tickets, tents, luggage car, guides and two-night stay in three.

WHAT YOU'LL NEED Sunscreen and hats the desert sun is very strong during the days. tkkttktktk

WHERE TO STAY

steal The 135-room Hotel Edom (+962-3215-6995; EdomHotel.com) won't win any fashion-forward design awards, but it has all the basics you need: a prime location near the main entrance of the Petra ruins,

air-conditioned rooms and stone cave restaurant (well, that one is just kind of fun), from \$40. tkkttktktk

splurge (well, kinda—this one's still a pretty sweet deal): Don't be deceived by the unadorned pink sandstone exterior of the five-star-caliber Mövenpick Resort Petra (+962-3215-71 11; MoevenPick-Hotels.com), the hotel's interiors drip with opulence, from \$160. tkkttktktk

WHAT ELSE TO DO

Visit Petra's famous archaeological ruins, which encompasses some 800 monuments, including temples, ancient bathhouses, arched gateways and colonnaded buildings. The best times to visit are at sunrise or sunset when the pinkish sandstone-carved

