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FAMILY ADVENTURE VACATIONS TO GET THE ADRENALINE PUMPING

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When it comes to [traveling with the family](#), "adventure" can mean a lot of different things. Just packing the suitcases for a 3-hour flight can be an adventure of its own. And [surviving a 5-hour flight with a toddler](#)? That's a whole different kind of adventure (tip: [pack snacks](#)). But when your family adventure is good, it can be is really, really good. Sometimes swimming with dolphins or ziplining through the rainforest is just the kind of vacation that will make you forget all about airport hassle, and will get your kids ([even the teens](#)) smiling.

From hiking the Rockies to white-water rafting, we've found 11 family adventure vacations that will get the adrenaline pumping without driving you crazy.



Costa Rica

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Costa Rica is synonymous with adventure, and with good reason. **CW Adventures** has a 7-day family trip that brings you ziplining through the rainforest one day and white-water rafting the next. Kids will love the walks through the howler monkey habitats, the snorkeling in the Tortuga Islands and surf lessons with a local pro. You'll be part of a small group, and accompanied by two local guides who can introduce you to locals and readjust the schedule if the kids want more time in the water. Accommodations, most meals, activities, guides and local transportation are all included, so you have more time to focus on practicing your Spanish before you go.