

IRONMAN – July 2017

<http://www.ironman.com/media-library/images/galleries/non-event/2017/07/15-start-lines-for-adventure-seekers.aspx>



Thrills, Chills, and PRs: 15 Races for Adventure Seekers

by David Landers

This article is presented by [Columbia Sportswear](#).

Latest News



The Monday Round-Up: Bozzone Breaks Drought
March 4th 2018

Thrills, Chills, and PRs: 15 Races for Adventure Seekers

This article is presented by [Columbia Sportswear](#).

by David Landers

Deep down, endurance athletes are really just adventure seekers. We're all hunting for that sense of pure exhilaration we get from leaving our comfort zones—whether that be out on a cycling course or the local rock climbing route.

Enjoy your next thrill fest with these [IRONMAN triathlons](#), [running events](#) and [cycling races](#) in some of the world's most adrenaline-boosting locations around the world.

VELOTHON Sunshine Coast

Cycling in the [VELOTHON Sunshine Coast](#) shows why the most active of travelers journey to this region north of Brisbane, Australia. The Sunshine Coast links the mountainous hinterland, spectacular beaches, and the warm Pacific Ocean together along 100 kilometers of coastline. When you're done your VELOTHON event, scuba dive or snorkel at the marine national park created at the resting site of the former Australian battleship, the HMAS *Brisbane*. Located near the mouth of the Mooloolah River, the warship transformed into an amazing artificial reef inhabited by fish, turtles, stingrays and more—including the wobbegong, a bottom-dwelling shark. Every town along the Sunshine Coast has a distinctive personality, and surfers always find good waves at Coolum's Main Beach. Farther inland, the hinterland's Glass House Mountains National Park is a natural playground for hikers, rappellers and climbers.

IRONMAN 70.3 Croatia

Release your inner Indiana Jones in the ancient city of Pula for [IRONMAN 70.3 Croatia](#). On the Istrian Peninsula in the magnificent Adriatic Sea, Pula is a welcoming gateway to excursions found across its history-rich landscape. Discover Roman ruins, such as an amphitheater built during the reign of Emperor Augustus from 31BC to 14AD, scattered around the city. Hike the hills surrounding the nearby town of Vodjan to search for *kažun*s, stone structures built for shelter during the Bronze Age. From Fazana north of Pula, sail to the Brijuni Islands National Park and experience an idyllic Mediterranean setting of ancient olive trees and sparkling beaches, perfect for swimming and snorkeling.

[Related: 9 Places to Test Your Climbing Legs](#)

Standard Chartered Marathon Singapore

Add the outdoors to your itinerary when visiting [Singapore for the Standard Chartered Marathon](#)—more than 300 parks and nature reserves beautify this Southeast Asia city. The Garden City's largest park, Bukit Timah Nature Reserve, is a 163-hectare national park with hiking and mountain biking trails weaving through the country's native flora. For additional natural attractions, catch a ferry to one of the country's southern islands, such as rustic Pulau Ubin, home to Singapore's last village where residents use traditional practices for fishing and farming. Other islands to explore are Chek Jawa, 250 acres of wetlands home to monkeys, boars and mangrove trees, and small Kusu Island where you end a day of hiking to Malay shrines with a refreshing dip in one of the turquoise lagoons around the island.

IRONMAN Canada

While Whistler, British Columbia tops all the best-of lists for skiing, the resort town in Western Canada's Coast Mountains also guarantees incredible outdoor adventures for athletes competing at [Subaru IRONMAN Canada](#) and [IRONMAN 70.3 Canada](#) in July. With daylight lasting up to 15 hours in the summer months, you can ride the class III and IV rapids on the Squamish or Elaho Rivers in the morning and then go off-road biking at the Whistler Mountain Bike Park (North America's largest bike park) in the afternoon. Treetop Adventure Tours take obstacle course racing to new heights with zip lines, tightropes, swinging logs and nets built 60 feet high in the forest canopy. Don't forget to keep your eyes open for bears when hiking Whistler's rugged backcountry trails.

IRONMAN Chattanooga

It's easy to understand why *Outside* Magazine twice named Chattanooga, Tennessee a "Best City." The site of the [2017 IRONMAN 70.3 World Championship](#) and wildly popular [IRONMAN](#) and [IRONMAN 70.3](#) races, Chattanooga attracts thrill seekers who test themselves on the Southeast's rivers and mountains. Trail runners and hikers stay busy on 57 trail heads, and rock climbers scramble up eight world-class crags found within an hour's drive from Chattanooga. For untamed whitewater rafting, don't miss the Ocoee River where class III and IV rapids like Broken Nose and Slingshot require a guide and children under six years old are not allowed. Join kayakers, canoeists, and paddleboarders floating through Chattanooga on the Tennessee River or get a birds' eye view of the river as you launch from nearby Lookout Mountain's Flight Park, the largest hang-gliding school in the country.

Go more in depth: [Charming Chattanooga](#)

VELOTHON Stockholm

Composed of 14 islands at the mingling of the Baltic Sea and freshwater Lake Mälaren, Stockholm, Sweden is built for water lovers. Lake Mälaren has been clean enough for swimming and fishing since 1971. Over 30 beaches, from secluded nooks to crowded shores, dot the coasts of Stockholm, making a cold plunge on a hot day way too easy for urban dwellers and cyclists in the [VELOTHON Stockholm](#). By kayak, you can tour the diverse Stockholm archipelago, while Lake Mälaren's serene waters invite canoeists throughout the summer months.



IRONMAN Cairns

Want to check off two bucket-list adventures in one trip? Look no further than the [Cairns Airport IRONMAN](#) and [IRONMAN 70.3 Cairns](#). From the resort town of Cairns in the Tropical North Queensland region of Australia, you can explore the World Heritage sites of the Great Barrier Reef and the Wet Tropics Rainforest. Approximately 400 types of coral (the largest collection in the world) and 1,500 species of fish call the Great Barrier Reef home, ensuring that your snorkeling and diving trips include spectacular marine sightings. Covering the North Queensland coast for about 450 kilometers, the Wet Tropics Rainforest is the world's oldest rainforest, pulsing with flora and wildlife among the rivers, jungles, waterfalls, gorges and mountains. For an unforgettable backcountry hike, gear up for the challenging two-day [Buujan Quinbiira Walk](#), some 38 kilometers through the rainforest.

IRONMAN Boulder

A mecca for triathletes, Boulder, Colorado has effortlessly earned its reputation as the United State's outdoor adventure capital. Host to [IRONMAN](#) and [IRONMAN 70.3 Boulder](#), the town is located where the Rocky Mountains meet the Midwest prairies in north central Colorado. Boulder offers approximately 300 miles of trails for mountain biking, hiking, and trail running. Within an hour's drive, you can hike the Rocky Mountain National Park or scale the Eldo at the Eldorado Canyon State Park, considered one of the world's best rock climbing sites. Not all outside escapades in Boulder are high-adrenaline: go tubing through the city on Boulder Creek, one of the ten best lazy rivers in the U.S. according to *Men's Journal*.

Queenstown International Marathon

Running the [Queenstown International Marathon](#), you'll see why this city on New Zealand's South Island claims the "Adventure Capital of the World" title. Alongside Lake Wakatipu and beneath the Southern Alps, Queenstown goes to the extreme with all kinds of land and water activities. Outstanding mountain biking trails, like *Rude Rock* and *Huck Yeah*, cross the Southern Alps terrain, while heli-biking operators fly you 2000 to 3000 meters above sea level to trail heads. Cool off with white water rafting or jet boating on the Kawarau and Shotover Rivers. Want to do it all? The 5X1NZ travel package offers five Queenstown activities, from skiing to skydiving, in one day.

IRONMAN Copenhagen

Your adventures are as clear as night and day when visiting Denmark for the [KMD IRONMAN Copenhagen](#). Begin your day on Møn Island (about ninety minutes by car from Copenhagen) at Møns Klint. Formed over 100 million years ago, the chalky white cliffs of Møns Klint tower above the aquamarine Baltic Sea. See the area's distinctive geology up close by hiking through a forest of beech trees along the cliff tops or kayaking beside the stark white cliff walls. For a phenomenal view of both the cliffs and Baltic Sea, hook with up one of the local paragliding operators. Møns Klint is also Northern Europe's first official Dark Sky area, one of the best places on the continent to view stars and constellations thanks to an absence of human-made light. The starry night is so spectacular from this location that you may want to pack a telescope with your bike.

Go more in depth: [Do Copenhagen Like a Local](#)

Cape Epic

Imagine waking up under the African dawn, fueling with a prepared hot breakfast and hitting a trail for a new day of mountain-biking adventures. Repeat seven times, and you have the [Absa Cape Epic](#), a full-service, MTB stage race across Cape Town and the Western Cape region of South Africa. Over eight days in March, 1300 professional and amateur cyclists, who grab coveted spots via early registration or lottery, pound out about 700 kilometers in distance and 15,000 meters of incline over mountains, across rivers, through forests, and more. The race route changes every year, guaranteeing that riders experience Western Cape's towns and terrain not seen from a tour bus. Adding excursions before or after the race will give you more stories to share for a lifetime. Find ancient rock engravings left by indigenous Bushmen and *Khoe* herders at 11 sites around Nelspoort in Cape Karoo, one of six regions making up the Western Cape. In nearby Cape Overberg, trek to Cape Agulhas, Africa's southernmost tip where the 150-years-old L'Agulhas Lighthouse guides ships as they sail through the colliding Atlantic and Indian Oceans.

David Landers is a freelance writer with a passion for triathlon and travel. He lives in Vancouver, B.C.

Share This Gallery [f](#) [t](#) [g+](#)

JULY 11TH 2017

Canada Croatia Chattanooga Chattanooga 70.3 Boulder Boulder 70.3 Cairns Cairns 70.3 Sponsored