

From Shark Diving to Rock Climbing: Here's How to Have an Adventure at a 5-Star Resort

Once known for kicked-back holidays, top resorts are now luring thrill-seekers with adventurous activities.



Courtesy of Four Seasons Resort Hualalai

There is a growing club of travelers: those who have been to plenty of five-star resorts and consider them conquered territory. What does luxury mean anyway? Is it just beach cabanas and free flowing champagne? More and more, tony travelers are saying “No.” More and more, resorts are finding ways to bring them back by selling them something new. Namely: excitement.

It’s all about creating that “wow-factor experience” for guests, says Glenn Slattery, director of adventures for Castle Hot Springs in [Arizona](#). With appetites for [adventure](#) travel growing, he said, many are using their resort excursions to begin training for more extreme trips ahead.

They aren’t alone. Suddenly resorts that were once synonymous with a chilled out holidays are offering the rush factor. They’re partnering with world-class outdoor instructors to coach guests through these daredevil experiences. Rock climbing? Check. Cage diving with great white sharks? Check. Waterfall rappelling? Check.

Of course, it’s not all about the rush. Guides say it’s about finding a deeper connection with the environment, seeing things you might not be able to see from a deck chair, and using outdoor challenges to foster personal growth.

Here’s a look at five heart-pumping add ons from five otherwise laidback resorts.

Free Diving

Four Seasons Resort Hualalai, Kailua-Kona



Courtesy of Four Seasons Resort Hualalai

Just how long do you think you could hold your breath underwater? Guests will find out and expand their diving abilities with the new Kimi Werner Ocean Experience, a two-and-a-half day training exclusively for guests of the Four Seasons. Led by a previous U.S. national spearfishing champion who can hold her breath underwater for almost five minutes, the intensive explores how to push past fear and master your thoughts to increase your breath hold underwater. The training is as beautiful as it is challenging, starting in the resort's 1.8-million-gallon carved lava rock pool with a sand bottom that is home to more than 1,000 tropical fish. On day two, [Werner](#) and her photographer husband take guests out on a boat along the Kona coast to dive and practice the skills they have learned as they get up close and personal with local wildlife. The experience ends with a celebratory four-course dinner and wine tasting using locally sourced ingredients.