



36  
ideas  
for  
Your

# Summer Bucket List

## **2019 Summer Adventure Guide**

Some of the best advice I was ever given is,  
"If you live like a tourist in your own town,  
you'll never get bored."

I have found this advice to be remarkably true. As an adventurer by heart and a columnist covering fun things to do in South Florida, I've spent the last several years exploring and experimenting. From kite boarding to scuba diving, wake boarding to cooking classes, sensory deprivation to turtle watching, indoor skydiving to high-speed go-carts — I have now tried at least four dozen of South Florida's most entertaining activities. I have compiled a guide for your summer bucket list, broken into by category: games, nature, creative, adrenaline, relaxing, day trips and road trips.

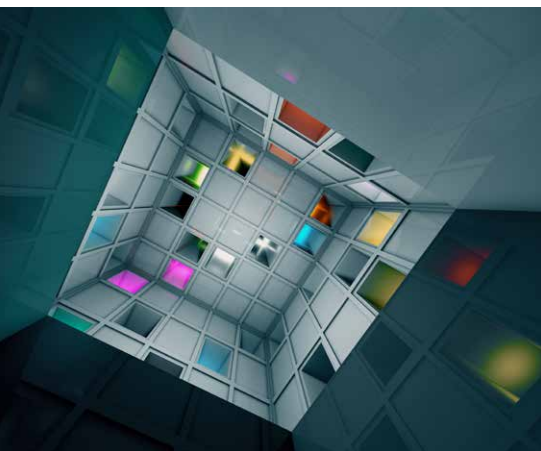
BY DANIELLE CHARBONNEAU



# Games & Play

## CHALLENGE YOUR MIND

When I first heard of escape rooms, I imagined something like a haunted house with live actors...scared souls scrambling to escape zombies, or run around like rats in a maze. I really had no idea what to expect, but the mystery intrigued me. What I came to find out is that escape rooms are not so much a horror experience, as they are an electrifying mental challenge. The basic idea is that participants enter a themed room — anything from the wild west, to zombies, mummies, bank robbers or murder mysteries — and are tasked with uncovering puzzles



using the contents of the room (for example — the tee shirts hanging in the closet, the paintings on the walls, books, decks of cards and knick-knacks placed around the room).

The puzzles unlock a series of combination locks, each leading to more

clues, puzzles, locks and eventually, additional rooms. Some escape rooms have only two rooms, while others have three or

## Try an Escape Room

four, sometimes with hidden rooms, blacklight rooms or secret entryways. Get ready for your mind to go on hyper-drive as you focus on every little detail of the objects and room. Some puzzles might be physical (such as using a magnet to guide something through a maze, tossing a hook to retrieve a set of keys or pumping water to push out a container of clues) while other puzzles deal with numbers, making connections between objects, recognizing patterns, using logic or playing word games. Each clue challenges the mind in a different way. If your team gets stuck, a walkie-talkie is provided to ask the room operator for clues and hints along the way.

The idea is to beat the clock (generally 60 minutes) and make it out the other side (without killing your teammates or filing for divorce). Working with others, of course, can be challenging; so the experience can be a great team-building exercise.

### SOME LOCAL ESCAPE ROOMS INCLUDE

#### TRY-N-ESCAPE

3350 NW 2nd Ave Suite A2, Boca Raton, try-n-escape.com, 561-409-4930, Private rooms are \$90 between two and ten players; frequent discounts can be found online and on Groupon.

Try-N-Escape currently has two rooms: “Hang Em’ High” (a western themed room) and “Sara’s Got a Secret” (a mystery about a missing girl). A third room called “Monkey See” (set in a secret animal testing facility) is currently under construction.

#### Q-QUEST GAMES

717 E. Atlantic Blvd. Pompano Beach, 954-951-2829, qquestgames.com, \$28 per person.

Q-Quest is one of the oldest escape room facilities in the area. Q-Quest currently has two rooms: “Chainsaw Bob” (based on a chainsaw murderer) and “Room Amnesia” (centered around someone who has suddenly lost their memory).

#### ESCAPETOPIA

6466 NW Fifth Way Fort Lauderdale, escape-topia.com, 754-200-6047, \$27 per person.

EscapeTopia has three rooms: “Zombie Escape,” “Escape the Beast” and “Carnival Macabre.” This place goes all-out on immersive, horror themes.

## DRIVE FAST

### High Speed Go-Carts at Xtreme Action Sports

While there’s lots to do at Xtreme Action Sports — including roller skating, bowling, a massive arcade, escape rooms, laser tag, roller derby games and a ropes course — by far the most adrenaline-pushing activity is the racetrack. Xtreme Action Sports has a fleet of European Race Karts including three different models — the Biz Kart Junior Cadet, Biz Kart EVO3 Pro and Bowman Arrow Super. The cadet and pro karts can reach 45mph on the straightaways and the Supers 65mph. The racetrack has 48,000 square feet of track space (a half mile in distance) and 10 fast-paced turns, including one hairpin curve. The track is professionally timed. The experience is probably the closest an amateur will get to being a race car driver.

The Cadet race sessions are \$10 per race. The Pro race sessions are \$20 per race; \$50 for three; or \$80 for five. And the Super race sessions are \$25 per race; \$65 for three; or \$125 for six. All gear is included.

Xtreme Action Sports is located at 5300 Powerline Road, Fort Lauderdale, 954-491-6265, xtremeactionpark.com

## STEP INTO A GAME TIME MACHINE

### **Silverball Museum**

Don't be scared off by the word "museum" and assume this place is a bore. This two story museum is really an arcade of pin-ball machines dating back to the 1950s, all the way through time to today's most modern machines. Plus, there's old classic video games like PacMan and Space Invaders. There are two full bars for cocktails, beer and wine.

The Museum sits on a municipal lot with 8-hour parking. Or, catch the Museum's signature Katcha Ride, a golf cart service that runs up and down Atlantic Ave. and surrounding areas that provides transportation to and from the museum. Look online for the various Katcha Ride stops, or just look for the illuminated golf cart with a giant pinball sign on the roof traversing down Atlantic Ave.

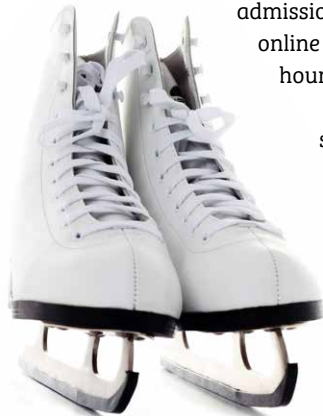


The Silverball Museum is located at 19 NE Third Ave., Delray Beach ,  
silverballmuseum.com, 561-266-3294

## ESCAPE THE HEAT **Ice Skating at The Rink on the Beach**

Put on your mittens and beanie and go ice skating at Pompano Beach's Rink on the Beach. Normal admission during public skate times is \$10. Check online at glaciericeandsnow.com for public skate hours. Skate rentals are \$3.

Or attend one of the public "Cheap Skate" sessions, during which admission is \$10 and includes skate rental. "Cheap Skate" hours are Mondays, Tuesdays and Thursdays from 8:20 to 10pm.



Glacier Ice and Snow is located at 4601  
N. Federal Hwy. Pompano Beach,  
glaciericeandsnow.com, 954-943-  
1437

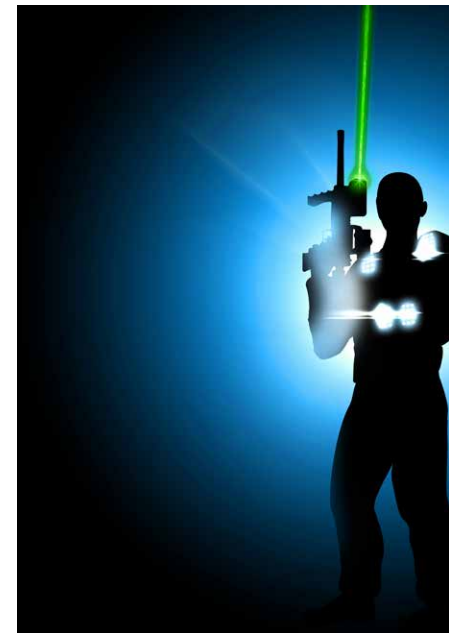
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## CHALLENGE YOUR FRIENDS

### **Lazerland**

Lazerland's 40-player lazer tag arena is straight-up awesome. It has custom, glow-in-the-dark graffiti on the walls, two stories to play on, tons of lazer lights, bumping music and two ways to play — on teams, or every-person-for-themselves. There's also a dodgeball arena and an arcade. The arcade has the classics like ski-ball, air hockey and clown ball toss, plus the newer, more hi-tech games with motion seats. Lazerland has multiple rooms for birthday parties, a snack bar and prize counter. With discretion parents can drop children off at Lazerland if they first fill out a waiver. Waivers can be found online at lazerlandofpompano.com.



The pricing packages at Lazerland are very reasonable. For the arcade, you'll pay \$12.99 for an hour of unlimited games; \$21.99 for two hours or \$28.99 for three hours. For lazer tag: \$9 per game; or unlimited play Monday through Friday for \$19.99. For dodgeball: \$4 a game; or \$19.99 for unlimited play. For both dodgeball and lazer tag: unlimited play Monday through Friday for \$24.99

Lazerland is located at 413 E. Atlantic Blvd., Pompano Beach, 954-603-3259, lazerlandofpompano.com

# Experience Nature



## GO DIVING **Shipwreck Park**

Shipwreck Park is an underwater park consisting of a series of 16 different shipwrecks, underwater art displays, coral reefs and artificial reefs designed to stimulate the local marine ecosystem and provide divers with amazing underwater experiences. Shipwreck Park is a nonprofit organization on a mission to raise awareness of the importance of preserving our natural coral reef system.

The centerpiece of Shipwreck Park is Lady Luck — a 324-foot tanker vessel called the Newton Creek which was sunk July 23, 2016. Before sinking the vessel, casino-themed artwork was installed on the ship, including card-sharks and a showgirl octopus. Divers can take pictures with the “casino staff” statues underwater. The Lady Luck project was sponsored by Isle Casino.

Another highlight to Shipwreck Park is the Okinawa — a 107-foot by 26-foot army tug boat which, before it was sunk, was adorned with artwork by sculptor Dennis McDonald.

The theme is a whimsical dive bar called the Midnight Sun. The name was chosen by Finlandia Vodka as the sinking project’s largest sponsor. The dive bar includes sea creatures and a magical mermaid holding a “Gazing Globe” that lets you see your reflection. Divers can also penetrate the opening in front of the wheelhouse, swim into the engine room and up and out through the dive bar.

Several other sunken vessels are especially notable, including: the Guy Harvey — a 185-foot by 30-foot wide ship with murals painted by world renowned wildlife artist Guy Harvey; the Captain Dan — a 175-foot long

coast guard tender known for attracting large barracuda, grouper, amberjack and whale sharks; and the Union Express, a 170-foot long Dutch coastal freighter which lays portside in two pieces. Book a diving trip with any local dive operator to visit Shipwreck Park.



## GO SUPPING **Key Biscayne**

With mangrove swamps, crystal clear aquamarine waters, an array of marine life, fish and coral, Biscayne National Park is one of the most picturesque places to try SUPping (Stand Up Paddle Boarding). If standing isn’t your thing, you can also rent a pedal-boat or kayak. Bring your furry friends along too; Dogs are allowed on the beach and on board. You can rent a bike to cruise around the Key, or rent beach chairs, umbrellas and towels to relax on shore. Key Biscayne has something for everyone.

3979 Rickenbacker  
Causeway, Key Biscayne,  
sosupkeybiscayne.com,  
786-301-3557



## GO RIVER WILD

### BLUE SPRING STATE PARK

Blue Spring is the largest spring on the St. Johns River. The crystal clear spring runs a few miles long where visitors can fish, swim, canoe, kayak and tube. Qualified scuba divers can descend into the spring cave as well. Multiple pavilions are available for groups, and picnic tables are scattered around the entire park. The park also features volleyball courts and a playground. Hontoon Island State Park is a short paddle down the St. Johns River. There are also 51 campsites with water and electricity hookups, plus six cabins.

Hours of operation, fees and rental information can be found at [floridastateparks.org/park/Blue-Spring](http://floridastateparks.org/park/Blue-Spring). 2100 W. French Ave., Orange City, [floridastateparks.org](http://floridastateparks.org), 386-775-3663



## GO ON SAFARI

### Lion Country Safari

Lion Country Safari is a drive-through zoo with over 1,000 wild animals including giraffes, wildebeest, rhinoceroses, ostriches, monkeys and the kings of the kingdom — lions. The drive-through park is divided into seven themed sections and is accompanied by an audio tour (either via CD or the park's app). The animals are active in wide-open-spaces, so the experience feels much more authentic than a traditional zoo. Lion Country Safari made USA Today's top-ten drive through safari list. Following the driving tour, visitors can go to Lion Country Safari's water park (which includes five rides, a thrilling water slide and water spray-ground); Or meander the walking park, which has dozens more animal displays, such as a monkey island, sloth tree, flamingo pond, porcupine zone and alligator area. Complimentary shows occur all day at various animal exhibits and at the Animal Theater, a covered venue space for educational talks and showings. There is an animal petting zoo, restaurants and snack vendors. The park recommends leaving four to five hours to do both the drive through and walk through zoo. The drive through safari took my group about 90 minutes.

Admission is \$37 for anyone between the ages of 10 and 64, \$33 for seniors 65 and older, \$28 for children ages 3 to 9; and free for toddlers. Parking for the walking zoo is \$8 per vehicle. If you book online, parking is free and every ticket is discounted \$2. Coupons are also available online for various other discounts.

Lion Country Safari is located at 2003 Lion Country Safari Rd., Loxahatchee, [lioncountrysafari.com](http://lioncountrysafari.com), 561-793-1084

## TAKE A DAY TRIP TO JAPAN

### MORIKAMI MUSEUM AND JAPANESE GARDENS

Listen to the birds chirping, meander through the Bonzai garden, stroll through the Bamboo grove, admire Japanese art, taste an array of Japanese sake, partake in a relaxing tea workshop or dine on authentic sushi — all can be enjoyed at Morikami Museum and Japanese Gardens, which features a museum, garden, restaurant and tea house. Morikami offers a variety of tours and cultural programs. Learn more at [morikami.org](http://morikami.org).

The Morikami Museum is located at 4000 Morikami Park Road, Delray Beach, [morikami.org](http://morikami.org), 561-495-0233

## VISIT SPACE

### PLANETARIUM SHOWS AT THE SOUTH FLORIDA SCIENCE CENTER & AQUARIUM

The South Florida Science Center and Aquarium is home to the first and only public planetarium in Palm Beach County. The DeKelboun Planetarium presents daily shows utilizing a brand new, state of the art "Digital Sky Scan" — a full-dome, digital video presentation. Planetarium shows are in addition to general admission to the Science Center. Cost per show is \$5 for non-member adults, \$3 for non-member children.

Or, go to the Planetarium after-hours for an out-of-this-world psychedelic experience at one of the Planetarium's laser light shows, which are generally the second Friday of every month. The laser light shows are themed to musical groups such as Pink Floyd, Led Zeppelin, U2, Daft Punk and more. Laser show times vary. Cost is \$10 in advance; \$12 at the door. Tickets sell out quickly, so book your tickets early online.

After the laser show, enjoy some of the Center's first floor exhibits, including a hurricane simulator.

The South Florida Science Center & Aquarium is located at 4801 Dreher Trail North, West Palm Beach [sfsciencecenter.org](http://sfsciencecenter.org), 561-832-1988



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## BEFRIEND TURTLES

### GUMBO LIMBO NATURE CENTER

Gumbo Limbo nature center started as a coastline preservation project in the 1970s and has since grown to include a sea turtle rescue, multiple outdoor aquariums, a boardwalk nature trail, the FAU research center (which guests can observe from an aerial walkway), a gift shop and a butterfly garden. Admission to the center is only a \$5 recommended donation, and every day at 1pm a guided tour is given to guests to answer questions. In addition to the large sea turtles such as loggerheads, the center also has tons of baby green back turtles, a tortoise, sting rays, sand rays, lobsters, blow fish, lion fish and a whole slew of other marine life to admire.

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Gumbo Limbo Nature Center is located at 1801 N. Ocean Blvd., Boca Raton. Entry is a suggested \$5 donation. Visit [gumbolimbo.org](http://gumbolimbo.org) or call 561-544-8605 for more information.



# Experience Nature

Deerfield Island Park. Photo by Joe Yerkovich

## ISLAND HOP **Deerfield Island Park**

Deerfield Island Park is Broward County's own little natural oasis. Guests can board a ferry to the island from Sullivan Park (1633 Riverview Rd., Deerfield Beach). Every Saturday and Sunday, from 10am to 3pm on-the-hour, guests can board the boat to the island, walk the park's Coquina trail and admire the area's flora, fauna and wildlife.

The Friends of Deerfield Island's welcoming committee greets guests as they arrive on the island and has educational activities for kids to enjoy as they explore the island. On any given day, guests may get lucky and see a gopher tortoise (the island is an official refuge for them), osprey, manatees, lizards, butterflies, spiders and a whole array of plants.

As you meander the trail, you can admire three different types of mangrove on the island — white, red and black. The red

mangrove is nicknamed the walking plant because as it grows, it looks like it's walking out into the water. The wandering sailor plant, which looks kind of like purple ivy spreading across the ground,

is also called the wandering Jew because the plant wanders like Moses and the Israelites in the wilderness.

Look for the the "sunburned tourist" — a tree named for its bark, which flakes and peels like a tourist without sunscreen. And admire the strangler trees, which wrap around a host tree, stealing the host's nutrients and "strangling" the host as it grows.

You'll also see Florida raccoons, which look more rat-like and scrawny than those up north. They don't need the extra layer of fat and don't hibernate.

Be sure, too, to taste the Brazilian pepper plant — the plant's little red bulbs will flood your mouth with the taste of spicy black pepper.

Picnic tables with grills are available on a first-come-first-served basis — a perfect destination for a family day-cation.

The island also offers kayaks and paddleboards for rent so guests can explore the perimeters of the island. Rentals are available through What's SUP Paddleboarding every weekend from 10am – 4pm. The cost is \$25 for a two hour rental.

For more information about kayaking and paddleboarding, visit [whatsuppaddleboarding.com](http://whatsuppaddleboarding.com).

For more information on The Friends of Deerfield Island Park, visit [friendsofdip.org](http://friendsofdip.org).



# TAKE A COOKING CLASS

## **Sur la Table**

Sur la Table is a cooking store in Mizner Park that has a full teaching kitchen with a packed schedule of classes. There's savory classes, such as: "Thai Street Food," "Secrets of Paella," "Weeknight Dinners," "Perfect French Crepes," "Steakhouse-Style Burgers" and "Spanish Tapas." Then there's the sweet, such as "No-Churn Ice Cream" and "Bakeshop Fundamentals." There's classes for teens, children, wine lovers and a ladies night out.

Upon entering class you will put on some red aprons and name tags, then claim a spot out of about ten cooking stations, each set up with stove



burners, cutting boards and utensils around a large kitchen island. The ingredients are each pre-measured and delivered as-needed by a Sur la Table friendly assistant while the teaching chef cooks up front with a huge mirror overhead so all students can see the chef's crafty skill.

The Chefs at Sur la Table make the class fun — charismatically teaching cutting techniques, cookery and food knowledge, while sharing stories about their culinary journeys. Throughout the process, you'll learn to use new tools — for example, a mortar and pestle, a sharp mandolin

or a crafty little garlic peeler (simply a rubber tube in which you roll garlic gloves to remove their skin). By the time the class is over, you will be ready to spend a month's paycheck on gadgets from the Sur la Table store.

Sur la Table is located at 438 Plaza Real in Mizner Park in Boca Raton. The class schedule is online at [surlatable.com](http://surlatable.com). Single classes average between \$25 and \$95 and include all ingredients, instruction and large portions of each dish. Sur la Table also has virtual cooking classes online. For more information call 561-953-7638.

# Create & Learn

## GET CRAFTY

### THE GUILD, URBAN CRAFT & FOLK ART SCHOOL

The Guild is a hidden gem in Pompano Beach. This craft and folk art school in the industrial district of Pompano Beach teaches blacksmithing, welding, jewelry making, home-brewing, ceramics, casting, glassworking, leatherworking, soap making and more. Make a knife. Make a sword. Make a vase. No matter what you make, you'll feel accomplished having used your own two hands to craft something awesome.

Workshops are generally between two and five hours long. You will learn the foundations, a bit of history and chemistry and get step-by-step demonstrations. No experience is necessary for most of the classes. Materials are included. Classes start around \$55 and increase based on time and materials. Some classes are appropriate for kids and teens. A fantasy-based kids camp is also periodically available. Check the school's website for its full schedule of workshops.

The Guild - Urban Craft & Folk Art School, 205 NW 16th St, Pompano Beach, [guildfl.com](http://guildfl.com), 954-998-3473

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## DISCOVER YOUR INNER PICASSO

### **Painting with a Twist**

Painting with a Twist is a fun place to paint with friends under the direction of a painting teacher. There is no pressure to create a masterpiece — the classes are designed as step-by-step workshops suitable even for first-time painters. You will be pleasantly surprised at how easily and quickly you will complete a beautiful painting (in under two hours). And, the whole experience — supplies and all — is just \$35 per person. Each class has a theme, such as mermaids, wine, shootings stars, kisses, moons and more. In addition to the on-site classes, Painting with a Twist hosts off-site paintings at bars and restaurants. Wednesdays are "Free Wine Wednesdays" (each guest gets a free glass).

To view a full schedule, visit [paintingwithatwist.com/studio/deerfield-beach](http://paintingwithatwist.com/studio/deerfield-beach). The Deerfield Beach franchise of Painting with a Twist is owned by Holly Fuente and Matt Santangelo. The studio is located at 1185 S. Federal Highway, Deerfield Beach in the corner of the Rivertowne Square Plaza.



# For Adrenaline Junkies

## FIND YOUR WINGS *Learn to Kiteboard*

Rick, the founder of Pompano Kiteboarding, remembers the first time he saw a kiteboarder. He was sitting on the beach at dusk when suddenly he saw a young man being effortlessly dragged through the waves attached to a neon kite. Rick watched as the kite



pulled the man's body along the shoreline for miles, as far as Rick's eyes could see. Rick imagined the exhilaration — the sense of freedom and weightlessness of being pulled through the water by the wind.

While Rick had been a water sports enthusiast since the day he moved to Florida at the age of 19, he had never

seen anything like kiteboarding. He didn't even know what it was called. He went home and started researching. At the time, the sport was so new he couldn't find anything about it, but he knew he wanted to try it. A whole year passed before he finally learned of the sport. When he tried it for the first time in 2001, there were only about 100,000 people in the world kiteboarding. Now Rick has been kiteboarding for 18 years and teaching the sport for ten.

"I was instantly hooked," he said. "Since then I've never looked back. Most people try it and are hooked for life."

You, too, can get hooked on kiteboarding. You'll meet Rick, an ever-patient, expert and kind teacher, behind the Pompano Beach Marriott hotel. On your first lesson, Rick will put out three kites on the sand, each a different size. Step one is to get the kite in the air. Step two is to learn how to steer the kite. Step three is to test your kiting skills in the water, with a board on your feet.

Contrary to popular belief, operating the kite doesn't take Herculean strength. In fact, it's just

the opposite. Flying the kite (at least at first) takes very little strain. The wind does the work, not your muscles. To demonstrate this, Rick will show you how to steer the kite with just two fingers. There is a softness and subtlety to the motion.

After some time with the smallest kite, Rick will progress you to the second, larger kite. Soon, you'll progress to the largest kite. Now this third kite has real power. You'll wear a harness around your waist and let the kite easily drag your heels through the sand, learning the motion of being dragged in order to work your way to the water.

It's important to know, kiteboarding is not something you learn in one session. Like snowboarding or skiing or any other extreme sport, you have to commit to learning and progressing. Having a certified instructor like Rick is key.

Rick is an International Kiteboarding Organization (IKO) certified instructor. IKO instructors are trained in the latest and safest way to teach kitesurfing. To learn more, visit [pompanokiteboarding.com](http://pompanokiteboarding.com).

## GLIDE ON WATER

### SKI RIXEN

If you are into extreme water sports, Ski Rixen in Deerfield Beach is calling you. Novice or pro — either way, there is a place for you on Ski Rixen's cable-propelled water skiing and wakeboarding lake. Classes, private lessons and a summer camp are available. Gear is included and Ski Rixen's staff are quick to give you pointers to get you up and gliding.

401 S. Powerline Road, Deerfield Beach, [skirixenusa.com](http://skirixenusa.com), 954 429-0215



# FIND YOUR SUPERPOWERS

## Try Flyboarding

Have you ever dreamed of having your own rocket pack? Then you most definitely should try flyboarding. With most companies, you'll be taken by boat to an open bay where you'll slip on flyboarding boots, which are attached to a large hose. That hose is connected to the exhaust on a jetski, which pushes a powerful hydro-stream to the boots where it shoots out underneath your feet, propelling you out of the water and into the air as if you had two aqua-boosters built into your heels.

First you will learn to master balancing atop these hydro-streams. Your instructor/jetski operator will control the power of the hydro-streams, pushing you higher and higher out of the water until you are comfortable standing. Once you have mastered balancing, you can learn tricks like spinning, dipping, turning, dolphin dives, or for the real experts, backflips.

Invented in 2012 by a French watercraft rider, Franky Zapata, Flyboarding is a fairly new adventure water sport. In under ten years, however, it has gained major traction internationally. Flyboarding World Championships have been held in Doha, Qatar (2013), Dubai (2014-15), Naples, Florida (2016) and Cavalaire-Sur-Mer, France (2017-18). The 2019 championships will be held in Naples October 25-27.

If you're worried about having two left feet, an alternate setup allows flyers to wear a jetpack on their back. This method really makes one look like a superhero, but I'm told it can be rather uncomfortable.

### IF YOU'D LIKE TO TRY FLYBOARDING LOCALLY, THERE ARE TWO GREAT OPTIONS:

#### FLYBOARD SOUTH FLORIDA

2621 N. Riverside Dr., Pompano Beach, 954-297-1007, flyboardsouthflorida.com

#### FLYBOARD BOCA

561-299-1780, flyboardboca.com



## THROW AN AXE

### POMPANO'S AXE THROWING BAR

The Axe Throwing Society — a 5,400-square-foot sports bar and ax-throwing facility at 1301 W. Copans Rd. in Pompano Beach — has had some delays opening. The facility, however, should be open any day now. The bar's chief executive and self-proclaimed "axepert" Jeff Morford was quoted in the Broward County New Times saying axe throwing is now "one of the hottest growing sports."

Reportedly, the society will have a full kitchen, beer, wine and 14 axe-throwing lanes. Throwing coaches will be available for newbies and all equipment will be provided. The only requirement is that axe throwers must wear closed-toe shoes. After throwing, guests are encouraged to stay and enjoy a meal and a few beers with friends.

"I'm not interested in being just a sports bar — there are plenty of those around," said Morford in the New Times. "Our facility is designed for people to have a good time, throw, and have something to eat and drink."

The bar will offer a mix of local and non-local craft beers. A food menu is being developed. In addition, the Axe Throwing Society is a member of the World Axe Throwing League. The Society's axe throwing leagues are only \$15 per week and run for a total of eight weeks of league play. The society will offer league-standardized scoring systems, points and throwing techniques.

For more information, visit [axethrowingsociety.com](http://axethrowingsociety.com)



# Day-Trips

## DAY TRIP TO HOMESTEAD

### **The Coral Castle & Florida's Most Unforgettable Milkshake**

Set out to Homestead, Fla. to visit one of South Florida's most renowned and mysterious monuments, the Coral Castle. The castle is known as Florida's own Stonehenge. No one, not even scientists, can agree on how the 1,100-ton structure was

created, by one man, in secret, with no modern machinery whatsoever. Its construction was inspired by unrequited love, and was the inspiration behind Billy Idol's song and music video "Sweet Sixteen."

The structure looks, at first glance, rather dull for a "castle" — a coral stone wall surrounding an open-air sculpture garden with chairs and tables made entirely of coral stone. But, as your raconteur tour guide begins recounting the tall tales behind the castle — the quirkiness of the man who built it, his near insane obsession with his long-lost love Agnes, the rich fantasy



life he incorporated into the castle's imaginative design, the secretiveness of its construction, and how no one really can figure out how in the hell he did it (some stones weigh as much as 90 tons) — the castle really transforms into something whimsical. The castle is an ode to love, madness and physics.

The Coral Castle is located at 28655 S. Dixie Highway, Homestead, FL 33033, 305-248-6345, coralcastle.com



#### **WHILE YOU'RE IN HOMESTEAD...**

#### **DRINK AN UNFORGETTABLE MILKSHAKE: ROBERT IS HERE**

Robert is Here started as a tropical fruit stand in Homestead and soon became renowned for their milkshakes; most notably, their Key Lime Pie milkshake. Throughout the year, Robert is Here also carries 500 unique types of exotic fruit including cherimoya, jackfruit, guanabana and sugar apples. Be adventurous and try something new. The market is an excellent place for a summer afternoon with family and friends. There is also a petting zoo where kids can hand-feed the farm animals.

9200 SW 344th St, Homestead, robertishere.com, 305-246-1592

## WONDER AT OLD WORLD CHARM

### VIZCAYA MUSEUM & GARDENS

This architecturally stunning villa was built between 1914 and 1922 and is surrounded by 43 acres of manicured gardens. Discover lavish design, exquisite interiors, a diversity of art collections and antiques. Then wander the lush gardens outside.

Vizcaya Museum & Gardens has been described as "the finest private house ever built in America," "a jewel among Miami's skyscrapers and subdivisions," and "some Noah's Ark of decorative arts." Its exteriors offer the "manic tranquility of the great European folly gardens."

"Vizcaya is beautiful and serene. But it is also a place of intellectual stimulation, compelling us to consider the relationships between native and foreign, old and new, and natural and designed," said Dr. Joel M. Hoffman, Executive Director of Vizcaya Museum and Gardens.

You can tour Vizcaya in a group, or take a guided public tour. If you get hungry, there are lunch options.

Vizcaya is open from 9:30am to 4:30pm. 3251 S. Miami Ave, Miami, vizcaya.org, 305-250-9133

## DAY-TRIP TO THE BAHAMAS

Did you know you can take a round-trip Fast Ferry to Bimini from Miami, or Grand Bahama Island from Fort Lauderdale, for just over \$100? Go experience the crystalline waters of the Bahamas for a day or weekend getaway. Visit gobahamasplus.com.

# Relax



## TRY FLOATING:

### **Float8**

If you haven't heard of floating or sensory deprivation, it's a practice that originated in the 1950s by a neurologist named John C. Lilly. He wanted to explore what happens to the mind when it's completely deprived of sensory input. In the original tanks, subjects were suspended vertically in 160 gallons of water wearing a nightmarish-looking, latex blackout mask that supplied the subject with air and blocked the eyes from light. As the practice developed, the tanks were adapted to allow subjects to float horizontally — first in sea salt water, which was irritating to the skin, and eventually in massive amounts of Epsom salt.

In recent years, sensory deprivation tanks have been used in experimental therapies for treating post-traumatic stress disorder (PTSD) and anxiety. They've also gotten trendy for the practices of meditation and stress reduction. The pods are designed to simulate zero gravity, pitch darkness and absolute silence. By taking away the sensations of sight, weight and sound, one is left with merely themselves — one's mind and spirit.

Matt and Destiny Beck, the husband-and-wife co-founders of Float8 in Deerfield Beach, created a zen space for locals and tourists alike to experience the magic of floating. The vibe at Float8 is calming and welcoming. The lounge serves Kombucha on tap and fruit-infused water. The walls are lined with stunning psychedelic art on loan from Moksha Arts Collective in Miami. Each of the four private float rooms are stocked with lavender-scented bath products and muraled with floor-to-ceiling photography of picturesque Florida beaches (by Miami-based photographer Jason Korner).

The float pods are about 5-feet wide by 7-feet long (big enough to not feel claustrophobic) and filled with body-temperature water. A foam noodle is provided to help support your head while floating, and soothing music plays inside the pod for the first few minutes to ease you into the process before fading to silence.

There seems to be two ways to approach the tank: one is to meditate, slowing the mind into a deep state of dreamy relaxation; the other is to enter the tank with an intention or problem and let the space trigger creativity. In addition to floating, the Float8 offers workshops, art events and community gatherings. Float8 is located at 616 SE Tenth St. in Deerfield Beach. For more information, visit [float8ion.com](http://float8ion.com).

## FEED YOUR FASHIONISTA

### VISIT WORTH AVENUE

Channel your inner Julia Roberts for a "Pretty Woman" day. Grab a floppy straw hat, your biggest sunglasses and designer handbag, then head to Palm Beach's Worth Avenue. The beautiful boutiques are surrounded by bougainvillea, fashion sparkles in almost every window and palm trees line the pristine Avenue. Sit down to a gourmet lunch at Ta-boo for a taste of real Palm Beach. The restaurant has been open since 1941 (ancient by Florida standards) and is simply a "must" for any day in Palm Beach to be complete.

Worth Avenue, Palm Beach, [worth-avenue.com](http://worth-avenue.com), 561-659-6909

## TAKE A DIP, ITALIAN STYLE

### THE VENETIAN POOL IN CORAL GABLES

Built in 1981, the Venetian Pool in Coral Gables is modeled after Venice Italy and is one of the largest and most beautiful public swimming pools in Miami. Swim into vine-covered caves, lounge on the cobblestone steps like a mermaid or caress your scalp under one of the waterfalls. This tranquil, open-air pool is almost mystical.

2701 De Soto Blvd, Coral Gables, [coralgables.com](http://coralgables.com), 305-460-5306

## TAKE A BATH, RUSSIAN STYLE

### MIAMI BEACH RUSSIAN & TURKISH BATHS

The rustic Russian & Turkish Baths in Miami Beach is a labyrinth of 17 exotic saunas, therapeutic steam rooms and sumptuous massage rooms. This place is a temple of heat and bathing where you can escape everyday stresses to relax, rejuvenate and wash away all the tensions of everyday life. Attractions include an ocean water jacuzzi with waterfall, dry finish sauna, aromatherapy steam room, Turkish steam room, polar bear sauna, infrared sauna, Swedish showers, a warm rain room, an olympic size swimming pool, fitness room, tennis courts and access to the beach. Don't be caught off guard — the Russian and Turkish baths are not your super fancy spa — they are rather kitschy and quirky. But they also don't have the super fancy spa price — a one-time pass is only \$52. And after you work up an appetite, you can try authentic Russian food, like borscht and cheese blintzes.

The spa is located at the Castle Beach Club Hotel at 5445 Collins Ave., Miami Beach, 305-867-8315, [russianandturkishbaths.com](http://russianandturkishbaths.com)