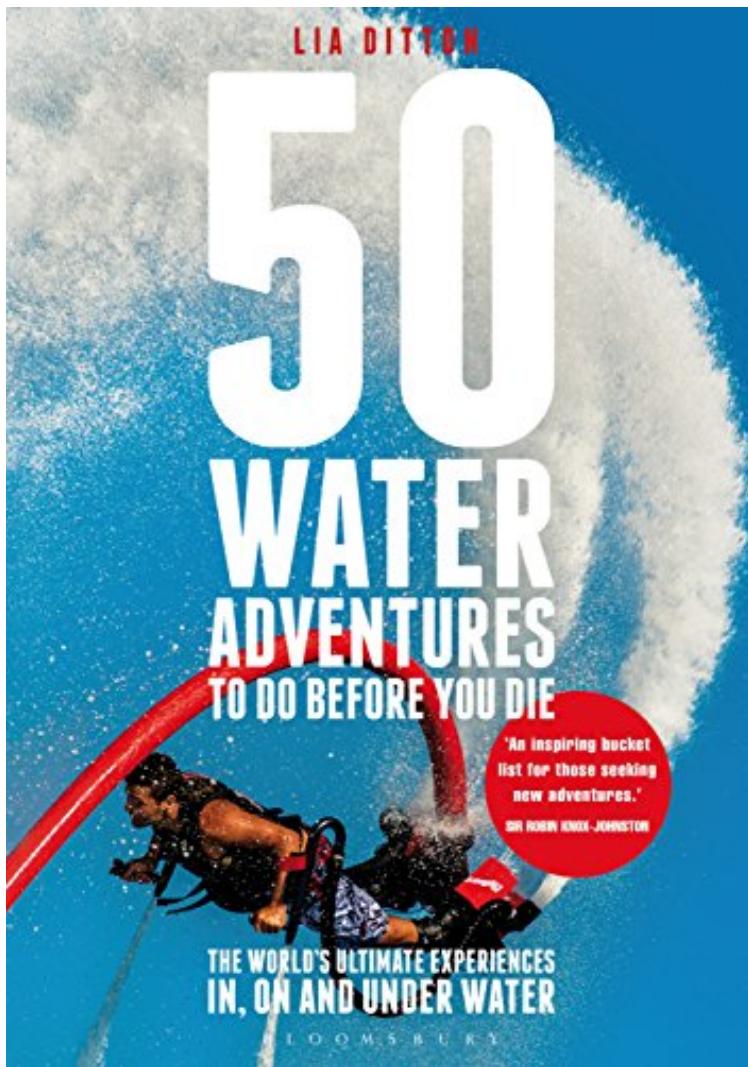


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From paddle-boarding the Mississippi to big game fishing off Mexico, from floating in the Dead Sea to swimming with jellyfish in Palau, from iceboating in Russia to sailing non-stop round the world, this book promises to inspire dreamers to become doers. Featuring experiences in every corner of the globe and accompanied by stunning photography and bite-sized practical information, this book accommodates every mood, budget, timespan and level of challenge. In amongst incredible tests of endurance lies a healthy range of more practical activities for the general reader: if inner tubing the Colorado rapids isn't quite your thing, dining in the Ithaa Undersea Restaurant in the Maldives just might be. Diverse and utterly captivating, this book is guaranteed to enthrall thrill-seekers, water lovers and armchair readers alike.

“Professional sailor and adventuress Lia Ditton is the kind of person who runs the Marathon des Sables, and then rows across the Pacific. Luckily for us, she toned down her 50 Water Adventures to do Before You Die. Among the gentler challenges are paddleboard yoga in a geothermal crater in Utah and fishing for big game off Mexico. Sailors might want to sail a leg of the Clipper Race or sail the Nile in a felucca. That leaves 46 adventures--better get going!”
“Sailing Magazine”
“A big part of life is about enjoying it and having fun--adding water to it makes it even better. If fun isn't fun for you unless it's also thrilling, then I recommend Lia Dutton's 50 Water Adventures to do Before You Die, the ultimate bucket list handbook for water lovers.”
“Boating Times”
“Long Island and Chesapeake Bay”
About the Author
Lia Ditton is a professional adventurer who writes about her extreme experiences. Now 33, Lia has sailed the equivalent of four laps of the globe and is the 53rd woman to row the Atlantic. A licensed captain, Lia has spent 73 days in a row naked, eaten over two years worth of freeze-dried food, gone a month without a shower and sailed a boat over 40mph. A regular contributor to outdoor magazines worldwide, Lia has been interviewed live on BBC Radio 4 and featured on CNN.