

Santa Catalina Island beckons adventurers with a wide range of high-octane activities. In the summer months, those adventurers are frequently focused on and below the water, but land-based Catalina things to do are also plentiful.

Scuba – It's doesn't matter if you've never tried scuba or have a dive log filled with international adventures, scuba diving on Catalina Island offers unforgettable underwater experiences. The island's crystal clear waters, abundant marine life and diverse habitats have been a beacon for scuba divers since the sport was first invented.

- First timers – Discover Scuba offers a no-experience-necessary option to check out what diving is all about. Several local dive operators can arrange a Discover Scuba adventure for anyone ages 10 and older who is comfortable swimming. Not quite ready for scuba? Snuba is the perfect bridge between snorkeling and scuba.
- Take the next step – With its sheltered leeward dive sites and experienced dive professionals, the island is the ideal destination to become a certified scuba diver. Expect about three to four days to complete the dives and the classroom work. Already certified? Local dive operators can take your skills to the next level with advanced classes and showcase unforgettable dive spots like the Casino Dive Park, Italian Gardens and Farnsworth Bank.

Zipline – One of the most popular activities on Catalina Island is ziplining, a high-speed thrillfest that whisks adventurers high above Descanso Canyon at speeds up to 45 miles per hour. Five separate ziplines will leave you breathless as you race high above the ground. The Zipline Eco-Tour is located at Descanso Beach, where you'll also discover the Catalina Aerial Adventure, an arboreal obstacle course with three levels of adventure.

Soar above it all – One of the first Catalina activities that visitors see is parasailing. Towed behind a boat and lofted up to 800 feet above the sea, parasailers get a bird's eye view of Avalon, Catalina Island and the surrounding waters. Once you're aloft, parasailing is surprisingly peaceful, as you float gently high above. In the summer, make sure to let your boat crew know that you'd like a dip: they'll slow down, bringing the parasail gently down to the surface where you'll put your feet – and legs – in the water. Once you've cooled off, a quick acceleration by the boat will whisk you back up.

Looking to see the rest of the island from the air? Book a helicopter tour of the island to see its isolated coves, dramatic cliffs and rugged coastline.

Adventure atop the water – Catalina's fastest water activity will fuel your need for speed. Personal watercraft let you race across the waves at high speeds and with pinpoint maneuverability. Available only in the warmer months, jet-skiing on Catalina Island provides a high-octane thrill ride for up to three people per watercraft.

Prefer your adventures at a slower pace? Kayaks, standup paddleboards and skiffs are all available for you to chart your own course along Catalina's 52 miles of coastline. Or book a sailing adventure to feel the wind in your face as you watch for dolphins and other marine life.

Sportfishing – For more than a century, Catalina's waters have attracted anglers from around the country eager to land a big one. Marlin, tuna and seabass can all be found in island waters. Several local fishing charters are available and can arrange everything you'll need to boat – or tag – a whopper.

Flyboarding – The newest activity on Catalina Island lets you play superhero. Flyboarding gives you jet propulsion for acrobatics above the surface of the water. Propelled by a waterjet on a nearby personal watercraft, fly-boarding is a unique adventure that will keep you coming back for more.

Getting out of town – Whether you take on Catalina’s many hiking trails, challenge the island’s rugged terrain on a mountain bike or explore aboard a four-wheel drive adventure, the interior of Catalina Island is an adventure lover’s paradise, where undeveloped wilderness combines with sweeping seascapes to create an isolated environment ideal for your next authentic adventure.