



you
ONLY
live
ONCE

INTRODUCTION

Life's not a dress rehearsal. 'Carpe Diem.' 'Be happy while you're living for you're a long time dead.' Yes, there are *a lot* of motivational proverbs about living life to the max out there, including the title of this book. But that's probably because it's a big deal.

The average person has a lifespan of threescore years and ten, give or take. And there's a lot to pack in. Some people are born with a knack for sucking the marrow from the bones of life.

Sir Richard Burton, the Victorian explorer, soldier, spy, linguist, writer, ethnologist... we could go on, travelled to India with the British Army at the age of 20, where he learned more than half a dozen local languages, studied Hindu culture and kept a menagerie of monkeys. Later he explored Africa and the Middle East and translated *The Arabian Nights*.

A more contemporary example might be Keith Richards, Rolling Stones guitarist, writer of immortal riffs, and aspiring librarian. As both demonstrate, you can pack a lot into threescore years and ten if you try.

And that's what this book sets out to help you do. It's not just another bucketlist of big-ticket trips We've all heard about Venice and, yes, it is probably worth going to Italy to see its waterways. Instead, hopefully you'll take away something more from this book: a resolve to live life to the fullest, to add a dash of *joie de vivre* to every day.

That doesn't just mean splashing out on exotic holidays but also seeking out and indulging in little pleasures – a new pair of handmade shoes, that simple dish of perfectly dressed pasta. And, while we feature a number of serious challenges – the Appalachian Trail,

Matt Munro

KAYAKING IN VENICE



you ONLY live ONCE

it's worth noting, doesn't get any easier the older you grow – there are just as many experiences that you can enjoy on your doorstep with a little lateral thinking.

Start by embracing spontaneity; experiences like sleeping under the stars, once in a while, remind you what an amazing privilege it is to be alive, to think and to enjoy the world around us.

And we've tried to suggest opportunities to learn and slake a little of that thirst for knowledge among these pages, with illustrations of how to mix cocktails, identify autumn leaves and train for a marathon with a difference. For hedonists and adventure-lovers we've also mapped once-in-a-lifetime experiences in cities and on islands.

Essentially, **You Only Live Once** is about experiences not places – though we travel to every corner of the planet. It is about those experiences that you will replay in your mind's eye years later; they may not feature the most spectacular destinations, they may even in fact have cost nothing, but they will be the travel experiences that changed you, the ones that still bring a smile to your face.

So, how does this book work? There are five chapters – for an Hour, Day, Week, Month and Year – and in each we suggest experiences that may take about that amount of time. Naturally, these definitions are as elastic as you want them to be. You might wish to spend one hour or several kitesurfing in Greece, you can stretch a day into a weekend, a week into a fortnight. You can spend one month or six working your passage abroad, take a year or more to travel around the world.

But what all these ideas have in common is that they're starting points. They will reignite long-forgotten desires – to learn an instrument or a language – or spark new and unexpected ambitions: why shouldn't you move to Provence for a year?

When you know what's stopping you, you can start working on a solution. Perhaps this book will be as useful in helping you identify obstacles as will be for refining your month's or your year's travel experiences. Then it's time to turn to Lonely Planet's extensive travel resources and begin planning the rest of your life. ●

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Matt Munro

TRYING STREET FOOD IN HOI AN, VIETNAM



LET'S BEGIN

'Two roads diverged in a wood and I took the one less traveled by.'

Robert Frost

Brian Glover

THE DARK HEDGES, COUNTY ANTRIM, NORTHERN IRELAND

Chapter
01

AN HOUR



In which we spend a couple of hours taking care of the little things

**– a shave, a shower, perhaps a cocktail or something to eat –
before tackling the big stuff: sporting events,
extreme feats, life-and-death spectacles,
celestial phenomena and the ever-thought-provoking
rituals of dawn and sunset.**

020
BE AT THE BIRTH
See life and death spectacles from Antarctica to Zambia.

022
WITNESS THE DAWN
Take a few minutes to make it a morning to remember.

024
OPEN YOUR EARS
Get lost in the music and the moment at a live performance.

027
RODEO!
Don't run with bulls.
Ride them!

028
TO THE SEA!
Adam Skolnick goes open ocean swimming.

030
BATH TIME
From onsens to ice holes.

032
HARNESS THE WIND
You, a board, a sail, the sea and a stiff breeze.

035
TRIAL BY FIRE
Six of the most searingly spicy chillies to try and where.

036
TAKE A WATERFALL SHOWER
Dive in for the ultimate wild-swimming experience.

038
PUT IT ALL ON BLACK...
Or red.

040
GET A CLOSE SHAVE
Sit back and let a maestro of the razor work his magic.

042
TAKE AN URBAN HIKE
See a familiar city on foot; it will never look the same again.

045
TOTAL ECLIPSE
Watch the celestial ballet unfold.

046
STARLIT CINEMA
Kick back at an open-air cinema for a movie to remember.

048
GET A TATTOO
Holiday snaps fade but ink lasts forever.

050
AN HOUR
In numbers.

052
ZIP IT!
Add zip lines to your thrill-list, they get bigger every year.

054
COOK SOMETHING YOU CAUGHT
Foraged food is the ultimate in local flavour.

056
WALK OF LIFE
Nicola Williams recalls her wedding walk in France.

058
SWIM WITH FISH
Venture beneath the waves to see how the rest of the planet lives.

060
LOOK UP!
Change your perspective and check out the skyline.

062
CLASSIC COCKTAILS
Try an iconic cocktail in its home city and take the recipe home.

066
PERFECT PARKS FOR PICNICS
Find wild spaces close to cities for an al fresco afternoon.

069
WHERE TO FEEL SMALL
50 ways to shrink your world.

070
BUY THOSE BOOTS
Footwear's not frivolous if you walk through life in it.

072
TAKE A SKYWALK
The latest lofty lookouts.

074
FEEL THE PASSION
Get swept along with the most passionate fans in Belgium.

077
FREEFALL!
Jump out of a perfectly adequate aeroplane? Why not?

