

THE GREAT (OFFBEAT) OUTDOORS

Get a fresh take on fresh air with a host of out-of-the-ordinary outdoor activities — such as music concerts, yoga and Frisbee golf

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Sunny, no snow and (mostly) in the '70s. Enjoy the forecast while it lasts.

Take advantage of the weather and try a new outdoor activity — while the rest of the country is slogging slowly into spring, and before our own weather turns muggy and miserable.

There's yoga on the beach. Wake-boarding in North Miami-Dade. Kayak-

ing by moonlight.

These activities let you discover South Florida's offerings, and can give your body a thrill and your mind a rest.

"People are more and more isolating themselves inside, spending more and more time on the internet and getting less a of feeling from our environment," said Charles Kropke, who leads Dragonfly Expeditions.

On his tours, Kropke tells

stories that bring South Florida to life, from walking in historic Coconut Grove to snorkeling along a shipwreck off Key Biscayne. Kropke said people can improve their health and learn about history. He's witnessed other changes, too.

"I think they find a little kid in themselves, a kid that wants to explore things," Kropke said. "They get a little more attached to the rhythm of life."

