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If you want to enjoy an adventure, it doesnâ€™t have to be relegated to the jungles of Africa. There are many more options available now and you canâ€™t do better than making the most of them. Activity and adventure holidays offer you an exciting prospect, away from the hotel and resort vacations you are used to. They are the perfect antidote to the monotony of everyday life. Pack your bags and take your family along on a trip that you will cherish for the rest of your life. Here are some of the best options for you.

Climbing

Climbing is a fun activity to undertake. It is the perfect choice for people who like being challenged physically and mentally. The thrill and excitement of climbing rocks and mountains make a climbing holiday very memorable. There is a drawback to it that you have to be in good physical condition. Plus, it is a challenging activity that involves a lot of risk if not done properly.

Painting

Painting is a favourite activity for some people while some people may reject the idea of painting holidays right away. This is a specialist holiday package intended for people who want to hone their painting skills. Training is provided for painters of all skill levels, from beginners to experts. It is a great way to interact with nature and enhance your painting quality. Painting holidays are considerably expensive as compared to the other activity holidays.

Walking

Walking or trekking is by far the most popular activity chosen by people for activity holidays. Walking through entire countries from coast to coast is a great way to improve health and explore the landscape. It is also a great activity for people looking to enjoy a holiday on a budget. With little cost of fuel, ramblersâ€™ holidays are affordable and within reach of almost all income groups. Ramblersâ€™ holidays can be enjoyed on your own as well as being a part of a group.

Cycling

Cycling is another great idea to enjoy on an activity holiday. Cycling is a wonderful way to explore new places and enjoy new experiences. Many European countries have developed special tracks where cyclists can bike their way around the country without having to get in the trafficâ€™s way. Cycling is also a healthy activity and would have a wonderful effect on your health in the long run. Add to that the cost effectiveness and you are left with a great option for an activity holiday.

These are some of the options you have for choosing an activity holiday. With the wide range of ideas available to you, it is imperative that you think carefully and decide which activity is going to suit you the most.

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