

Adventure Travel: Vacationing With Excitement

You will find that there are many options when it comes to adventure travel tours, and choosing the best tour revolves around your definition of adventure. Adventure means a variety of things, depending on the person defining it. The first thing to do is ask yourself how much adventure is too much. Remember, everyone has a different idea of what adventure is so one person's response may be significantly different than someone else's idea of adventure. One traveler may view adventure as a bird watching excursion while another traveler may view ultimate adventure vacationing as touring a haunted house or an old historic ghost town. Beyond that, some may view adventure as rock climbing, sky diving or adrenalin rushing activity.

For many, a passion in their life may translate into a terrific adventure travel tour. For example, a passion for backpacking could take a traveler into the Machu Picchu in Peru or the beautiful Appalachian Mountains. Culinary interests could take a traveler to a vineyard tour in France to enjoy some cooking classes. To the traveler with archeological or historical interests, they could turn their adventure travel holiday into a tour to the ancient Mayan ruins for an unforgettable experience.

Another popular aspect of adventure travel tours is extreme sports which are particularly popular with travelers seeking an adrenalin rush. Whether your idea of adrenalin pumping adventure is cage diving with sharks in Africa, riding the rapids of the Colorado River, or another favorite extreme sport, you are sure to find the perfect adventure for you.

When planning your adventure travel trip, your level of physical fitness is a good indicator of what you can and cannot handle as far as adventure activities. If you are slightly overweight or are experiencing a heart condition, you need to consider closely what activities would not be the most realistic choices. You may need to reconsider your dream of skiing the Swiss Alps or kayaking off the Alaskan coast.

If you do not know where to start in the planning process, first check with some organizations in which you may have a membership. You might be surprised at some of the services different organizations sometimes offer. For example, if you are a member of a walking club, the regional office may have brochures or literature on some of walking tours in your area or other interesting locations. If you take sky diving or scuba diving lessons, your instructor probably has some ideas or suggestions on where you can go, or at least some good sources of information to get your planning start.

Another option is to go through a travel agent, travel club or an adventure travel company focusing solely on matching travelers with the best adventure for their tastes and budget. The Internet is another good place to begin travel planning, as well as family and friends who may have some previous experiencing in travel similar to what you are planning. If anything, family and friends may have some reviews of certain destinations or provide you with some useful tips.

About the Author

Focusing on latest developments in hotels in benidorm, Greg Hansward wrote especially for <http://www.alicante-spain.com> . On his site you can find his publications on [map of hotels in benidorm and star hotels in benidorm](#).

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