



**ADVENTURE  
TRAVEL IN EUROPE**

# The Scottish Highlands

A wide-angle landscape photograph of the Scottish Highlands. The scene is dominated by steep, rugged mountainsides covered in vibrant green vegetation, likely heather or grass. The mountains rise sharply from a valley floor. In the distance, a winding road or path is visible through the valley, leading towards a small cluster of buildings. The sky is filled with soft, white clouds, and the overall lighting is bright and natural, suggesting a clear day.

**The Highlands are Britain's heartlands for outdoor adventures:**

- The stunning scenery includes the largest mountain ranges in the country – explore miles upon miles of hiking and mountain biking trails around the Nevis Gorge
- Prepare to get wet as you hit the rapids for a canoeing, kayaking or canyoning experience

# The Scottish Highlands

- If you prefer keeping yourself dry, you can get behind the wheel for a 4x4 Land Rover safari
- Try out one of the insider access opportunities – perhaps you'll enjoy red deer photo stalking or maybe a look behind the scenes of a traditional whisky distillery with its owner
- Kids will love taking part in traditional local sports, like tossing the caber, for their very own 'Highlander Games'



# Switzerland



A country dominated by the Alps, Switzerland has endless options:

- Out of all the infinite hiking routes, our favourite to be the Eiger Trail, where your mountain guide reveals the best views of the famous North Face
- Test your head for heights on the world's only suspension bridge between two mountain peaks

# Switzerland

- Experience weightlessness on a rapid toboggan ride, suspended in the air at heights of up to 6m!
- Soar through the valley by zip line at up to 55mph for panoramic views of the glorious glaciers and pastures far below
- Witness the cascades of the Giessbach Falls close-up with a jet boat adventure, before checking out Trummelbach – the only glacier waterfalls that you can reach from underground, through a network of subterranean tunnels



# Barcelona and Northern Spain

**From the Pyrenees to the Costa Brava, the full range can be found here:**

- Explore the rugged cliffs and coves of the wild Costa Brava by kayak
- Saddle up for a horseback adventure – the forests of the Catalan countryside are full of verdant scenery offering delightful rides to beginners and veterans alike
- Combine a visit to the renowned Montserrat Abbey with a hike around the surrounding pink-coloured peaks, stopping off to try the traditional local food and cava en route!

# Barcelona and Northern Spain

- Experience a relaxed journey through the skies – a hot air balloon gives you stunning views of the landscape and you can land near a winery to get an inside look into the ancient tradition of winemaking
- Every town and village seems to have its own festival here. From Barcelona's human towers and fire running, to Pamplona's bull runs, there are a host of unique traditions to witness first-hand
- If 'old school' sports are more your thing, why not try a tennis masterclass with a former world no. 1 at his very own academy?

# Sicily



**Civilisations and nature collide to create a playground of opportunities:**

- Check out the hotspots in Taormina – a Segway tour gives you a great overview of the mishmash of influences on this ancient town
- Away from the city, the sun-baked terrain of the Alcantara Valley is best explored by quad bike

# Sicily



- Dive into the Alcantara itself – the river makes for a unique trek through a landscape shaped by lava
- And get closer to the source of the lava – Etna is Europe's largest active volcano and it is well worth exploring this behemoth off-road by Jeep!

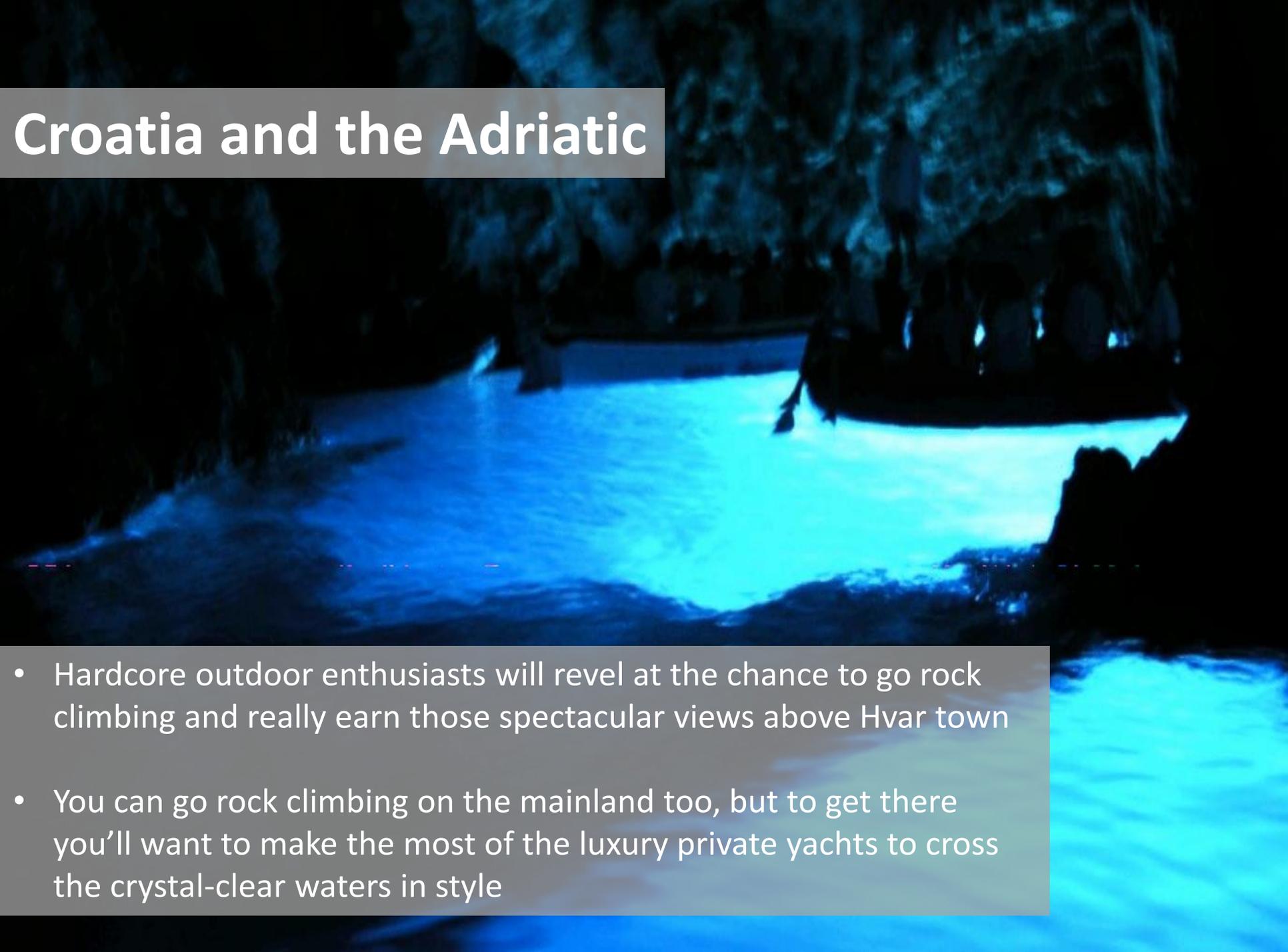
# Croatia and the Adriatic

An aerial photograph showing two orange kayakers on clear, turquoise water. The kayakers are wearing life jackets and using yellow paddles. The water is so clear that the rocky seabed is visible. The kayakers are positioned in the upper left and lower right of the frame, with a rocky coastline visible on the left side.

**A kaleidoscope of colours awaits along this stunning coastline:**

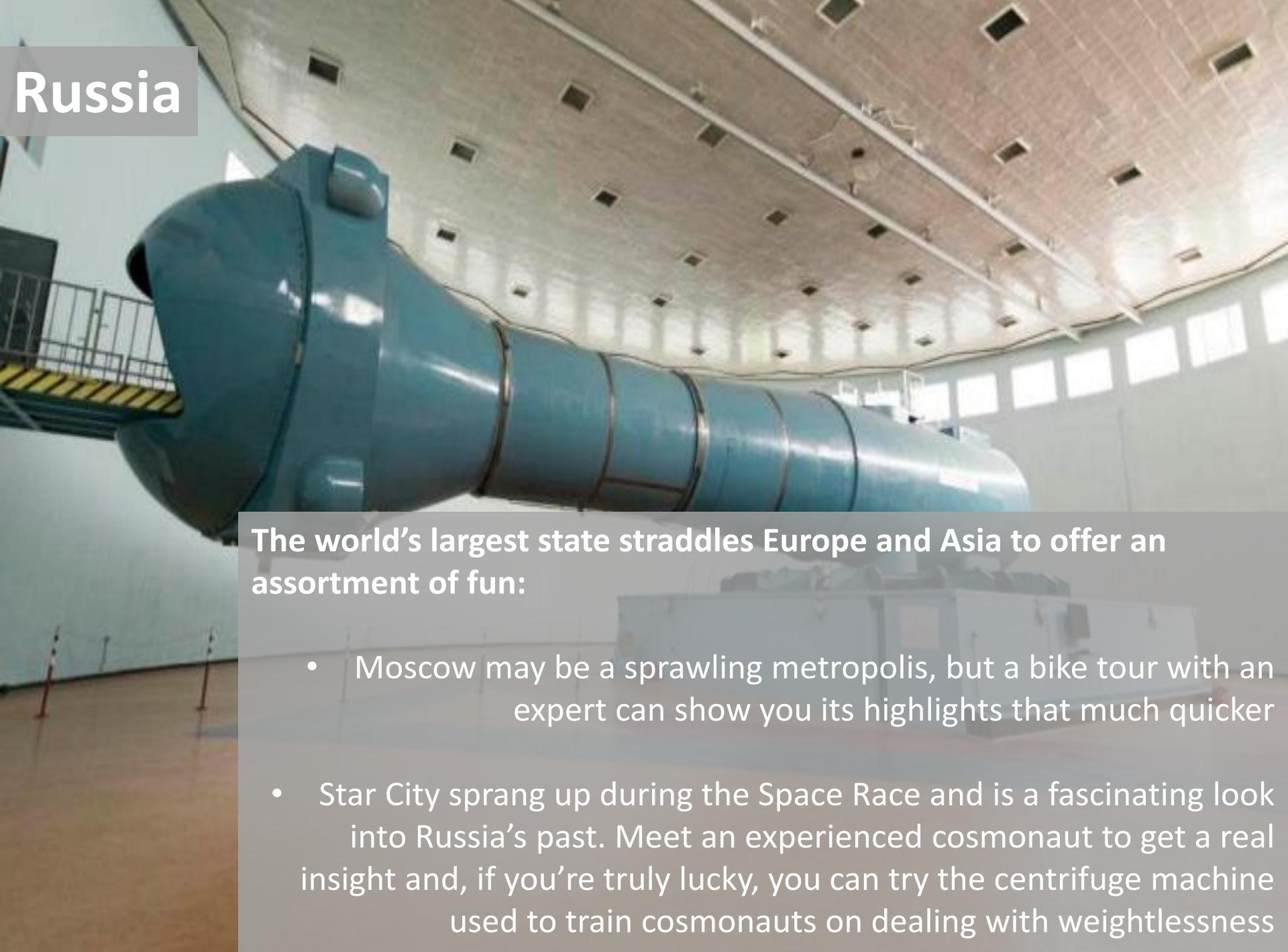
- Discover the jewels of the Adriatic – a sea kayak gives you the chance to find the hidden beaches and secluded bays of the Pakleni Islands
- Hvar affords an array of options for a small island – check out the UNESCO World Heritage town of Stari Grad by bike or encounter abandoned villages on a country hike

# Croatia and the Adriatic



- Hardcore outdoor enthusiasts will revel at the chance to go rock climbing and really earn those spectacular views above Hvar town
- You can go rock climbing on the mainland too, but to get there you'll want to make the most of the luxury private yachts to cross the crystal-clear waters in style

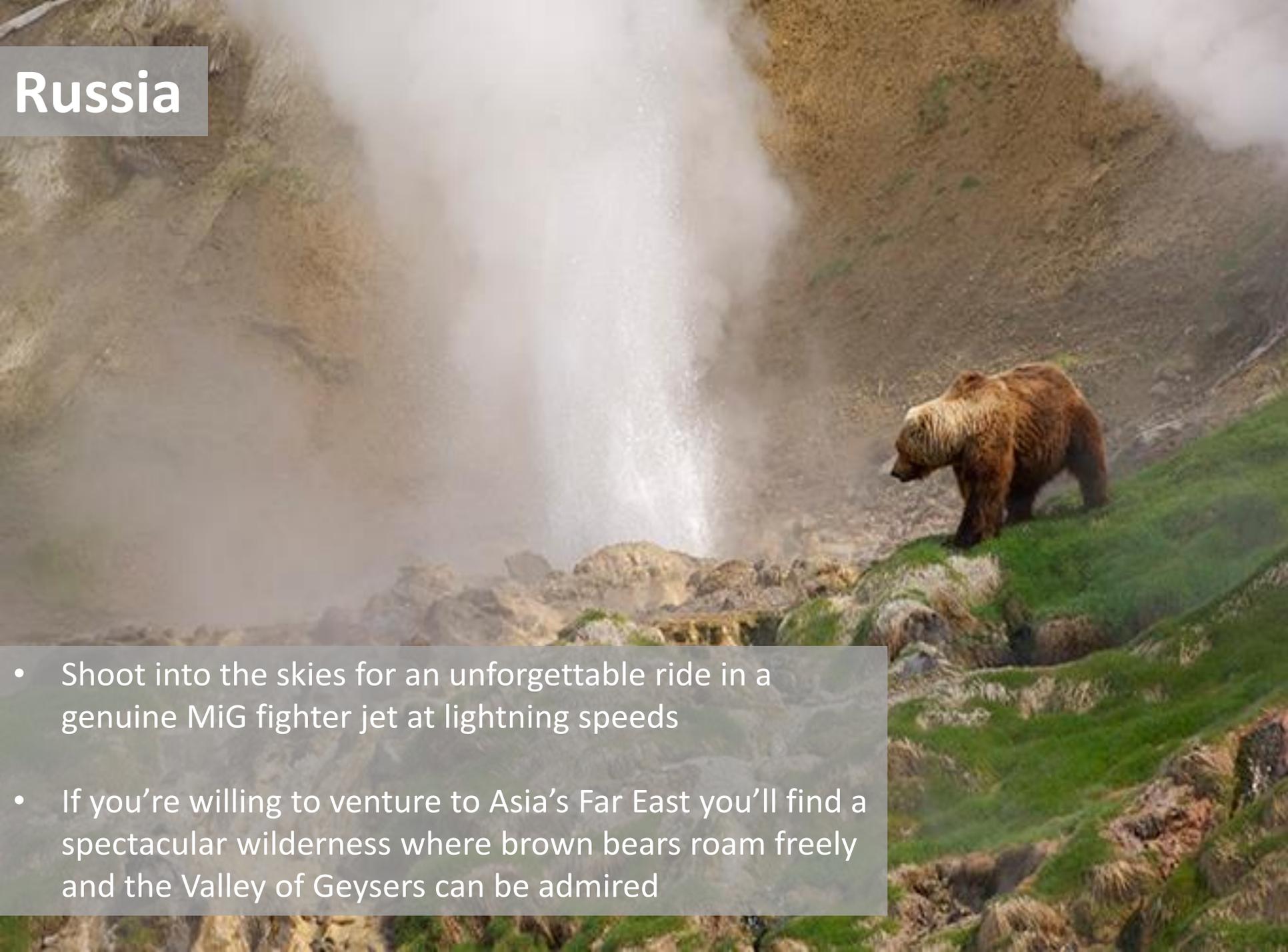
# Russia

A large, blue, cylindrical centrifuge machine is the central focus of the image. It is situated inside a vast, circular industrial building with a high, vaulted ceiling. The ceiling is made of a grid of light-colored panels, with numerous small, square recessed lights. The walls are white and feature a series of rectangular windows along the top edge. The floor is a smooth, light-colored surface. To the left, a metal walkway with a yellow and black striped safety railing is visible. The overall atmosphere is one of a large-scale industrial or scientific facility.

The world's largest state straddles Europe and Asia to offer an assortment of fun:

- Moscow may be a sprawling metropolis, but a bike tour with an expert can show you its highlights that much quicker
- Star City sprang up during the Space Race and is a fascinating look into Russia's past. Meet an experienced cosmonaut to get a real insight and, if you're truly lucky, you can try the centrifuge machine used to train cosmonauts on dealing with weightlessness

# Russia

A brown bear stands on a grassy slope next to a geyser. The geyser is emitting a large plume of white steam that rises into the sky. The background shows a rugged, mountainous landscape with rocky terrain and patches of green grass. The bear is facing left, looking towards the geyser.

- Shoot into the skies for an unforgettable ride in a genuine MiG fighter jet at lightning speeds
- If you're willing to venture to Asia's Far East you'll find a spectacular wilderness where brown bears roam freely and the Valley of Geysers can be admired

A photograph of two people riding bicycles on a city street. The person on the left is wearing a dark suit and riding a bicycle with red handlebars. The person on the right is wearing a brown sweater and orange pants, riding a black bicycle. The background shows a city street with buildings, cars, and a street lamp.

# Urban Adventures

**Who said you had to leave the city to find an adventure?**

- A bike or Segway can be a fun way to try sightseeing with a twist and save your feet at the same time. A number of cities across Europe can be explored with these options
- London is a treasure trove of original ideas for city touring, with anything from roller skis to penny farthings available to get around on. You'd be surprised at what you can find here – ice climbing, skiing and wakeboarding? In London, it's no problem!

# Urban Adventures

A group of people, including a woman and a child, are participating in an urban adventure activity. They are wearing blue safety gear and are positioned on a high structure, possibly a cable car or a zipline. The background shows a blue sky with white clouds and a yellow tower structure. The woman is smiling and looking towards the child, who is also smiling. They are both holding onto a thick black rope. Other people in similar gear are visible in the background, suggesting a group activity.

- Even the cityscape has been adapted for you. Catapult down the world's longest tunnel slide at the symbolic Orbit monument in the Olympic Park (or abseil down a bit more slowly if you prefer!)
- Alternatively, hardy souls might want to climb the 160ft platform above the O2 Arena and bungee off the top