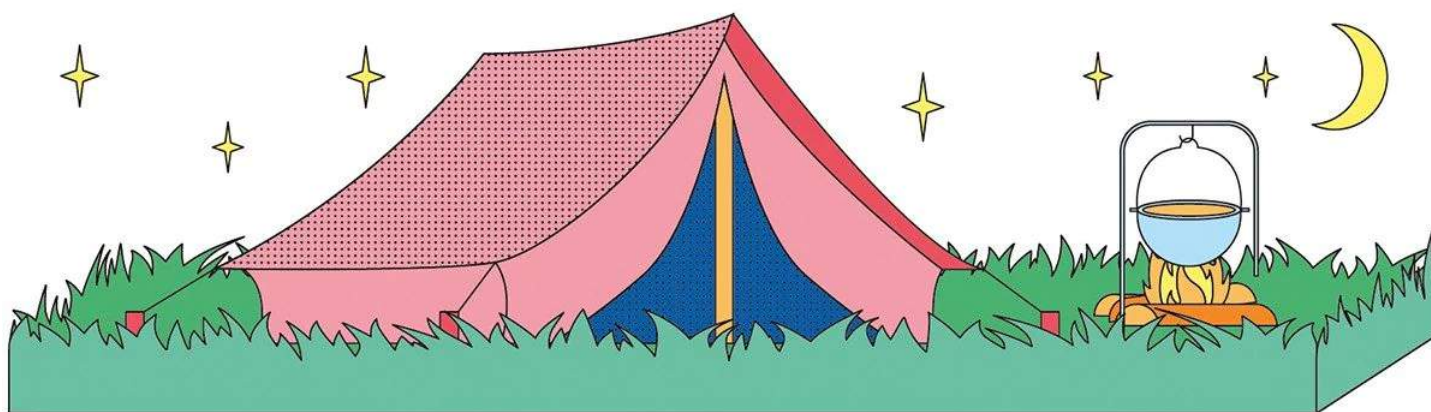


[Coronavirus](#) [News](#) [Politics](#) [Business](#) [Sport](#) [World](#) [Money](#) [Opinion](#) [Life](#) [Style](#)[See all Travel](#)

10 exciting adventure trips, from wild swimming to rainforest hiking

Fill your lungs with fresh air, your body full of adrenaline and head for the great outdoors

By Sarah Marshall

10 July 2021 • 12:00pm



It's time to inject some excitement back into your life – the great outdoors are calling. Following the news that from July 19 fully-vaccinated travellers returning from amber-list destinations will no longer have to quarantine it's time to embark on that adventure you've been dreaming of. Whether it's exploring the deep blue while diving in Gozo, breathing in boundless fresh air on a Norwegian cycle tour or stretching your legs while

hiking across the forgotten side of Ibiza, here are 10 breaks to put an adrenaline-fuelled spring back into your holiday plans.

1. Embrace peak season in Spain

Making the most of a dire situation, explorer Sam McManus mothballed his adventure travel company YellowWood Adventures and rode out the pandemic on surf waves in Costa Rica. Returning to Europe, he moved to northern Spain and spent months between lockdowns devising new hiking routes. This one is a challenging scramble across the central massif, the wildest and most scenic area of the national park, where lammergeiers swoop between peaks and views plunge into a crisp blue ocean. Sleeping in refuge huts, follow trails used mainly by chamois and the occasional bear or wolf reintroduced to the park.

The nine-day High Trails Through The Picos, from YellowWood Adventures, costs from £1,350, excluding flights. Departs September 4 (020 7846 0197; yellowwoodadventures.com).



Scramble across the Picos de Europa | CREDIT: Yellowwood Adventures

2. Find feminism rocks in the Alps

It was an uphill struggle for 19th-century female mountaineers, who sweated twice as hard to gain a foothold in the great explorers' hall of fame. In 1871, Liverpudlian Lucy Walker became the first woman to successfully climb the Matterhorn, and her pioneering efforts are recognised with a new walking tour at the Monte Rosa Hotel, where she started her ascent. To mark the 150th anniversary of the event, the hotel's two female owners have designed walks to explore Zermatt from a female perspective. Meanwhile, spa sessions and cooking lessons give 20th-century men an equal opportunity to excel at challenging stereotypes.

Monte Rosa Hotel (00 382 69 300600; monterosazermatt.ch) from £932 for two, excluding flights. To book with the security a tour operator provides, try Tui (0871 971 0577; tui.co.uk), which offers a seven-night stay (without the extras above) from £1,416pp, including flights.

3. Blitz the blues in Gozo

The underwater world is an endless fantasy. In a matter of minutes it's possible to descend from reality, moving peacefully and listening to the sound of your heartbeat. A playground of caverns, caves and tunnels, Malta's sister island Gozo has some of the best dive sites in Europe. Float through pools of shimmering light in the Xlendi Cave and disappear into the Blue Hole, dropping down rocky tubes and weaving through limestone formations. Wreck dives of battleships and a scuttled tourist ferry add to the adventure.

Original Diving tailor-makes a four-day dive weekend from £1,040pp, including flights (020 7978 0505; originaldiving.com).



Gozo is a diver's paradise

4. Try different strokes in Sweden

Providing a release from lockdown lethargy, wild swimming boomed during the pandemic. The hobby is nothing new for Swedes, who spend long summer days splashing in a network of rivers and lakes. With hundreds of hidden pools to discover, only dragonflies ever share their swimming lanes. Hike through pine forests, dive into clear waters and warm up with a wood-fired sauna on the shore. Wild-camp listening to howling wolves and rise early for a dawn dip.

Much Better Adventures offers a two-night break from £570pp, excluding flights. Departs 27 August and September 3 (020 3966 7597; muchbetteradventures.com).

5. Break away bubbles in Dominica

Beaches are an afterthought on this Caribbean island, where adventure takes centre stage. Hike through a rainforest interior laced with volcanic vents, rappel down waterfalls and raft along a collection of rivers big enough to fill every calendar day of the year. Top a cork-popping experience by diving through Champagne Reef, where bubbles from underwater hot springs effervesce like the finest fizz. From dainty seahorses to leviathan sperm whales, creatures great and small can be encountered along the way.

Steppes Travel has a seven-night B&B stay at the historic Fort Young Hotel & Dive Resort from £1,795, including flights (01285 880980; steppestravel.com).



Adventure takes centre stage in Dominica | CREDIT: Discover Dominica

6. Have an explosive time in Iceland

If a green light isn't enough incentive to visit this Nordic Neverland, the fiery red glow of an exploding volcano should send alarm signals to book now. Already thousands have flocked to view Mount Fagradalsfjall's fountain of molten magma, displaying a rare eruption style not seen for 800 years. Pop bands have hiked up to film music videos and couples have tied the knot. With flows showing no signs of slowing, Discover The World has launched a trip to witness the spectacle. The three-night break visits Reykjanes Unesco Global Geopark and includes a guided hike to the active cone.

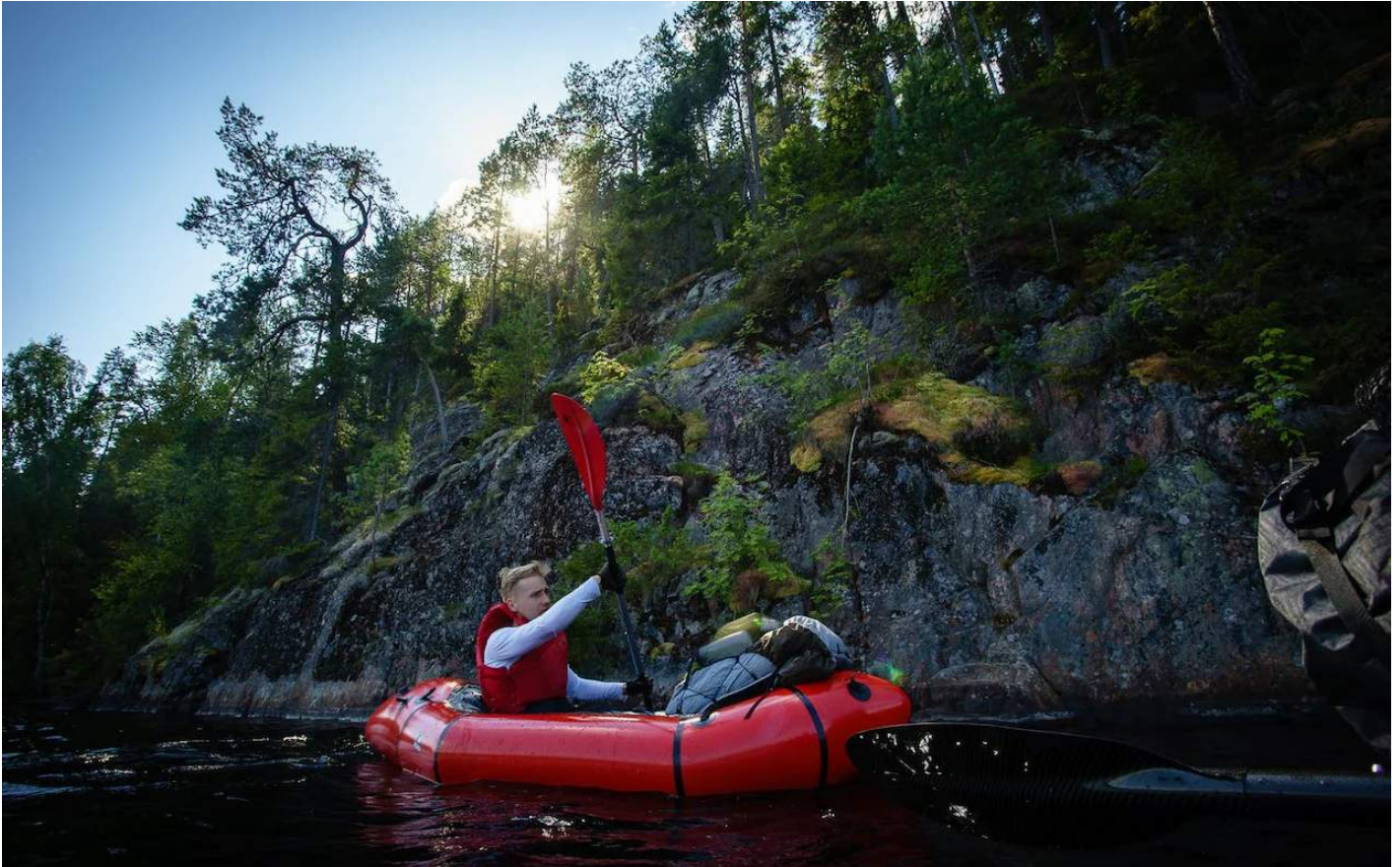
From £568pp with car hire, excluding flights, from Discover the World (01737 214250; discover-the-world.com).

7. Step and swim in the Finnish lakes

A patchwork of islands stitched to a blanket of blue, Finland boasts more bodies of water than any other country in the world. Thousands of lakes refresh boreal forests and lap the shores of granite outcrops, making it possible to combine sweaty hikes with cooling

swims. In the heart of Lakeland, Helvetinjärvi National Park, close to Tampere, is a geological wonderworld of rift valleys formed up to 200 million years ago. Spend days paddling through reflections of slow-drifting clouds and go wild-camping beneath a canopy of glinting skies.

Much Better Adventures offers a three-night group trip travelling with lightweight packrafts from £525pp, excluding flights. Departs August 22 (020 3966 7597; muchbetteradventures.com).



Finland boasts more bodies of water than any other country in the world

8. Get a healthy high in Ibiza

Blinded by neon lights, it's easy to forget the White Isle is much more than a party hub. But the past couple of years have given Ibiza a chance to realign its chakras and prove the island's spirit floats beyond dance floors and fancy bars. Trails weave between thick pine forests and along rough-hewn coastlines, dipping into secret coves and sleepy beaches for enjoying the sunset. Inland, a route leads up to the tallest mountain, Sa Talaia, with giddy views of the Med providing an alternative way to get high.

G Adventures offers a six-day hiking trip from £645pp, excluding flights, with an option to include a day of cycling on Formentera. Departs September 11 and 25 (020 7313 6953; gadventures.com).

9. Breathe in – in Norway

Adhering to the rules of *friluftsliv* (open-air living), Norwegians dedicate every sunlit summer hour to being outdoors. Breathe fresh air rolling off glaciers and taste spray tumbling from waterfalls on a cycle tour through three national parks. The Tour de Dovre passes through tundra where shaggy musk oxen graze in mountain shadows, while the Mjølkevegen follows an ancient highland dairy route. The provision of e-bikes and lodge-to-lodge transfers takes the sting out of steep hills, saving more energy for finding resident reindeer, elk and eagles.

Where The Wild Is offers a new nine-night trip from £2,180pp, excluding flights (0117 450 7980; wherethewildis.co.uk).

Explore three national parks on a cycle tour

10. Float your boat in Portugal

A conservation success story, the Luiz Saldanha Marine Park, 50km south of Lisbon, protects more than 2,000 marine species, making it one of the most rewarding places to paddle and explore. Kayak through clear waters searching for pods of bottlenose dolphins, and rest on secluded beaches only accessible by sea. Extend stays by camping below limestone cliffs reassuringly sheltered from the wind, continuing with a multi-day hike or mountain bike ride through the Arrábida National Park.

Stubborn Mule Travel incorporates the trip into a 14-night Highlights of Portugal tour from £7,250 for a family of four, including flights and car hire (01728 752751; stubbornmuletravel.com).

Travel Newsletter

Destination guides, travel advice and the latest news from our experts around the world.



Sign up

Related Topics

Portugal, Norway, Dominica, Spain, Ibiza, Iceland



The Telegraph values your comments but kindly requests all posts are on topic, constructive and respectful. Please review our [commenting policy](#).

Show comments

More stories



10 blow-out holidays for once-in-a-lifetime memories



The hidden perils of 'amber list' travel



20 incredible family trips for your return to Europe



Demand for amber list holidays surges ahead of quarantine announcement



Spain, Greece and Turkey 'to require quarantine' this summer



France: north or south – which is best?

More from Travel

When will space tourism cost less than £30,000?

By Chris Leadbeater

11 Jul 2021, 4:07pm



'I trusted a stranger in Tokyo, and was rewarded with kindness'

By Michelle Jana Chan

11 Jul 2021, 1:56pm



Why Italians believe football will be 'coming home' if they win

By Jo-Ann Titmarsh

11 Jul 2021, 12:00pm



10 glamorous railway journeys around Europe

By Adrian Bridge

11 Jul 2021, 12:00pm



10 of the most remarkable wildlife holidays, from Iceland to the Azores

By Mike Unwin

11 Jul 2021, 10:40am



The cute hotel for walkers in a 16th-century inn near the South Downs

By Fiona Duncan

11 Jul 2021, 5:00am



More from The Telegraph



Nine simple rules: the secret formula for hosting the perfect week away



The secret corners of Menorca – away from the crowds

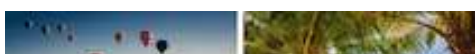


Meet the former pro now the man behind the mic at the Winter Olympics



'A Covid test didn't come back in time for a holiday – so I faked my results'

The red list countries that could move to amber in time for summer





British driving licences 'the world's most powerful'

Voucher Codes >

The latest offers and discount codes from popular brands on Telegraph Voucher Codes

[Travelodge discount codes](#)

[TUI discount codes](#)

[Lastminute.com discount code](#)

[Hotels.com discount codes](#)

[First Choice discount codes](#)

[STA Travel promo codes](#)

