

Family Adventure Holidays In France

Contributed by Martyn Davis
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Have you ever considered taking the family on an adventure holiday in France? it may be just what the whole of the family has been looking for.

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Whether you fancy white water rafting, horse riding, mountain biking or hiking, these are just some of the adventure holidays on offer in France, and with so many different activities on offer your holiday can range from the extreme sports to the more sedate, through to adult only adventures, what ever you decide this sort of holiday is never going to be boring, plus all the family can be involved together, which can also make for a great learning experience.

{bot_wrgoogle}Complete package holidays are a good way of getting the holiday you want without the hassle and these can be catered specifically for your needs, yet you can also choose to book specific activities for a day here and there whilst on your holiday. And when booking your adventure holiday, you would normally be in a reasonably small, informal group of around three to five families, or a social group of around 15 to 30, which would be headed by a trained tour leader and representative. You will also find that this can be a great way to meet other like minded families and individuals, whilst enjoying yourselves and, of course, testing yourselves to the limits along the way.

There are some people that would think of white water rafting or sky diving as extreme adventure sport, whilst others would think of cycling to one place, then going on horse back to another as a great adventure. But the truth is, there is an adventure holiday available to suit all tastes and some are more strenuous than others, so please do always check the itinerary thoroughly and make sure it is going to be suitable everyone.

You can also choose from activities such as canoeing and rafting in the Ardeche, canyoning, tubing and mountaineering in the Alps, horse riding in Brittany, paragliding and climbing in the Pyrenees, or why not go to Chamonix which is a real mountain town, full of history and is popular for skiing holidays, but also provides amazing summer mountaineering and with the diverse terrain it is mostly suited to the experienced for some of the worlds best winter riding.

Why not visit the Gorge d'Ardeche is also known as the Grand Canyon of Europe and as the river winds its way past steep canyon walls and towering cliffs, this creates the ideal location for canoeing, climbing and walking both for the experienced and the novice alike.

The Alps Maritime is like discovering the true France and even though the Roya Valley is only around one hours drive from the Riviera, it is still very unspoilt, and the valley itself is renowned for its many canyons and with the fast flowing river and mountain scenery, this could be the perfect location for an exhilarating family adventure holiday with lots of different activities to choose from, so you could never become bored, just possibly exhausted!

Also, France has lots of lakes and miles of coastal water suitable for water skiing and other water sports, although the areas in the South of France are far warmer, which gives it an added advantage.

Also this country has some of the finest terrain for mountain biking, which is probably why France has been able to produce some the best mountain bikers in the World, but there are also lots of other adventures that might take your fancy, which could include pony trekking, kayaking, scuba diving, wind surfing, hiking, rope courses, caving, abseiling, thrilling jumps into pools, quad biking and much, much more.

Just make sure that whatever type of adventure holiday you are looking for, you think of everyone that is in your party, as some activities are not available for children under certain ages, so you do need to consider what will be appropriate, after all if you like cycling but have a heart condition, then mountain biking is not going to be beneficial!

There are some trips that will cater for the experienced, such as rafting down rapids or ice climbing for the experienced rock climber, whereas a novice or for instance someone that has never even been in a canoe or on a horse before, would need to look at having some tuition incorporated within their holiday before they could attempt some of the activities on offer.

Also, do confirm the equipment, if any, that you will need to take with you along with any specific clothing requirements, such as hiking boots or your own life jacket, just as we had to get a life jacket for our daughter due to her age, as there were not any available in very small sizes and the last thing you want is to get to your destination and realise you cannot participate in the activities you were so looking forward to.

So for anyone who is interested in outdoor adventure travel then this type of holiday can really show you the real France by taking you off the normal beaten track and into the heart of this remarkable country.

About the Author:

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