



RAFTING ON
THE KLARÄLVEN RIVER

> carrying your bags, you follow waymarked tracks to gites and auberges, who supply superb dinners and packed lunches for the next day. Run by the coolest mountain guide couple, ecotourism doesn't get better than this. (itinerance.net)

23 Slieve Aughty in County Galway, Ireland, is a natural riding centre with a way of teaching which encourages you to look your horse in the eye and get to know it before you ride it. An organic farm, with fab full-board catering in its new state of the art eco accommodation, this idyll in the Slieve Aughty Mountains is perfect for beginners and experts alike. (riding-centre.com)

24 Soomaa is a National Park in Estonia with European wilderness status. Go hiking across its beautiful cranberry covered bog lands using bog shoes, swim in soft peaty waters of the bog pools, canoe through endless mazes of rivers, or explore the whole park submerged during the rainy season in April by canoe. (soomaa.com)

25 Nature Travels rediscovers the Klarälven River in Värmland, Sweden which only closed as a logging route in 1991. Now you can go on a timber rafting holiday there, building the raft from scratch and paddling it down the river, wild camping as you go. Or check out their wild skating trips too, usually for over 16's, but for family groups they will create a bespoke trip of a lifetime, skating on frozen lakes and coasts. (naturetravels.co.uk)

GREEN ACTIVITIES

26 Goodleaf, Isle of Wight, is for people who love to climb trees, but don't love the big tree top adventure parks. Arborial expert Paul McCathie guides you gently up into the branches of a vast oak overlooking the Isle of Wight. Using harnesses, helmets, ropes and wise words, this is our kids' favourite birthday treat, and the novelty never wears off. With tea and home-made cakes around the foot of the tree when you are back down to earth. (goodleaf.co.uk)

27 Drover Holidays in the Brecon Beacons is the place to hire an electric bike, so you can keep up with your kids when they take off into the distance. With super quality electric bikes for you and normal ones for the kids, you can also order a pannier packed with picnics. Top service, always with a smile, they have all the information you need for cycling in these beautiful border regions. (droverholidays.co.uk)

28 Atlantic Sea Kayaking, Cork, Ireland offers city kayaks through Cork, night time kayaks in West Cork to watch the bio-luminescence, seaweed foraging and marine safaris. Founder, Jim Kennedy, is considered one of Ireland's best kayaking guides and is definitely one of its friendliest, with Irish eyes smiling for all his paddlers, young and old. (atlanticseakayaking.com)

29 Sustrans is the UK charity for cycle trails and campaigns. It is the best starting point for any cycling holiday and worth spending

some time perusing before you book a UK break. Put your destination into their map and then make a note of all the cycle routes in the immediate area. (sustrans.org.uk)

30 Green Lanes in Jersey is a pioneering 50 miles network of country roads where walkers, cyclists and horse riders are given priority and the speed limit is 15mph. All clearly marked on road maps as well as by very visible signs on lanes themselves. It is a joy to cycle up a lavender lined lane knowing that, for once, you have priority. (jersey.com)

31 Green London. Take a pick from various green activities in London, starting with the Green Guide to London which maps out all the sustainable hotels, activities, shops and eateries. Created by leading travel website greentraveller.co.uk with VisitEngland. (visitengland.com/ee/Green-London)

32 Coastal Paths. I love a coastal path and if you haven't holidayed around one yet, keep it in mind. You can trek different sections every day, tap into local transport, discover new beaches and cafes and feel like you have really discovered every nook, cranny and cove of your chosen destination. Personal favourites include Wales Coast Path (walescoastpath.gov.uk), Isle of Wight Coastal Path (islandbreaks.co.uk) and Northumberland Coast Path (northumberland.gov.uk).

33 Get the ferry. Travel as foot passengers to Roscoff with Brittany Ferries, walk ten minutes into Roscoff town and take a tiny ferry another ten minutes out to Ile de Batz. With beaches, walks and creperies to keep any family happy for a holiday getaway. (brittany-ferries.co.uk) >

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