

More holidays for adrenaline junkies



ROCK CLIMBING

For information on your nearest climbing group, contact the British Mountaineering Council (0161 445 6111; www.thebmc.co.uk).

Rock and Sun (0871 871 6782; www.rockandsun.com) will get you climbing with short UK-based beginners' courses (from £199), a week in Italy's Dolomites (from £899) or family activity holidays.

SNOWBOARDING Neilson's do Learn to Snowboard packages. Geilo in southern Norway is a superb place for beginners to learn and has snow up to early May. A week's holiday for complete beginners including passes, equipment and lessons costs from £630 per person, based on four sharing a chalet (0870 333 3356; www.neilson.co.uk).



SKYDIVING

For serious thrill-seekers, little beats skydiving. Black

Tomato (020 7610 9008; www.blacktomato.co.uk) offers Skydiving Adventures in the Spanish Pyrenees from £1,099. The UK-based Hinton Skydiving Centre caters for all levels of experience (01295 812300; www.skydive.co.uk).

SAILING Take a leaf out of Ellen MacArthur's book and learn to sail. UK tour operator Sunsail (0870 428 4146; www.sunsail.co.uk) offers beginners' courses such as the two-day and two-night RYA Start Yachting Practical (from £195) and the week-long Teenage Summer Cruising (from £550 for 13-17 year olds) between mid-July and the end of August, both on boats in UK waters. It also offers holidays for all levels of ability, all over the world.



DOGSLEDDING

Learn how to drive a team of huskies in the frozen Swedish Jämtland mountains.

Try ice-fishing among the reindeer, arctic foxes and even lynx until the end of May with Nature Travels (01929 463774; www.naturetravels.co.uk) from £840.