

Take A Break, 21st July 2011

"Six of the best adventure holidays around the world"

Best for thrill-seekers: zip wire and abseiling in Sweden

Dalsland in the west of Sweden is known as the country's lake district. To make the most of the surroundings, sleep in a traditional Swedish *tipi* — a type of tent.

Sweden specialist Nature Travels offers a three-day *tipi* adventure holiday that includes *tipi* and rowing-boat hire and lots of activities. Soar through the treetops on a zip wire, abseil down a cliff face, and challenge your family to a 'Tre-kamp' competition, including archery, axe-throwing and air-rifle target shooting. And afterwards relax in a hot tub under the stars.

Prices start from **£206pp** — extra activities from **£23pp**. Visit naturetravels.co.uk or call 01929 463774.



Photos: Alamy/4Corners/gettyimages