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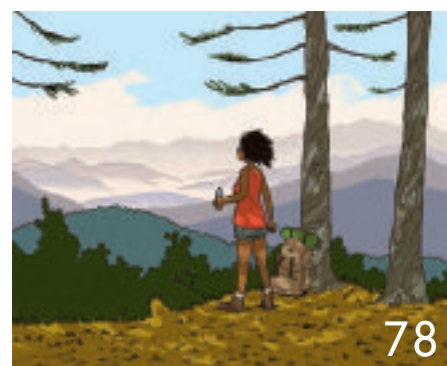


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Got cabin fever?

There's no better cure than "microadventures" – real adrenaline trips you can do in 48 hours or less. We asked 20 experts to pick their favourites from around the network. You're welcome

Illustration  Matt Johnstone



BARCELONA

Paraglide in the Pyrenees

SCENIC OPTION "If you've never strapped yourself to a hunky Spanish man and stepped off a cliff, you haven't lived. Head to Organyà, in the stunning wilderness of the Spanish Pyrenees, where you can choose between a solo paraglide or, for beginners, the less stressful tandem. Taking the leap isn't as scary as you might imagine and there's nothing like the feeling of being instantly lifted up by the thermals. The view is like Google Earth but for real." parapentorganya.net

Lois Pryce is a travel writer, author of three books about solo motorcycle journeys and founder/director of the Adventure Travel Film Festival.
loisontheloose.com

GETTY IMAGES



NICE

Bike the Alpes-Maritimes



“Nice’s appeal as a cycling destination was sealed when the Tour de France announced its 2020 edition would start in the capital of the Alpes-Maritimes on the Côte d’Azur. Riders are spoilt for choice here, with routes across the Alpine foothills, taking in the shimmering coastline. Venture towards the wild Mercantour National Park, and take in the red mudstone gorges of Daluis and Cians or tackle the mighty Col de la Bonette, one of the highest passes in Europe. For a more leisurely approach, head to the Café du Cycliste for a brew then pootle towards Antibes and Picasso’s former home at nearby Mougins.”

Felix Lowe is a cycling journalist and the author of two books, Climbs and Punishments and Legends of the Tour. felixlowe.com



MARRAKECH

Hike to the pinnacle of North Africa



“Mount Toubkal might be the highest peak in Morocco’s High Atlas mountains, but it’s also one of the most accessible, located just 60km south of Marrakech. The trek’s starting point is the village of Imlil, from where experienced hikers may set off by themselves, or hire local guides and pack mules. The hike to the 4,167m summit can be completed in five to seven hours, walking through charming Berber settlements all the way to the top, but it’s highly recommended to factor an overnight stop to acclimatise to the altitude and take advantage of some serious views.”

Marco Ferrarese is an Italian travel journalist based in Penang, Malaysia, who writes for Travel + Leisure Southeast Asia, The Guardian, BBC Travel and others, and blogs on adventure travel at Monkey Rock World. marcoferrarese.com, monkeyrockworld.com





SAN FRANCISCO

Take on Yosemite's famous cliffs

AS SEEN ON SCREEN "Rock climbers around the world consider Yosemite to be the centre of the universe. Most recently, it was the backdrop for the Oscar-winning documentary *Free Solo*, which followed climber Alex Honnold on his historic rope-free clamber up El Capitán. But you don't need to be an expert athlete to ascend the famed rock faces of this revered national park in California's Sierra Nevada mountain range. Half Dome – the other iconic rock face just down the valley – can be summited on foot by simply hiking the trail to the steel Half Dome cables, which are necessary to ascend the treacherous – and very steep – 122m final section. While not for the faint of heart, it's accessible to anyone, provided you acquire a permit from the National Park Service website. Once atop this mound of grandeur, you're not only rewarded with bragging rights, but the view of the entire Yosemite Valley, made legendary by the images of renowned photographer Ansel Adams." [nps.gov](https://www.nps.gov)

Erik Trinidad is a Brooklyn-based writer for AFAR, Condé Nast Traveler and National Geographic Travel. eriktrinidad.com



STOCKHOLM

Camp wild with wolves



"Just two hours from Stockholm, the spindly Scots pine trees of Bergslagen forest are home to a great many creatures – from deer to moose, beaver to birds – but by far the most secretive is the Eurasian wolf. In 2008, following years of absence of the species in the country (where they were hunted to extinction), a Russian-Finnish group of just three animals returned to Scandinavia. A decade on, there are more than 340 of them in Sweden. They sport thick coats of a tawny colour, often with white markings on their necks, and are a smaller breed than those found in North America. Seeing them is tricky but hearing them howl at the Moon is a distinct possibility. Take your tent and sense of adventure for a hike and wild camp in the forest. Set up your tent, swim in the lake and cook your food by campfire before listening to the melodic tones of a healthy wolf pack. *Arh-wooooh...*"

Award-winning travel writer, photographer, broadcaster and bestselling author Phoebe Smith is host of the Wander Woman Podcast and an extreme sleeping adventurer. Next year, her #WeTwo Foundation will see her taking a group of underprivileged young people to Antarctica. phoebe-smith.com, teamwetwo.com



PRAGUE

Power raft in Prague



“From central Prague, the Vltava river’s sweeping twists and turns squiggle down through the outskirts where a rafting tradition dates back to the 12th century. Then, rafts were heavy wooden slats bound by rope and resin. Today, inflatable speed-tubes rule the waves. The Czech Republic’s most famous waterway, the Vltava is at its wildest from April to October, but a purpose-built trial canal helps beginners ease in gently. Otherwise, conditions are fast and furious with plenty of chop. Competitive slaloms and races serve as a prelude to a full surge of adrenaline. Riffles, swirls, tight turns and currents hit grade IV year-round, drawing a buoyed-up international crowd in day-glo neoprene wetsuits. The friendly rivalries on the Vltava add to the fun. Don’t be fooled by the cheery calls of ‘ahoy’ – if you flip there will be plenty of good-natured jibes, pounding paddles and general mocking.” ingetour.cz

Sarah Woods is an award-winning travel writer, author and broadcaster. Her latest book, [On a Wing and a Prayer](#), includes tales of kayaking in the jungles of South America. twitter.com/wdsysarah



AMMAN

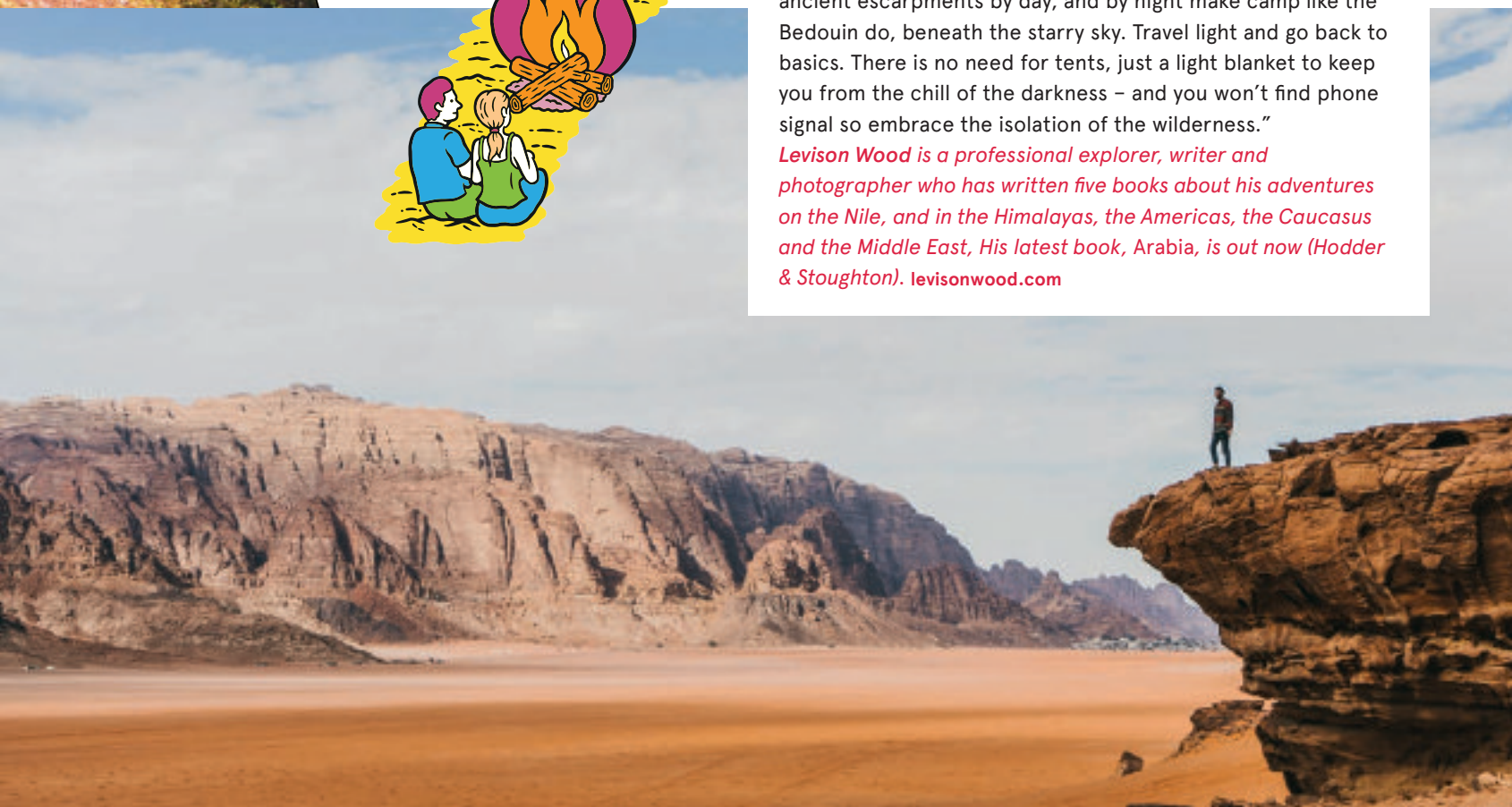
Explore Jordan’s “Valley of the Moon”



“With its dramatic sandstone arches, prehistoric engravings and blood-red landscape, Wadi Rum is one of the Middle East’s hottest destinations.

It’s easy to cover the main valley on a two-day jeep safari, but should you have more time on your hands, head to the south, where you’ll only have to share the majesty of the desert with the camels that escort you. Trek among the vast ancient escarpments by day, and by night make camp like the Bedouin do, beneath the starry sky. Travel light and go back to basics. There is no need for tents, just a light blanket to keep you from the chill of the darkness – and you won’t find phone signal so embrace the isolation of the wilderness.”

Levison Wood is a professional explorer, writer and photographer who has written five books about his adventures on the Nile, and in the Himalayas, the Americas, the Caucasus and the Middle East, His latest book, [Arabia](#), is out now (Hodder & Stoughton). levisonwood.com





PISA

Paddleboard through Tuscany



"If you're looking for a way to escape the crowds on Florence's scenic bridge and tourist bottleneck, the Ponte Vecchio, try gliding right underneath them on an easy-to-navigate stand-up paddleboard (SUP). T-Rafting's 90-minute SUP excursions travel a 3km section of the Arno, the fabled waterway that for centuries was the linchpin of Florence's military and mercantile dominance. Combine the paddle with one of the outfitter's more adventurous trips, such as kayaking or white-water rafting (yes, in Tuscany!) Or simply enjoy this watery perspective on the Renaissance city's iconic landmarks before tucking into a hearty Tuscan lunch and a glass (or two) of Prosecco." t-rafting.com
Elizabeth Heath is a travel and culinary writer living in Umbria, central Italy, with her family, five dogs and a few hundred olive trees. elizabethfheath.com

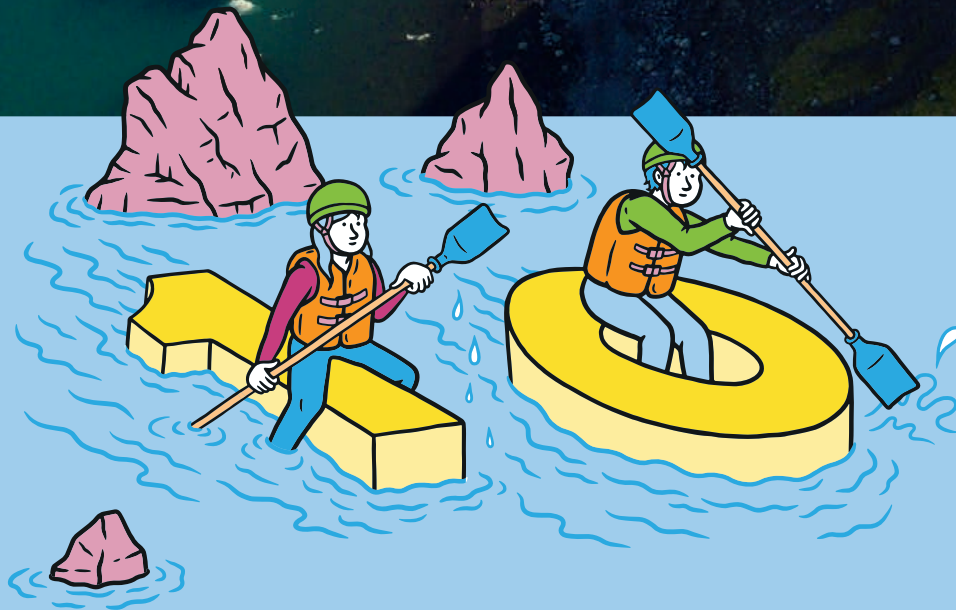


GRAN CANARIA

Try a "via ferrata"



"Gran Canaria has long been popular with sun worshippers looking for a little rest and relaxation but peer beyond the beaches and you'll find a rugged, volcanic interior that's a haven for adventure seekers, too. Head for El Berriel in the south where you'll find fixed climbing routes to suit all abilities. These are known as 'via ferrata' (iron paths) for their metal cables and climbing aids. Local guides can advise you which to choose for a challenging yet achievable climb. And, for the very brave, there's the opportunity to do a pendulum swing. Stay in Meloneras or Maspalomas, close to the island's world-famous dunes, which can be admired from above by taking a helicopter trip from El Berriel aerodrome – to round off a top 48-hour island adventure." sunbonoo.com
Paul Johnson's Luxury Travel Blog has won many awards and is the leading blog for luxury travel, with over 1.2 million followers. aluxurytravelblog.com



ICELAND

Kayak a glacial lagoon

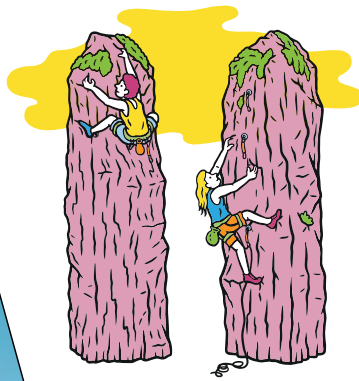


"A kayaking trip across the rarely trafficked Heinabergsjökull glacial lagoon means drifting among icebergs (some as large as islands), paddling or hiking into a blue-ice cave and having a truly intimate experience of Vatnajökull, one of Iceland's three national parks. The trip is offered by IceGuide, a family-owned and operated business that goes out of its way to customise your trip, and provides kayaks, crampons, ice picks and dry suits."

iceguide.is/tours/glacier-kayak-adventure

A writer of fiction and non-fiction, and senior editor for Panorama: The Journal of Intelligent Travel, Leslie Hsu Oh says she's often called a badass for taking her young kids on extreme adventures.

lesliehsuoh.com



RIO

Climb Rio's peaks



"Rio's a funny mix of urban jungle and actual jungle, where – just minutes after being in heavy traffic – you can be putting on a climbing harness to scale the towering 200m face of Sugarloaf Mountain, right up to its cable car. The city is blessed with granite cliffs, many of which feature bolted climbing routes. Its slabby rock is unusual because it wasn't subjected to glacial erosion, making the friction excellent. You'll need to trust your feet to take advantage of this, so it's best to use proper climbing shoes. The rest of the kit, from harness to rope, can be provided. The man to know is Andrew Lenz, who runs Centro de Escalada Urbana's trips for local favela kids and also takes clients out for tailored urban adventures, matching them to individual skill levels, from beginner to advanced. As well as a terrific workout and the incredible views, you'll feel connected to the city by the time you reach the top; no longer 'just' a tourist." escaladaurbana.com

Matt Ray is a writer and photographer who travels the world to find inspiring adventures. [instagram.com/the_adventure_fella](https://www.instagram.com/the_adventure_fella)



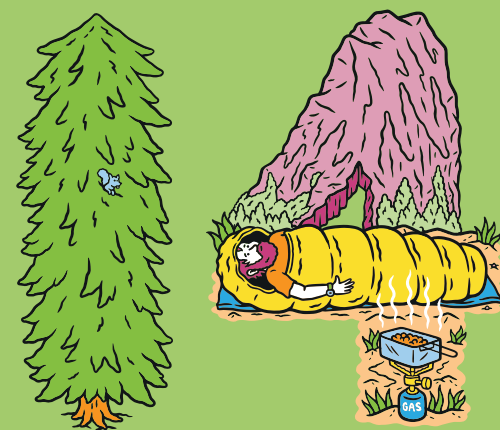
DENVER

Ride the Colorado Trail



"Colorado might just be the most adventurous state in the US, with millions of acres of wilderness, and the Colorado Trail is – self-proclaimed but also self-evidently – its most beautiful trail. From Denver airport, take a taxi or rental car straight to the Waterton Canyon trailhead, and set off south-west, away from the city. You'll quickly be swallowed into the mountains, surrounded by world-class views. Ideally you'd have weeks to ride the full 913km to Durango but, even over the course of a single weekend, you can still get a flavour of the unique charm of Colorado on two wheels." coloradotrail.org

Leon McCarron is a Northern Irish adventurer, film-maker and author. He's a Fellow of the Royal Geographical Society, and specialises in storytelling via long-distance, human-powered journeys. leonmccarron.com



SPLIT

Conquer "Croatia's Everest"



"Largely off limits for 20 years after the war in the 1990s, Croatia's highest mountain, Dinara, is now back on the map, after a new trail was marked out last year. It's a great sprawling hulk of a massif, with lush pastures, a jaw-droppingly impressive south-west face, and the best summit panorama of any Croatian peak. There are a couple of small, basic mountain shelters, although you'll need to bring your own sleeping bag, mat and food. Or you can hike the peak in a long day, starting early from Glavaš (two hours from Split) and staying in Knin. It has a well-earned reputation as a remote, challenging mountain, with sudden weather changes, and shouldn't be underestimated – but it's an incredibly beautiful hike."

Rudolf Abraham writes guidebooks on Croatia, and Dinara appears in his latest, Walks and Treks in Croatia, published this month by Cicerone. cicerone.co.uk

ICELAND

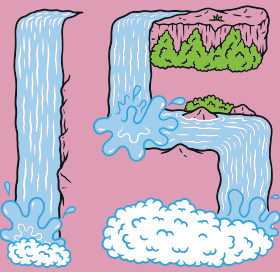
Snorkel between two continents



"Just one hour away from Reykjavik, the Silfra fissure is a water-filled chasm between the North American and Eurasian tectonic plates.

Located in the UNESCO World Heritage site of Thingvellir National Park, the fissure, which is widening 2cm per year, affords one of the most unique diving/snorkelling experiences on Earth. Even with no previous experience, you can enjoy the magic of snorkelling in some of the clearest water in the world, with visibility up to 100m. To make your trip even more spectacular, snorkel at night, under the midnight sun or the Northern Lights." thingvellir.is
A former Royal Marines Commando sniper, Aldo Kane is a world-record-breaking rower, explorer, author and TV presenter with a penchant for the world's most extreme and remote locations. [instagram.com/aldokane](https://www.instagram.com/aldokane)





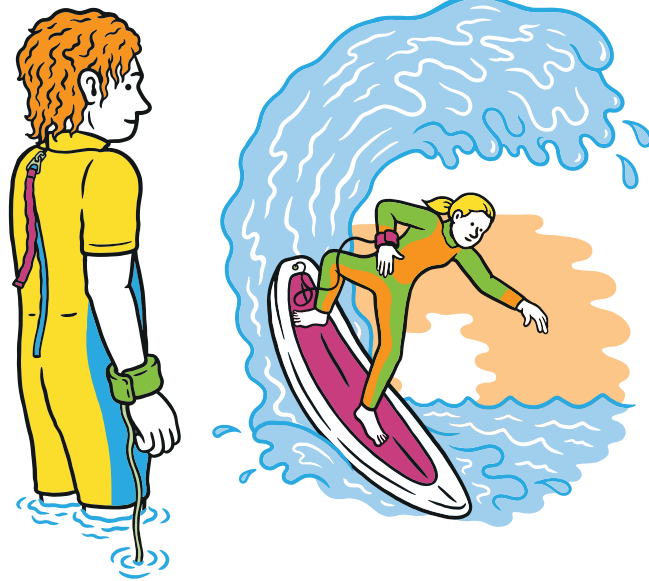
ÅLESUND See the fjords from the sky

ZERO FITNESS
REQUIRED

“Three hours’ spectacular drive inland from the Art Deco port of Ålesund, the little Norwegian town of Loen (pronounced ‘learn’) is becoming the adventure centre of the fjords. On Nordfjord’s eastern shore, it’s a gateway to Jostedalsglaciær, mainland Europe’s largest glacier, plus Ramnefjellsfossen, one of the world’s tallest waterfalls, and some of Scandinavia’s best mountain hiking. The forebodingly dark shape of Mount Skåla (1,848m) is a tough eight-hour round trek, but it rewards you with sensational views and a cosy refuge with hot drinks at the summit. For the lazier adventurer, an easier climb is the brand-new Loen Skylift: a near-vertical glass cable car that rises 1,011m to the top of nearby Mount Hoven in just five minutes.”

loenskylift.com

Former Top Gear writer *Simon Heptinstall’s* greatest adventure was breaking a world record by driving to 12 countries in one day. simonheptinstall.com



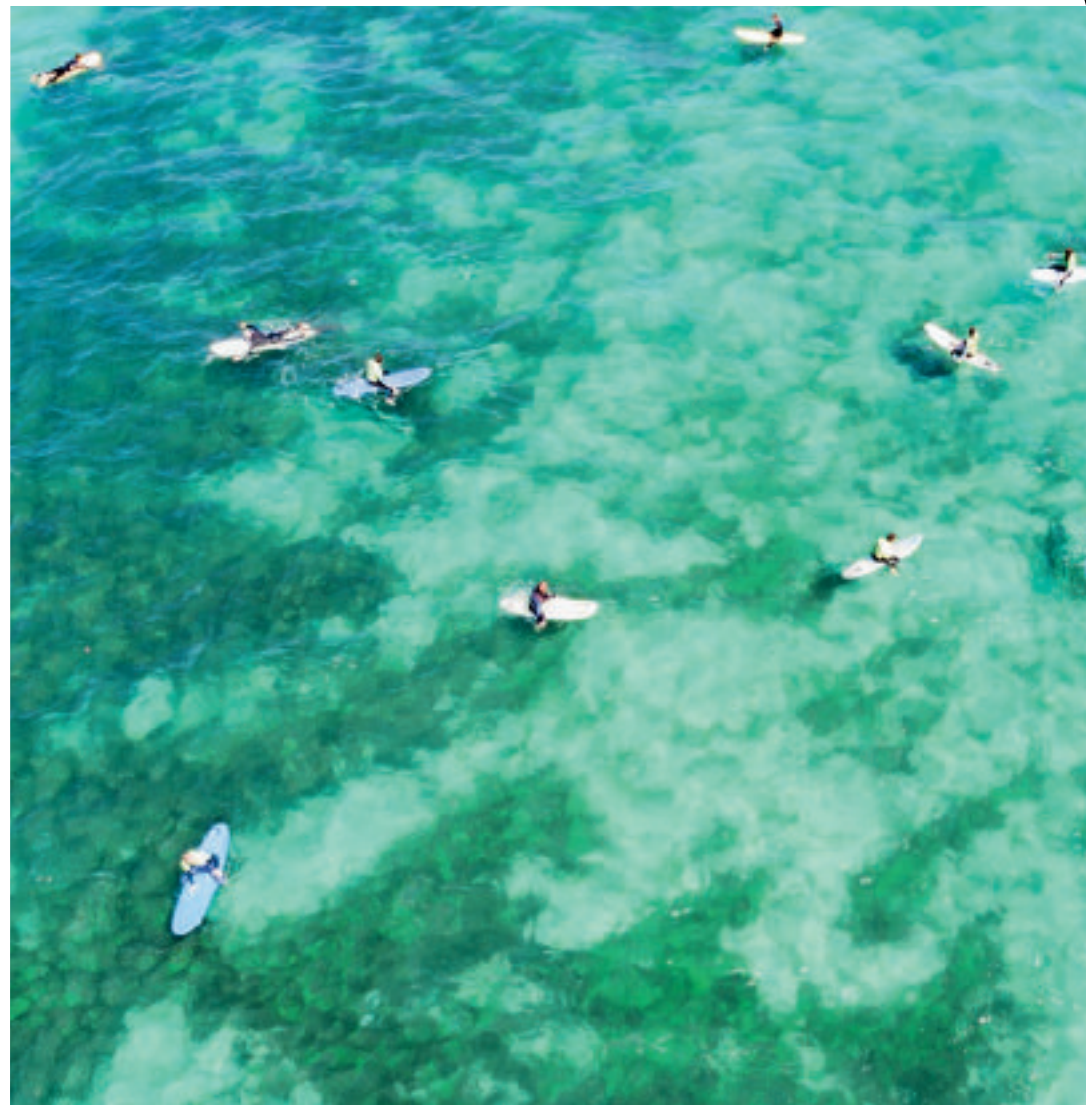
LANZAROTE Surf the Canaries



“From the air, Lanzarote is edged with icing-sugar foam when the surf is running, and surrounded by the clear, cobalt-hued Atlantic. Caleta de Famara on the north-west coast is the place to aim at if you want to surf, whether you’re a beginner, or ready to charge the island’s heavy reef breaks. It’s a mellow fishing village with great places to eat and drink, and you can hire everything you need for a day or a week of riding waves.”

Author and surfer Iain Gately’s latest book, The Secret Surfer (Head of Zeus), was shortlisted for Lonely Planet Adventure Travel Book of the Year 2019.

twitter.com/igately





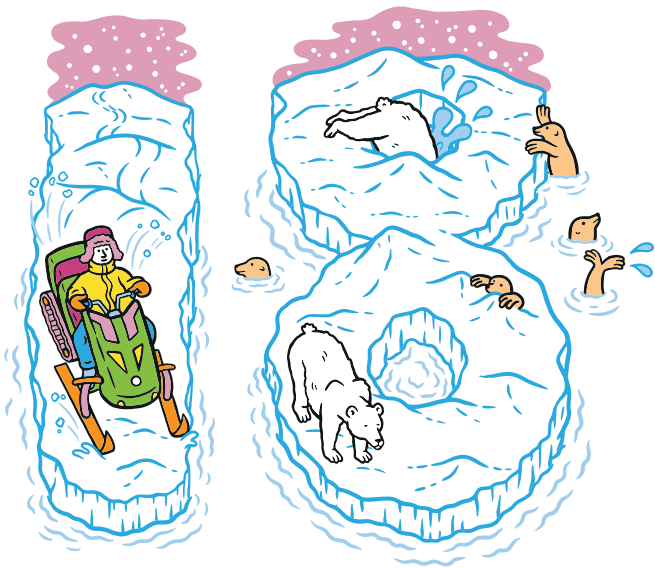
BARILOCHE

Descend on the adventure capital of Argentina

“Bariloche is a perfect destination for an active break. Located in the middle of the Nahuel Huapi National Park, its Alpine-esque location makes for great winter sports opportunities through July and August (Cerro Catedral is arguably the best ski centre on the continent). But there are arguably even better adventures to be had during the southern hemisphere summer. From November to April, Bariloche becomes a hub for everything from climbing to scuba diving, canyoning to horseback riding. If you can’t make up your mind, head skywards with Skydive Patagonia and choose what to do next as you plummet back to Earth.”

skydivepatagonia.com.ar

Jamie Lafferty is a freelance writer and photographer based in Glasgow, Scotland. jamielafferty.com



SVALBARD

Traverse the frozen north



"Svalbard is a Norwegian archipelago between mainland Norway and the North Pole with a population of around 3,000 people living in one of the world's northernmost inhabited areas. It's known for its rugged, remote terrain of glaciers and frozen tundra sheltering polar bears, reindeer and Arctic foxes. The Northern Lights are visible during winter, while summer brings sunlight 24 hours a day.

"I made a two-day stopover in Longyearbyen – Svalbard's main town – on my way home after I had just successfully skied to the geographic North Pole. This involved dragging an 80km sled for 10 hours for days. Surprisingly, I was still in the mood for some light adventure, preferably something where I was hauled instead.

"It didn't disappoint. On the first day I rented my very own Ski-Doo and toured a considerable part of the island. Floating

above the snow with the cool wind in my face felt liberating, while a 1:1 group size also allowed me to stop in the most unlikely places and properly take in the stunning scenery and quiet.

"I also did dogsledding, which was so exciting for me and for the dogs. As a dog owner I was unsure about it, but when I spent time with them I realised they are bred for this. They impressed me with their strength, temperament and beauty. As the sled picked up speed, I actually felt like we were airborne at times. The highlight of the trip was walking out afterwards through the kennel and hearing over 100 majestic Siberian huskies and Greenlandic dogs howl in unison." visitsvalbard.com

Omar Samra was the first Egyptian and one of just 40 people to climb the "seven summits" and ski to both the Poles. He's the founder of adventure company Wild Guanabana, which specialises in life-changing journeys. omarsamra.com



LILLEHAMMER

Tackle an Olympic "wheelbob"



"Wheelbob. Sounds cute, doesn't it?"

It's not. A four-man cage on wheels, the wheelbob is winter bobsleighbing's adrenaline-junky summer cousin, which hurtles down Lillehammer's 1994 Olympic bobsleigh track at speeds of over 100kph. The good news is you get a driver; the bad news is they're universally speed freaks, pulling gut-wrenching 3G turns as they toss the wheelbob round the track's 16 bends with the same G-force that Space Shuttle astronauts feel on take-off. It's 75 seconds that makes Space Mountain feel like a playground slide. You'll want to do it over and over."

olympiaparken.no

Jez Lazell is an adventure addict who has skydived and swum with orcas, and writes for The Sunday Times and Food and Travel, among others.

twitter.com/jezlazell

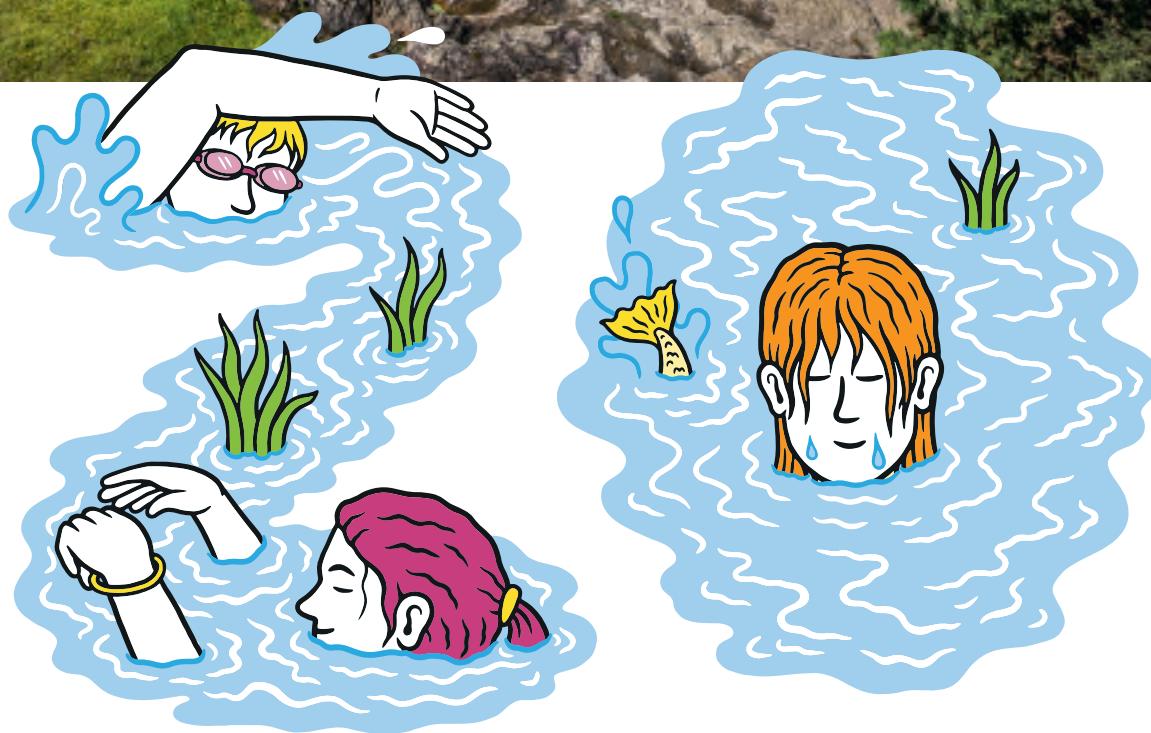


Get more out of your micro-adventures



Pack light

Don't worry if you don't have the right gear. For a night or two camping out in summer climes, you might not even need a sleeping bag (pad out with jumpers) or even a tent. Remember: the less you take, the less you have to carry.



Know the law

Check out the rules before you go. Some countries, like Sweden, allow hiking and wild camping on all lands, whereas others are stricter. Always clean up your mess and leave no trace.



Buy a book

Designed to "make adventure accessible to people who may have very little outdoor experience", Alastair Humphreys's book, simply called *Microadventures*, is "all you need to get off the sofa, out the front door, and up a hill for the night".

alastairhumphreys.com/microadventures

MANCHESTER

Wild swimming in the UK's lakes



"England's stunning Lake District is world famous, and there's no better way to see it than from the water. It's home to hundreds of swimmable bodies of water, from small pools, known as tarns, which are perfect for a refreshing dip after a strenuous hike, to larger lakes, including 18km-long monster Windermere, which offer opportunities for longer-distance swims. Choosing the right one for your purposes is easy. Check out Wildswim.com for locations if you're happy to go solo. You can also book a guided swim with Chill Swim; or take on a wild-swim adventure with Swim the Lakes. People dip all year round here, even breaking the ice to do so, but the temperatures are warmest in summer and early autumn. Always make yourself aware of any risks and take appropriate precautions." chillswim.com, swimthelakes.co.uk

Simon Griffiths is the founder and publisher of Outdoor Swimmer magazine and a keen swimmer who has swum both Coniston Water and Windermere in the Lake District.