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# 2016 TRAVEL BUZZKEYLIST

Stay fit with travel writer Emily McAuliffe's top travel activities for 2016

## 1 KAYAK THE BAY OF KOTOR *Montenegro*

Lonely Planet rates Kotor as the number one city to visit in 2016, and for a good reason – this place is a UNESCO world heritage stunner: in Kotor's fortified old town, narrow laneways twist around medieval-style buildings, leading to a clear, pebbled bay encircled by limestone mountains. While the Bay of Kotor attracts cruise ships, it doesn't have the tourist saturation levels of places like Dubrovnik in neighbouring Croatia, despite only being a two-hour bus ride away. The best way to enjoy the Bay of Kotor is to hit the water, and Adventure Montenegro offers three-hour kayaking tours where you'll also learn ancient legends of the bay. [adventuremontenegro.com](http://adventuremontenegro.com)

## 2 STAND-UP PADDLE IN VENICE *Italy*

Venice's waterways were traditionally navigated by paddle-crafts, so stand-up paddle boards seem an appropriate addition



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to the city's transport system. The boards are still few and far between, with only one local guide offering tours of the city by SUP (and it's strictly forbidden to paddle alone). The tours are suitable for experienced paddlers, given the idiosyncrasy of canal traffic rules, but if you're confident's topping in a current and making quick 90-degree turns on your board, this is an experience you don't want to miss. [supvenice.com](http://supvenice.com)

## 3 BOUNCE ON AN UNDERGROUND TRAMPOLINE *Wales*

With a bit of out-of-the-box thinking, a 176-year-old disused slate mine in Wales has been transformed into the world's largest underground trampoline. This epic adult playground opened in 2014 and is made up of one kilometre of netting connected by slides and tunnels, illuminated by technicoloured lights.

For the kids, there's Bounce Below Junior where little takers as young as three can bounce themselves silly, and in the same

location you'll also find the world's largest underground zip line course. It's the perfect day out (or in), whatever the weather. [bouncebelow.net](http://bouncebelow.net)

## 4 RAFT IN GLACIER MELT *Switzerland*

Switzerland is famous for its snow, but between May and September, glacial melt from the Eiger, Mönch and Jungfrau mountains creates thrill-seeking rapids in the resort town of Interlaken, primed for white-water rafting. Daily tours run in the mighty Utzschne River by adventure company Outdoor Interlaken. [outdoor-interlaken.ch/en](http://outdoor-interlaken.ch/en)

Alternatively, you can test out the first jet boat operation in Central Europe with a scenic trip down the 14km long Lake Brienz, to the east of Interlaken. Tours run between April and October and take you across turquoise water and past waterfalls and fishing villages. [jetboat.ch](http://jetboat.ch)

## 5 FAT BIKE THROUGH THE SNOW *Alaska*

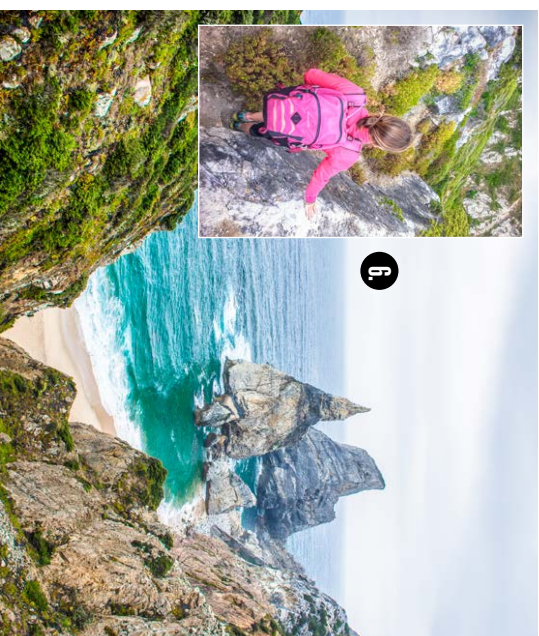
The fat biking trend is gaining worldwide popularity, but its roots lie in Alaska, where bikes with wide tyres were developed to traverse snow and keep locals fit during winter. When the cold months close in, hundreds of kilometres of world-class trails appear across the country, including the renowned Iditarod Trail between Alaska's largest city Anchorage, and Nome on the west coast, where an annual 1,600km endurance ride through the snow is held in February.

However, for mere mortals, a number of operators, such as Alaska Ultra Sport in Chickatagon and Cycle Logical in Homer, hire fat bikes and offer guided tours. [alaskaultrasport.com](http://alaskaultrasport.com), [cyclelogicalhomer.com](http://cyclelogicalhomer.com)

## 6 HIKE TO PRAIA DA BURSA *Portugal*

The Sintra-Cascais Natural Park sits in the westernmost part of mainland Europe and includes one of Portugal's most scenic coastal hikes. Undulating trails take you through colourful seaside succulents down to the secluded beach Praia da Urça, where large jagged rocks jut out of a rough sea. The track isn't well marked and sections involve climbing near-vertical cliffs, so it's recommended to travel with a guide.

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Outdoor Adventures Portugal offer guided tours that take you on a loop across the mountains and down to the beach, finishing at the Cabo da Roca lookout. [outdooradventuresportugal.com](http://outdooradventuresportugal.com)

## 7 HORSEBACK SAFARI TANZANIA

Ditch the land rover and gallop alongside zebras and giraffes in one of the world's most famous national parks: the Serengeti. Run in northern Tanzania by environmentally conscious group Singita Grumeti, equestrian tours are tailored for intermediate to experienced riders, and can be done as a day trip from the highly-rated Singita Sasakawa Lodge, or as part of a longer Singita Explore tour between June and October. [singita.com](http://singita.com)

## 8 SNORKEL CRYSTAL CLEAR RIVERS *Brazil*

A five-hour bus trip towards the Paraguay border from Campo Grande, Bonito is considered Brazil's ecotourism capital. Here, a series of crystal clear rivers chock-full of marine and plant life run through private farmland, which is open to travellers for snorkelling and, in some places, scuba diving. The area is tightly controlled to limit the number of people entering the properties at once, so guests must book a tour through one of the city's tourism agencies. Bookings can be arranged through accommodation

## 9 KITESURF IN A DESERT *Oman*

A trip to the Middle Eastern desert during summer may sound foolish, but the strong and consistent winds of Oman's monsoon season make it one of the world's best kitesurfing locations. Masirah Island on the east coast has the best conditions, and is suitable for beginners through to experienced surfers. Kiteboarding-Oman has classes available and can assist with transport and accommodation if required. [kiteboarding-oman.com](http://kiteboarding-oman.com)

providers or via a company like Bonitour, and other operators can be searched on the Rio da Prata website. [bonitour.com](http://bonitour.com), [riodaprata.com.br](http://riodaprata.com.br)

## 9 A RUNNING TOUR OF NEW YORK *USA*

The best way to check out one of the world's most famous cities is to join a running tour. The location of the group tours change daily, but include places like Central Park, Brooklyn and the West Village.

If you want to combine with play, you can opt for a beer running tour through neighbourhoods like Red Hook and Williamsburg, where your efforts are rewarded with a complimentary beer at a local brewery on completion. [cityrunningtours.com](http://cityrunningtours.com)