



## **Reasons To Consider And Adventure Holiday In The Forest of Dean This Summer**

With the weather amazing, the sun shining most days and record temperatures sweeping the UK, more and more people are coming back to taking their well deserved break in the Forest of Dean, meaning people are now looking for something different to do. If you have a small family and want a break away from it all, it can be great fun to consider an adventure holiday filled with exciting things to do and lots of entertainment for the children and the adults, on a daily basis.

Even though a holiday is traditionally for resting and getting away from it all, some families and couples prefer to fill their break with exciting things to do, meaning an adventure and activity holiday is perfect for them. The word holiday means something different to everyone, where some need a total break sat by the beach or pool and others want to be doing something different every day.

Some of the things you can do on an adventure holiday include:

- Canoe and Kayaking - Symond's Yat two Gorges provide adventure companies in the area with the best location in the country for the novice or expert canoeist to hire a canoe. The safe, clean waters of the River Wye provide the ideal environment for the complete beginner to hire a canoe and enjoy one of the fantastic river trips available.
- Caving - The caves and old iron mines of the Forest of Dean present great adventure and exploration of the unknown. They are safe and undoubting with our qualified and experienced Cave leaders who will quickly put you at ease in the underground environment. You'll have lots of fun and be inspired and educated with regard to local history and geology.
- Climbing - For wet weather or an introduction to climbing most adventure centres in the area have a superb indoor climbing wall with abseiling platform and steel caving ladders.
- Abseiling - Abseiling is one of our most popular activities, the abseil pitches vary in a range from 10 to 30m to suit all levels of skill and bravery!. The best abseil pitches are a short walk from our centre on the natural lime stone cliffs of Symonds Yat, with spectacular views. This activity is totally safe and enjoyed by all who have a go.

Keeping fit and active is a big priority for most people in today's world, especially if you have children and family and want to get them away from computer games and watching TV all day.

**Written By Clear Web Services On Behalf Of Wyedean Canoes**