

Top 10 Adventure Spots in the World

1. Vancouver, Canada



Vancouver is located at the southwestern corner of the coastal province of British Columbia. Well known for its majestic natural beauty, it is nestled between the Coast Mountains and the Pacific Ocean. Ranked as one of the "best cities to live in", the city has a mild, temperate climate. Jogging, cycling and rollerblading, kayaking among dolphins and whales, and racing up the steep trail to the summit of nearby Grouse Mountain are few of the common outdoor activities and there are the waterfront cafés and beachside lidos for relaxing. Hikers can explore rainforests and mountain tops. Vancouver is also famous for its amazing mountain biking trails, with something to offer beginners and advanced riders alike. The city will be the host of the 2010 Winter Olympics.

2. Kathmandu, Nepal



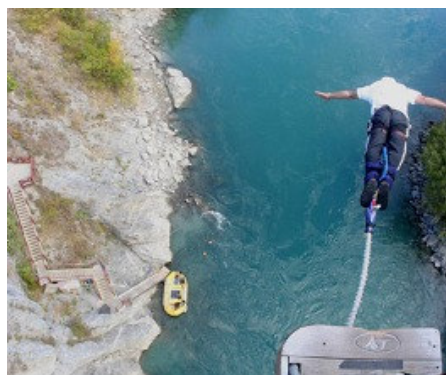
Nepal is one of the most beautiful and spectacular countries in the world, with a wide variety of vegetation and landscapes. Kathmandu is the gateway to the Himalayas, and offers possibly the greatest trekking in the world, as also rafting and jungle adventures. Khumbu Valley and the Annapurna Circuit are both accessed from here. In addition, 8 of the 14 8000 meter peaks fall within Nepal, which makes it a great spot for high altitude mountaineering. There are great walking trails too, if you are not up for trekking. Kathmandu also has fascinating temples, monasteries and palaces which are a must visit. This city has it all: history, culture and adventure.

3. Moab, Utah



Moab, in eastern Utah, is a picture-perfect desert with giant sandstone formations, canyon mazes, and thousands of natural arches. Over the past few years, Moab has become one of the top adventure destinations. It is close to Canyonlands and Arches National Parks, and offers world class mountain biking and rock climbing. There are also plenty of places to go canyoneering, backpacking, rafting, skiing, paragliding and hiking. Moab is home to the Semi-Annual Jeep Safari, which can give you some wild rides with difficult obstacles. Surrounded by an immense red rock playground, Moab is unlike any other place in the world.

4. Queenstown, Newzealand



Located on New Zealand's South Island, this city is rightly named the 'Adventure Capital of the World'. Queenstown is a 'Natural Theme Park', with the endless list of adventure activities and leisure holiday options. An adventure seeker could bungee jump, skydive, go white water rafting or jet boating or do some outstanding trekking, climbing or mountain biking. In fact, the bungee jumping was invented here. The spectacular geography of the region creates a special atmosphere and unique setting that has made this town famous the world over. Queenstown is a great place for backpackers offering an abundance of adventure activities, nightlife, working holiday employment, backpacker hostels and other budget accommodation. Queenstown also is one of the best spots for wine and fine cuisine in the entire country.

5. Cape Town, South Africa



Cape Town is the second largest city in South Africa, located in the south-west corner of the country near the Cape of Good Hope. It is a paradise for surfers from all over the world with inviting beaches of white sand and huge waves of dark blue sea water. The Cape Peninsula offers extreme outdoor activities that will whet even the wildest adrenalin junkie's appetite. The region's mountains, rivers, seas and skies set the scene for an endless variety of wild adventures. Rated as one of the most beautiful cities in the world mainly due to its impressive natural environment, it is inspiration to some of the world's most popular adventure activities such as mountain biking, sand-boarding, surfing, abseiling, tandem skydiving, quad biking, site seeing and wine tasting.

6. Punta Arenas, Chile



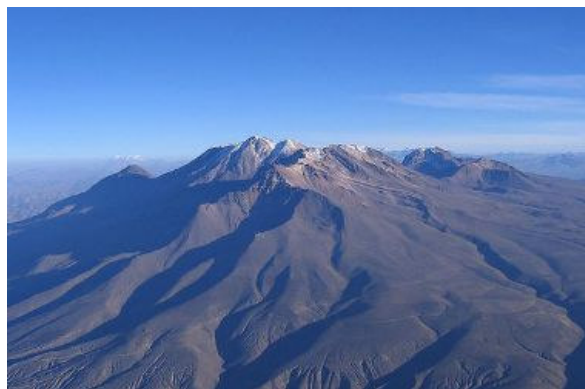
Punta Arenas is a port city in Chile, sitting on a narrow part of land between the Pacific and Atlantic Ocean. The city is located within the Patagonia region of Chile, one of the most beautiful and desolate regions on earth. Renowned for its spectacular trekking and backpacking, Patagonia is an adventure traveler's dream come true. Different outdoor activities such as fresh water fishing (especially trout), sea kayaking in Strait of Magellan, trekking in a rich natural reserve, skiing on the world's southernmost runs or a spectacular cruise into the fjords with numerous glaciers and waterfalls are the most popular here. Volcanoes, lakes, rock towers, snow capped alpine peaks and icy fjords are all part of the landscape. Punta Arenas is a wayside stop for scientists and tourists wanting to reach the Antarctic, the so-called 'White Continent'.

7. Puerto Escondido, Mexico



Puerto Escondido also known as the "Mexican Pipeline", is one of the top ten surfing meccas in the world. Home to an international surf contest in mid November and the Mexpipe Challenge in February, the Puerto Escondido coastline offers surf breaks for beginners and professionals alike. The town is famous especially for its beautiful beaches, for example Playa Principal and Zicatela and high waves. Adventure-seekers who got bored by surfing can enjoy kayaking, scuba diving and eco tourism in the surrounding jungles and mountains. One of the most exhilarating experiences for non-surfers is the boat trip into the ocean to catch a glimpse of the wildlife; in particular, the turtles and dolphins. One can also go on exciting fishing trips as the water hosts vast amounts of species of fish. There are many safe swimming beaches in the Puerto area too.

8. Arequipa, Peru



Mountain climbing is one of the older adrenaline sports and Arequipa is one of the greatest spots that offer climbing tracks of all difficulty levels, spread over its 19 volcanic peaks. In case you are not really into climbing mountains, there are other possibilities like whitewater paddling, hiking or downhill volcano biking. This city is known as the white city, because the buildings are made of silolar which is volcano rock. The volcanoes of the area have huge archeological interest as many where climbed and used by Incas as sanctuaries to perform rituals. The area gives easy access to summits of 5000m and 6000m and features two of the deepest world canyons, those of Colca and Cotahuasi. Arequipa has a mountain called Misti that they treat like their baby and are very proud of it.

9. Boulder, Colorado



Boulder was voted by *Outdoors Magazine* as the best city in the United States for outdoor activities. Outdoor culture is an intrinsic part of the city, which is nestled at around 6000 feet above sea level, in the middle of acres of nature preserves. Boulder is well known as a Mecca for rock climbers, with hundreds of world class routes within a short distance of the city. The city is also the host of a number of great events such as adventure races, triathlons, and other outdoor games. With a lot of open space for cross-country skiing, snowshoeing, mountain climbing, kayaking, inner tubing, hiking, mountain biking, horseback riding, fishing, paragliding, hot air ballooning and golf, Boulder is a magnet for tourists who are looking for a quintessential Rocky Mountain vacation. In the winter, downtown Boulder opens its own outdoor ice skating rink.

10. Arusha, Tanzania



Arusha is a city of northern Tanzania surrounded by some of Africa's most famous landscapes and national parks. A pleasant climate city, it is beautifully situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley. The town of Arusha is the first stop on the northern safari circuit and is the undisputed safari capital of East Africa. The impressive Kilimanjaro, the tallest mountain in the continent, lies in the northeast. Thousands flock to the region every year to climb Kili, witness the Great Migration, or take in any number of other adventures. Arusha even has its own National Park, which spans a curious landscape of lakes and craters, including a large portion of Mount Meru, and provides a scenic and quiet haven just a few minutes drive from the town centre.