



Canyoning

If skydiving is the ultimate adrenalin rush, canyoning is one of the most visually stunning activities since it takes you to the heart of beautiful, hidden waterfalls, fabulous landscapes and imposing cliffs. The sport involves descending into canyons using a

variety of techniques including walking, scrambling, climbing, jumping, abseiling and/or swimming. Team Xtreme offers different tours corresponding to different levels, with kids aged six to 16 having the time of their lives as they descend into canyons and bathe in rivers located in the Guadalmina and Río Verde areas. Babak tells me one of their older canyoners is aged 67, a mighty fine age to improve fitness, breathe in the healthy open air and prove that you're still up to challenges. Don't worry if you have never undertaken this sport before: courses are adapted according to level and you're guaranteed a safe experience, thanks to help from professional guides who will teach you new skills and enjoy cooling down with you in the pure river waters.

Escape2Marbella is another top activities company organising canyoning adventures also along the spectacular Río Guadalmina in Benahavis, where everyone, even beginners, can have the time of their lives. The organisers invite you to marvel at the unspoilt beauty of spectacular waterfalls, crystal clear pools and beautiful rock passages, cut and sculpted by water over millions of years. In addition, located on the outskirts of Marbella at the foot of the Sierra Blanca are a series of caves, their beauty and accessibility making them perfect for those looking for an initiation into the sport of caving/potholing, providing an adventure which borders on science as much as it does sport. For the more experienced canyoning and caving participant, Escape2Marbella offers other more challenging locations throughout Andalucia. All activities are conducted under the supervision of expert guides, with quality equipment provided, along with insurance and permissions from the local town halls and authorities.

Quad Biking

Whether you're a beginner or long-time quadder, you're guaranteed to experience one of the best days of your life with Quad Mountain Adventures, a company creating "extraordinary adventures for ordinary people". The guides, who boast over 25 years' experience in off-road riding and driving, boast a keen knowledge of local trails and promise you an adventure that encompasses an exhilarating ride as well as some breathtaking scenery.



Valentine's Day is coming up. You're thinking of the perfect gift for your partner and the usual ideas come to mind: a box of chocolates... a dozen roses... a cute card featuring a hairy monkey in love on its cover? If you've lasted over five years with your partner and you'd like to last a further 50, my advice is as follows: dump these stock ideas and think of something more adventurous. What could be more exciting than jumping out of a plane 4,500 metres above ground with the woman you love, or taking in the picturesque site of the Ronda gorge while floating in a hot air balloon? The good news is that Andalucía is the perfect place to pursue your passion. With its great weather, professional activities companies and varied natural sites, it's easy to get your heart racing with one of these top choices.



Adrenalin Rush

Amazing Adventure Activities in Andalucía

Bridge Jumping

"Puentee!", you yell as you try the seemingly daftest but most exhilarating stunt of your life: jumping off an 80-metre bridge! Experience Box Spain invites you to head for Tablate, close to Lanjarón. There, after a briefing on security and process, you will jump all by yourself, from a bridge, safely supported by pendular system jump ropes. Most people who take their first jump simply cannot stop at one, so be prepared to make a full day of it with your family and friends. ➔



Paragliding



Feel like jumping off a mountain top, anyone? Are you ready to defy gravity and experience the freedom enjoyed by eagles? Then paragliding is the sport for you. The flights organised by Team Xtreme take place in the area of Algodonales (near Ronda), where the weather is perfect almost all year round. If you're new to paragliding, we suggest taking a tandem flight with an experienced pilot (Team Xtreme's pilots have been flying for over two decades) or invest in an introductory, hands-on, two-day course to learn the practical and theoretical basics first. At the end of the course you will be able to perform basic, low-height flights by yourself with a reduced size paraglider.



Buggy Ride

One of the best things about a buggy ride is that it can be enjoyed by the whole family (even kids!), all the while feeling rough, rugged and exciting. Buggy riding is a great way to take in some of the Costa del Sol's most spectacular sites, as you trail through romantic woodlands and valleys. The adventure part comes when you make a splash through brooks and shallow rivers, speed up to the top of a mountain or look down on forests and gorges from dizzying heights. Take your pick from two fantastic local companies: Buggy Safari Marbella and Sol Buggys.

White Water Rafting: Spring is just around the corner and soon, wet and wild adventures will be all the rage once again. Start planning your aquatic adventures now and get a group together for some white water rafting, offered by Experience Box Spain. Take a two-hour ride along the Río Genil in Andalucía on a six-person raft, and make sure to wear clothes you don't mind getting wet! The ride is easier or harder depending on the speed of the water, but don't worry, an experienced guide will take you through the harder spots and you'll breeze through the easiest ones. This activity is particularly recommended as a team-building activity, since it is as fun as it is challenging. The entire descent takes place over one-and-a-half hours along the Genil River in Benamejí.



White Water Rafting

We love the impressive selection of air activities offered by Experience Box Spain. Those who have always wanted to pilot a plane can take their pick from flying an ultra-light craft or a Cessna plane, enjoying lessons from qualified pilots. Those who just want to sit back and relax can enjoy scenic flights over Granada or other beautiful sites in Andalucía. For the ultimate adventure flight, feel like Tom Cruise in *Top Gun* while a qualified and experienced aero instructor takes you on a 30-minute flight complete with loops, rolls, spins, hammerheads and other fancy aerobatic moves. If you want to take charge yourself, you can take a one-hour course and enjoy a 45-minute flight where you can practice your skills. This is definitely a once in a lifetime experience!

Aerobatic Flight



Few things are quite as exhilarating as defying gravity, be it only for a minute. Skydiving is one of the most sought-after activities offered by new company Team Xtreme, founded by Babak Almoridian who won this year's Costa del Sol Business Award for Best Young Entrepreneur. Babak, who has always been into fitness, got his kicks from wrestling between the ages of six and 26. He moved to Marbella to work in the real estate sector and, after seven years, decided to open his own business, centered on his passion for sport. "There are never enough days in the week for me to do all the sports I like," he says. The solution: mixing business with pleasure. Team Xtreme offers organised activities divided into six different categories: land (including caving, paintball and mountain biking), water (including canyoning, kayaking and kite surfing), winter (including skiing and snowboarding), air (including paragliding and hot air ballooning), engine (including race track driving) and other activities (such as martial arts).

The skydiving activity takes place in Seville and can be enjoyed by individuals or groups. Says Babak, "For corporate clients, we offer team building activities that combine learning exercises with adventure activities. We work with professional motivational coaches who help us offer the perfect corporate package." Jumps are taken in tandem, with the instructor, from 4,500 metres in the air and offer the thrill of free fall for one minute. According to Babak, nobody has chickened out yet. "Once people see others landing safely, they decide they can do it too." Skydiving is only for those seeking the ultimate thrill since, for many, jumping out of a plane is one of the scariest things they can think of. Yet that one minute of freedom, as you move through the air at lightning speed and wish the free fall would never end, is definitely worth every minute of nerves beforehand. You only live once!



Anyone who knows the sheer bliss of galloping over meadows on a thoroughbred horse probably lists horse riding as one of their biggest addictions. This sport gets your heart racing in a blissful, non-threatening way as you begin to feel at one with the horse. We featured Alexandra Julia Muhr, owner of the El Dorado Riding School, in a recent **essential** report and, having visited Julia and her horses, we can only suggest trying the experience yourself. Alexandra gently schools both children and adults in the skilful art that is horse riding and, once the basics are learned, she is able to take riders on a scenic trek through stunning countryside. Once you've mastered the skill of dressage, you may take it a step further and start show jumping. Alexandra, a professional jumper herself, will be able to lead you through the ins and outs of this challenging sport. Top local events company, Escape2Marbella also offers horseback riding, near the Sierra de las Nieves National Reserve, featuring spectacular views of the serene landscape. E2M also offers a wide range of fun activities including 4x4 jeep tours, canyoning, caving, potholing and go karting.



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ESCAPE2MARBELLA:

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Admit it; you've always dreamed of getting behind the wheel of a Ferrari, Lamborghini or Formula 3 Race Car. Team Xtreme makes your dream a reality on the Ascari Ronda Race Track: a private luxury race resort featuring a 5.4 km, unbranded race course and top on-site facilities. The experience involves seven laps by yourself as well as one lap with a professional driver in a super fast race car. You can also enjoy go kart racing, honing your skills in taking curves and adjusting your speed on the ultimate, velocity-packed adventure. Another local company offering race car driving is Experience Box Spain, founded by Rob Magits. Its choice of activities is as wide as it is impressive, including everything from white water rafting to laser clay shooting, quad rides, 'flight-seeing' and jeep tours. The company also offers gastronomical and spa

experiences too, along with gift vouchers, incentives, corporate services and holiday planning, attending to clients in Spanish, English, French and Dutch. One of their many Track Days invites you to drive along a race track in Guadix (near Granada) in a Ferrari 355 GTS. Clients are given expert tuition and enjoy two laps training in a Honda Civic, one lap in a Honda Type R (in which the instructor shows the client some simple secrets for faster, smoother, safer driving in high-powered cars), and two laps in a Ferrari 355GTS. Other track-driving experiences can be enjoyed in a Lamborghini Gallardo, Porsche 996, Ferrari 430 F1, KTM Xbow, Formula Renault or even the brand new Ferrari 458 F1 Italia. If you don't want to drive on a race track, Experience Box Spain offers you the possibility to drive supercars on the road for an hour or two. 

