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# Making your holiday an adventure

By Andrew Forbes

**Andalucía's Costa del Sol continues to be a perennial favourite with those looking for a wonderful holiday.**

The coast boasts world-class golf, the finest in Europe and is surrounded by some of Andalucía's most stunning scenery and most fascinating and historic cities. Yet now you can combine your golfing or relaxing beach holiday with some real adventure, thanks to Team Xtreme. This highly professional, local business is transforming Andalucía's great outdoors into one huge adventure park.

"Andalucía is a superb holiday or short break destination; we have some of the finest natural parks and adventure

locations for visitors" confirms Babak Alimoradian, founder and director of Team Xtreme, the adventure activities company that is setting the standard in activity adventures on the coast. "More than ever, adventure activities are capturing the imagination and attention of visitors and holiday makers who want to disconnect from the stress of daily life and reconnect with nature. But some also want more excitement, so 'adrenalin-rush' activities are getting more and more popular" explains Babak.

Team Xtreme offers over 30 adventure activities from skydiving to trekking. Despite the high octane name of the business, most of the activities are ac-

tually suited to a wide age and fitness range.

"Team Xtreme designs activities to suit the abilities and requirements of our clients. We cater for both a private group of friends or family wanting to share a fun day out, as well as corporate clients that want to offer incentives and team building events. So we can for example, offer a guided trek or a 4 x 4 jeep tour through a natural park, giving truly privileged access to many interesting areas, but at the same time, it is not too physically demanding, but very pleasurable. This is perfect complement to a golfing break or for people that want to explore and have a day out but desire something different. Then of course, for those that want more excitement there are options like helicopter rides across the coast; race days on high speed private race tracks; and of course for a true adrenalin-rush there are activities like skydiving."

Activities are available all year round, but can vary to suit the seasons. For example there is a superb range of winter sport adventures offered in the Sierra Nevada area, including ice climbing, snowshoeing and of course boarding and skiing – all just a few hours from the sun drenched beaches and golf courses of the coast. Having some of the best coastline in



Europe means that there are also some great water sports, with a choice of adventures on the Costa del Sol and the Costa del la Luz, including learning or improving your kite surfing skills, taking a jet ski out or sailing.

"Our adventure activities are not just a great way to relax and get a break from routine, but also to get to know more of Andalucía. Take our hot air balloon experience; it is a magical day, spent near Ronda, so you float over some of the best scenery in Spain and see the magnificent town of Ronda from a new perspective. Our trekking, paint balling, canyoning, climbing and caving adventures are all really close by the main resort hotels and let visitors discover a whole new world", explains Babak.

If you are a 'petrol head', then there are plenty of options for you with Team Xtreme, including Go Karting and high speed car experiences. The adventure company gives you unrivalled access to Ronda's exclusive, private race track for the drive of your life, with a Ferrari, Lamborghini or even a Formula Three race car!

Team Xtreme is an example of the new breed of Adventure Company; focusing on exceptional quality, safety, professional guides, and also a flexibility to meet every client's needs.

Full details are available on the Team Xtreme website [www.teamxtreme.es](http://www.teamxtreme.es). In addition, if you are interested in 'all things adventure', why not visit their blog at [www.teamxtremeblog.es](http://www.teamxtremeblog.es) and you can read, comment and share and be part of the online community there.



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