

Kick, Run and Trek: Tours for Losing Weight

If you are exhausted from your daily activities, take a vacation. However if you spend all your holiday taking buffets and cocktails and all the local fatty food without engaging in other activities, it is most likely that you will put on weight.



It must be noted that adding weight has proven to be a nightmare to many travelers. To ensure that your vacation is not only filled with fun but also helps to improve your body shape, go for tours that actually help lose weight:

Irish Running Tours (Ireland)

If you want to experience the beauty, vibrant cities or the green country side of Ireland and love running, then you should consider the Irish Running Tours. If you understand this country and you already know the exact places where you want to spend your vacation, this company offers you the opportunity to create your own tour through their website.

However, if it is your first time you will be happy for the travel options they provide. Among their tours are: tour to the west Awake which is located on the Atlantic side of the country, and tour of Atrim coast located in the northern tip, Dublin. During this tour you will also pass through the Irish Riviera which is located in the southeast of Ireland.

The running tours include numerous landscapes and terrains. For instance the West's Awake tour will lead you through the meanders where you run at a leisurely pace. You will also get to experience the Emerald Isle as if you are a local Irish. Other tours are designed for the athletes. Part of the tours is delicious food – you will enjoy the best of fish and chips.



To have all this fun, you are only required to pay from €695 to €1495. Included in this package are some meals and entertainment, expert tour guide and accommodation in the best hotels.

Gorilla Travel (Rwanda and Uganda)

Watching the wild mountain gorillas in Africa is among the most wonderful experiences that you can ever have in life. Gorilla trekking in the east African countries is not like any other form of hiking. You must be in good physical condition. Many travelers also consider it bordering a spiritual experience. On top of the gorillas, you also get a chance to see chimpanzees, tree climbing lions as well as swamp birds.

There are many tour operators who provide this tour experience. It is important to be careful when choosing the company which you will use. The company must be reputable, operating in an ethical manner and must also have included the permit price in the whole tour package. Although there are many tour agencies offering gorilla tours – the following are among those with good reputation:



Intrepid Travel – This tour company will not only let you trek to the gorillas, you will also enjoy seeing other animals in the game parks, you will go rafting on white waters and you will also get a chance to go for a canoe trip on the lake Bunyori in Uganda.

Volcanoes Safaris – This company offers several gorilla treks for example the secluded safaris that is restricted to 5 people only. Their package includes; meals, accommodation, park fees, boat trips, permits and other facilities.

Muay Thai & Mixed Martial Arts Camp (Phuket, Thailand)

Phuket region in Thailand has gained popularity due to its superb beaches and breathtaking resorts which are very popular among the honeymooners. On top of the beaches and resorts, there is another reason why you must visit Phuket – the Muay Thai & Mixed Martial Arts Camp. Spending your vacation at this place will not only be fun but you will go back home in a better shape and with the ability to defend yourself.

This is the place where you get to learn Muay Thai (kickboxing the Thai style) from the best Thai trainers. If you choose to take one class of this training you get to pay approximately USD18. You can also choose to join an intensive group training which may last for up to 3 months.

For those people who decide to take the training option that will last for some time, there are numerous housing options for them to choose from. For a high level accommodation i.e. one at a poolside bungalow which has TV, Wi-Fi, large beds and so on, you should expect to pay around 8,500 baht for a period of one week.

Date: 2012-09-24

Article link:

<http://www.tourism-review.com/travel-tourism-magazine-best-tours-for-losing-weight-article 1924>