



ENJOY THE SUMMER MOUNTAINS AT THE BRITISH SKI + BOARD SHOW 2011

If you're looking to prolong your adrenaline rush after the snow has melted, this year's British Ski and Board Show at Birmingham NEC from 28th-30th October aim to give you a few ideas and entice you to the snow resorts during the Summer months.

Spring and summer on the mountainside is simply stunning with lush green grass, fresh mountain air, warm sunshine and an abundance of beautiful flora and fauna. Not to mention the fantastic scenery within which is a profusion of outdoor pursuits.

If you don't want to travel far from home then The Alps region is a perfect European destination. After the snow has gone the mountains take on a different guise and become a natural playground for those wanting to release some energy. Others may prefer a gentler pace to admire the scenery. For the all action heroes there are white water rafting, rock climbing, canyoning, glacier skiing or boarding followed by skating or a game of beach volleyball. If you're really brave, why not try hydro speeding, descending down the white water rapids on a body float

Taking it down a gear involves scenic cycling, adventure trails, quad biking, mountain biking or paddle a canoe. If rest and relaxation is what you have in mind then why not take in a round of golf, a trip in a cable car, take to the hillside on horseback or enjoy a scenic helicopter tour.

Travel further a field to North America and the Canadian Rockies to discover amazing scenery and a great range of outdoor activities. Offering similar activities to those found in The Alps, a visit to North America also offers ranch holidays on horseback, whale watching, fishing, Niagara Falls, the famous Rocky Mountaineer train and even a close encounter with grizzly bears.

To find out more about summer mountain activities visit The British Ski + Board Show, sponsored by the Daily Telegraph, open from 12noon until 8pm on Friday 28th October, 10am until 6pm on Saturday 29th October and Sunday 30th October. Adult tickets for Saturday and Sunday are priced at £10 in advance or £12 on the door. For more information, the latest updates or to book tickets, visit www.britishskiandboardshow.co.uk or telephone the booking line on 0844 581 0734

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