

CZĘŚĆ PIERWSZA

Przy powtórным korzystaniu z usług biura proponujemy zniżki.

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Get busy for a great break

Brave the white water or curl up with a doll. Dymphna Byrne finds activity holidays from the daring to the deliciously lazy

Nothing is quite as relaxing as stretching yourself. If volcano climbing in New Zealand or exploring the remote Knyrdart peninsula is too arduous, study Dutch garden design or take a pottery course. Adventure and special interest holidays are booming – a growth area of the travel market.

As well as the perennially popular walking and pony trekking holidays, there is a worldwide mass of water sports, biking and hiking in remote regions and excursions to such inaccessible places as the Orinoco Delta in Venezuela.

Gentler options include courses on doll making or the works of great novelists. Prices range from £2,971 for 20 days in search of the wildlife of Central America to a practical £144 for a four-day walking holiday in North Wales.

One of the best and most informative guides is *Adventure Holidays*. This guide, which gets fatter every year, has thousands of activity holidays in more than 100 countries at prices ranging from £75 for a weekend of rural studies in England to £1,399 for two weeks' riding in Botswana.

The English Tourist Board lists over 200 centres offering activities – deep-sea diving to sailing, bell-ringing to choral singing – in its latest issue of *Let's Do It*, due out in a couple of weeks.

There is plenty of choice for those who are at their best when exercising the body and for those who prefer exercising the mind. The following alphabetical selection includes suggestions:

ACE Study Tours: The Association for Cultural Exchange has been offering immensely popular worldwide study tours for 35 years: art, acting, ecology, wildlife and more. A five-day course on painting, based in a preserved 16th Century Hall in southern England, costs £220, half board. Other courses explore Namibian wildlife, German Gothic architecture and sculpture (0223 835055).

Acorn Activities: This unique organisation was set up two years ago to co-ordinate more than 100 activities throughout Wales. Tailor-made holidays can include hang-gliding, musical instrument playing, walking, painting, arts and crafts and individual French tuition. The quality of instruction is high, accommodation is in farmhouses or hotels. Bed and breakfast from £20, tuition from £30 a day.

Bespoke Holidays: There will be reflected glory in a trek to Everest base camp if the international team reaches the summit. This team will attempt the longest and most difficult west ridge, on the Nepal side of Everest, in late spring. Bespoke Holidays, official agents for the expedition, will run the only authorised trips to base camp. The 22-day trip, with free time in Katmandu, is suitable for anyone capable of managing a couple of walks of seven or eight hours to the base camp. From £1,475 flying from England; from £850 joining in Katmandu (0732 366130).

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The Best of Morocco: Morocco, with Mediterranean and Atlantic coastlines, imperial cities, the Sahara desert and the Atlas Mountains (Africa's highest) is rising up the holiday charts. Chris Lawrence has been taking independent travellers there for 25 years and can arrange Land Rover safaris or camel treks in the Sahara, skiing in Oukaimaden, mule trekking, walking, fishing in the Atlas Mountains or golf on the fine courses of Rabat. Seven-day safari from £539 (0380 828533).

Countrywide Holidays: Walking in Britain or in the national parks of Colorado, Utah or Arizona in the US, taking a course in astrology or studying stone circles are among the options. This non-profit organisation, which has just celebrated its centenary, owns 13 houses in some of Britain's finest walking country. There are good rail discounts in Britain and 'adventure and discovery specials' in Malta and Gozo. A week's walking in Britain's undiscovered Lakeland, £245, half board (061 257055).

Explore: Plenty of adventure around the world from this leading company. New tours to Hungary, the Cook Islands and Bhutan give a total of 130 packages in 60 countries. The ability to adjust is more important than fitness in a 15-day adventure to the jungle rivers and waterfalls of the Orinoco. This holiday, with accommodation a mixture of camping and hotels, includes a four-day river journey in canoes. From £1,290 (0252 344161).

HF Holidays: Started in 1913, this company has blossomed in the past few years and now has two walking brochures: one for Britain, the other for the rest of Europe. A third brochure, *Special Interest Holidays in Britain*, has ideas including a week looking into the traditions of Cornwall. Over the years the company has bought comfortable old houses all over Britain and turned them into holiday centres. The atmosphere is friendly and homely and charges are moderate: from £149 full board for a four-day course on the history of English stained glass to £399 for a week of Gaelic Heritage and Traditions in northern Scotland (081 905388).

Naturetrek: A company that has grown with the increased awareness of the environment. Respected naturalists lead groups of 10 to 15 on serious natural history tours: the national parks of Indonesia and southern India, the whales and wilderness of Newfoundland, the Pindos Mountains of northern Greece and so on. From £690 for nine days' bird-watching in the French Pyrenees (096 733051).

Sportif: Those seriously into sport should enjoy the twice-yearly brochure put out by this growing concern that provides a year-round programme of sport for all. Sportif, particularly strong on tennis and wind-surfing, is run by experienced sporting specialists. Mountain-biking, golf and skiing are available; 'suit yourself' holidays can be arranged. A multi-activity week at the Lobos Bahia Club on the sandy island of Fuerteventura provides tennis, squash, wind-surfing, mountain-biking and much more. Tuition available. From £122 per person, four sharing an apartment (0293 567396).

Youth Hostels Association: Rock climbing has long been a speciality of the YHA. Mountain-biking, cross-country skiing, hang-gliding, creative writing, yoga, drawing and painting courses have been added over the years. YHA properties range from former country houses to modern, purpose-built hotels. Some are comfortable, others basic. There is no age limit but YHA membership, which is not expensive, is a must. Holiday prices are moderate. Two days' mountain-biking in Wales, £69; two-day 'Creating Poetry' course in Ireland, £65 (0727 553215).

CZEŚĆ TRZECIA

Dopasuj pojęcia z lewej kolumny do definicji w prawej kolumnie:

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| 1. concessionaire | a. abbreviation for charter inclusive tour, one that utilizes a charter airplane for transportation |
| 2. chef | b. An outside operator of a commercial facility, such as a restaurant or a hotel |
| 3. CIT | c. transportation to and from airports, including luggage handling. It is a regular feature of package tours. |
| 4. commission | d. A head cook who plans and supervises work of other cooks. |
| 5. transfer | e. a form of promotion that involves sending brochures to a selected list of people. |
| 6. franchise | f. Services where the public can obtain food and drink – the restaurant and bar business. |
| 7. direct mailing | g. A business operated according to guidelines and standards set by its owner who sells or leases it to others, forming, for instance a network of hotels. |
| 8. catering | h. The percentage of rooms or beds occupied in a hotel during a given period |
| 9. captain | i.. A restaurant employee who seats the guests and sometimes takes their orders. |
| 10. occupancy rate | j. A percentage of the price of a sale that is paid to the seller. Travel agents work on this basis most of the time. |

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