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Adrian Ferraro is Director at The STC, an Exeter based independent travel agent specialising in family adventure holidays. Having travelled in over 50 countries worldwide on expeditions, adventure holidays and with his young family, Adrian has 10 years experience of arranging and advising on such trips. He is passionate about responsible tourism and the educational benefits that travel and adventure can bring.



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James Moore is Director at Travel Health Consultancy, Exeter's independent travel clinic. Alongside being a specialist in travel medicine James lectures in wilderness medicine, provides medical support for UK based expedition companies and has provided medical cover for expeditions across the globe including TV series involving Joanna Lumley and Ben Fogle.



Cotswold Outdoor
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From summitting Everest to backpacking Indonesia, our staff have been there and used the kit! We have collectively visited over 60 countries worldwide and are actively seeking out the rest. Cotswold Outdoor Exeter is the largest Outdoor Store in the South West with the most extensive range available but we pride ourselves on a personal approach and honest advice. Whether you're sleeping under desert stars, off to a winter wonderland or trekking the wilds of the world our staff will offer honest, friendly advice based on personal experience and a passion for the outdoors.



Who are the talks aimed at?

The talks will appeal to any family interested in fun, eye opening, enriching and utterly memorable family holidays. The talks are designed to inspire, as well as provide practical advice and reassurance about how to plan and arrange more unusual holiday experiences with your children.

You don't need to be super fit or be a family of adrenalin junkies to appreciate seeing the world in a different way. There is no need to 'rough it' either. Family adventures are more about having the desire to discover the people, culture, scenery and wildlife of your destination, spend quality time together, and share in the memories.

But my kids aren't old enough...

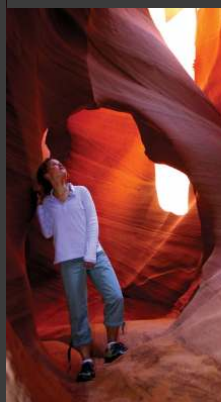
Think again. Family Adventures are generally suitable for children as young as 5. Some types of holiday are possible with even younger children. Families with teenagers, single parents, special interests and groups of families wanting to travel together are all well catered for.

Where, when, how much?

The talks will take place in the Estuary Room above the Cotswold Outdoor store at Darts Farm. There is no charge to attend. Dates and times are overleaf.

Reserve your places now:

Prior booking is essential due to limited seating capacity. To reserve seats for your family, talk to any of the companies involved or email the number of seats you require to: events.exeter@cotswoldoutdoor.com
 Please include your contact details in case of changes to the programme. We look forward to meeting you.



Be inspired:

FAMILY ADVENTURES



A series of free, family friendly illustrated talks throughout autumn, winter and spring; brought to you by Southwest specialists in adventure tourism, travel health and outdoor equipment.



Winter Activity & Northern Lights

Children (and big kids!) love messing around in the snow. If you dream of dog-sledding, ice-fishing, snow-shoeing, snow-mobiling, or meeting dear old Rudolph then this talk is the one for you. Northern Scandinavia is magical in winter with deep snow, cosy cabins, saunas and, if you're lucky, the hypnotising northern lights dancing overhead. Hear about how to plan and prepare for winter holidays with a difference.

Saturday, 25th September 2010: 4pm



North Africa & Arabia: Desert Adventures

Kasbahs, cous cous, camels and kids: deserts and children mix surprisingly well... This talk covers holidays, health and kit to see your family sleeping under starry skies in the Sinai, exploring the souks of Morocco or discovering the wonders of Egypt. With Petra and the stunning Wadi Rum, Jordan is a great destination for families too. Don't think it's all about roughing it, there are many options to travel in style if that's your bag. **Saturday, 16th October 2010: 4pm**



Wildlife & Safari Holidays

Come and hear about heart thumping wildlife encounters for all the family. We'll cover African safaris from lodge based holidays to adventurous canoeing & camping itineraries. We'll also look at wildlife cruises in the Galapagos Islands, coming face to face with Mountain Gorillas in Rwanda, and how to give yourself the best chance of seeing tigers in the wild. Also discover one of Europe's best kept secrets: wild bison, wolf, elk, bear and lynx - all much closer than you think. **Saturday, 22nd January 2011: 4pm**



Long Haul: Discovery & Adventure

Whether you want to watch dawn break over the Inca citadel of Machu Picchu, cycle through paddy fields in Vietnam or meet holy men in India - this talk covers family holidays with real 'wow' factor. The options open to families these days are diverse - the more adventurous can spend time with nomadic families in Mongolia, whereas the markets and hill tribes of Thailand mixed with a luxurious beach stay might appeal to those who like their adventure with more than a touch of comfort. Explore. Dream. Discover. **Saturday 29th January 2011: 4pm**



Walking & Trekking Holidays

Nepal, trekking, with a 5 year old? It's not only feasible, it's fantastic. This talk truly dispels the myth that you can't do adventurous activities as a family. With the right preparation, kit and choice of destination and itinerary, walking & trekking holidays in Europe, the Himalaya, South East Asia, the Andes and Africa are all possible. Nothing quite beats exploring the world on foot - all you need is to be an active family with a sense of adventure and a desire to explore. **Saturday, 5th February 2011: 4pm**



Activity Holidays & Alternative Europe

Europe has a diversity that few other continents can match. This talk covers summer family holidays: from multi-activity weeks of white-water rafting, kayaking, canyoning and rock-climbing, to different ways to see perennial favourites such as France, Spain and Turkey. 'Alternative' Europe - places such as Croatia, Romania, Poland and Iceland will also be covered. See Europe, differently... and discover the adventures right on our doorstep. **Saturday, 12th March 2011: 4pm**