



Kit Parks

Host of the **Active Travel Adventures** podcast

The Active Travel Adventures [podcast](#) inspires and empowers fit folks to lead a bigger life through adventure travel.

Every other Thursday, we explore an exciting destination around the world where you have to hike, bike, paddle and/or horseback ride to get from one place to the next. The bar is set that my relatively fit 58 year old body can do the adventures, particularly with some training.

Typical adventures include:

The [Cotswold Way](#): A 96 mile long distance walking holiday through England's most charming countryside

Whitewater [Raft the Colorado River](#) through the Grand Canyon

[Cycle the Stiletto Heel of Italy](#) (Puglia) stopping for gelato or a glass of wine whenever it suits you.

[Glacier National Park](#) Multi-sport adventure : an overview of the many adventure activities available at this popular park

Climb [Machu Picchu](#) to see the sun rise at the famous Sun Gate on this challenging trek

Topics I can discuss:

- Benefits of Adventure Travel
- How adventure travel changed my life for the better and can do so for you
- How adventure travel gives you a more intimate travel experience
- A variety of adventures folks can consider depending on their interests and fitness levels
- Why adventure travel is so popular with Baby Boomers
- How adventure travel boosts your self esteem, problem solving skills and builds confidence