



NISHANT BAXI

# OUTDOOR ADVENTURES

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## **Аннотация**

Outdoor adventures give one perfect opportunity to explore everything that is outside their normal life like home living. In an environment where skyscrapers and buildings are everywhere you go, the tendency to live a monotonous life are sickening. Going out in the wild, outside the concrete walls is a perfect opportunity to cut this boredom and feel what it is like to “live”. Get all the info you need here.

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# Foreword

Outdoor adventures give one perfect opportunity to explore everything that is outside their normal life like home living. In an environment where skyscrapers and buildings are everywhere you go, the tendency to live a monotonous life are sickening. Going out in the wild, outside the concrete walls is a perfect opportunity to cut this boredom and feel what it is like to «live». Get all the info you need here.



Chapter 1:



# Introduction

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## Synopsis

People choose to go outdoors for different reasons, top among them being the dire need to have fun. Contrary to what many people think, there is a lot of fun outside the four corner office, bar, club or even spa. The outdoors is less rigid and gives participants the chance to do things freely whether it's screaming, running, walking...



## The Basics

The other group of people chooses outdoors for adventure reasons. Let's face it; going to the pub, every time is somewhat boring. Seeing the same faces, serving and drinking the same drinks, seeing the same girls and same men looks normal and hence, a bore.

However, when you choose to go to the wild outside, you can never predict, even the weather. This adventure apparently drives many people and makes the outdoors such a huge attraction.

Whatever your reasons for choosing the outdoors for adventure, this practice has many advantages and benefits for everyone.

First, the outdoors teaches you essential survival tips you will never learn in your home. These important skills such as fire lighting in the wild, mapping, hunting, policing, fighting and others are important life skills you will need someday. You may just never know.

You also need outdoors adventures because of the rush. When you're out there in the bushes, you may never know what you will encounter. Moreover, if you're going to a new location, with

a strange terrain in good company, the adrenalin rush that comes with it is irreplaceable.

The other advantage or benefits that come with outdoor adventures are the lessons you learn out there apart from the survival ones. This is clearer, especially when you choose to go out with different people or a team. These could be workmates, colleagues, family, children,

spouse, and friends. Being with people in the wild will teach you important lessons about relationships, trust, reliability, teamwork and winning.

However, although outdoor adventures are interesting, make one feel new and give the regular adrenaline rush, on most occasions, they also come with immense risks. You may be attacked in the wild, eaten by a wild animal or get lost.

Worse still, you could die out there. Hence, if your first idea is to rush to the forests to have the outdoor adventures of your life, you need to relax, think, plan, and learn the ropes, before even thinking about it.

However, the above risks don't make going into the outdoors to have fun less interesting, entertaining or fulfilling. On the contrary, the above reasons merely say the outdoors is for you.

All you need to do is get ready for them, understand the games, know the pitfalls you are likely to encounter and psych up for them. While at it, remember to be selective of the company you keep because you need them all the way.

## Chapter 2:

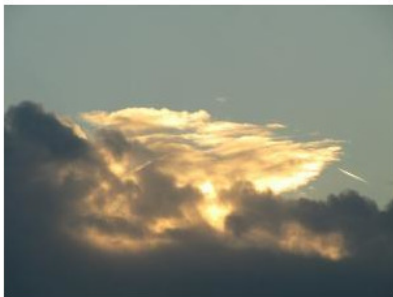
### Types of outdoor adventures

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### Synopsis

Outdoors adventures are some of the best ways to enjoy life in its most natural sense. These leisure pursuits are based outside or the semi natural setting. Some activities that define outdoor adventures include but are not limited to backpacking, adventure racing, cycling, camping, photography, fishing, hiking, running, horseback riding, and hunting. Rock climbing, mountaineering and skiing are considered as outdoor adventures as well.

Although these elements all define the various ways outdoor adventures are defined, the adventures can be divided in two broad categories.



## Beneficial outdoor adventures

The world has in recent years moved to become more about the green revolution. More and more people are embracing green technologies for the sake of the environment. The other trend that has grown beneficial to people is that outdoor adventures lead to personal development and ensure distress from the challenges of the modern world.

Many people live depressing lives and these activities are about building the bigger sense of individuality. Many people choose beneficial outdoor adventures because of the personal development angle.

It's also important to point out that many outdoor adventures are designed to reduce environmental stress in their natural sense. Hence, you will discover that less mechanization, pollution and abuse of environmental resources happens.

In their place, there are physical and social rewards promoted initiatives to ensure that environmental benefits accrue.

With their goal setting and achievement emphasis, it's no wonder; many corporate organizations choose beneficial adventures to instill teamwork in their employees.

Some of the common activities that describe beneficial adventures include but are not limited to backpacking, canoeing, caving, hiking,

mountain climbing, kayaking, and rafting, all of which need a lot of preparation, skills and patience to accomplish.

Pleasurable outdoor adventures

The world is a depressing place to live. Stress at work, conflicts in the home, kids, evening school, bad relationships, bad bosses, bad jobs, confusion.... All these describe a world that is depressing enough for

the average person.

So how do people cope with all these challenges and unfortunate scenarios? Well, pleasurable adventures allow one to get away from all of the above; fine-tunes them to their individuality, in turn helping them find comfort and happiness, regardless.

How these adventures help the mind is that, they focus more on personal pleasure. Some popular pleasurable adventures include nature study, meditation, aesthetic contemplation, general painting and photography, historical research, communication and archeological explorations. Whatever outdoor personality you have, all these form a crucial element of outdoor activity you can rely on.

### Chapter 3:

The tips and secrets to enjoying outdoor adventures

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## Synopsis

That well deserved break has finally come and you want to make the most out of it. This year, you have opted for an outdoor event may be as a result of family pressure or just the desire to have it. Though it is a holiday break, you are afraid that you might not be able to enjoy it as much as possible. This fear can be heart breaking, but here are tips to help you get the most out of this outdoor event as much as possible.



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