

Activity and adventure breaks 2009: Get going! There's a whole world to explore

Tour operators are catching on fast to the fact that our taste for adventure knows no bounds. Sarah Barrell picks the best trips on offer

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Oman adventures



The buzz about the Sultanate continues. Activity and adventure tours abound this year, including a new Biosphere Expeditions conservation holiday: a liveaboard diving expedition charting the coral reefs of Oman's remote Musandam peninsula.

Details: Biosphere Expeditions (0870 4460 801; www.biosphere-expeditions.org);