

Luxury active holidays are on the up

More people are choosing to go on an active holiday rather than a fly and flop break



According to research by travel organisation ABTA, active holidays are beating out fly and flop breaks, with aquatic adventures topping the wish-list; a trend particularly well served in Asia this year. With departures from Phuket in November and December, [Intrepid Travel](#) offers a new, nine-day sail around the islands of southern Myanmar, which includes daily kayak trips in the super-remote Myeik archipelago.

Even the Maldives, likely the world's most popular do-nothing destination, now has a more active option: [Scubaspa](#) (pictured), the high-end "floating resort" that combines yoga and diving aboard a 50m yacht, now offers part-resort, part-cruise packages with dives around some of the most remote islands in the atolls. Or try the Philippines Sailing Challenge in which teams of two or three race between remote islands near Boracay. It's a sailing adventure for non-sailors, says organiser Large Minority.