

**Client:** APS Select Yellow News  
**Source:** Emma and 3 (Blog)  
**Date:** 14 June 2016  
**Page:** N/A  
**Reach:** 17227  
**Value:** 462

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## Five activities for older children and teens to try in Moliets

Half term was spent in the beautiful Moliets which is in Aquitaine region of France, close to the border with Spain. Put quite simply it is a perfect base for a real French seaside experience. The beach is a long expanse of golden sand, there is a plethora of great restaurants and activities for all the family. I took Dyl, who is 12, on our recent trip with Madame Vacances and already he wants to go back! There will be a couple of posts as there is too much to cover in one post but I wanted to start by explaining why the location works for all the family but especially for children that like to spend their time doing activities. We packed in so many fun activities from surfing to tree top adventures. Firstly we spent a few hours hanging around in the trees. We were shown the safety briefing and taught how to use the harness and hooks before being able to head to the trees. The Adrenalin Park is suitable for all ages and the layout and design ensures that you can do the parts that appeal to you. There are challenges for all abilities and you can spend as long as you like there. It means you can climb and then stop for a picnic before climbing again. There are zip wires and a cargo net maze. Dyl was apprehensive at first but felt a huge sense of accomplishment afterwards. The Adrenalin Park costs Adults: 20€, over 14 year olds 15E and 5-10 year olds is 10E. This price is for three hours inclusive fun. The second activity was a morning surf lesson. The two hour lesson included the instructor coming to our villa to fit us for wetsuits in advance and then collecting them from the villa after the lesson. Having never surfed we really enjoyed it and we would go for a weeks lessons if we could. The tuition would be perfect for keeping teens active. Imagine lessons on the beach each morning, then back to the villa to change and head out for the afternoon or just to chill in the afternoon. It would give the best of both worlds. I was impressed that after just one lesson Dyl was already kneeling on the board.

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