



Orosi Valley, Costa Rica © Meydan Morar | Dreamstime

## GET FIT ON VACATION WITH EXODUS TRAVELS

TRENDS

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Follow through on your resolutions for 2016 to live healthier and travel more on a wellness-themed vacation with Exodus Travels, offering a variety of fitness-focused activities in exotic destinations around the world. Healthy holidays cater to travelers of various fitness levels, offering opportunities to enjoy moderately paced paddling in Costa Rica to adventurous and extreme treks in South Africa.

Get your fit on during these four trips available this year.

### Costa Rica Coast to Coast

On this 14-day trip, travelers saddle up and bike up to 28 miles per day, crossing the [Cerro de la Muerte](#) pass into scenic Orosi Valley past coffee farms and banana plantations. Starting from \$3,295 per person, the journey is moderately paced, featuring breaks to explore rivers and waterways.



### Walking South Africa's Garden Route

This 14-day itinerary takes hikers on a two-day journey across the [Alexandria Trail](#), featuring an evolving landscape of indigenous forest, sand dunes and seashore. Starting from \$2,885 per person, the trip ends in Tsitsikamma National Park, known for breathtaking waterfalls.

### Trails of Borneo

On this 14-day trip, fitness enthusiasts tackle trails in ancient rainforest and protected parks and climb [Mt. Kinabalu](#), southeast Asia's highest mountain. Starting from \$3,055.

### Walking the Highlands of Sri Lanka

This 15-day action-packed camping trip passes through the rice paddies and green tea plantations of [Sri Lanka's](#) mountain ranges. Starting from \$2,375, hikers explore Yala National Park to discover wild elephants and leopards.

