

Top 5 travel experiences for young people in 2017

[The No Regrets List](#), consisting of the top 20 travel experiences as voted for by over 5,000 youth, showed that the number one experience for 2017 is to bathe in Iceland's Blue Lagoon. The survey, conducted by travel operator Contiki, was aimed at 18-35 year olds worldwide.

While creating the list, Contiki also wanted to understand the motivators behind why young people travel, and what type of experiences they want out of life. To learn about new cultures was the strongest motivator, however 74% of respondents indicated that social experiences were the most valuable, ahead of cultural, culinary, intellectual, adrenaline and spiritual.

Top experiences varied greatly by destination, indicating that Millennials – and their younger cousins, the Post-Millennials (those born after 1995) – were searching for unique experiences that would create lasting memories, regardless of whether these were in Paris or Peru.

Top five experiences

1. Bathe in the Blue Lagoon in Iceland

Those landscapes and that awe inspiring natural light show make Iceland a winning destination. Silica, Algae and Minerals are all active materials in the lagoon making it a natural skin regime, whilst the water temperature hovers around a balmy 37-40 degrees. If you think the idea of bathing with 50 other people at one time is a bit gross, don't – the water is self-cleansing, renewing itself every 40 hours.



2. See the Great Pyramids of Giza

The Great Pyramids of Giza clearly define bucket list goals. Built over 5,000 years ago, the oldest and largest of the pyramids is the Great Pyramid, the only surviving structure of the seven ancient wonders of the world. This is nestled on the west bank of the Nile and on the fringes of the expansive Sahara Desert.



3. Walk the Great Wall of China

Weighing in at a staggering 21,196 kilometres long and with over 2,300 years under its belt, the Great Wall is the world's most awe inspiring feat of ancient defensive architecture, built by multiple dynasties to protect different territorial borders.



4. Chill out on the beach in Byron Bay

Golden expanses of sand, chilled back hippy vibes and hands down some of the best food in Oz – this is Byron Bay. Spend your morning kayaking the mangroves while dolphin spotting, cycle on over to Tallows beach for secluded beach experiences, then end the day watching the sun set from the vantage point of the lighthouse.



5. Learn how to make pizza in Italy

Pizza and Italy – two words that have been synonymous with each other since, well, forever. Get to grips with the country's most famous export (soz pasta, you're a close second) with a hands on cookery lesson, taught by the experts themselves – the locals. Learn to knead your dough just the right way, dollop on the perfect tomato sauce, and season with all the cheese and basil you can dream of.



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