

ABOUT US

Situated in the heart of the Sundays River Valley, we are an outdoor activity centre that promises spectacular fun and adventure for everyone. From zip lining, giant swinging to canoeing, we cater for both the adrenalin junkies out there and the more adrenalin shy.

OUR ACTIVITIES

Double zip line:

- Not one but *two* 500 metre wires, makes this the highest, longest and fastest *double* zip line in South Africa.
- The tour begins with a short raft ride across the Sundays River followed by a 10 minute hike through indigenous bush up to an impressive vantage point high up above the Sundays River.
- Breath-taking views across a valley of citrus orchards are the reward from atop before it's time to get in position ready to *just let go*.
- With the wind in your hair, two twin zip lines fly you and one other over the river at up to 80km/h.
- An automated breaking system at the end means you do nothing but enjoy the ride.
- Weight restrictions: 20-120 kg.

Giant swing:

- The first of its kind in South Africa, this is the ultimate adrenalin rush.
- After being hoisted up 18 metres high, a sudden release has you free falling for several seconds before you begin one giant swing.

Canoeing:

• Self-hire canoes are an ideal way to paddle the Sundays River, take in its surrounds and embrace the river's song.

WHAT TO WEAR AND BRING

Outdoor clothes and closed shoes/ Hair band to tie up long hair/ Sun block

PRICE PER PERSON

Zip line R200/ Giant swing R150/ Canoeing R125 (South African Rands)

BOOKINGS

We are open every day of the week from 9am -5pm. Zip line tours run on the hour every hour with minimum 1 and maximum 12 persons. Advance booking is highly recommended.

CONTACT

T: + 27 (0) 78 911 1619 E: <u>info@adrenalinaddo.co.za</u> For more information, visit: <u>www.adrenalineaddo.co.za</u>







