



adventure in nature
for all the family

Abseiling

Just a short walk from our centre in Hessa, we have a great climbing crag on the banks of the Mandal River. There is a selection of bolted climbs with top ropes and several free climbs. We are further developing the climbing area this season with several multi pitch routes. From the top of the crag we have a 30metre abseil with an overhang allowing the last 10metres free abseil.

Abseiling: To abseil is a method of descending a cliff under your own control. You will receive all the safety information and training then you control your own descent. Your guide will have you on a safety rope throughout and have control of you, so you have double security. In this controlled environment abseiling is 100% safe. Although you know your 100% safe the adrenalin still kicks in as you step backwards of a 30 metre high cliff.

Time: Normally part of a 3 hour climbing, abseiling and wire package, however it takes approximately 1 hour for a group of 8 to abseil.

Equipment: You require loose fitting clothes and jogging shoes. We supply; harness, helmet and all climbing equipment.

Season: From early May to late September.

Min number: 2 people.

Age limit: 12 years old.

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