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Cliff Side

adventure 2011



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The Lusty Cliffs

This private beach is surrounded on 3 sides by cliffs 150ft high creating the perfect setting for a packed half day of cliff activities!

Multi Cliff Adventure: Consists of 4 of the following cliff activities depending on weather and availability, approximately 2/3 hours.



The Zip Wire

As far as exhilarating activities go, this is right up there with bungee jumping.

Experience the rush of launching yourself from the cliff top and whizzing along the 750ft wire to the far end of the beach, where you will then abseil 60ft to the sand below.

Snakes and ladders

Starting from the beach you will scramble up to the top of the 120ft cliff negotiating various tricky obstacles on your way up!

You will be timed against your mates to see who is the fastest!

The abseil

A scary vertical rope descent down a 120ft cliff to the beach below!



Multi Vine

A tight rope walk with a difference - walk from one 120ft cliff across to another

Place your feet on the bottom wire and grab the hanging vines in front of you one after another with your hands. You will make the petrifying walk high above the beach under the watchful eye of our instructors safely strapped into a harness.



The Rat Run

An underground maze of dark and narrow tunnels, designed to challenge claustrophobic fears.

The mission is to negotiate, twists and turns, dead ends and obstacles in the dark.

Beach Volleyball

Show off your skills with a quality game of beach volleyball right down on the sand on one of our exclusive beach volleyball courts!