



WILD WOOD BRASSERIE

Contact details:

+27 (0) 71 352 6341

info@wild-wood.co.za

www.wild-wood.co.za

Abseiling

*An **Exhilarating** Activity!*

Abseiling, also known as rappelling from French rappeler, 'to recall' or 'to pull through', is a controlled descent off a vertical drop, such as a rock face, using a rope.

We cater for groups and individuals, young and old, experienced or novice. Ideal for Team Building, Couples, Corporate Outings, Bachelorettes/Bachelors, Birthday Parties or a bunch of Family and Friends looking for a fun, outdoor activity.

- Where:** 25 kms from Sandton and Pretoria near Lanseria, situated on the Crocodile River
Times: Start at 08:00 until 16:00 (earlier or later times can be requested in Summer)
Duration: At your leisure but typically allow 2 hours, dependent on group size
Gear: Supplied by WW; ropes, climbing harness, belay device, helmet and qualified supervisor

Try something different, come and abseil, conquer your fears, take control and prove you can drop 20m into an empty space to the river below using your arms to control the descent and your feet to kick off.

Consider coupling your experience with river rafting, quad biking or another adventure experience to complete the day. Meals can be provided making us your choice for birthdays, special occasions, surprises or just a great day outdoors or book a picnic for after your adventure.

"An adventurous spirit ensures you conquer your fears and tick your bucket list!"

