



## ABSEILING MOSSEL BAY, GARDEN ROUTE

ADRENALINE LEVEL 4 🔴🔴🔴🔴

Abseiling in Mossel Bay, Garden Route, is a great reason to get outdoors and active this season.



### ADVENTURES

 South Africa  
 Mossel Bay

Company:  
Phone number:  
Cell phone number:  
E-mail address:  
Website:

AdventureBookings.co.za  
0861 266 548  
+27(0)76 967 2228  
[info@adventurebookings.co.za](mailto:info@adventurebookings.co.za)  
[www.adventurebookings.co.za](http://www.adventurebookings.co.za)



## INTRO

Abseiling in Mossel Bay along the Garden Route is a fantastic reason to get outdoors and active this summer! The more the modern world forces us into sedentary lives, the greater becomes everyone's need to be active, to have adventures and to get out there in the sun and experience nature. Now, the South African coastline has some of the greatest places for abseiling, top roping climbing and rap jumping.

Abseiling is an exhilarating adventure activity that can be a family outing, a group of friends and it is also a great team building event. It gets people out there to enjoy nature, it promotes a healthy lifestyle and it is simply the greatest fun ever to go down cliffs and Mossel Bay, Garden Route, has some of the most stunning scenery to do this in.

For those not familiar with the differences; abseiling is rappelling downwards on a rope facing the cliff, while rap jumping is rappelling downwards, but facing away from the cliff and for those that would rather go up, top-roping is a safer alternative to rock climbing where you can rest and just hang there and you don't take the jolt on your climbing harness when you fall.

All in all, abseiling in the Garden Route's beautiful Mossel Bay is a must.

## MORE

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### What's the deal?

- We offer half day excursions and once off abseiling experiences in Mossel Bay along the Garden Route.
- All the necessary equipment is supplied
- The complete experience is supervised by professional abseil specialists that are highly trained. They will see to your complete safety and also safeguard that the environment is not damaged in any way.
- We offer abseiling opportunities for all the different confidence levels from 20 metres to 45 metres.
- We also facilitate corporate team building events and school events on request

### Location

Kaaimans River, Mossel Bay, Garden Route, Western Cape

### When is the best time to do it?

This adventure is available throughout the year, weather permitting.

Please note that **once-off abseiling is only available during the December holiday season** when we keep our equipment set-up throughout the weeks. The rest of the year half-day excursions are available.

### What to bring?

- Wear trousers that are strong such as denim.
- Chafing can be a serious problem, so wear cycling shorts beneath your trousers.
- Windbreaker or warm and comfortable jacket and T-shirts.
- Well-fitting hiking boots
- Sun protection: sunglasses, hat and sunscreen SPF 30+
- Water bottle and small backpack
- Camera

## INTINERARY

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Please take note of the following:

- We have no age restrictions - children can abseil with parental consent [completed consent form].
- We do have a weight restriction - participants must have a minimum weight of 30 kilos. Kids below 30 kgs have difficulties with the lines and webbing on the descent.

## PRICING INFORMATION

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R300

per person, In Season - Daily, Out of Season - min 4 pax

## RATES INFO

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**Rates:**

Abseiling in Mossel Bay, Garden Route, is R300.00 per person for both the once-off and half-day adventures.

