

# Factsheet

## Adrenalin and Adventure

WHEN was the last time you battled a raging river, dangled upside down admiring the view from the end of a bungee cord or rap jumped down a mountain? If you can't remember you need to get your heart racing in Queensland, Australia's action and adrenalin capital!

### Brisbane

#### Riverlife

Visitors to Brisbane looking to experience fun, fitness and fresh air will find plenty at the Riverlife Adventure Centre. Brisbane's latest riverside adventure is open for business seven days a week at the old Naval Stores at the base of Kangaroo Point cliffs. Riverlife offers a selection of daring and physical activities including paddling up the river in a kayak, rock climbing, abseiling and personal training sessions. Cycling, kickbikes, electric scooters, unicycles and rollerblading can be hired for use on the bikeway and revitalisation massages are also available. Other optional extras include inflatable dinghys, picnic packs, electric scooters and personal trainers. Group adventure activities include morning and afternoon tea. Day passes are available for \$65 and half day for \$35. Email: [info@riverlife.com.au](mailto:info@riverlife.com.au) or call 38915766. Visit [www.riverlife.com.au](http://www.riverlife.com.au).

#### City-centre climbing – Kangaroo Point

On the south side of the Brisbane River directly across from the skyscrapers and bright lights of Brisbane's city centre are the beautiful sandstone cliffs of Kangaroo Point. This outdoor climbing gym has ascents suitable for all levels. From beginners through to advanced, hook up your harness; chalk up your hands and climb up or abseil down the cliff face. Ph: + 61 7 3395 6450 or visit [www.worthwild.com.au](http://www.worthwild.com.au).

#### Is it a kite? Is it a board? – Moreton Bay

Here's an idea: Why not strap a fibreglass board to your feet and a big kite to your waist and let the wind power you across the water and speed? Hit the surf and launch yourself off the lip of a wave or glide across glassy flat water. Moreton Bay, to the east of Brisbane, plays host to all manner of thrill-seekers wanting to learn this adventure sport that is fast-rising in profile and popularity. SkySurf Kitesurf School has International Kiteboarding Organisation-recognised trainers. Ph: + 61 7 3324 0175 or visit [www.learn tokitesurf.com](http://www.learn tokitesurf.com).

#### Rally the troops – Willowbank

Experience first hand the thrill and adrenalin of driving an Aussie V8 - an icon of Australian Motorsport. Sideways Action offers a range of courses in a range of vehicles from those more traditionally associated with rally through to the V8 Australian-manufactured monsters! Step outside your comfort zone and find out what it's really like to test yourself and the Australian Rally Championship car you're driving, on dirt, fast. Ph: +61 2 9674 3300 or visit [www.sidewaysaction.com.au](http://www.sidewaysaction.com.au).

#### A grand sand adventure – Moreton Island

The stunning sand island of Moreton has sand hills of up to 80 metres in height. Simply climb one of these hills, drop a waxed-up toboggan board in the sand, jump on it and set off down hill... at pace! Speeds of up to 50km per hour have been clocked on these sandy slopes. For children and those not feeling the need for speed, smaller hills abound. Ph: +61 7 3408 1338 or visit [www.moretonisland.com.au](http://www.moretonisland.com.au).

### **Holden Performance Driving Centre – Norwell**

Learn how to take full control of your vehicle at the Holden Performance Driving Centre. The expert team will put you behind the wheel and through your paces. Learn the practicalities of dealing with emergencies in all conditions. Or for a racing experience take a class from the lecturers at the V8 Superschool. Here, you can take the wheel and with the guidance of expert instructors understand the basics of motorsport driving. Ph: +61 7 5546 1366 or visit [www.performancedriving.com.au](http://www.performancedriving.com.au).

### **Bridging the gap – Brisbane**

A two-and-a-half hour adventure climb to the very top of Brisbane's iconic Story Bridge – will open to the public for the first time in its 65 year history on October 1, 2005. One of only three such experiences in the world, it's a journey of almost a kilometre up over the bridge's superstructure with a high point almost 80 metres above the Brisbane River as it flows past the city heart. From the summit of the bridge climbers enjoy uninterrupted 36 degree views of Brisbane its river and surrounding mountains. Ph: + 61 7 3514 6900 or visit [www.storybridgeadventureclimb.com.au](http://www.storybridgeadventureclimb.com.au).

## **Gold Coast**

### **Very adventure – Gold Coast**

A new adventure travel website targeted at the backpacker/youth travel market has been launched by the Gold Coast Adventure Travel Group recently. The [www.adventuregc.com](http://www.adventuregc.com) site was developed by the Gold Coast Backpacker Industry Development Project and showcases the diverse array of backpacker experiences and accommodation on offer within the region. To view the new site visit <http://www.adventuregc.com>

### **It's a screamer – Surfers Paradise**

Get yourself on the Scream Machine at Surfers Paradise. The machine is a 400 horsepower 7.5 metre Gemini Waverider that reaches speeds of up to 50 knots. Take in the sites and sounds of the stunning Gold Coast at a relatively sedate pace. Then prepare yourself for the incredible speed as the boat roars away from the mainland making turns at 'G' forces of 2.3. Ph: +61 2 8456 7777 or visit [www.adrenalin.com.au](http://www.adrenalin.com.au).

### **Helicopter, training introductory flight – Coolangatta**

Experience the thrill of flying a helicopter with a Training Introductory Flight. Ph: +61 7 5599 3700 or visit [www.phs.com.au](http://www.phs.com.au).

### **Pretty Porsches – Mt Cotton**

Whether you own a Porsche or not, the allure of these powerful vehicles is hard to deny. Take the wheel of your choice of the latest models from the iconic German automotive manufacturer. The course was designed by Porsche engineers to test the vehicles to their limits. Don't just drive them; learn how to tame them as highly-skilled Porsche driver trainers take you through tuition and instruction. Few other places in the world offer a smorgasbord of the entire late-model Porsche range. Ph: +61 2 8456 7777 or visit [www.adrenalin.com.au](http://www.adrenalin.com.au).

### **Get airborne by buggy - Alberton**

Jump into your overalls and strap yourself in to your beast of a buggy. These off-road mean machines have been purpose built for the conditions of the course. Whether you are an off-road professional or a rank amateur it doesn't matter the track and the tuition are designed

to bring out the best in you as a driver and test your skills to the limit. Get sideways, get airborne, get in and go hard! Ph: 1300 88 69 66 or visit [www.offroadrush.com.au](http://www.offroadrush.com.au).

### **Lethal Weapon – Warner Brothers Movie World, Gold Coast**

Hang suspended from your harness as you contemplate the ride ahead on Movie World's roller coaster Lethal Weapon. Clock up to 85 km/h and feel four G's of gravity as your feet flail in the air above, below and to the side of you. Ph: +61 7 5573 8485 or visit [www.movieworld.com.au](http://www.movieworld.com.au).

### **The Claw – Dreamworld, Gold Coast**

Standing nine-storeys high the claw is the most powerful pendulum on the planet and the first of its kind in the Southern Hemisphere. Once strapped into your harness you and those joining you for the ride will swing at up to 75km per hour and around 360 degrees. Ph: +61 7 5588 1111 or visit [www.dreamworld.com.au](http://www.dreamworld.com.au).

### **Corkscrew Rollercoaster – Seaworld, Gold Coast**

Ride this, Australia's first triple-loop rollercoaster. With cork-screwing twists and turns that will leave you guessing as to which direction you are actually travelling in... this is one not to be missed. Ph: +61 7 5588 2205 or visit [www.seaworld.com.au](http://www.seaworld.com.au).

### **Speedcoaster – Wet 'n' Wild, Gold Coast**

What kind of waterslide is it when you finish at zero-gravity? The answer being: a fast one. The Speedcoaster at Wet 'n' Wild, Australia's premier water park shoots you downhill at incredible speed. The tandem tubes let you see who was the fastest to the finish line and the timed runs let you know if you were king of the coaster. Ph: +61 7 5573 2255 or visit [www.wetnwild.com.au](http://www.wetnwild.com.au).

## **Sunshine Coast**

### **Down hill and into the water – Noosa**

Scream downhill on a mountain bike or discover the beauty of the hidden water ways around Noosa on the beautiful Sunshine Coast or do both in the one adventure. Pedal and Paddle Adventure Treks Noosa offer their guests these opportunities, taking in the Sunshine Coast's beautiful hinterland and the serenity of its estuaries. Hiking is also available for those who prefer pedestrian power rather than peddling or paddling! Ph: +61 7 5443 7504 or visit [www.pedalandpaddle.com](http://www.pedalandpaddle.com).

### **Jump out of a perfectly good aeroplane - Coolum**

If you're the type who breaks into a cold sweat looking over your balcony then this might not be for you! Have your heart in your mouth as you drop from 14,000 feet from an aeroplane with some of the most spectacular coastline in Australia fanning out beneath you. Then, after 60 seconds of freefall and five minutes floating underneath a parachute, land right on the sand at beautiful Coolum Beach. Ph: +61 7 5446 1855 or visit [www.ramblers.com.au](http://www.ramblers.com.au).

### **Swim with the sharks – Mooloolaba**

Have you ever wanted to get up close and personal with a shark? Several sharks? Many large sharks? At the Underwaterworld Aquarium you can come within centimetres of large grey nurse sharks, leopard sharks, white tip reef sharks, shovel nosed and whaler sharks. Stare into the eyes of black bullrays, coachwhip rays, giant groper, spangled red emperors,

sweetlip, snapper, bream, remoras, wobbegongs and much more! Ph: + 61 7 5444 8595 or visit [www.scubaworld.com.au](http://www.scubaworld.com.au).

## Mackay

### **Wingless flight – Finch Hatton Gorge**

See this stunning rainforest environment 70km inland from Mackay from a completely different perspective. Suspended on a cable within centimetres of the rainforest canopy – you will be able to view the whole amazing ecosystem or a microcosm within. Ph: +61 7 4958 3359 or visit [www.forestflying.com](http://www.forestflying.com).

## Whitsundays

### **Ocean rafting – Airlie Beach**

See beautiful beaches, coral and Aboriginal rock painting, with the only marks from you passing left in the sand and your mind. Ocean rafting gives you a chance to get out and experience what the Whitsunday Islands have to offer quickly and with minimal impact on the environment. Go snorkelling, pull up on the beach and educate yourself about the environment and the original inhabitants of this spectacular region. Take one day or two and when you get back, you've got the party hub of Airlie Beach to welcome you. Ph: +61 7 4946 6848 or visit [www.oceanrafting.com.au](http://www.oceanrafting.com.au).

### **Moth's-eye view – Airlie Beach**

If you've always fancied yourself as having the qualities of a World War I ace, you can experience what flying an open-cockpit Tiger Moth aircraft is really like. Take in the spectacular coastline at Airlie Beach and the Whitsunday Islands in a very different way. Plot your own course and have your pilot take you where you want to go. Barrel roll and loop your way over the beautiful tropical waters of this magical location. Ph: +61 7 4946 6266 or visit <http://www.thewhitsundays.com/internal/tigermth.html>.

### **Four-wheeled fun – Dryander House**

Jump on a quad bike and get out into the bush through some challenging territory. Those heading on the tour will be taken through a familiarisation so they can become more comfortable on their vehicle. They are then taken out into the Australian bush and from there to the rainforest of the Dryander Range. The highlight of the tour is the view from a nine-metre platform high in the rainforest canopy. Ph: +61 7 4946 6266 or visit [www.magnums.com.au](http://www.magnums.com.au)

## Tropical North Queensland

### **Rage on the river - Cairns**

Paddle hard until your raft is caught by the current, then hold on tight as you are sucked between huge granite boulders, and flushed into an eddy beyond. Then paddle hard again, as your guide steers you out of the eddy bringing you into clear water. Ping pinball like through rapids as the adrenalin courses through your veins. Ph: +61 7 4031 3460 or visit [www.foamingfury.com.au](http://www.foamingfury.com.au).

### **Minjin is a mean devil - Cairns**

Legend has it the Minjin was a mean cat-like creature that used to roam the rainforest and hills outside Cairns. Today, a huge swing 15km outside of Cairns takes its name from the mythical beast. You will be strapped into the Minjin by a hang gliding harness, attached to a piece of steel cable and then dropped - swinging at speeds of up to 100kph. Ph: +61 7 4057 7188 or visit [www.ajhackett.com.au/minjin.htm](http://www.ajhackett.com.au/minjin.htm).

### **Blazing Saddles – Palm Cove**

Jump on your four-wheel motorbike and hang on. The team at Blazing Saddles run you through your paces in a training environment before putting you in with people at a similar riding level to you. Then, it's out and about on the rainforest adventure tour through the mud before getting back to home base for a meal. They even offer a door-to-door shuttle service. Ph: +61 7 4059 0955 or visit [www.blazingsaddles.com.au](http://www.blazingsaddles.com.au).

### **Jet boating TNQ style – Cairns**

Take a journey into the World Heritage area surrounding Cairns at speed and in as little as six inches of water. Motion Tours Jet Boat Experience allows those travelling with them an extreme close up view of the mangrove environment... home of the salt-water crocodile. See this beautiful environment in speed, style and comfort. Ph: +61 7 4036 1667 or visit [www.motiontours.com](http://www.motiontours.com).

### **Heli-rafting – North Johnstone River**

You can only get into the start of the course by helicopter and you can only get out one way... in a raft! Travel through the pristine North Johnstone River Valley and admire the amazing landscape surrounding you – when you're not on grade five rapids that is. Two and four day expeditions are available. Ph: +61 7 4041 9444 or visit [www.raft.com.au](http://www.raft.com.au).

### **Biking in the forest – Cairns**

Grab a mountain bike and head for the rainforest with Dan's Mountain Biking. Offering experiences from moderate to extreme, you will make your way along tracks passing through ancient rainforest and crystal-clear streams. You are even given the opportunity to retrace the 1996 UCI World Mountain Bike Championship Course on one of Dan's rides. Ph: +61 7 4032 0066 or visit <http://www.cairns.aust.com/mtb/>.

### **Skydiving, surfing and bungy activities Queensland**

With a climate like Queensland's, outdoor activities are part of a lifestyle that welcomes the outdoors, indoors. Big windows, big terraces, big landscapes and big adrenalin rushes are what this State is all about! There is adventure to be had anywhere you travel in Queensland and skydiving, surfing and bungy activities to be found in many areas.

Here is some of what's on offer:

## **Gold Coast**

### **Skydiving**

#### **Skydive Queensland**

Telephone: +61 7 5528 2777

Website: [www.skydiveqld.com.au](http://www.skydiveqld.com.au)

### **Bungy**

#### **Bungy Australia**

Telephone: +61 7 5529 7289

Website: [www.bungyaustralia.com.au](http://www.bungyaustralia.com.au)

### **Surfing**

#### **Cheyne Horan School of Surf**

Telephone: +61 7 5533 9303 or +61 7 5539 1926

Website: [www.cheynehoran.com.au](http://www.cheynehoran.com.au).

## **Brisbane**

### **Skydiving**

#### **Brisbane Skydive**

Telephone: +61 7 5464 6111

Website: [www.brisbaneskydive.com.au](http://www.brisbaneskydive.com.au)

### **Bungy**

#### **Pacific Fly Motion Bungy Trampoline**

Telephone: +61 7 5525 3984

Website: <http://www.flymotion.com.au/home.html>

### **Surfing**

#### **Surfing Australia**

Telephone: +61 7 5520 1165

Website: [www.surfingaustralia.com](http://www.surfingaustralia.com)

### **Bridge Climb**

#### **Story Bridge Adventure Climb**

Website: <http://www.storybridgeadventureclimb.com.au>

### **4WD & Sand Tobogganning**

#### **Moreton Bay Escape**

Website: <http://www.moretonbayescapes.com.au>

### **Kayaking**

#### **Riverlife Adventure Centre**

Website: <http://www.riverlife.com.au>

### **Kite Surfing**

#### **Sky Surf Kitsurf School**

Website: <http://www.learntokitesurf.com>

### **Hot Air Ballooning**

#### **Balloons over Brisbane**

Website: <http://www.balloonoverbrisbane.com.au>

## **Sunshine Coast**

### **Skydiving**

#### **Skydiving Australia**

Telephone: +61 7 5437 0211

Website: <http://www.skydivingaustralia.com.au/>

## **Bungy**

### **Big Kart Track**

Telephone: +61 7 5494 1630

Website: <http://www.bigkart.com.au/>

## **Surfing**

### **Surfing Australia**

Telephone: +61 7 5520 1165

Website: [www.surfingaustralia.com](http://www.surfingaustralia.com)

### **Wreck Dive**

#### **Blue Water Dive**

Website: <http://www.bluewaterdive.com.au>

## **Shark Dive**

### **Underwater World**

Website: <http://www.underwaterworld.com.au>

## **Whitsundays**

### **Skydiving**

#### **Tandem Skydive Airlie Beach**

Telephone: +61 7 4946 9115

Website: <http://www.skydiveoz.com/>

## **Ocean Rafting**

### **Ocean Rafting**

Website: <http://www.oceanrafting.com>

## **Scuba Diving**

### **Fantasea**

Website:

[http://www.fantasea.com.au/images/\\_Common/Extreme%20Dive%20Encounters.pdf](http://www.fantasea.com.au/images/_Common/Extreme%20Dive%20Encounters.pdf)

## **Tropical North Queensland**

### **Skydiving**

Telephone: +61 7 4051 2626

Website: [www.paulsparachuting.com.au](http://www.paulsparachuting.com.au)

## **Bungy**

### **The AJ Hackett Bungy Tower**

Telephone: +61 7 4057 7188

Website: [www.ajhackett.com.au](http://www.ajhackett.com.au)

## **Flying Fox**

### **Jungle Surfing Canopy Tours**

Website: <http://www.junglesurfingcanopytours.com>

## **Scuba Diving & Minke Whale Swim**

### **Undersea Explorer**

Website: <http://www.undersea.com.au>



**White Water Rafting**  
**Raging thunder Adventures**

Website: <http://www.ragingthunder.com.au>

**Hot Air Ballooning**  
**Hot Air - Cairns**

Website: <http://www.hotair.com.au>

