



HIGH N WILD ADVENTURE PACKAGES

Going abseiling or canyoning in the Blue Mountains is a special experience that will show you an exciting side of this world heritage area. Find out more here to help you prepare for an adventure of a life time.

TRIP INFORMATION

IS THERE AN AGE LIMIT?

We have had people from 6 years old to 86 years old participate in our adventures. Generally we have a minimum age of 14 years for the summer Canyoning trips. If you have kids under this age please contact us to see if the canyon would be suitable.

DO I NEED TO BE FIT?

You can get away with average fitness on most of our adventures apart from the Long Day Canyons. For these you need better than average fitness. If you're unsure please ask at the time of booking or give us a ring.

IS IT WEATHER DEPENDANT?

We still run Abseiling, Canyoning and Survival courses in light rain. We do need fine weather for Rock climbing.

WHY SHOULD I CHOOSE HIGH AND WILD?

Established in 1989 we have taken over 100,000 people on adventures ranging from a 3 hour abseil session to multi day Snow and Ice climbing courses. We are fully insured and licensed by National Parks and the City Council.

WHO ARE THE GUIDES?

Our guides are outdoor enthusiasts with a passion for taking others into our remote and beautiful environment. Minimum qualifications include Certificate 3 in Canyoning, First Aid and Bronze medallion. Between them they have hundreds of years of experience.

CAN NON-SWIMMERS PARTICIPATE IN CANYONING?

Yes we have had non-swimmers successfully complete canyoning in the past – but give us a ring to discuss first.



IMPORTANT STUFF

WHAT'S INCLUDED?

The full day trips include all technical equipment (abseil gear, wetsuit, waterproof backpack, climbing shoes), lunch and transport from the hostel. We also include a waterproof camera for the group.

WHAT DO I BRING?

Dress for the weather, wear running or hiking shoes and bring water and camera. For Canyoning bring running shoes to get wet, swimsuit and waterproof camera. If you don't have one we supply a waterproof camera free of charge. We also have helmets fitted with Go Pro mounts.

DO YOU HAVE A LEFT LUGGAGE AREA?

Yes! You can leave your luggage with us.

WHERE DO I MEET?

At our office located inside the YHA. Too easy!

DO YOU CATER FOR VEGETARIANS?

Yes we do, please ask at time of booking.