

Get your pulse racing with the best activities for adrenaline junkies

Check out South Wales for the best activities for adrenaline junkies

South Wales has got it all. Beautiful scenery in the Brecon Beacons and the Gower Peninsula, arts and culture in the museums and galleries of Cardiff and of course, a great night out on St Mary's Street!

If you fancy a bit of excitement then your luck is in as well. Whether you're planning a holiday with your family or organising the ultimate Cardiff stag weekend, South Wales has a full range of adrenaline sports to choose from. From skydiving to canyoning and zip-lining to downhill biking, check out our pick of the best Cardiff activities for adrenaline junkies.

Skydiving - An Aerial Adventure

Imagine freefalling through the air with the glorious Welsh coastline spread out for miles beneath you. Sound exciting? Well check out the skydives you can take over the Gower Peninsula. Located in easy reach of the capital if you're on a Cardiff stag weekend, the planes take off from Swansea airport and zoom you up to 12,000 feet before you exit for the ride of your life.

Try to remember to enjoy the view as you fall! You'll be strapped to an expert instructor who will take care of all the technical bits, so all you have to do is soak up the experience and give a thumbs-up to the video camera. The parachute opens at 5,000 feet and you can have a go controlling the canopy as you drift back down to earth. Adrenaline and sightseeing in one exciting trip! Prices start from \$230, but you can't put a price on that freefall feeling...

Go Below – Zipline Insanity

If falling toward the earth isn't your thing, then how about flying around beneath it? 'Go Below' is a seriously exciting subterranean adventure that will get your pulse racing and is one of the most popular Cardiff activities. Hailed as the 'UK's scariest assault course', it offers 5 kilometers of zip lines, freefalls and abseils in one of Wales's largest cave systems.

This isn't a day out for the faint-hearted. The longest zip wire is 130 meters in length, which gives you plenty of time to consider the empty space beneath your feet. If that isn't scary enough then you can look forward to the star of the show, a 70-foot freefall jump down a sheer cliff in the pitch black! The experience costs \$79 and is restricted to adults only. Not recommended for anyone of a nervous disposition!

Canyoning and Coasteering – Wet and Wild

This recommendation is a bit of a two-for-one. The rivers and coastline of South Wales are tailor-made for adrenaline-fueled adventures, offering a wealth of gorges, cliffs and ravines to explore, so check out the canyoning and coasteering on offer.

If you choose canyoning then you can look forward to a thrilling descent down one of the region's crystal-clear rivers. Think scrambling, sliding and jumping down a series of waterfalls, taking the rapids in your stride and swimming through some of the most spectacular scenery that South Wales

has to offer. If you go for coasteering then you can add in some cliff diving and the opportunity to do an open water swim in the ocean.

Either way, these activities are a great way to get your pulse racing and with locations for both of them close to the capital, they've been a great focus for many a great Cardiff stag weekend. Prices start from \$40 and all safety equipment is provided.

Go Ape – Treetop Fun

Go Ape is one of the UK's most popular outdoor activities and with good reason. Extreme enough to get your pulse racing but with a safety record that's second to none, the aerial zip wire course allows you to channel your inner Tarzan with no risk to life and limb.

Wooden platforms of steadily increasing height are spaced out around the trees, just waiting for you to swing, zip and jump your way through the forest. Although at first glance you might think that this is a tame choice for a Cardiff stag weekend, the site at Margam Park actually boasts some of the highest zip wires in the country and there's plenty here to scare even the most seasoned climbers. At \$33 for a half-day session, it's one of the most affordable activities on offer as well.

Downhill mountain biking

The last of our recommended Cardiff activities is downhill mountain biking. The hills of Wales are just begging to be explored on two wheels, and the tracks and trails of Bike Park Wales near Merthyr Tydfil give you the perfect opportunity.

Of the 22 kilometers of trails on offer, 17 kilometers are downhill and certain portions of those are nationally graded as 'black'. That means you can look forward to some steep and fast descents! A reasonable level of biking proficiency is recommended for the more extreme portions of track, but just about anyone can ride the intermediate sections. The best bit of all? They have a minibus 'uplift' service to get you back to the top of the hill after a descent, so all you have to do is ride the adrenaline wave downhill again and again!

At \$10 for a day pass, this biking mecca is an absolute bargain and is sure to be a popular choice on any Cardiff stag weekend.

Pick your experience and enjoy the rush

South Wales is a dream destination for adrenaline junkies. With such a wide range of extreme experiences on offer in the wild and beautiful countryside around the capital, you'll never have the chance to get bored. These are just a few of the Cardiff activities that will get your pulse racing. Pick one, grab your mates and enjoy!