

The Edge

Located in the Canterbury High Country in the Rakaia Gorge, 90 minutes drive from Christchurch, this is the **largest commercial abseil platform in the South Island.**

Imagine your group descending a 200ft (60m) drop down a limestone cliff face. Here up to 4 people can abseil at once to make the experience one a team can enjoy together. Abseiling is a truly achievable and empowering activity, that is heaps of fun, and 'The Edge' platform makes it so much easier for people afraid of heights.

At The Edge, people will get to meet their ultimate challenge as they prepare to abseil from this 200ft cliff!



Key learning elements:

- Ⓢ Empowerment
- Ⓢ Motivation
- Ⓢ Trust
- Ⓢ Self-confidence
- Ⓢ Overcome anxiety



This is an excellent solo challenge as well as providing a powerful empathic rapport between the whole team as they all experience the same real, human emotions of *fear, anxiety, excitement, anticipation* and *self-achieving success* when they reach the bottom. It encourages people to embrace risks and they leave with greater self-confidence, expanded personal horizons and with a feeling that...

*"...if I can abseil,
I can do anything"!*

"We thought your instructors were very professional about safety without creating anxieties in people's minds and that by their whole demeanor they made you feel confident and you were safe in their hands. Not too casual not too paranoid; they achieved a perfect balance."

✦ **David Leavy, Dean of College House, Canterbury University**

LOCATION	SEASON	DURATION	Min/Max
Rakaia Gorge	All year	2-3 hours	6 - 40