



Table Mountain Experience

A Downhill Adventures Event

Date: January 18th 2007

Welcome to the Downhill Adventures Mountain Experience. For this proposed event with 70 Guests we intend to put an unforgettable experience- all taking place on the Slopes of Table Mountain- one of the world's most significant land marks.

We will facilitate all the activities, provide all required equipment and our experienced, qualified guides will make sure the whole day runs smoothly.

We can also take care of transportation and catering, as well as adventure filming, stand-by medics, event team colours etc.

Downhill Adventures, established in 1995, has been operating exciting outdoor adventure activities throughout the Cape peninsular for over a decade now.

Downhill Adventures strives to create definitive adventures combined with great service. Our professional attitude and consistent efficiency is a hallmark of our service. Our original and creative view on adventure activities has kept us on the cutting edge of new trends for the past 12 years.



The Location

Nestled in the lower slopes of Table Mountain above Higgovale and the City, lies a spectacular hidden quarry where Downhill Adventures runs unique tailor-made adventures and events.

Sheltered from the wind, with amazing views of the city and mountain, this secluded venue is ideal for group events and offers excellent rock climbing and abseiling with several pitched routes already in place. Its ideal for catered events with easy access, being situated just 50m from the road.

The slopes below Tafelberg road offer some great mountain biking with off-road sections to suit all levels and ability. Cycling along the base of the mountain around devil's Peak and down into the city, these superb routes offer views of the Mother City that you simply cant beat, combined with a great adventure experience.





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THE ACTIVITIES

The group would be divided, with a number of teams enjoying each activity in rotation.

1) Abseiling

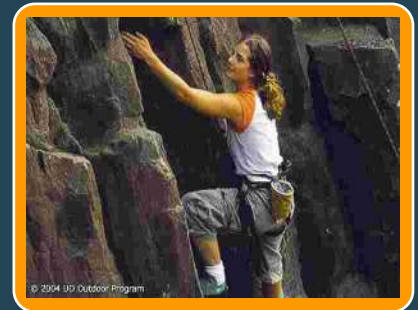
The word 'abseiling' derives from the German word abseilen meaning 'to rope down'. Abseiling is a technique for descending a cliff face using a fixed rope as well as harnesses and safety equipment with the speed of descent being controlled by the participant.

Our expert guides will guide you through this amazing adventure in a safe and friendly environment.



2) Rock Climbing

Higgovale Quarry offers many pitched (meaning that safe fixture points are already bolted into the rock face) climbing routes to suit all levels and abilities. Whether you have climbed before or not, we guarantee that we will make this activity an incredible and enjoyable experience for all.



3) Table Mountain Biking

Using our 24 speed front suspension Mountain bikes, riding on the lower slopes of Table Mountain is once in a lifetime occasion. Offering a choice of off-road, single track and scenic paved roads, Table Mountain has something for everyone when it comes to mountain Biking. Downhill Adventures is the only commercial company that offers biking on the mountain biking and has been taking local and international clients biking here for over a decade. It is without a doubt our most popular tour, and for good reason.

There are also mountain rock pools and cliff jumps for those seeking additional thrills or simply the opportunity to cool off.



a) Laser Skeet Shooting

A laser clay shoot is structured like a normal clay or skeet shooting, except that instead of firing live cartridges, you fire a beam of laser light. This means that laser target shooting is safe and suitable for all ages and like the traditional clay pigeon shoot, is a real test of skill and concentration. Each 'gun' fires two shots at real clays that are launched randomly across the axis of the gun line. Hitting a clay in flight is not as easy as it looks. Our expert instructors will teach you the techniques on how make both shots hit their target. Once everyone is up to speed we can introduce a competition.





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Downhill Adventures Provides:

DHA will put this whole Table Mountain experience together, facilitating all activities, ensuring maximum safety and enjoyment for the teams throughout the course of the day.

DHA will provide:

- Experienced qualified guides at each activity.
- Level 1-3 trained First aiders
- All equipment and safety gear
- An event organiser and presenter to brief the teams, detail the day's proceedings, motivate the contestants, and make sure that the whole day is a phenomenal success.
- Ground handling staff to take care of all operational details
- Fabulous locations for all activities and final meeting place

OPTIONAL EXTRAS:

DHA can organise the following optional extra facilities:

- On-Hand medical / emergency staff & paramedics
- Catering & Bar facilities
- Videographers to record the whole amazing experience, producing an edited professional DVD of the whole day's activities. Our expert camera men use cutting edge technology, helmet and flexi mounted cameras to capture the action as it occurs.