

## CONDITIONS OF ENTRY

### IN ENTERING THE PARK, YOU AGREE TO:

- Reading and signing the risk disclosure form.
- Reading and accepting the Conditions of Entry & Safety Rules.
- Attending a safety briefing.
- Be in a reasonably fit and healthy condition.

### THERE ARE JUST TWO, BIG RULES:

1. Clipped in - You must be clipped into the safety line by at least one carabiner at all times. If you are not clipped in, you could fall and get seriously injured, perhaps fatally.
2. Consideration for others - Please act responsibly and courteously at all times, so everyone has a good time.

### PLEASE UNDERSTAND THAT:

- The activities in the park do involve risks and can result in serious harm or death if you do not follow the safety rules.
- Our safety staff supervise from the ground. We provide participants with advice when required.
- Children under 16 years must be actively supervised by a parent or guardian (over 18 years).  
Active supervision means staying within eyesight of the participants and Adrenalin Forest safety staff.
- The activities are "challenge by choice." The levels get higher and harder the further you go.
- You must be physically and mentally able to manage your own safety and sustain a basic level of physical exertion and stress.
- Our safety staff will remove participants from Adrenalin Forest for unsafe behaviour.

### HEIGHT RESTRICTIONS:

- Whole course - Persons must be a minimum of 1.40 metres tall.

### TIME ALLOWED:

- You are allowed a maximum of 3 hours on the whole course.
- You can do each level once.

### CLOTHING:

- You must be dressed appropriately for physical exercise in an outdoor environment. Ensure pockets are buttoned or zipped closed.
- We recommend tight fitting footwear which encloses the entire foot (no jandals or sandals).
- All long hair should be tied back for safety reasons.

### SAFETY EQUIPMENT:

- You must wear the safety equipment provided and fitted by Adrenalin Forest.
- Please do not adjust or take off your safety equipment. If you do so, it must be rechecked by Adrenalin Forest staff. You are not allowed to share any part of your safety equipment.

### SAFETY BRIEFING AND TRAINING:

- You must attend the safety briefing before starting the course.
- Parents/guardians supervising participants under 16 years must also attend the safety briefing.
- You must satisfy our staff that you have understood all the safety procedures and are able to do the course safely.

### ON THE COURSE:

- Only 2 adults at a time on a platform and 1 on each activity.
- Only 3 children at a time on a platform and 2 on each activity.
- Only 1 person at a time on each flying fox.
- Do not deliberately jump on platforms, shake the wires, distract or endanger other participants in any way.
- Do not leave a level before the end point without authorisation and assistance from an Adrenalin Forest staff member.
- Due to weather conditions, Adrenalin Forest reserves the right to close or modify the park operations at any time.

## WILL I BE SAFE?

Enjoy climbing amongst the trees while having the peace of mind that your safety is taken care of. Our revolutionary Clic-iT system ensures a continuous connection to the safety line - this eliminates the risk of accidental removal of both safety devices while on the course.

## HOW MANY LEVELS CAN I DO?

You can do as many levels as you can within 3 hours; the maximum allowed time. Remember you can do each level only once.

## PRICING

Adults .....	\$45
Students (with NZ approved Student ID).....	\$38
Children under 18 years, over 1.40m tall (all levels) .....	\$30
Nights (adults only, minimum of 15 people).....	\$50
GoPro HD Camera Hire (per session) .....	\$16

Bring your own SD card or buy one onsite (micro SD class 4 or higher required)

We recommend booking to avoid disappointment. Please arrive 15 minutes before your start time. Booking for groups is essential.



## HEIGHT RESTRICTIONS

### All levels

Minimum height 1.40 metres.

## HOURS OF OPERATION

### Summer

Beginning of the October school holidays to the end of the April school holidays  
10.00am - 6.00pm (last entry 2.30pm).

Open every day except Christmas.

### Winter

End of April school holidays to the beginning of the September school holidays  
10.00am - 5.00pm (last entry 2.00pm).

Opening hours may vary, please see our website for current hours of operation.



## HOW TO FIND US

### Okowai Road Porirua

The park is located North of Wellington in Porirua, 20 minutes drive from the town centre and just 15 minutes walk from Porirua Train Station.

By car from Wellington, head North along the motorway, following signs to the North and Porirua. Just 1km after Porirua, exit the motorway at Whitford Brown Avenue (traffic lights).

(Please do not drive into Gear Homestead.)

By train, disembark at the Porirua railway station, on the city side (city centre), and head North using the footpath along the river. The park is on Okowai Road, opposite Aotea College, then walk 50 metres into the forest.



### AUCKLAND

12 Stone Road  
Bombay  
09 236 0485

### BAY OF PLENTY

TECT All Terrain Park  
Upper Pyes Pa Road  
07 929 8724

### WELLINGTON

Okowai Road  
Porirua  
04 237 8553

### CHRISTCHURCH

105 Heyders Road  
Spencerville  
03 329 8717



Scan to book



Call us today to book

**0800 TO GO APE**

wellington@adrenalin-forest.co.nz  
[www.adrenalin-forest.co.nz](http://www.adrenalin-forest.co.nz)

# ADRENALIN FOREST

## AERIAL OBSTACLE COURSE



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[www.adrenalin-forest.co.nz](http://www.adrenalin-forest.co.nz)

# CHALLENGES. HUNDRED OVER ONE

# LEVELS. DIFFERENT SIX

## LEVEL 1

Easy and low, the first level is your warm up - 10 challenges less than 3 metres high. A great place to get started!!

## LEVEL 2

Still easy but a bit higher - 13 challenges less than 7 metres high. Here you'll come across the first of the Indiana jumps and barrels.

## LEVEL 3A

A great place to 'warm up' for Level 4. Heaps of fun challenges, but still a little bit easier!! Get ready to experience the thrill of the wrecking ball!

## LEVEL 3B

18 diverse challenges which will require a lot more agility and balance. The most exciting challenges are the Indiana swing and the zig zag logs. Your Adrenalin will begin to RUSH!

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## LEVEL 4

19 challenges, so more strength and agility will be needed. The commando flying fox, spinning logs and snowboard will get your blood pumping!! This course is certainly the longest to complete.

## LEVEL 5

Up to 26 metres high. At this height the trees will begin to move. A long, narrow and steep Nepalese bridge will make you uncomfortable. Long and fast flying foxes will be your reward.

## LEVEL 6

Harder, stronger, higher! With a colossal rope swing and home of the enormous 100 metre flying fox, this course will get your heart pumping from start to finish. **WARNING:** Risk of becoming an ADRENALIN JUNKIE!!