

FAQ

Zipline Extreme

Do I need to have any experience to take this course?

Zipline extreme is designed for complete beginners. No experience is required to join the program.

Is this course as scary as it sounds?

It is not designed to be scary. You will be in control of your speed on the rappel and the zipline. If you want a rush on the zipline, run as fast as you can and jump off the cliff. If you want to keep it slow just sit in your harness and tip toe off.

Do I learn to rappel?

Yes, you will learn to rappel off a 65ft cliff in the morning and then in the afternoon, you will rappel from midair 80ft down to the river.

How deep is the river? Do I have to rappel into it?

Depending on the time of year, the river can be ankle deep or knee deep. If it is cold or if you would prefer not to land in the river, you can easily be pulled onto solid ground. Well, sometimes the ground is mushy.

How many zips do I get?

Some people are happy to zip once and the record at this point is 17 zips in one day. The average person zips approximately 3-5 times.

How long is the course?

It is a one-day course. The course runs from 10:00 a.m. to 4:00 p.m. The instructors will meet you at the parking area for 10:00 a.m. and you should be back in the parking area for 4:00 p.m.

What is the age restriction for this course?

The course is open to adults, and adolescents 13 and older. Anyone under 13 must have permission from the Director and must understand that if they do not meet the requirements of the rappel, they cannot rappel off the zipline. They are still able to zip across without the mid-air rappel. Minors must have their waivers signed in advance by a parent or guardian.

What should I wear?

Wear weather appropriate clothing. The mornings are often cool so a light jacket or fleece is cozy. Wear clothing that you are not afraid of ripping or getting dirty. Cotton and denim clothing is NOT recommended. It takes a long time to dry and is cold when wet. Polyester and nylon clothing is best.

What if I don't have a strong upper body?

Rappelling and ziplining requires minimal upper body strength. The equipment holds you

so the challenge is more mental than it is physical. It is all of the fun, with none of the "work". Most people find the most taxing part of the day is just climbing up the stairs.

[What is the fitness requirement for this course?](#)

A hiking fitness is generally recommended.

[How high are the cliffs?](#)

The cliffs are about 80 feet on each side.

[How many people will be on the course?](#)

The maximum group size per instructor is 6 people. We usually sell out the course at 12 people.

[What type of footwear do I need?](#)

It is a good idea to wear running shoes or hiking shoes/boots for the morning and secure water sandals to land in the water in the afternoon. You may want to bring extra shoes to drive home in.

[How long is the hike into the cliffs?](#)

It is a short (2 minute) hike from the parking lot. You are able go back to the car if you need to.

[Are there washrooms?](#)

The washroom in the Community Centre is often open. It is a short 5 minute walk from the zipline site.

[Can I bring a cooler to put my lunch in?](#)

Yes, you can leave a cooler in your car, or pack your lunch in a backpack to bring into the zipline site. We recommend that you bring water to the zipline site.

[Can my wife/husband/daughter/son/brother/sister/friend/neighbour come and watch the course without participating?](#)

We do not provide helmets for non-participants. Spectators can watch at their own risk.

[What happens if I arrive late?](#)

If you arrive late, you should be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, you can stand at the top of the stairs and wait for someone from the group hike up (they will have a climbing helmet on). You can also hike on the path beside the chain link fence (to the right of the stairs) on the top of the gorge to find the group.

[What should I do if I am lost?](#)

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you.

[Can I get a copy of the photos the instructor took?](#)

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

[I am scared of heights. Can I do this course?](#)

Some people have a natural fear of heights and they have found the course thrilling because of that exciting fear. You probably know yourself well and if ziplining intrigues you, we welcome you.

[I am a big guy. Will the ropes hold me?](#)

The ropes are strong enough to hold a truck. Unless you are as heavy as a truck, there should not be a problem. Our regular harnesses fit up to 46 inch waistlines and our XL harnesses fit up to 51 inches. Please let us know if you will need an XL harness.

[Is water accessible?](#)

Yes, at the Community Centre washroom if it is open. It is a good idea to bring enough water for the day so that you don't have to go get more water.

[Do you have gift certificates?](#)

Yes, we provide gift certificates for all occasions.

[Is it customary to tip my instructor?](#)

Tipping is not required. If you feel that you have received exceptional service and would like to gift the instructors with a tip, they will graciously accept it and appreciate your generosity.

TESTIMONIALS

"We had an amazing time on Saturday, we were all 'little kids in a candy store'. The nervous thrill that we got was like nothing we had experienced before. This is something that we would do over and over again. The instructors explained everything really well, they put a little humour into the day which made it more enjoyable and they were incredible at explaining how to hook ourselves up. I would definitely recommend this to anyone who was looking for something different to do. Since it was planned for their stag and doe party, we are putting together a keepsake thing for them with the press clippings and CKCO video. Again I appreciate all your help in planning this and getting the press out, and I would definitely do this again as well as recommend you guys."

Melanie Ellis, Brampton Ontario Zipline Extreme

"I was just about to send you an email thanking you for arranging the private zipline for us! Although we were cold (it is winter)... we had a great time! I plan on coming back during the summer and trying it again! I loved every second of it! Both instructors were

excellent! Thank you very much for all you have done. We all enjoyed it and plan on doing it again this summer! See you in the summer!"

Stephanie Prato, Toronto Ontario Zipline Extreme

Marie and I had an amazing time yesterday on the Zipline Extreme adventure day! The ONE AXE staff was great. They were very helpful, encouraging and enthusiastic. Thanks again for a great day."

Lori Gosling, Toronto Ontario Zipline Extreme

"Did we ever have fun! I thought I would be the one to have the most fun but at the end of the day, I could barely pull my wife away! She probably would have stayed for a week if she could have and she can't stop talking about it. I can guarantee you that we will let lots of people know how much fun we had."

Brian DeWolfsmith, Brampton Ontario Zipline Extreme

"I just wanted to thank you for an incredible birthday. The entire group thought that the day and the instructors were fantastic."

Nicholle Lalonde, Toronto Ontario Zipline Extreme

"I wanted to thank you for the fantastic ziplining adventure on July 13th. I never thought I'd overcome fears that large and have so much fun doing it. You and your crew were fantastic. It certainly helps to know that you're in good, professional hands before you throw yourself off a cliff. Thanks once again! I will definitely be booking again with you next year, if not sooner."

Katherine Mitchell, Kitchener-Waterloo Ontario Zipline Extreme

"Sunday Ziplining was a success! Lots of good reports about it from the cadets. I am recommending that we do it again in the future if possible. Everyone had a great time. Tell everyone thanks."

Jim Featherstone, Guelph Ontario Zipline Extreme