

New Zealand wins hands down as the destination with the most adrenaline-packed activities.

# ADRENALINE NEW ZEALAND

Toni Krasicki has tested most of them.

In a country that favours Gore-Tex over Gucci, it's little wonder that New Zealand has long been a favourite destination for those in search of adrenaline-fuelled action. So if you need to blow out some cobwebs, here are our picks of the best adrenaline activities New Zealand has to offer.

## Bungy the Nevis

New Zealand's highest and scariest bungy jump sits 134m above the Nevis River. Once you've found the nerve to jump, you'll be in freefall for a massive 8.5 seconds.

While you're in the swing of it, upgrade to the Nevis Combo which combines the bungy jump with the world's biggest swing. You're let loose 160m above the canyon floor, where you literally swing to the other side of the valley at 120km/h. [bungy.co.nz](http://bungy.co.nz)

## High rope through the forest

The obstacle courses at Adrenalin Forests, located in Wellington, Christchurch and the Bay of Plenty, are designed to challenge both mental and physical capacities. The 100 or so obstacles across six courses offer increasing levels of difficulty, ranging from a measly 1.5m off the ground to a whopping 20m up in the air. [adrenalin-forests.co.nz](http://adrenalin-forests.co.nz)

## Jet boat at Queenstown

You could say that jet boating through the breathtaking Shotover Canyons is a rite of passage for thrill seekers. Operating since 1965, this operation has had years to finely tune its heart-stopping ride that includes 360-degree spins and close encounters with canyon walls as your masterful driver weaves through the steep, narrow canyons at breakneck speeds, all while spinning, twisting and turning. [shotoverjet.com](http://shotoverjet.com)



## Heli-ski

Arrive by chopper to the untouched powder basins and snowy ridges of Queenstown, Wanaka or the Mt Cook region. Heli-skiing not only affords breathtaking views but also gives you the opportunity to choose from 400 runs on over 200 peaks. Expect up to 3500 vertical feet of treeless skiing and boarding in everything from huge bowls to steep chutes. [helski.co.nz](http://helski.co.nz)

## Skydive the West Coast

Virtually everywhere in New Zealand has an awe-inspiring drop zone for a skydive. But what differentiates the west coast is the chance to go higher, to 18,000ft, highest in New Zealand.

Adrenaline junkies get over 75 seconds of freefall, and that means more time to savour the thrill while you check out the epic views across the Franz Josef, Fox and Tasman glaciers, Aoraki/Mt Cook, lush forests and the west coast. [skydivefranz.co.nz](http://skydivefranz.co.nz)

## The Nelson Skywire

This is not your average flying fox or zipline. Sure, it's the longest in the world, over 3km, and yes you're soaring 150m above the forest, but the kicker here is that while strapped into one of four racing seats, the Skywire not only takes you forwards but also does the whole thing backwards. The first 800m freewheeling drop can reach 100kph so hold tight. [happyvalleyadventures.co.nz](http://happyvalleyadventures.co.nz)

## Raft the Rangitikei

The Rangitikei River is home to one of the world's top half-day Grade 5 rafting trips. Don't let the easy Grade 2 and 3 rapids at the beginning of the trip fool you, as the 12kms of river heat up the further you go into the gorge. The excitement kicks in with the swift arrival of 10 major rapids ranging from Grade 3 to Grade 5 – you won't know what hit you! [rivervalley.co.nz](http://rivervalley.co.nz)

## Mountain bike the Whaka forest

Rotorua takes its reputation as a mountain biking mecca seriously. Join riders from around the world as they smash through the 130km plus network of mostly single trails in the Whakarewarewa Redwood Forest. The park has mostly purpose-built tracks for all abilities and has all the elements to test the most radical ride-off-a-cliff downhiller and the hardcore cross-country rider. [mtbrotorua.co.nz](http://mtbrotorua.co.nz)

## A Southern Ocean Shark Dive

Head to Stewart Island for a chance to come face-to-face with great white sharks. Operating between January and June, cage dives are limited to six lucky people per tour, but welcomes spectators who prefer to stay on deck.

You don't need to be a certified diver as air is delivered to you via a hose on deck. To calm your nerves during the trip, look out for royal albatross, sea lions, fur seals and blue penguins among the more pleasant marine life. [sharkdivenz.com](http://sharkdivenz.com)

HEAD PHOTOGRAPH BY CHRIS MCLENNAN



"YOU'RE NEVER FAR AWAY FROM AN ADVENTURE"

## WHERE TO STAY – by Hotels.com

Hotels.com has great deals available for your next adrenaline junkie jaunt to the land of the long white cloud.

For those hardcore adrenaline heads out there, Queenstown is calling your name. If you are dying (pardon the pun!) to tick the legendary Nevis bungy jump off your bucket list, jump out of a helicopter or jet boat through narrow canyons. Bella Vista Queenstown offers a prime location.

This four star motel is situated just minutes from all of the action and won't break the budget.

If you are more action by day, luxury by night, Hotels.com recommends The Rees Hotel and Luxury Apartments, also in Queenstown. This property offers superb interior décor, top notch amenities and stunning snowcapped mountain views to match.

For those travelling with the family and keen to check out the high ropes, escape to Rydges Wellington. The Rydges offers spacious rooms perfectly catered to families and, wait for it here's the best part, kids under 12 stay and eat free!

For the nature loving mountain bikers, if you plan to tackle the spectacular Whaka Forest, the Holiday Inn Rotorua is our top pick. Overlooking the Whakarewarewa Geothermal reserve, this hotel is a perfect base for experiencing Rotorua's beautiful surrounds and its rich traditional Maori culture. Search all of these hotels and more on the Hotels.com website.

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