

Top 10 Activities for Adrenalin Junkies in Africa

1. Satisfy Your Inner Adrenalin Junkie in Africa



Diani Beach is a major beach resort on the Indian Ocean coast of Kenya (in eastern Africa). It is located 30 kilometers (19 mi) south of Mombasa, in the nearby Kwale County.

It has been voted Africa's leading beach destination for the third time running since 2015.

The beach is about 17 kilometers (11 mi) long; from the Kongo River to the north and Galu beach to the south (the southern point of reference is an old Baobab tree). It is adjacent to the town of Ukunda, the population of which nears 100,000 inhabitants. A small airstrip is located between the beach area and the Mombasa-Lunga Lunga road. The water remains shallow near shore, with some underwater sandbars near the surface which allow wading with a clear view of the sandy bottom. Inland from the beach, there is extensive vegetation, including numerous palm trees which cover the coastal areas, unlike the dry acacia trees of the mountainous Kenyan Highlands. The Mwachema River flows into the sea at Diani Beach.

The general area is known for its coral reefs, black-and-white colobus monkeys, and for the closely located Shimba Hills National Reserve, a wildlife reserve which looks out over the Indian Ocean. Diani Beach has restaurants, hotels, supermarkets, and several shopping centers.

Diani Beach is also a popular kite surfing, sky diving, jet skiing, and snorkeling location.

The best time to plan for a trip to Diani Beach in Kenya is the month of December, November and March. Prices for hotels and flights will be most expensive during these months, though you can save if you purchase well in advance.

2. Whitewater Rafting, Uganda



The Ugandan town of Jinja is the perfect destination for rafting addicts in search of a fix. Located near the source of the River Nile, Jinja is home to several rafting operators who offer the chance to experience some of the finest Grade Five rapids in the world. There are easier options for inexperienced rafters or those traveling with young children, while the calm sections in between rapids are ideal for swimming and paddle-boarding. Most

operators offer half and full-day tours, as well as the option to combine rafting trips with other activities including stand-up paddling and Nile River cruises.

Top quality safety equipment and highly qualified and experience guides run the largest rapids possible. Total rafting is for 25 km of river including some of the best rapids in the world. You don't have to do all the side runs except if you have to. The river is graded 4+ to 5 and provides one of the finest day rafting trips on the globe! Massive standing waves leap from the clear blue skies and rock walls tremble from the power of the booming rapids. Be the first one to be familiar with the incredible adventure and excitement of the Nile waters rafting from this point of Bujagali Falls.

Carry a swim suit, sandals and shorts to wear on the river. You will get wet so bring a change of outfit. Amenities exist to for cameras to be protected from the while on the river.

The Nile has up to 7 times the volume of the Zambezi. The rafts burst through vast walls of the White Nile and drifts through warm pools in the equatorial sun shine.

3. Bungee Jumping, Zambia



The famous Victoria Falls bungee jump may not be the highest jump in Africa (that accolade belongs to South Africa's Bloukrans bungee which is an incredible 233 meters), but it is undoubtedly one of the most scenic and as some say it's the best Bungee in the world. Whatever it is, it is a massive adrenaline rush!!

The jump takes place on the Victoria Falls Bridge, which spans the no-man's land between Zambia and Zimbabwe and offers spectacular views of the mighty waterfall rated as one of the Seven Wonders of the Natural World. Bungee pros can choose from a variety of different jump styles, while every jumper gets to experience the adrenalin rush that comes from a 364 feet/111 meter drop and a four-second free-fall.

Surely jumping 111 meters off the Victoria Falls Bridge has to be one of the most challenging, terrifying, crazy things to do. I have not built up the courage yet but from all accounts.... It's a must do.

There is only one company that operates the Bungee Jump and they are called the Zambezi Adrenaline company. They are based in Zambia and are affiliated to Shearwater in Zimbabwe.

If you are not brave enough to do this alone, you can always try to convince a buddy to leap with you and do the tandems jump.

First timers normally do a standard head first dive, but the more experienced try all sorts of flips, backflips and inward tucks, some even with a bicycle or kayak.

'High Water' occurs between February and July, peaking between March and April. While 'Low Water' runs between August and January and is at its lowest between November and early December. This is the time when there is very little spray and visitors are able to fully appreciate the geological formation of Victoria Falls and the full length and breadth of them.

4. Shark Diving, South Africa



South Africa offers so many opportunities for adventure that it's hard to choose just one, but shark diving is perhaps its most unique adrenalin rush. There are several places to meet the world's most feared predators along the country's coastline. In the south, operators in False Bay and Gansbaai run cage-diving trips that allow visitors to get up close and personal with great white sharks; while the kelp forests near Cape Town are home to the prehistoric six gill shark. Further north at Protea Banks and Aliwal Shoal, you can ditch the cage and free dive with tiger, bull and oceanic black tip sharks.

Witness once-in-a-lifetime sight – a great white shark breach. Breaching is a hunting technique of the great white shark whereby these majestic creatures propel their entire bodies out of the ocean in pursuit of their prey.

Breaching activity takes place during the South African winter months, June – August, and our shark breaching and diving combined trips are only offered during the breaching season.

5. Quad Biking, Namibia



The town of Swakopmund on Namibia's west coast is the gateway to one of the world's most dramatic dune belts. Several operators offer a high-octane way to experience this arid wilderness in the form of adrenalin-fuelled quad bike safaris. There are a variety of different packages available, with some including lunch in the desert, and others combining quad biking with sand-boarding or go-karting. If quad biking the dunes of Namibia sounds like your cup of tea, make sure to choose a reputable operator that takes the area's delicate flora and fauna into consideration when choosing bike routes.

Who can resist a slogan such as 'Come and play in the dunes'? Desert Explorers, brainchild of James Tromp, was one of the first quad-biking companies in the area. "This is the only place in the world where you can go into the dune belt and roam around, appreciating one of the most spectacular settings on earth. A combination of adrenalin and scenery—this is the whole package!"

Desert Explorers offers quad-biking ranging between 45 minutes to two hours, the two-hour trip being the most popular. The ride involves a ride in the wildest dunes, roller coasters and spirals of the Namib. Excellent photographic opportunities and adrenalin rush guaranteed.

The Desert Explorers company also has a two-hour Explorer Quad Tour that is much slower than the adrenalin-rush option and makes many stops on the way where your guide will show and tell you a little about the creatures of the desert. The three-hour combo offers lie-down sand boarding and quad-biking in one. Then there's the 70–80 kilometer quad breakfast run and overnight tours from one to five nights.

Desert Explorers has an activity center where any other adrenalin activity in the area can be organized, be it paragliding, horse riding, skydiving, dolphin cruises, camel rides

or any kind of fishing, team-building activities, paintball games and many more. They are situated at the foot of the bridge over the Swakop River, on the way to Walvis Bay.

6. Skiing, Morocco



The Atlas Mountains, rising up in North Africa, have been a skiing curiosity for decades. Their mountainsides facing west are an avaricious collector of snow throughout winter -- enough for a ski season to form between January and March.

Intrepid alpinists have strapped on their crampons in Morocco since the era of the French protectorate. Today it has Oukaimeden, a fully-functioning ski resort at 8,530 feet, the highest in the continent. But with a boom in ski touring opening up the High Atlas, is one of Africa's hidden gems experiencing a snow-born renaissance?

Fifty miles east of Marrakech lies Oukaimeden, Morocco's most noteworthy ski resort.

More committed skiers look southeast. Imlil, two valleys and a large diversion away, is the gateway to the High Atlas, and a favorite jumping-off point for ski tours. Pathfinder Travels, Imlil Trek and Trek Morocco all either pass through the village or stay overnight on their way to mountaintop refuges.

Given how remote Toubkal and neighboring peak Ouanoukrim are, avalanche training is a prerequisite on ski treks. Even if a tour remains incident free it's tough on the body: each ski day hikers can expect to cover as many as 3,280 vertical feet between roughly 9,800 and 13,100 feet. But there are other options in Morocco, should you really want to splurge.

Heliski Marrakech is the only heli-ski operator in Africa, offering drops at over 13,000 feet. Based 30 minutes from Marrakech in the lush Ourika Valley, the operator will take

you from the luxurious Kasbah Agounsane to the snow in 25 minutes. Ten miles north of Toubkal, the operator takes skiers to remote slopes high above the tourist village of Setti-Fatma, an area seldom visited by ski treks.

Although it's possible to trek and ski all year round, spring (April to May) and fall (September to October) generally offer the best weather.

7. Mountaineering, Tanzania



Climb the “Roof of Africa”, on Mt Kilimanjaro, trek with the Masai through their ancestral land or explore the unique flora and fauna of the untouched rainforests.

Trekking is the best way to experience the wonders of the stunning mountainous areas of Tanzania and to absorb the wonderful nature and beautiful views.

Whether you set foot on the summits of Tanzania's highest mountains or just walk through the lush forests on the lower slopes for a few hours – trekking in this country offers something for everyone. Volcanoes, high plateaus and mountain ranges, lakes and craters offer superb possibilities for short hikes or long treks.

Fulfill a dream – climb the highest and most famous summit in Africa. Mount Kilimanjaro stands almost 6000 meters above sea level, but one does not need to be an experienced mountain climber to reach its peak.

Without a doubt, Tanzania's best-known mountain and also the highest mountain in Africa is Mt Kilimanjaro with its peak at 5,895 m. There are six official climbing routes to the top and trekking durations vary from five to ten days. We specialize in four of the six routes: Marangu, Machame, Lemosho and Rongai.

Less known but just as attractive as Mt Kilimanjaro is its "smaller brother" Mt Meru which is located in the Arusha National Park. Mt Meru's peak rises to a height of 4,566 m and is only 80 km away from Mt Kilimanjaro. The mountain slopes offer natural shelter to numerous animal species such as elephants, buffaloes, giraffes, baboons, colobus monkeys and antelopes, making your trek an adventurous one.

Other mountains in northern Tanzania are Mt Lomalasin (3,648 m), Mt Hanang (3,417 m), Ol Doinyo Lengai (2,878 m) and Mt Longido (2,637 m).

Even hikers without summit ambitions will love Tanzania. On a three to five day trek through the Ngoro Ngoro Conservation Area to Lake Natron, you will experience the Masai culture and their way of life. In the western Usambara Mountains, you can visit breath-taking lookout points and do multi-day hikes. In southern Tanzania, you can go hiking through untouched nature with endemic flora and fauna in the Uluguru Mountains and the Udzungwa Mountains National Park.

8. Surfing, Senegal



You just have to try the Senegal surf! Senegal is famous as the first stop on The Endless Summer, and Dakar is one of the better known areas for surfing in Africa. But that does not result in crowded waves.

This is an easy going country where you as a traveller will have no problems getting around. That is, if you decide to leave Dakar and the Almedies Peninsula at all, as this is the place you'll find most known surf spots.

Do travel either north or south if you have the adventure in you. There are great breaks along the coasts as well, especially to the south toward the Sine Saloum Delta. And you sure will meet a lot of smiles on your way.

The place to be in Senegal is on the Almedies Peninsula just north of Dakar right next to the airport. In the Senegal surf you'll find a range of breaks that work in most swell and wind direction.

There are a few surf camps here, one situated on the N'Gor Island with the consistent N'Gor Right as maybe the most famous break of them all, as this was the break surfed in The Endless Summer.

The Senegal surf is super consistent from September to March with the better months running from November to February. We have often had reports about consistency and great waves outside this season though – so don't hesitate to go.

You can go with your spring suit in the first few months of the season but you will need a full wetsuit later on from November and onwards, as the water temperature can go below 20 Celsius.

N'Gor Right and Left: On either side of N'Gor Island the N'Gor Right is probably the most consistent quality wave around. But watch out we have seen many a surfer getting addicted to this wave and it is pretty costly to go back here two, three, four times or more a year. When the left is on, it offers a very long smooth ride almost all the way to the mainland.

Secret Spot: Not as secret as the little café at the spot on the southern side of the Almedies Peninsula has a big blue sign directing you to "Secret Spot". This place is often small but clean. But go for the good vibe at the café with drums, singing and happy times all day long. Watch out for the sea urchins when you go in and out.

Ouakam: When on, this is one of the most fun waves around as it is perfect for barrels. Ask the locals or at the surf camps when to go – they will know and they will tell you.

Vivier: Just next to Secret Spot, Vivier offers a nice wave with two sections good for barrels. If you go on the inside, you must know what you are doing, as the break gets pretty close to the rocks here. Or else just go with the second section and get tubed here.

Yoff Beach: On the northern side of the peninsula, this beach offers great waves for beginners. Take your first surfing lessons here.

9. Canyoning, Mauritius



Those with a head for heights are well adapted to the sport of canyoning, which involves descending into a canyon by any means necessary - including abseiling, rock-climbing, swimming, and caving. The tropical island of Mauritius offers several challenging guided canyoning opportunities, the most famous of which is beautiful Tamarin Falls. Here, adventurers will find no fewer than 11 waterfalls, which can be navigated through a series of zip-lines, vertical jumps, and abseil cliffs. The thrill of the sport itself is complimented by the fall's stunning natural scenery, which ranges from lush vegetation to deep pools and lacy veils of water.

The canyoning excursion is offered at the Tamarind Falls which constitute a scenic attraction of the South West of Mauritius.

This is one of the most beautiful and calmest places in Mauritius, and one of the best places for nature and animal lovers, where one can find many exotic plants and birds. The magnificent location of Tamarind Falls hosts breath-taking views over the West coast and Le Morne, a sight not to be missed.

Situated on the central plateau, near the small village of Henrietta, the Tamarind Falls canyon is the one canyon of Mauritius which you really do not want to miss. With its 11 waterfalls, multiple jumps, deep ponds and lush green vegetation; Tamarind Falls remains one of the most beautiful canyons of the island that is suited to anyone - from beginner to extreme adventurer.

This half day canyoning trip to Tamarind Falls is one the most popular canyoning trips. It is easy, fun and accessible to all.

This is the ideal excursion for those seeking more adrenalin and thrill. It will challenge you to abseil down the waterfalls of the Tamarind Falls canyon using nature watercourses and canyoning gear.

The canyoning trip starts at 08:30 with a safety briefing and equipment introduction. You will be guided and mentored the whole time by qualified monitors who are specialists in the activity.

You will begin with a spectacular abseiling experience down a waterfall of 40 m, followed by the "shower"; aesthetic track under the waterfalls, secured by a rope. Followed by the crossing of a pond of about fifty meters in diameter.

You will abseil through the other remaining waterfalls of about a dozen-meter height, followed by a short swim. To reach the final waterfalls of twenty meters, adults will have the option of jumping from a 6-meter height after a rope descent.

The jump is not compulsory, you can abseil down. Abseiling this part though is undoubtedly the most challenging segment of the activity. Your efforts will, however, be rewarded with a breathtaking view over the magnificent gorge. The canyoning activity will end above this great waterfall of 55 meters, and after a short climb of 20 minutes you will reach the plateau and will be back to the starting point.

This excursion is about enjoying the beautiful wildlife of the Tamarind nature reserve, admiring the famous beautiful Tamarind falls from up close, and experiencing the adventure of canyoning with Mauritius' top qualified guides.

The canyoning outing is operated and led by the leading canyoning and rock climbing guides in Mauritius, with immense experience in these activities in all areas of Mauritius, so you have absolutely nothing to worry about.

10. Paragliding, Kenya



Extreme sports such as bungee jumping, wing suit flying, sky diving and paragliding are gaining popularity in the country as people look to participate in the sports either for recreation or simply for the love of adventure.

Paragliding is a sport that few people in the country know about despite it being one that attracts many foreign visitors during the paragliding season.

For paragliders, Kenya's Kerio Valley is the ultimate African destination. Part of the Great Rift Valley, Kerio is overlooked by the 6,000 foot/ 1,830 meter Elgeyo Escarpment and is famous as the setting for five paragliding world records. 62 miles/ 100 kilometers of unbroken ridge-line make it the perfect spot for experienced paragliders in search of distance flights, while those that aren't qualified can sign up for tandem flights with local operators. Paragliding safaris are also an option, offering a unique perspective of the area's jaw-dropping scenery. The best flying conditions in the Kerio Valley last from December through to March.

Some of the other places that one can paraglide in the country is at the Ngwesi valley in Laikipia East, Dagoretti and in Iten which have favorable weather conditions for paragliding all year round.

Kerio Valley is one place loved by foreign paragliders who come during the December to April season when its winter in their countries.