



EXTREME ZIPLINE TOUR

Outdoor Recreation
FMWR Fort Benning

DESCRIPTION

The Extreme Canopy Tour lasts approximately 4-5 hours. The majority of the time is spent up in the trees. This tour is a combination of almost five miles of sky bridges, tree platforms, ziplines, three high towers, and other extreme elements. You will travel through trees on ziplines up to ½ mile long and up to 65 mph. Traverse a series of cable and wood bridges to move from zipline to zipline. Heights vary from 60 – 300 ft in the air.

All skill levels are welcome--instruction will be given on safety procedures. Women must weigh between 100 - 250 lbs and men must weigh between 100 – 275 lbs. This activity is not recommended for those with back, heart or respiratory problems, or those with recent surgeries.

Lunch will be catered by Banning Mills, the menu varies.

WHAT TO BRING

- No short shorts
- Closed-toed shoes (no Five Finger shoes)
- CamelBak and snacks

TIME

0715 – 1700

LOCATION

Historic Banning Mill
Whitesburg, Georgia

NUMBER OF PARTICIPANTS

Minimum: 20
Maximum: 32