

# Take a thrill ride through the trees

BY LISA BETTANY, FOR THE PROVINCE    SEPTEMBER 3, 2009



Province online blogger Lisa Bettany takes a ride on Whistler's WildPlay zipline adventure.

**Photograph by:** Screen capture, The Province

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I've been craving adrenaline thrills lately, so I headed to Whistler to conquer my fear of heights on WildPlay's new Zoom Zip Line.

My first stop was WildPlay Whistler's less-known attraction, the Monkido Aerial Adventure Course.

Suspended between the tall Douglas Firs, the elevated obstacle course tests your ability to balance on rickety log bridges, scramble across nets and fly down tree top zip lines.

You need endurance, as well as guts, to conquer this thrilling course that sits three to 20 metres off the ground!

Safety is paramount on the tree course.

Upon arrival, the guide makes sure that you are tightly strapped into the climbing belt.

You are given complete freedom to swing through the forest at your own pace, which makes it extra fun, especially if you are travelling in a large group, or like to take Facebook photos of yourself on every obstacle like me.

The encouraging guide watches from below and makes sure you are secured by two carabiners at all times.

At first, I was quite tentative, but after a while I became fearless.

Even with my height phobia, I was racing across the logs and leaping onto zip lines. The 2 1/2 -hour course is divided into skill levels, so if you aren't brave enough to tackle the Tarzan swing on the Black run, you can bow out gracefully and watch your 12-year-old cousin breeze through the course without breaking a sweat.

Afterwards, I was ready to tackle the Zoom Zip Line.

My stomach started churning when I saw the 60-metre drop down the mountain on the first of five zip lines.

Eventually, I calmed down enough to realize that the paragliding suit I was strapped into was very secure and was surprisingly comfortable.

Before I could talk myself out of it, I heard the countdown start. 3 . . . 2 . . . 1 . . . Zoom! I was blasted down the mountain at 100 kilometres an hour.

I think I screamed the entire way which was comforting for me, but discomfoting to the person who was riding on the second line beside me.

After I'd tackled the first zip line, I relaxed and enjoyed the spectacular views of Cougar Mountain on the next couple of runs, forgetting that I had a fear of heights.

mostlylisa@gmail.com

If you go . . .

WildPlay Whistler is open 7 days a week until Tuesday, Sept. 7.

The cost for the full Monkido Tree Course is \$49.99 for the Full Course and \$29.99 for the Kids' Course. The Zoom Zip Line is \$89.99.

For more information, check out [www.WildPlay.com](http://www.WildPlay.com) or call toll-free:1-888-297-2222.

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