

GO chasing waterfalls

MPUMALANGA'S STUNNING SCENERY PROVIDES THE PERFECT BACKDROP FOR SPLASHING THROUGH ITS MANY WATERWAYS
By Fiona McIntosh and Carrie Hampton

The rivers and waterfalls tumbling over the Highveld around Graskop into the Sabie valley offer numerous opportunities to mess around and get wet. You can scare yourself silly abseiling down a rock face into Sabie Falls, or float peacefully in Lone Creek pool looking up at the waterfall. Water flow over millennia has carved out great canyons and ravines, which makes for marvellous adventure possibilities on Mpumalanga's Panorama Route.

Not everybody has the courage or desire to push their boundaries, yet they still want an element of adventure. We have rounded up some low-risk activities that will still give you a kick and test your endurance – all in stunning natural surrounds, of course!

Waterfall hikes

Hiking trails around Sabie range from an easy few hours to a gruelling few days – the Sabie website provides all the routes. Look for the pot of gold at the end of the rainbow in Lisbon Falls' pool, where the 92m cascade lands. It's not very easy to get there though. You have to scramble down a steep path to reach it.

📍 www.sabie.co.za

Risky business

You won't know what you're capable of unless you test your limits at least once. Here are some adrenalin-pumping activities around Graskop and Sabie that will blow your socks off.

GRASKOP GORGE SWING AND HIGH-WIRE

The ultimate adrenalin rush, Graskop Big Swing puts you in upright freefall for 68m (equivalent to an 18-storey building) doing 0–240 km per hour in less than three seconds! Get a double dose of adrenalin by following it with the 131m high-wire zipline across Graskop Gorge.

📍 **Single swing R320, R400 for swing and high-wire**
☎ **072 223 8155**
📍 www.bigswing.co.za



ABSEILING (pictured inset)

Spectacular cliffs make for exciting abseils. There's a wet abseil that deposits you into Sabie Falls' pool, and a dry one for sissies!

📍 **R200**

☎ **Sabie Backpackers & Xtreme Adventures, 013 764 2118**

WHITE-WATER TUBING AND RAFTING

There's plenty of heart-racing activities taking place on the Sabie River and white-water rafting over thrilling rapids and through spectacular scenery is one of them.

Go down in one-person tubes or two-person rubber rafts (minimum age: 16).

📍 **R320**

☎ **Sabie Backpackers & Xtreme Adventures, 013 764 2118**



▶ THE STUNNING BERLIN FALLS



Geocaching

Geocaching is treasure hunting using a GPS to find hidden caches (containers) listed on www.geocaching.com. Your mission – if you choose to accept it – is to find some of the many caches around the Panorama Route waterfalls. There is one at Wonder View, two at Mac Mac Falls and one on the road between Berlin Falls and Bourke's Luck Potholes.



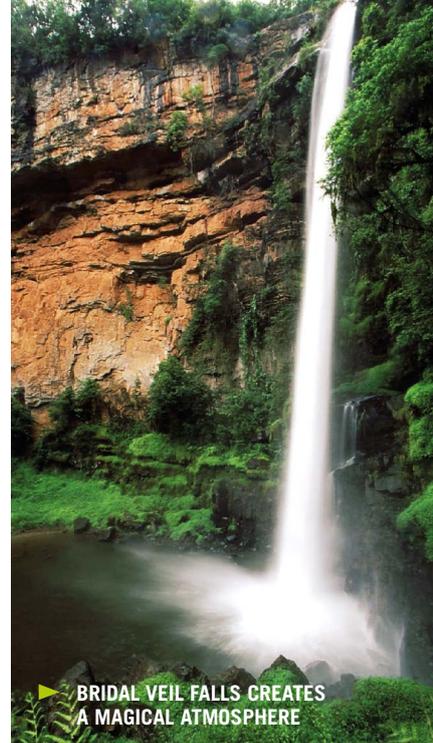
RULES

- If you take something from the geocache, leave something behind of equal or greater value (go prepared).
- Write about your find in the cache logbook.
- Log your experience at the Geocaching website.

ADVENTURE



▶ **BOURKE'S LUCK POTHOLES IS A FASCINATING SIGHT**



▶ **BRIDAL VEIL FALLS CREATES A MAGICAL ATMOSPHERE**

TOP FIVE VIEWS

Berlin Falls, about 10 km from Graskop, is a sheer 80m drop with vantage points revealing the entire falls and the deep pool at its foot.

Wonder View, with its vistas across the Lowveld to Kruger and beyond, is so spectacular it can take your breath away. It's close to the road near Berlin Falls.

The Three Rondavels viewpoint over Motlatse Canyon (formerly called Blyde River Canyon) is one of the best. Go nice and early for clear views of the three giant peaks rising 700m out of the canyon like rockets that are about to take off.

Lowveld View Site has an inspiring view from the edge of the canyon with the Blyde River snaking far below. The Lowveld View Site is situated between The Three Rondavels and Bourke's Luck Potholes.

Graskop Gorge and Panorama Falls are found only one kilometre from Graskop and offer breathtaking views of the waterfall and forest-clad gorge, which swells to its most spectacular during summer rains.



▶ **THE THREE RONDAVELS VIEWPOINT OVER THE SPECTACULAR MOTLATSE CANYON**

Gone swimming

Want to feel alive? Jump into the refreshing pools at the base of Horseshoe, Bridal Veil and Lone Creek waterfalls, all off the Old Lydenburg Road west of Sabie. The plummeting cascade can give you a deep-tissue massage for free! The Mac Mac Pools are the best place for young children to swim and paddle. Mac Mac Pools and Lone Creek Falls have picnic or braai spots.

🍷 **All the falls charge a small fee**

Trout fishing

The thrill of the catch may be a long time coming when you are fly-fishing, but when it does happen, it's really exciting. The Sabie Trout Angling Club stocks eight kilometres of the Sabie

River, ensuring the best public catch-and-release trout fly-fishing in the area. Or take the little ones to Horseshoe Falls Trout Farm near Sabie town, and braai your catch at their fully equipped facilities. You can also hire a rod from them for the day.

🍷 **Daily permit R90**

☎ **013 764 2682**

🌐 **www.bigskyoutdoor.co.za** ♦