**Adrenalin Forest Event Report 15th November 2015**

What an amazing exhilarating day this was!!!

A mix of 39 Little River/Birdlings Flat adults and children met at Adrenalin Forest in Christchurch for what was for most, a very challenging and rewarding day ☺

Instructors harnessed everyone up and demonstrated the double click system to ensure that all climbers were safe. It was impossible to release both harness clips at the same time until the very end!

The ropes started off 1m above ground level slowing climbing to 25m amongst the tree tops. There were different challenges though everyone was encouraged to start off at level one to begin with. It was clear very early on who the ‘monkeys’ were as they very quickly ascended the climbing challenges.

For some others, each set of climbs were all about challenging fear and nerves!

The course was great in that it allowed each person to work at their own level exceeding their own comfort zones and confidence levels, at their own pace. Mana and self-esteem were certainly empowered. Instructors gently encouraged those who felt ‘stuck’ to continue on, ensuring the safe delivery back to firm ground for those who felt they could not do it on their own.

This has been a much talked about event. Some comments on the day were;

‘Its terrifying and fun’ from those who went up high!

‘This is great for challenging yourself but it was not fun!’ from those who stayed down low!

‘We need to come back again so we can finish all of the challenges’

‘I felt so proud of myself getting further than I thought I could’

‘It was great to have friends encouraging and helping you when you were scared’

Other members of our Little River community have decided to give this challenge a go after hearing such amazing feedback from those who attended. Well done Little River Wairewa Community Trust for providing our community with such an awe-inspiring event.