

active adventures

For those looking for an active experience, make this the highlight of your holiday in Australia. Our hiking, kayaking and mountain biking tours, give you the chance to escape from the main tourist areas and discover magnificent scenery that many visitors and locals never get to see.



unique personalised tours

Our unique personalised journeys are designed to explore one special place in depth, not to try and jam a tick-list of attractions into a single day. Group sizes are personal and intimate with a maximum of 8.



we go at your pace

We'll take the tour at a pace that suits you, with average fitness levels suitable for most activities. Choose from our extensive range of itineraries or we can tailor-make a tour to suit your needs.



gourmet food

We pride ourselves on providing delicious gourmet food from the best local produce. From mouthwatering prawns with fresh salads on a half day kayaking tour, to Thai Snapper fish on an overnight trip.



sydney hotel pick-ups

All tours offer the option of pickups from any Sydney CBD or Manly hotel. Before returning to Sydney we also include a special sightseeing tour of the Blue Mountains' famous attractions#.

“It was the best tour I had in Australia, without hesitation! I did the Valley of the Waterfalls hike, the place was just amazing and I had a chance to swim in the falls! The guide was great. I told him I hadn't seen a kangaroo so he took us to see some in the wild even though it wasn't part of the tour. Certainly worth every dollar I paid!”
Ezgi Fitos, Turkey

See our website for our extensive range of 4WD tours of the Blue Mountains and surrounding areas

prices

DAILY DEPARTURES

day tours

Enjoy fantastic discounted rates on the following days: Wednesdays & Saturdays all hiking tours, Thursdays & Sundays all kayaking tours, Tuesdays & Fridays all mountain biking tours, Mondays - Tri Adventure.

	Discounted rates	Standard rates
Hiking half day - Blue Mountains	\$115	\$125
Hiking full day - Blue Mountains	\$155	\$165
Hiking half day - Sydney	\$99	\$119
Kayaking morning tour - 2 hours	\$75	\$89
Kayaking tour with lunch - half day	\$115	\$125
Mountain biking half day - Blue Mtns	\$139	\$159
Mountain biking full day - Blue Mtns	\$159	\$179
Mountain biking half day - Sydney	\$115	\$125
Manly Tri Adventure (ride, walk & kayak)	\$175	\$199

Add Sydney hotel pick-up & drop off if required:

Blue Mountains tours (Return transfers - 2 hours each way) Add \$30

Sydney tours Add \$18

Bookings must be made 48 hrs prior, less than 48 hrs will be on request basis only.

overnight tours

	Standard	Deluxe
3 Day Six Foot Track hike	\$379	\$479
2 Day Blue Gum hike	\$299	\$339
2 Day The Royal National Park Coast hike	\$199	\$259
2 Day Kayaking tours	\$399	\$499
2 Day Mountain biking tour	\$299	\$349

enquiries & bookings

BOOK NOW

Bookings can be made online at:

www.lifesanadventure.com.au

CALL (02) 9913 8939 OR SEE YOUR CONCIERGE

EMAIL: enquiries@lifesanadventure.com.au

See our website for full details for each activity as well as our cancellation policy and conditions of travel. Discounted days of the week subject to change and season variation. Conditions apply. Prices are per person in Australian dollars and include GST. Bookings are subject to availability and minimum numbers. Children must be a minimum age of 10 years to participate. For children 10 to 16 yrs deduct \$20 off the above day tour prices and \$70 off overnight tours. Full Payment for day tours is due at time of booking to secure your place, whilst a deposit of \$100 is required for overnight tours. # Bonus sightseeing tour available on Blue Mountains tours only. Prices are correct at time of printing 1st April, 2010 prices subject to change. Red Presents Pty Ltd trading as Life's An Adventure. PO Box 552 Manly NSW 2095. ABN 66 102 528 209.

Blue Mountains & Sydney adventures

with SYDNEY HOTEL PICK-UPS



hikes & treks



kayaking



mountain biking

The only company in Sydney offering all 3 adventures

www.lifesanadventure.com.au

hikes & treks



Our hikes are journeys of discovery through Sydney's most magnificent National Parks. Wander through stunning Eucalypt forests, stop for a dip in a local waterhole and discover serene and secluded worlds. Personally guided by our professional staff and includes a gourmet picnic lunch.

BLUE MOUNTAINS HIKING

day tours

VALLEY OF THE WATERFALLS: From 7-10kms. Half day. A hidden gem with stunning waterfalls & rocky escarpments.

LOCKLEYS PYLON: 9kms. Half day. Offering superb 360 degree panoramic views over the spectacular Grose Valley.

GRAND CANYON: 10kms. Half day. Hike through the base of a majestic canyon with ancient rainforests, waterfalls & caves.

RUINED CASTLE & SCENIC RAILWAY: 13kms. Full day. The most popular of our hikes. Includes a must-do Scenic Railway ride before hiking to the magnificent Ruined Castle.

SYDNEY HIKING

MANLY TO THE SPIT: 10kms. Half day. Experience secluded sandy coves, native bushland & commanding headlands.

See our new Manly Tri Adventure under kayaking.

See website for more Sydney walks.

overnight hikes

SIX FOOT TRACK HIKE - KATOOMBA TO JENOLAN CAVES

44kms. 3 Days. Guided hiking from the Blue Mountains. Camping with gourmet food & transportation of bags.

BLUE GUM HIKE: 19kms. 2 days. The best overnight hike in the Blue Mtns & NSW. Hike through stunning forests of blue gums, visit Lockleys Pylon & traverse the Grose Valley.

ROYAL NATIONAL PARK COAST HIKE: 28kms. 2 Days. Spectacular coastal scenery in Sydney's Royal National Park. Camping with gourmet food & transportation of bags.

kayaking



There's no better way to explore Sydney's magnificent harbour than on a personally guided kayak tour. Learn the techniques of kayaking before we set out to discover the dazzling harbour. Extremely stable, these state-of-the-art sea kayaks are perfect for beginners & advanced kayakers alike.

SYDNEY & BLUE MTNS KAYAKING

day tours

SYDNEY HARBOUR BRIDGE LUNCH KAYAK

One of the most beautiful paddles in Sydney, featuring magnificent views of the Sydney Opera House & Harbour Bridge. Half day tour with tuition & gourmet picnic lunch.

MANLY & MIDDLE HARBOUR KAYAK

Half Day tour. Imagine kayaking to your own private beach for a gourmet picnic lunch and exploring the sparkling waters, coves and inlets of this magical part of the harbour.

SYDNEY HARBOUR MORNING KAYAK

Early morning 2 hour paddle featuring fantastic views of the Harbour Bridge & Opera House. Includes kayak tuition.

MANLY TRI-ADVENTURE Kayak, hike & ride 5kms each. Full day adventure includes biking Manly's North Head, hiking Manly to The Spit & kayaking from Middle Harbour.

LOWER BLUE MOUNTAINS KAYAK

Explore the magnificent lower Blue Mountains on this full day or 2 day kayaking tour along the beautiful Nepean River.

overnight kayaks

2 DAY SHOALHAVEN GORGE KAYAK ADVENTURE

Kayak through the towering sheer sandstone cliffs of Shoalhaven Gorge. Includes camping and gourmet meals.

2 DAY HAWKESBURY KAYAK ADVENTURE

2 day guided kayaking tour showcasing the magnificent Hawkesbury region. Includes camping and gourmet meals.

mountain biking



Experience the thrill of the best mountain biking trails in Sydney and the Blue Mountains. Traverse spectacular ridge lines and enjoy the fun of the downhill runs as you descend into the stunning valleys below. All itineraries include a delicious lunch, mountain bike hire and riding tuition.

BLUE MOUNTAINS RIDES

day tours

NARROW NECK PLATEAU

Half Day. From 20kms.

One of the best rides in the mountains along Narrow Neck, a plateau that divides the Jamieson & Megalong Valleys.

THE BEST OF THE MOUNTAINS

Full Day. 30kms.

Showcases all that the Blue Mountains has to offer including Narrow Neck and a spectacular Blackheath ride.

SYDNEY RIDE

MANLY DAM

Half Day. From 12 -25kms.

Join us for a challenging half day mountain bike ride around Manly Dam, Sydney's best technical ride.

See our new Manly Tri Adventure under kayaking.

overnight rides

2 DAY SIX FOOT TRACK BIKING ADVENTURE

45kms.

Enjoy spectacular views of the Blue Mountains escarpment on this 2 day guided mountain biking ride. Tour includes gourmet meals, lodge accommodation and fine wine.

We are fully accredited, licensed and insured



National Accommodation
Recreation & Tourism Accreditation



NSW National Parks
Licence No. 3072a



Outdoor Recreation
Industry Council Member



Blue Mountains
Sustainable Business



NSW Maritime Hire & Drive Licence No: HD0564