

KELOWNA IS AWESOME

5 Ways to Get Your Adrenaline Fix in Kelowna

By **V.I.A. Custom Content** - August 19, 2015

Presented by **KELOWNA
IS AWESOME**

With all that water and all those mountains, finding ways to put yourself out there, test your mettle and push the limits is just called fun and easy exercise in Kelowna. From parasailing to paddleboarding and ziplining to mountain biking, loads of adventure awaits the serenity-challenged adrenaline junkie.

Set (Para) Sail: Parasailing



Image: [Jennifer C. / Flickr](#)

At [Okanagan Parasail](#), you can soar to 300 feet above the water and enjoy a breathtaking 360-degree panoramic view of the valley or ride a little lower and practice your touch-and-go's. Fly low or flow high; get wet or stay dry—either way you're going to have a blast as a powerboat floats you into the sky beneath a beautiful silk canopy.

We Believe You Can Fly: Flyboarding



Image: [Okanagan Flyboard](#) / Facebook

Want to stay a little closer to the water and pretend you're a rocket man? [Okanagan Flyboard](#) delivers a water-powered adventure unlike any other. The hydro-powered flyboard is attached to a Jet Ski through a 55-foot length of hose. The Jet Ski's power is used to propel water out of the flyboard and the rider into the air, where loops, dolphin dives and soaring like Ironman all become reality.

Let it Zip: Ziplining

Image: [Oyama Zipline](#) / Facebook

Away from the water, more adventure awaits. Both [Oyama Zipline Forest Adventures](#) north of Kelowna and [Zipzone Peachland](#) will have you racing through tall stands of timber with your heart in your throat and a scream in your chest. If that's not enough for you, try Zipzone's 80-foot [Leap of Faith](#).

Up, Up and Away: Hot Air Ballooning

Image: [Okanagan Ballooning](#) / Facebook

If you'd rather be hoisted into the air by hot air balloon, check out [Okanagan Ballooning](#). A return to yesteryear, a view from a basket suspended from a hot air balloon is unlike anything else you've experienced. And, of course, the natural beauty of the Okanagan Valley—complete with its lakes, vineyards and farms and mountaintops—only adds to the experience. Best of all, the elements are in control—depending on the wind, you could end your adventure in Vernon or Armstrong to the north or Penticton or Osoyoos to the south.

Get Shown the Ropes: Adventure Parks

Image: [WildPlay Element Parks](#) / Facebook

Closer to the ground, and up in the trees, you'll find some pretty incredible adventure parks—playgrounds on steroids—to test your physical and mental flexibility as you challenge ropes and other obstacles. You'll find unique heart-pounding activities at both the [Myra Canyon Adventure Park](#) and [Wildplay Element Park](#). Adult and children's courses are available at each, offering a challenge for every skill level.

Feature image: [Okanagan Flyboard](#) / Facebook

Book your getaway now.

[TourismKelowna.com](#)

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