cityseeker

# "Best Adventure Sports in Washington DC"

Created by: **Cityseeker**

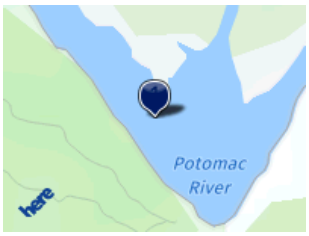
**3 Locations Bookmarked**

by MartinStr

## Mather Gorge

**"Narrow Natural Wonder"**

Mather Gorge, which is located inside the Great Falls Park, is the narrowest section of the lower stretch of the Potomac River. The gorge, which is just down river from the Great Falls, takes its name from Stephen Mather, the first director of the National Parks Service. Visitors to the park can hike along the steep cliffs of the gorge, or scale the cliffs themselves while rock climbing. The gorge can also be explored by kayak and canoe, though water goers should be aware that the gorge contains Class I to Class IV whitewater rapids.




+1 703 285 2965

www.nps.gov/grfa/learn/photosmultimedia/Mather-Gorge.htm

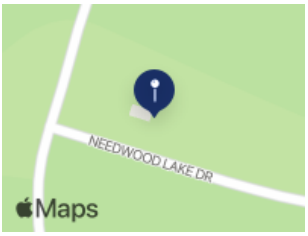
11710 MacArthur Boulevard, Great Falls Park, Potomac MD

by pcdazero

## Go Ape

**"Have an Adventure"**

Go Ape let's you zoom through the trees, climb through the forest, and swing through canopy. With six ziplines, tons of rope ladders and unique crossings, you'll travel through Rock Creek Park while staying high up in the trees. Yell out as you try the Tarzan swing, then keep your balance as you glide on the unique skateboard zipline. This adventure can't be missed!




+1 800 971 8271

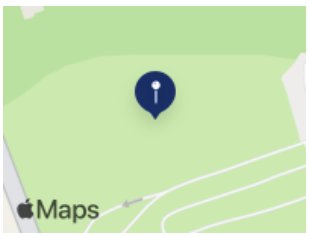
6129 Needwood Lake Drive, Rockville DC

by sashomasho

## Sandy Spring Adventure Park

**"Climbing Through Maryland's Trees"**

Sandy Spring Adventure Park is one of the largest outdoor climbing adventure parks in the United States. The park, which is made up of a series of courses winding through the trees high off the ground, boasts a whopping 29 zip lines, 200 challenge bridges, and 13 trails. Adventurers five years and up can choose easy, medium, and challenging paths through the trees. All of the trails originate from the main platform in the center of the park, and each is color-coded to show its difficulty level. Climbers can generally complete two to four trails within the three-hour climbing period.

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