

The last action hero

Fancy yourself a closet adrenaline junkie but never made the leap of faith? Sandton comes to your aid (as if you really need it) and provides a host of crazy and out of the ordinary things to do on a day out with

mates, your lady or just on your lonesome... (Movie voice) ...one man standing alone against the hazards of Jo'burg...one man taking on the world's problems, 1 000 at a time...one man who only has one gear... Cruise control!

Unleash your inner Tom Cruise

Words: Nicky Manson

GET VERTICAL

Get into *Mission Impossible 2* mode and attack a mountain or two! Nothing is too high or too steep for Cruise as he dangled precariously on Dead Horse Point in Utah. Follow in his footsteps and give abseiling, rock climbing and kloofing a go. Give Cruise a run for his money when you abseil over the banks of the Crocodile River. But if you aspire to be more like Meryl Streep in *The RiverWild*, then get yourself in a two-man raft and hit the rapids and try your hand at river rafting. Just avoid getting kidnapped by terrorists! Details: Based in the Magaliesberg mountains about 45 minutes from Jo'burg, GoVertical Mountainering Adventures offers single day outdoor adventures; rock climbing, abseiling, rafting and kloofing packages priced from R490 per person (no experience necessary); they also guide expeditions to the Drakensberg, Kilimanjaro and Mt Kenya; email for bookings info@govertical.co.za; tel +27 (0)82 731 4696, +27 (0)86 524 3398; gotrekking.co.za; govertical.co.za



DARE TO ENGAGE

Channel Cruise's character, Colonel Claus von Stauffenberg, in the movie *Valkyrie* when he masterminds the fall of the Nazi regime and use this knowledge to your advantage when you map out your attack on the enemy while trudging through hostile terrain. Details: Open Wednesday to Sunday 8.30 a.m. to 12 p.m. and 1 p.m. to 5 p.m.; priced from R50, standard package includes gear and gun (paintballs sold separately); 7 Du Preez Street, Germiston; tel +27 (0)11 828 7583; paintballcity.co.za



WHY WALK WHEN YOU CAN FLY

Reenact Cruise's zipline prowess in this year's *Mission Impossible Ghost Protocol*, currently being filmed in Prague, without dusting off your passport. The Spectacular Magaliesberg Canopy Tour creates an out-of-the-ordinary eco-adventure whereby you'll glide like a bird over the treetops in the beautiful Ysterhout Kloof of the Magaliesberg range. Being an action hero can be hungry work, so enjoy a carvery buffet lunch (Sundays only, booking essential) at the Sparkling Waters Hotel after your adventure and then get those well worked muscles relaxed with a massage at the Sparkling Health Spa. A truly fun and exhilarating experience accompanied by professional and entertaining guides. **Details:** Much like a 'foofie' slide, the canopy tour involves zigzagging down the kloof while stopping at each platform to admire the expansive views; the tour lasts for about 2.5 hours and includes a light lunch; priced from R450; DVD and photos R145; tel +27 (0)14 535 0150/1 or +27 (0)79 492 0467; magaliescanopytour.co.za; Sparkling Waters Hotel; tel +27 (0)14 535 0000/6; Sparkling Health Spa, tel +27 (0)14 535 0019; sparklingwaters.co.za



GET ON YOUR BIKE

It seems that Cruise prefers motorbikes to bicycles. However, he did pop into the Tour de France last year while filming *Knight And Day* — does that count? But we bet he would go engine free if he spent time at the Toyota MTN Cycle Park. Bikers in Gauteng can enjoy kilometres of man-made trails catering for all skill and fitness levels; there's also an international standard BMX track. **Details:** Suitable for first-time riders and the more experienced; single visit priced from R50, visitor cards available; 1A Libertas Street, off Sloane Street, Bryanston; opening times sunrise to sunset (winter 6 a.m. to 6.30 p.m.); tel +27 (0)83 725 BIKE (2453); cyclepark.co.za



IN THE DROP ZONE

The last time we saw Cruise in the sky was in *Mission Impossible 2* when he was attached to a briefcase carrying the deadly chimera virus. No need for accessories for your flying experience however — no training necessary either. Just attach yourself to a qualified tandem master and jump — seriously? Experience the thrill of a free-fall before the parachute is deployed and then help guide the both of you to the landing zone. **Details:** Free-fall briefing and tandem skydive with DVD and photo, priced from R1 950; free-fall briefing and tandem skydive priced from R1 370; accommodation also available; the Drop Zone Johannesburg Skydiving Club; tel +27 (0)84 998 3178; skydivingjohannesburg.co.za