



### **Horse Riding**

Glenworth Valley has 200 quality horses to choose from, allowing us to cater for all levels of riders from nervous beginners right through to experienced riders. Each rider is individually mounted on their horse and receives individual instruction on how to control and manage their horse before leaving the yards. Our friendly guides accompany each group and are highly trained at looking after the needs of each customer for the duration of the ride. During the ride we will point out the features of the area, with those feeling proficient and confident with their horse welcome to leave the group and explore the valley by themselves if desired.



### **Kayaking**

Kayaking tours departing Glenworth Valley offer paddlers the opportunity to explore the unspoilt wilderness of Popran Creek as it meanders its way through Glenworth Valley. As we glide down Popran Creek in our state of the art sea kayaks you can choose to explore the upper reaches of peaceful Mangrove Creek or head downstream onto the magnificent Hawkesbury River system. Our kayak tours are relaxed, friendly and we paddle at a leisurely pace to ensure everyone has a great time out on the water. We even take the time to stop off and discover the natural surroundings along the way. We also provide a range of kayak trips from Sydney Harbour to Port Stephens including our popular pelican feeding with wine and oyster tasting tours.



### **Abseiling**

Abseiling is an exciting way to be challenged and to experience a rewarding sense of achievement from pushing yourself beyond your comfort levels. And it's surprisingly easy to do. Our qualified and experienced instructors will safely guide you through a series of increasingly challenging abseils. Participants can experience vertical descents, overhang descents and if they want a real challenge, face forward run down descents. The views are spectacular to say the least.



### **Quad Biking**

Quad Biking is a new and exciting way to explore the Australian bush on board your very own four wheeled fun machine. We provide all the training and instruction you will need before we take you out on a guided tour of our 3000 acre property. We travel through scenic bushland, open paddocks, rainforest areas, mountain trails and around our specially designed quad bike track. Quad biking is an awesome way to explore Glenworth Valley.