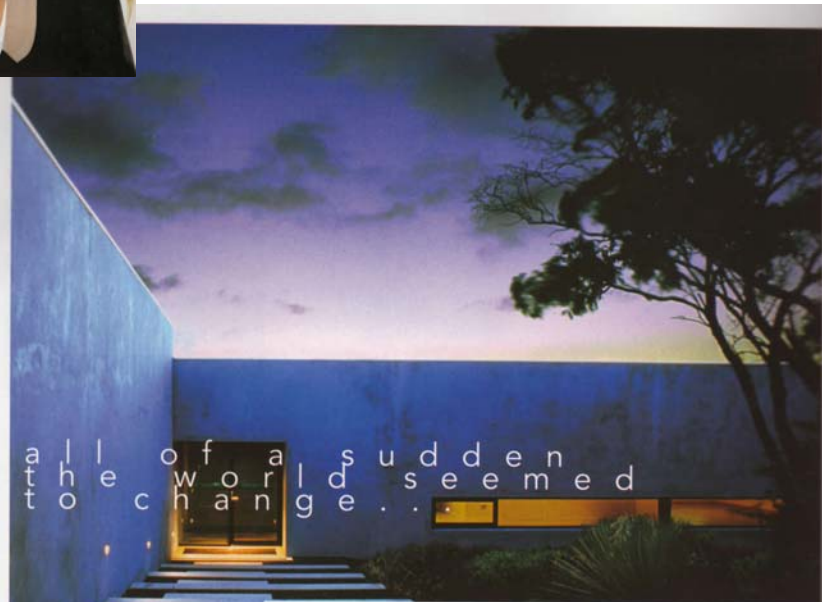




MEAD Living

May 2005



WHAT'S ON

WESTERN ARTISTS LIVING IN BALI – Vasse Felix Gallery – June 1 to July 24, 10am - 5pm

HERBAL MEDICINE WORKSHOP – Herbal Emporium – June 12, 9:30pm - \$70 (9758 7204)

BIG NIGHT ON THE BAY - Naturaliste Community Centre- Jazz Club - August 6, 7:30pm - \$55 (www.mysouthwest.com.au)

A FULL BODY MALA MAYI (clan food) rejuvenation experience at Evolve Naturally @ Boranup Spa – yummy! (9757 7788)

Carters Road for the more experienced. Dirty Detours tours costs \$55/person for two to three hours, and top-level dual suspension bikes, helmets and gloves are supplied.

Dirty Detours
0417 998 816
www.dirtydetours.com

Abselling

You may be surprised to learn that abselling, as a sport, is fairly unique to Australia.

With that said, the South West offers amazing opportunities.

Ever tried abselling 60metres into a cave? Well that's the only access to the Giants cave about 20 minutes south of Margaret River.

But for a picturesque location, you can't beat the cliffs at Willabrup. This location is also great for rock climbing, which gives the adventure a real bonus. Brett Huntly of Outdoor Discoveries said people only needed a moderate level of fitness to enjoy the experience. He said he

had taken 75 year olds on trips.

Outdoor Discoveries take groups (minimum of six) on half-day abselling adventures for \$500.

Outdoor Discoveries
0407 084 945 or outdoor@iinet.net.au
www.outdoordiscoveries.com.au

Windsurfing and kitesurfing

It is hardly a secret that the South West boasts some of the best windsurfing and kitesurfing in the world.

With good winds, good waves and the cape environment that allows different wind direction, it's a haven for most water/wind enthusiasts.

Simon Peters from Margaret River Surf and Kite said the surfing locations in the region were limitless.

"Surfer's Point is definitely best for windsurfing, you can get up to 30 foot waves," he said. "Kiting needs more space so I'd recommend Gnarabup Beach (boat ramp), and Augusta has the best flat water kiting in the world because the inlet provides perfect condi-

tions with lots of wind and flat water." Simon said there were definitely untapped areas to be found, particularly if you have a four-wheel drive.

Kitesurfing lessons cost \$125 per person for two hours (maximum four people). Intermediates are \$75 per hour (max two people)

Margaret River Kitesurfing & Windsurfing
0419 959 053
www.mrkiteandsail.com.au

Extreme luxury

And after a hard day of extreme sports, why not reward yourself with extreme luxury. Having recently reached international status with its inclusion in British TV documentary, The World's Most Extreme Homes, the iconic Phevally home of local artist and surfer, Ron Rocco, is now available for short-term rental. Not a bad way to cap off an extreme weekend.

www.ronrocco.com.au