

# Scream Your Fears Away

South Africa has the highest bungee jumping and abseiling spots in the world. Here you can scream your fears away in some of the most spectacular scenery on earth. Bungee the Bloukrans In the heart of the Garden Route, 40 kilometres east of Plettenberg Bay, is the world's highest single span bridge over the Bloukrans River. Once a viewpoint for the Tsitsikamma forest 216 metres below, the Bloukrans Bridge is now a magnet for bungee junkies from around the globe. Because of the distance of the drop regular ankle straps are replaced with a body harness. Then it's over the edge, your eyes fixed on the river to which you hurtle, heart in mouth, a scream frozen on your lips, then exhilaration at having conquered your fears and the highest jump on earth.

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