

<b>Red Deer Express (Red Deer, AB)</b>			Order/Commande
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# Teen Adventures

**This autumn you can jump your bike, go retro with your ride, climb the walls, defy gravity while tethered to a bungee, and join the river jet set, during tantalizing teen adventures.**

## Ready, Set, Jump

Look down, just beyond your toes. The water shimmers. You make one last wish, and then you soar. It's been featured on Canadian Idol and Much Music, and when you do it, you feel like a rock star. Bungee jump at West Edmonton Mall (WEM) in Edmonton with Center of Gravity and you're joining the ranks of hundreds of others who have made the plunge of more than 100 ft (30.5 m). It's the world's tallest indoor bungee jump tower. You don't need to travel to a canyon to bungee jump - just visit Edmonton. ([centerofgravitywem.com](http://centerofgravitywem.com); 780.489.4339).

## Try Wild Rides at COP

Tighten your grip. Mountain biking courses at [Canada Olympic Park](#) in Calgary continue into the autumn season. Some riders actually like fall the best because of the traditionally crisp and cool weather. You can take private downhill lessons on evenings and weekends with two hours of individual instruction tailored to your needs. Or learn to freeride with experienced instructors on all types of terrain from single track to dirt jumps. And for a peak thrill, there's always the zipline at the Park, where you soar from the [ski jump tower](#) at speeds up to 140 km/h. ([winsportcanada.ca](http://winsportcanada.ca); 403.247.5452).

## Hit the Wall

Has school already got you climbing the walls? Then get out there - well actually, get in there - at the Collicutt Centre climbing wall in Red Deer. You can scale a 24-ft panel wall covered with artificial climbing holds, or try the 36-ft natural wall. You can use all the gear at an indoor climbing wall that you'd use outdoor climbing. If you're closer to other urban centres, you will also find climbing walls in Lethbridge, Edmonton and Calgary, as well as Grande Prairie, Canmore, Jasper and Sylvan Lake. ([city.red-deer.ab.ca](http://city.red-deer.ab.ca); 403.358.PLAY).

## Skate, Rattle and Roll

Love that full pipe. Just make sure you're wearing a helmet. North America's largest skateboarding and inline skating park at Shaw Millennium Skatepark in downtown Calgary is open throughout the year. You can skate into the day and night - it's open 24/7 -- on bowls, mounds, launch pads and rails that can challenge every skill level. You'll see some bikes there, too. Want to take a break from the skate? Try the basketball and volleyball courts. Best of all, admission is free. ([calgary.ca/parks](http://calgary.ca/parks))

## Hey, Nice Ride

Heritage Ranch in Red Deer offers one-hour trail rides that are perfect for teens who want to get some riding experience, especially if they are considering going on a longer pack trip in the mountains. And if you already know how to ride, you can top off your trail ride with a set table and a full meal. There's a stocked trout pond for fishing and you can rent a kayak for a

spin on the river. If you're really brave, you can take a romantic carriage ride. ([heritageranch.ca](http://heritageranch.ca); 403.347.4977)

## It's a Jet Set Thing

Jet boating down the North Saskatchewan River in Edmonton is an adrenalin rush and a history lesson. It's not like you have to take notes, but you can learn about how the shallow-hulled craft forces water out the back of the boat as you get a fresh look at the city and its past. Klondike Jet Boats offer one-hour jet boat tours on the river through the River Valley on a specially designed version of the Hamilton powered Jet Boat. There are a variety of customized trips available. There is no age limit for tours. Until Sep 30. (780.486.0896)

## Shine A Light On Scary Stuff

Okay, yes, there's old people involved - well, a cemetery, anyway. But here's a chance to shine a light on the history you probably won't learn in school. The autumn Flashlight Cemetery Tours in Lethbridge will scare you before you even get to Halloween. Dress warmly, wear sturdy walking shoes, bring a flashlight, and maybe, someone to hold hands with. It could be a good excuse for a date. Ooh scary. ([galtmuseum.com](http://galtmuseum.com); 1.866.320.3898)

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