

EXTREME LONDON

For something calmer, there is a lake for paddleboarding and canoe lessons – or go wild on the Water Wipeout inflatable obstacle course.
www.better.org.uk

Slide down Helix at ArcelorMittal Orbit

Art meets adrenaline at Zip World London at ArcelorMittal Orbit. Originally created by Anish Kapoor for the 2012 Olympic Games, this sculpture now boasts the world's longest and tallest tunnel slide, Helix. Spanning 178 metres in length, you'll experience the incredible design of the Orbit's twists and turns as you loop around 12 times, catching glimpses of London from new heights.
www.zipworld.co.uk

Mission: Breakout

As the world's first underground passenger railway, it's no surprise that the Tube has amassed some disused stations in its 162-year



Dans le Noir?



Mission: Breakout

history. While some are popular with filmmakers, one former station – South Kentish Town – has been transformed into three escape rooms. In Mission: Breakout, you can choose from a World War II codebreaking room, a paranormal activity room or a



Faulty Towers: The Dining Experience

futuristic science-fiction room, with 60 minutes to escape!
www.missionbreakout.london

Dans le Noir?

Dans le Noir? is a unique restaurant made to challenge the way we perceive food. Dining in complete darkness, guided and served by blind and visually impaired hosts, the remaining senses become heightened. The menu is kept secret so you won't have any expectations and can experience food from a new perspective.
london.danslenoir.com

Faulty Towers: The Dining Experience

While some people get their adrenaline from extreme sports, others might prefer the thrill of Basil Fawley shouting across their dinner table. Step into the chaotic world of Torquay's most inept hoteliers in this mainly improvised, immersive comedy show. Enjoy a three-course meal while being served by lookalikes of Basil, Sybil and Manuel and watch the madness unfold.
www.faultytowersdining.com

At first glance, visiting London doesn't scream heart-pounding action, but there are ways to get a rush even while sightseeing. Why just look at the landmarks when you can climb them, slide down them or race underneath them for a thrilling twist on traditional tourism? ■



ArcelorMittal Orbit



FAULTY TOWERS: THE DINING EXPERIENCE © ANRPS © ZIP WORLD; © DANS LE NOIR; MISSION BREAKOUT © ALEX CHORLEY