

ZIPLINING IN USA:

Zip lining is an action-filled recreational activity that involves riding a steel cable on a protective seat or a belt between two points and generally on a valley that exhibits spectacular sceneries. A zip line is, at its most simple, a cable that starts at a higher point than it ends. Using the natural decline of the slope, a person or cargo can travel down the wire on a pulley system that minimizes friction to help the rider accelerate.

A zipline also referred to as zip line, sypline, zip wire, aerial ropeslide, flying fox, etc. is an outdoor recreation sport/adventure sport where a freely moving pulley is used to ride from the top to the bottom of an inclined cable.

The Physics of Ziplining:

- Your body mass: the heavier you are, the faster you'll travel.
- Slope of the line: the steeper the line, the higher the velocity.
- Length of line: the longer the line, the more time you'll have to achieve maximum speed (to a point)

The cable used for a zipline is either galvanized or stainless steel wire rope. Between the two, they sport nearly the same resistance to pulling and twisting, but they are specifically chosen for their resistance to the environment.

Galvanized Aircraft Cable is the best type of cable for a zipline. It is strong and flexible and reasonably priced. The best size for ziplines under 100 feet is between 3/16 inch a 1/4 inch.

The four most common types of zip line brakes are active braking, passive magnetic braking, passive spring braking and passive gravity braking.

Benefits: Ziplining is an exciting activity that provides beautiful views of nature and an opportunity to bond with family or friends. Although many know that ziplining is a great activity for vacations and corporate team building, most are surprised to learn that it can benefit their health, too.

Between tackling a ropes course to get to jumping on a zipline, you can work up a bit of a sweat. This is great for your health as it gets your blood pumping through your body and gives your muscles a workout, plus it releases feel-good hormones in your brain too.

Risks: Apart from evoking different feelings and sensations, the adrenaline rush caused by ziplining can suppress several functions in the body, including digestion, pain sensitivity and blood flow. During the zipline experience, blood vessels constrict.

5 best destinations in USA:

1. Camelback Mountain Adventures, Pennsylvania.
2. The Canyons zip line and canopy tours, Ocala, Florida.
3. Kapohokine adventures, Hawaii.
4. Ziprider, Icy strait point, Alaska.
5. Captain Zipline, Colorado.

1.Camelback Mountain Adventures, Pennsylvania:

Camelback Mountain Adventures claim their 4000 foot zipline is one of the longest in North America. If you want to put it to the test, ride the chairlift to the top of Camelback Mountain then let loose at speeds up to 60mph. Even if this incredible family ziplining experience doesn't officially break records, it deserves awards for sheer excitement and amazing mountain views.

Best time: April

Cost: \$42 per rider for each ride.

2.The Canyons Zipline and canopy tours, Ocala, Florida:

Most people think of Florida being flat, in Ocala / Marion County, you will find a zip line tour over massive limestone canyons providing more than enough elevation for an exhilarating tour.

There are 9 zips on the 3-hour tour. Including the longest zip over water in the US. There are also two rope bridges which test the nerves. The views are stunning as you move very quickly over tree tops and through beautiful nature. Keep an eye out for alligators below.

Cost: \$54- \$109

Duration: 3hrs

3.Kapohokine Adventures, Hawaii:

Kapohokine Adventure Company specialise in Big Island tours and activities, including several sensational family ziplining experiences. It's one of the longest rides. It

incorporates eight different lines, covers an area of almost two miles and sweeps you up to 2400 foot and over. Dare to keep your eyes open for the entire tour (it lasts just over three hours) and you'll see tropical river gorges, rainforests, waterfalls, mountains and more.

4.Ziprider, Icy strait point, Alaska:

The ZipRider at Icy Strait Point in Alaska is the world's largest zip-rider. It drops 1320 feet at a 25% gradient, reaches speeds of up to 65mph and the immense Alaskan views are astonishing all the way and sharp-eyed kids should keep a look out for whales and bears on the ride up to ZipRider.

Cost: \$130

Duration: 1.5 mins

5.Captain Zipline, Colorado:

The Captain Zipline tours in Colorado aren't the longest in the US, but they do have some of the best landscape to zip across. A total of seven lines run for 700 feet and reach speeds of up to 40mph. They soar over the astonishing Arkansas River canyon with the Rocky Mountains bringing drama in the background.

Best time: June to September.

Cost: starts from Rs.10,051

Duration: 2hrs

Equipment for ziplining:

- Helmet.
- Harness.
- Lanyards.
- Carabiners.
- Pulleys.
- Trolleys.