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real headturner...or should that be headspinner. You get strapped inside the giant ball and pushed downhill, it's that simple.

The result is a disorienting rush of adrenaline that actually lasts for hours after the roll.

Choose your partners wisely, however. Because, as the sphere is nearly sealed off, if you or your partner hasn't showered that morning it can get rather funky inside.

After getting our bearings back, we headed further inland to the beautiful Genal Valley for some 'canyoning', as it is known.

A world of experiences

The source of the river Genal, near Juzcar, is full of waterfalls and boulders, making it a perfect place to prance along the riverbed in a wetsuit.

A walk down the river offers an interesting way to discover one of the most picturesque of Andalusian valleys. But just as you settle into a

comfortable walking rhythm, a water current suddenly jumps up and sweeps you away. Going down the waterfalls was particularly fun.

As you gradually lower yourself down the cliff, the water pummels your body before you let go off the rope and plunge into the cool pool beneath. It's a truly exhilarating experience.

Canyoning must be one of the few sports where a bit of body fat is actually an advantage - after a few hours of walking down a river in the winter I was starting to feel quite fresh.

Luckily, just as the shivers started making way up my skinny body, we came to a campsite where guide David had piping hot, homemade paella waiting for us.

"We have people from all over Spain coming here in the summer," says David. "Canyoning is very safe if you fol-

low the basic rules, and at the same time it's extremely fun, no matter what your fitness level is."

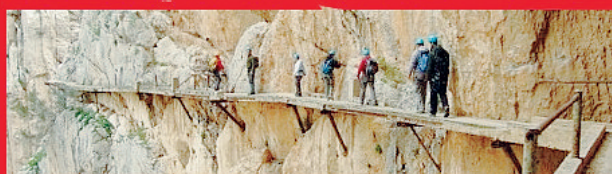
Sphering, canyoning, climbing and the Caminito del Rey walk are just a small fraction of the activities that can be booked with the Experience Box gift vouchers.

Other fun options include horse riding, ice climbing,

paintballing, bridge-jumping, rafting, paragliding as well as a host of car racing experiences.

The options are only limited by one's sense of adventure.

Prices for activities start at just 30 euros per person. For more information visit www.experienceboxspain.com



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INTO THE VOID: Sphering, while (top left) paintballing and (above) bridgejumping



EXHILARATING: Canyoning on the River Genal