

5 Extreme Sports in Arizona

Written by Carol Quevedo

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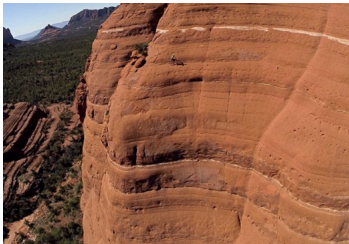
5 Extreme Sports in Arizona

Arizona isn't just a state known for its beautiful desert; it's known for some of the most extreme sport spots on the planet. That's right: sunny Arizona is a state that makes even some of the most extreme athletes do a double take. From dangerous mountain tracks, to cliff- jumping high mountains, if you're looking for extreme, Arizona just might have what you're looking for.



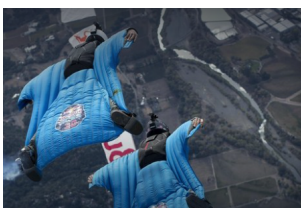
Mountain Climbing

Many people in Arizona know and have hiked Camelback Mountain, located in Scottsdale, but what many locals don't know is there's a cliff on the west side of the mountain called "Suicide Direct." This name might seem harsh but in reality, this steep, and exposing climb has claimed at least two lives. A fall about 100 feet., so if you're not experienced, stick with the trails.



Mountain Biking

One of Arizona's most beautiful cities is Sedona, known for its red rock and healthy outdoors lifestyle. But when a pro mountain biker Michal Kollbek visits for a ride on the White Line track, things get interesting. The White Line is No. 6 on the world's most extreme mountain biking trails, and leaves even the pros shaking. Described as the scariest thing Kollbeck has ever done on a bike, it's no wonder this track is only for the professional athletes. The track has zero wiggle room on the steep cliff, leaving no room for even the smallest wobble.



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Wings Suit Flying

A sport almost like skydiving but with an extreme twist, during wingsuit flying people are suited in wingsuits (a k a squirrel suits). People usually jump from a helicopter at about 7,500 feet. And, if extreme enough they actually race each other while twisting through a course. Wingsuit athletes are protected with wearing two parachutes, for just-in-case measures.



Skydiving

Jumping from a plane or helicopter is fun enough but when Arizona holds a skydiving world record, it's no wonder people travel all over the world to skydive here. Sixty-three women hold the female skydiving World Record for largest female vertical-formation, and represent 18 different countries. Why Arizona? Arizona has some of the most beautiful sights and the nicest tempters while dropping 18,000 feet.



Cliff Jumping

Cliff jumping is a dangerous but exhilarating experience that people love doing all over the world, but when done wrong, it can paralyze or even kill someone. One of Arizona's most dangerous waterfalls known for cliff jumping is Havasu Falls. It's highly recommended that people do not jump because of the height. But extreme athletes don't take no for an answer. Beware of the height, rocks and water levels if attempting to jump, which only experienced jumpers attempt.