



The Experience

“Extreme Sports: Beyond Human Limits” features stories about international athletes, including some from Colorado, immersive exhibits, and activities and challenges for various ages that showcase the science, creativity and innovation in some of the riskier sports, inspiring you to learn more about your own personal limits.

What Are Extreme Sports?

Start plunging into the action as you get a sense of balancing on a high-line and explore the definition of extreme sports.

Inside the Mind and Body

Videos take you inside the minds and bodies of extreme athletes to explore their experiences and motivations. You are encouraged to understand the potential consequences of extreme sports, explore your knowledge of first aid and test your concentration abilities. Activities and quizzes help you discover your own inclination to participate in extreme sports.

In the Air

Some sports are executed at breathtaking heights. Learn the mechanics of high-lining as explained by a professional athlete, explore the physics of piloting a wingsuit, understand the evolution of human-powered flight and take a virtual leap off a cliff to experience the thrill of flying through the air.

Snow and Ice

Experiment with the physics of snowboarding slopes, virtually race backcountry hills as a skier or snowboarder, meet human and canine backcountry rescue teams and see some of the real equipment used to save lives off the beaten path.

In the Water

Put your breath-holding and balance skills to the test and step into the Immersion Room to see what it feels like to ride a mountain bike and a whitewater kayak!

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Extreme Sports: Beyond Human Limits was developed and produced by Science North, Sudbury, Ontario, Canada, in partnership with the Ontario Science Centre.



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On the Ground

Trace in the footsteps of a parkour athlete. Hear the stories of two athletes at the forefront of wheelchair motocross (WCMX), a sport gaining momentum in the adaptive community. You will also investigate the role of gravity and rotational forces in executing tricks and flips.

Ninja Course

Try out a course developed by Colorado-based Ninja Nation. (Plan to wear sturdy shoes; no bare feet or flip-flops. Height restriction applies.)

On the Rocks

Dig into climbing-related anatomy, strength, body mechanics, and equipment. Snuggle into a portaledge hanging tent and imagine dozing off on a rock ledge. Everyone can test their grip and flexibility on free-standing kid-sized climbing walls.

Be Creative! Be Yourself! Be Inspired!

Create a personalized vision board of extreme and not-so-extreme goals and reflect on some of the inspiring messages and imagery seen and heard throughout the exhibition.

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