



GOLD AWARD CANOEING

GOLD LEVEL – ORANGE RIVER - CANOEING

Duration : 4 Days / 3 Nights

Activity : Min 24 Hours Rafting - 6 Hours Rafting per day

Day One:

- 17:00 Arrive at "Provenance"
- 17:30 Meet and Greet Guide Team – Set Up Camp for the night
- 18:00 Students to prepare Dinner – Under Guide Supervision
- 20:00 Dinner
- + Students to clean up after Dinner
- + "Reflection Time" – Students to complete Adventurous Journey Forms for day 1
- + Guides to assess each Student – Students to hand over assessment books/sheets for Guides to complete.
- + BED TIME

Day Two:

- 06:30 Breakfast – Students prepare Breakfast – under guide supervision
- 08:00 Safety Briefing – Canoeing **[+/- 4 hours]**
- 12:00 Students to prepare Lunch – Under Guide Supervision
- 13:30 Canoeing Continues **[+/- 4 hours]**
- 17:30 Reach Campsite for that night – Students to set up Camp
- 18:30 Students to prepare Dinner – Under Guide Supervision
- 20:00 Dinner
- + Students to clean up after Dinner
- + "Reflection Time" – Students to complete Adventurous Journey Forms for day 2
- + Guides to assess each Student – Students to hand over assessment books/sheets for Guides to complete.
- + BED TIME

Day Three:

- 06:30 Breakfast – Students prepare Breakfast – under guide supervision
- 08:00 Safety Briefing – Canoeing **[+/- 4 hours]**
- 12:00 Students to prepare Lunch – Under Guide Supervision
- 13:30 Canoeing Continues **[+/- 4 hours]**
- 17:30 Reach Campsite for that night – Students to set up Camp
- 18:30 Students to prepare Dinner – Under Guide Supervision
- 20:00 Dinner

- ✚ Students to clean up after Dinner
- ✚ “Reflection Time” – Students to complete Adventurous Journey Forms for day 3
- ✚ Guides to assess each Student – Students to hand over assessment books/sheets for Guides to complete.
- ✚ BED TIME

Day Four:

06:30 Breakfast – Students prepare Breakfast – under guide supervision
 08:00 Safety Briefing – Canoeing [+/- 4 hours]
 12:00 Students to prepare Lunch – Under Guide Supervision
 13:30 Canoeing Continues [+/- 4 hours]
 17:30 Reach Campsite for that night – Students to set up Camp
 18:30 Students to prepare Dinner – Under Guide Supervision
 20:00 Dinner

- ✚ Students to clean up after Dinner
- ✚ “Reflection Time” – Students to complete Adventurous Journey Forms for day 4
- ✚ Guides to assess each Student – Students to hand over assessment books/sheets for Guides to complete.
- ✚ BED TIME

Day Five:

06:30 Breakfast – Students prepare Breakfast – under guide supervision
 08:30 Safety Briefing – Canoeing [+/- 1.5 hours]
 10:30 Reach take Out – transported back to camp
 ✚ “Reflection Time” – Students to complete Adventurous Journey Forms for day 5
 ✚ Guides to assess each Student – Students to hand over assessment books/sheets for Guides to complete.
 13:30 Lunch – Certificate presentation
 15:30 Depart back home

The above GOLD PACKAGE includes :

- All catering + catering equipment + Juice + Tea + Hot Chocolate + Water
- All dietary requirements
- All crockery and cutlery
- Canoes + Equipment

The above GOLD PACKAGE excludes :

- Transport to and from the Camp from Cape Town – Quotes can be arranged for groups larger than 20 pax
- Soft Drinks
- Anything not stipulated above

TRIP NOTES OVERVIEW :

- All students will be required to carry all their own gear and assist with carrying meal gear and equipment
- Felix Guide Team will be on the trip to observe assist with regards to safety and wherever guidance is required with the various activities / tasks
- Felix Unite will supply all catering and catering equipment - All students will be involved in all food preparations/cleaning along with any camp set up requirements during their Adventurous Journey.
- Felix Unite will cater for specific dietary requirements – IE : Halaal, kosher, vegetarian, allergies etc
- Students will be required to bring tents + sleeping bag + pillows – TRIP is camping only

TRAVEL DOCUMENTS FOR CHILDREN U18

Please note that as of the 1 June 2015, the Department of Home Affairs have implemented new regulations that all children under the age of 18 years old need to travel with the additional Travel Documentation, link for all these details are on the Overview page

EVERYONE REQUIRES A VALID PASSPORT!

