

# Walk in the Wild

## Fundraising Trek

South Africa

Protecting the world's last remaining wilderness areas



*"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life." - John Muir*

**14 September– 21 September 2012**

[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)

**Connecting Wilderness and People**

## Walk in the Wild – South Africa - 2012



**This is a truly amazing journey into one of the wildest places on the planet, where nature rules and humans are just visitors. This is an opportunity to give your self time out, peace and quiet, a good laugh, adventure, and time with no watches, phones or pressures- whilst making a difference to two key charities.**

Your fundraising will support the **Wilderness Foundation UK** who deliver wilderness programmes that directly link to social need, particularly with disadvantaged youth, peace and reconciliation, and the development of leadership to ensure sustainable futures through a deep understanding of, and connection to, the natural world.

**Wilderness Trails** offer people a unique opportunity to experience wild nature in the simplest form – carrying all you need in a backpack and sleeping under the stars. The Umfolozi Game Reserve is the largest reserve in Kwa-Zulu Natal, covering an area of almost 118,560 acres. This rugged terrain is enclosed by the White Umfolozi and Black Umfolozi rivers and contains the largest herd of White Rhino in Africa. Other wildlife to be seen include buffalo, cheetah, leopard, hyena, various species of antelope, crocodile and over 300 bird species. The trail is through its remote wilderness area – far from tourists and development.

**Your journey begins** with an evening flight on Friday 14 September departing the UK for Johannesburg. (Please note that all participants are responsible for their own flight booking and payment). Upon arrival at Oliver Tambo Airport in Johannesburg you will be met by a local representative who will assist you to your flight to Durban. At King Shaka Airport in Durban you will be met by a Wilderness Foundation representative, who will drive you to the Wilderness Leadership School, for your overnight stay. Sunday 16 September after breakfast starts your journey to the Umfolozi Game Reserve for an unbelievable experience of true wilderness, spending 5 days without mirrors, daily pressures or watches. On the last day of trail the group will transfer from Umfolozi to a peaceful overnight venue to catch that valuable shower/bath, re-pack and get ready for the long journey home the next day.

**Estimated cost: £700 trail plus minimum £500 sponsorship = £1,200.00 \*flights not included**

### **Opportunity for an Add On Community Stay**

For those who have more time to spare, there is an opportunity to continue your travels in South Africa and engage in a community project in the foothills of the Drakensberg Mountains for a further 4 nights. Living with Zulu families you will have an opportunity to really experience rural life, understand the issues that local women face and make a difference to the community.

**Additional cost in the region of £450.00**

*"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after the winter." Rachel Carson*

## Walk in the Wild – South Africa - 2012



### General Information

#### Visas

If you have a British passport a visa for South Africa will be issued on arrival at the airport. Please do visit the SA High Commission website for more information if you are on a different passport, or contact us in the office and we can help.

#### Health

You must complete the attached medical form which must be signed by your GP. Please ask your GP for advice on which injections are required and any medicines that are required to travel in the area. Advice can also be sought from MASTA, a premium health advice service and their website address is [www.masta-travel-health.com](http://www.masta-travel-health.com). They will be able to give advice and link you to local clinics.

The areas we will be visiting in South Africa are low risk for malaria; however it is important to make your own decision with the help of MASTA. If you decide to take an anti-malarial we suggest you take Malarone which although more expensive does not require you to take for a long period after leaving the malarial area.

#### Passports

You will need a valid passport for up to at least six months. You must make sure that you have at least two blank facing pages. This is essential for South African passport control.

#### Travel Arrangements to South Africa

You will be responsible for your own travel arrangements to Durban in South Africa. However we will be sorting out group travel arrangements at the best price possible to South Africa. Travel can be through a variety of reputable airlines, such as Virgin, SAA, BA, Emirates, Air France, Lufthansa, KLM etc. Flights can either be direct or via major European cities.

Airmiles are a good source of flights. Currently the cost of flying to Johannesburg is:

8000 airmiles	=	£0
5000 airmiles	=	£195
2500 airmiles	=	£375

We have been advised that the rate will be similar next year, and flights can be booked in September 2011.

Please coordinate with our team so that we can try to get everyone out as close together as possible. Groups over 9 people will qualify for group booking rates which we can coordinate.

#### Travel Arrangements on reaching South Africa

Once you reach Durban we will be in charge of all your travel arrangements. Transport is usually by mini-bus. If you decide to take up the community volunteering options we will then organise for our partners African Insight to make special arrangements with you on a personal basis or for a bigger group.

#### Escorting

Our leaders will be accompanying you on your trip and will be available to help with any problems you may encounter, and ease your trip for you. Our staff in South Africa handle many journeys of this nature and are geared up to support you and your leaders.

## Walk in the Wild – South Africa - 2012



### Group Size

The wilderness trail part of your journey is limited to eight participants in each group, and a minimum of six, and will be accompanied by two armed wilderness guides. We are able to run three separate trails at any one time thus enabling our wider group to expand to 24 people if necessary. Nearer the time we will discuss groups with you and you can nominate to travel with friends so long as we can reach our group ratios.

The first and last night will be spent as a group together. Those splitting off from the wider group to take up the volunteering options will leave us on our last day.

### Types of Accommodation for the last night

We make use of a variety of venues. Ultimately, we seek simplicity with comfort, hot showers and good food. We like places that fit our strict environmental ethics and have some kind of inspiration to them. For example, one of our favourite venues is based in thick indigenous coastal forest and is a rewilded area from previous sugar cane plantation. It has a protected, totally wild beach where we can swim and watch the sun set over the Indian Ocean with no company of humans, just the resident Fiddler Crabs who live in the sand.

### Fitness

Our trails are designed for the capabilities of anyone who is reasonably fit and healthy. We do not however recommend this trip for anyone with severe back problems as you will be carrying a backpack for five days. Carrying a pack can be a new experience for people – but one easily adapts and our packs are designed for maximum comfort and back support.

It is worth considering that the change in climate particularly hot weather can affect your performance. If you have a medical condition which could be adversely affected by exercise or any worries about your medical fitness you must consult our GP.

More guidance on health will be sent to you following your registration.

We do advise you to do some initial fitness preparation prior to the journey.

### Weather Conditions

September is early spring in South Africa so it is a wonderful time to visit. The days will be warm (anything from 22 – 29 degrees) with the nights cooler.

### Food

We all love our food and need it more than ever when active and in the outdoors. We ensure that food on trail is sustainably sourced, nutritious and delicious. Our guides are fantastic cooks producing meals on a small camp fire with two pots. Trailists can offer their help in food preparation which is always welcome.

We are experienced in dealing with a myriad of diets. Please make sure you detail any specific dietary requirements when filling in your booking and medical forms.

### Clothing and Equipment

We will provide you with the basic equipment you require, such as backpacks (minimum 70 litre capacity), sleeping bags, ground sheets, sleeping mats, cooking and eating utensils. You will be responsible for your personal requirements such as sleeping bag liners, clothes, toiletries and medication. We will provide you with a comprehensive equipment list and hold an information evening where we can discuss this in more detail and answer your questions.

## Walk in the Wild – South Africa - 2012



### Indemnity Forms

To take part in a wilderness trail in any of the state parks in South Africa you are required to complete an indemnity form to be handed in at the gate of the park on arrival. This is a statutory requirement and without it you will not be allowed to proceed with your trail.

We will issue a form which needs to be completed and signed in advance. We will keep a copy here and you/leader will take the original to South Africa with you.

### Insurance

Participants need to take out comprehensive travel insurance and to bring their certificates with them when travelling to South Africa. You need to send a copy of your insurance certificate and a copy of your passport to us 12 weeks before departure.

We often use Direct Travel Insurance ( [www.direct-travel.co.uk](http://www.direct-travel.co.uk) )

### How do the payments and sponsorship work?

To guarantee a place on this expedition, you will need to pay a non-refundable £500 registration fee and then raise a minimum of £700 which can be through sponsorship, or paid in full by yourself. Please note that airfare to Durban is at your own cost – please read previous section on travel. Non payment of the minimum sponsorship two months prior to departure will mean that you cannot take part.

Once the minimum sponsorship levels have been reached, all funds raised over and above this amount will be shared between the Wilderness Foundation the Rarer Cancers Foundation.

### Fundraising Support

On registration you will receive a comprehensive pack detailing the “Walk in the Wild” expedition more fully, together with kit and equipment lists and fundraising information. We are here to help you with your fundraising and will provide you with sponsor forms etc and help you to organise your fundraising plan.

### Pricing Information

Unless otherwise stated, the prices quoted in this document include the following:

5 day wilderness trail

Guides

All your food and non alcoholic drinks

Accommodation on the first and last night

Basic kit and equipment as set out in the Clothing and Equipment section

Entrance fees to game reserve

Local transport from and to Durban, South Africa

Contribution to the charities

Full information pack

## Walk in the Wild – South Africa - 2012



The prices exclude the following unless stated:

Flights to and from Durban, South Africa

Tipping

Items of a personal nature

Alcoholic drinks

Immunisations

Personal Insurance

### Disclaimer

At the time of sending this to you all our prices and information are correct. They are however subject to alteration without notice.

**For further details please contact:**



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