



participant's adventure guide



24th senior scout adventure cederberg 2024

This is the Participant's Adventure Guide and contains all the details of the Adventure.

The Senior Scout Adventure is one of South Africa's coolest events on the Scouting calendar. The programme provides unforgettable adventure and fun in the famous backpacking country of the Cederberg Wilderness Area.

Programme features combine the best of advanced Scouting to provide you with fun and a real challenge – water activities, rock climbing, paintball guns, sailing, underwater diving, mountaineering and many more! This is an unbeatable recipe for fast-moving enjoyment and action.

You will be camping and hiking with your Patrol in the mountains, as well as meeting and sharing experiences with others from all over our country and possibly overseas. This is an opportunity for fellowship and understanding unequalled anywhere in South Africa.

Here is a super-activity you and your Patrol will never forget. When you come to the Adventure, take advantage of these opportunities. It is one of the best investments you will make - the returns are great.

If you have not yet completed filling in all your personal particulars in the online application at www.scouting.org.za/adventure, please can you do so as a matter of urgency. The Indemnity/Consent Form should be uploaded to the website and not emailed.

Please Read this guide carefully

The Cederberg

The Cederberg mountain range lies some 250km north of Cape Town and extends southwards from just south of the Pakhuis Pass near Clanwilliam to the Middelberg Pass near Citrusdal. It is some 130 000 hectares in extent of which 71 000 ha comprise the Cederberg Wilderness Area managed by CapeNature. It is renowned for its spectacular landscapes and rock formations as well as the increasingly rare Clanwilliam Cedar tree, from which it got its name.

The Senior Scout Adventure is held within this huge stretch of rugged mountains, wide vlaktes, and spectacular kloofs with the altitude varying from 300m to 2028m at the top of Sneeuberg.

The original inhabitants of the Cederberg area were the hunter-gatherers and the Khoi. Evidence of the occupation by the Khoi may be seen in the rock art of the area which is one of the richest regions of southern African rock art, with an estimated 2000 or more painting sites.

The Cederberg boasts diverse and largely unspoilt plant habitats, which provide shelter and hunting grounds for various fauna, such as Leopards and Verreaux's Eagles better known colloquially as the Black Eagle. The Olifants River system, part of which runs through the Cederberg Wilderness, has a wealth of endemic fish species. Bird watchers can view more than 100 bird species at the reserve, such as Rock Kestrel and Jackal Buzzard.



The Cederberg was proclaimed a Wilderness in 1973 and received World Heritage status in 2004.

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Deadlines

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| Deposit paid | 31 July 2024 |
| Final payment | 30 September 2024 |
| Participants Personal Particulars | 30 September 2024 |
| Parent Consent Uploaded | 30 September 2024 |
| Transport and Home Hospitality | 31 October 2024 |

Contacts and Links

Adventure Organiser: adventure@scouts.org.za
Website: www.scouts.org.za/adventure
Facebook: www.facebook.com/CederbergAdventure
Scouts SA Postal address: PO Box 2434, Clareinch 7740, South Africa
Instagram: seniorscoutadventure
Emergency: Telephone Number at Camping Headquarters, Keurbos will be announced in December 2024.

Section A: Planning and Organisation

Preparation for the Adventure

Your Adventure expedition begins at home. You should begin planning and training months before arriving at the Adventure.

Patrol Composition

Patrols

- Scouts from the same Troop are placed in the same Patrol.
- In exceptional circumstances and with the full agreement of parties, a Scout may be permitted to hike with a Patrol other than his/her own.

Training for Adventure

You need to get into shape for the Adventure. Carrying a rucksack up steep, rocky trails - and requires you to be in top physical shape when you arrive at the Adventure. You'll enjoy it more and be less likely to have medical problems if you're fit. Jogging, running uphill, and hiking with a full pack (including everything you intend to carry on the trail) is strongly recommended as part of your training. You can do this individually, or with other members of your Patrol. As soon as your Patrol has been formed, where possible the Patrol Leader trains the Patrol for the Senior Scout Adventure. This includes:-



all

Sharpening Your Hiking and Camping Skills: Time and effort spent in sharpening your hiking and camping skills allows you more time to enjoy the natural beauties of the Cederberg and the programme features of the Adventure. The best way to practice and develop these skills is to participate in several outings with your Patrol.

Gathering Your Equipment: Backpacking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. Remember, the key to enjoyable backpacking is to travel lightly. Check your equipment against the recommended kit list given later in this booklet. **This is the maximum.** Some backpackers can reduce this list considerably and still be comfortable and clean.

Packing Your Rucksack: Here are a few tips for packing your backpack:

Aerosol cans and glass jars are not suitable for backpacking because of their bulk and fragility.

- Small articles should not be loose in your pack. Put them in a bag.
- Waterproof bags are good for packing - they keep your gear separated and dry even if your pack gets wet.
- Keep most weight near the top of your pack, nearest your body.
- Your map, rain cape, first aid kit and camera should be readily accessible.
- Always put the same items in the same place. Then you can find them easily.
- Check your pack weight and keep it as low as you can, if it weighs more than 15kg (without food and water) it is too heavy.

Using a Map, Compass and GPS: Most trails in the Cederberg are clear, but they are usually not signposted. Map, compass or GPS can be particularly useful if the trail is over-grown and the Patrol needs to decide on the correct route. Learn to use a map and compass well. Study the map of the Cederberg area. Sharpen-up your map-reading skills. Detailed hiking routes are available on our website.

Footgear: Good hiking boots are a must for the Adventure. Without a good pair of broken-in hiking boots, you will have to endure many blisters or sore feet at best. To avoid blisters, toughen up your feet beforehand at home by training hikes. The moment you feel a tender spot developing on your feet you should immediately place some adhesive plaster over it. This usually stops a bad blister from developing. Make sure you bring along **specialised blister plasters** for this purpose which you can buy from any pharmacy.

Clothing: The Cederberg can be very hot, especially in the valleys, but you should be prepared for all kinds of weather, **including possibly rain and cold.** Night temperatures of 5°C are not unknown in December. A windproof jacket or anorak with hood is essential for protection against wind and cold in the mountains. During cold periods it becomes especially important to stay dry. Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. A hat, for the sun is absolutely vital. Long sleeve shirts with collars also provide sun protection.

Socks: Get yourself good quality thick hiking socks.

Labels: Label all of your clothing and equipment with your name and itinerary number so you can readily identify what is yours if lost.

Remember that the sum total of your entire luggage may not exceed 23kg so as to avoid overloading on the coaches that take you to the Cederberg and return.

Section B: Arrival at Camping Headquarters

Summary of Events after your Arrival

Upon arrival at our new Keurbos Camping Headquarters, a member of the Adventure staff is available, if requested, to help the Patrol during the initial processing. All Adventure staff are there to ensure that you and your Patrol have a great time.

Checking-In

The **Patrol Leader** reports to the Camp Registrar on arrival to register the presence of the whole Patrol and is given a voucher to collect the Patrol's Adventure Badges, Scarves and T- shirts.

The **Patrol Leader and Mountain Ranger (if your Patrol has one)** attend the Patrol Leaders' Orientation Briefing to discuss Routes and Itineraries given by the Trips Planner and Operations Manager. Two 1:40 000 maps are handed to PLs at this briefing and it is highly recommended that the map be marked with the exact location of Activity Centres, transport pick-up points and, if applicable, where to meet Activity Staff members. These are clearly marked on the master map which is on display the opening day.

Participants have the opportunity to hand in extra money and valuables to the Camp Registrar for safekeeping.



Trail Food Issue

The designated No. 2 in the Patrol must report to the Grubmaster to discuss the trail rations, distribution thereof and collection of the first ration packs.

Rations are issued every few days at Activity Centres. Do not make the mistake of looking at the amount of food and thinking it is not all necessary and may be discarded. Participants are encouraged to bring suitable lightweight sealable **containers** so as to be able to decant foodstuffs such as sugar, jam, salt etc.

Trail rations that are suitable for strenuous backpacking must be light to carry, be nutritious, reasonably tasty, and easy and fast to cook. The availability of light backpacking rations is limited so on the trail the suppers and sometimes breakfasts, may comprise dehydrated meals. For those of you who may be unaccustomed to dehydrated food, the secret in preparing meals is to make sure that you add the right amount of water as indicated in the instructions on the packet. Use the measuring cup (recommended in the Patrol equipment list) to make sure that you add the correct amount of water.

If you are scheduled to have a special fresh food meal on a particular day, this food is issued to you at the Activity Centre.

Provision is made in the Adventure Online Application to record **special dietary** requirements such as Vegetarian, Halaal, Kosher, etc. Whilst we try to accommodate individual member specific dietary needs, we would, in the main, only be able to accommodate one or two different dietary needs within each patrol. Patrol Leaders are requested to discuss this with members of the patrol and obtain consensus where complex dietary requirements arise.

You may want to pack the supplies according to meals and distribute it as such amongst your patrol. Place your share of the trail rations in your rucksack for security overnight. Animals have a habit of making off with food left lying in the open. Don't leave scarves, cameras, or any items of kit lying around. Ensure that they are safely stowed away in your rucksack at all times. For security, ensure that there is always at least one member of your Patrol present in your campsite.

You may wish to bring your own spices such as salt, pepper and any other condiments such as jam, chutney, tomato sauce, etc.

Storage of Excess Baggage

Shortly after the Opening Ceremony, you change out of your Scout uniform and into hiking gear. This must be packed away neatly, into your bag, for use again on the last day. We use a system for luggage collection that is used at airports. Identical airport style luggage handle-type stickers, each uniquely numbered are used. You retain your luggage's numbered receipt that must be surrendered when your luggage is collected on the last evening.

Excess luggage is stored off-site and is not accessible until the end of the Adventure. Ensure that the bag that you bring from home is large enough to house your excess baggage, is able to be locked or sealed and that your total luggage DOES NOT EXCEED **23 kilograms**.

Experience has shown that "sealing" one's excess luggage in a black refuse bag is not practical, a sturdier container is needed. Bring a large label for attaching to your baggage, to additionally aid identification.

Religious Services

A short interdenominational prayer is said at the Opening Ceremony.

Tuck Shops

There is a Tuck Shop at Keurbos Camping Headquarters as well as at Kliphuis. Certain other Activity Centres may also provide limited tuck shop facilities.

Section C: On the trail in the Cederberg

It is strongly recommended that you read this material and include it in your training before the Adventure. Have these practices firmly in your mind when you arrive and put them into practice from day one.

Camping and backpacking in the mountain wilderness is a privilege. This privilege carries with it a great responsibility to preserve and not to desecrate its natural beauties. This responsibility is placed squarely on your shoulders.

On the Trail

On the first day some Patrols are transported to Activity Centres for the night, others leave the following morning and some set off on the trail. Then with packs on your backs, you hike off into the mountains and enjoy the Adventure to the utmost.

Hiking

You should not hike at top speed when on the trail, or you will see nothing but the heels of the person in front of you. Relax and set an easy pace that lets you look around. There's no rush. You are not racing anyone. Take advantage of the many beautiful and unusual sights around you. Hiking in the mountains is not just a method of getting from A to B. It can be the most enjoyable activity of your expedition if you slow down enough to enjoy it. Take frequent rests and enjoy the scenery. Your chances of seeing wildlife are much greater when hiking than in camp, so keep your eyes open. Relax and enjoy the beauty and the comradeship of your fellow Scouts. Make sure the Patrol keeps together and strictly follows your itinerary.

The Cape summer can be very hot. A wise Patrol sets off hiking during the early part of the day when it is cool; have breakfast after an hour or so on the trail and rest up in the shade at midday/ early afternoon whilst having lunch and a swim; resume hiking when the heat of the early afternoon cools down. Temperatures of around 40°C are not uncommon. In summer there is a long twilight with daylight until approximately 8:30pm.

Backpacking and Camping

Backpacking and camping is the major activity at an Adventure. When your trip is over, you will probably find that your memories are mainly those of just 'camping out' in the mountains, kloofs (ravines), and vlaktes (flats); of sleeping in the open among the rocks under the brilliant stars; or of swimming in a mountain pool.



Your willingness to share the daily tasks around camp - to pitch in and do whatever needs to be done without being asked by your Patrol Leader - makes a world of difference.

During your hike around the Cederberg, you camp at:-

Trail Camps

Here you make your camp in the mountains by yourselves as you make your way from one Activity Centre to another. Patrols whose itineraries take them on trails in the higher mountainous areas should be prepared for dry camps. Make sure that your water bottles are full when entering the high altitude areas. Wherever you are, enjoy the uniqueness of the site, and leave as little evidence of your presence as possible. Remember, no fires or open flames of any sort are permitted anywhere in the Cederberg except at designated safe sites which are only found at Activity Centres. See elsewhere in this document where cooking is permitted.

Activity Centres

Here the Activity Centre Leader and his/her assistants meet and greet you and help you to gain the maximum fun and enjoyment out of their activity. At a few of the Activity Centres you can buy cold drinks and relax in the evening.

Hiking through private farms

To reach some Activity Centres, you will be hiking through private farms and occasionally through fruit orchards. Without the kind co-operation of these farmers, it would not have been possible to run the Adventure. Therefore, you are on your Honour to maintain a high standard of behaviour as Scouts enjoying a privilege. We are confident that you will not let us down.

Particular points to watch are:-

- When crossing a farm take the shortest route across to your destination. When hiking through orchards, ploughed or cultivated lands KEEP TO THE ROADS, or walk around them. Should you meet a farmer or farm manager greet him politely.
- Do NOT climb over fences. Always look for a gate, even if this means a detour. If the gates are closed, close them after you have passed through.
- Do not pick, pick up, or eat any fruit when you are passing near or through any orchards. Not only is there a real health hazard of poisoning from insecticide sprays on the fruit, but also we do not want to jeopardise the goodwill of the farmers who depend on the fruit for a living. Strong action is taken against anyone who breaks this rule.
- Do NOT use any of the farm facilities like ablution blocks without the farmer's permission.

- Keep out of the farmer's way - and his workers - as far as possible. This is a busy time on the farms and work must not be hindered by our presence. Should he stop and wish to talk you may, of course, have a conversation with him. Farmers should only be approached in cases of REAL EMERGENCY - in all other cases contact the Adventure staff.

Swimming

To cool off when hiking, take every opportunity to swim in any mountain streams you may find along your route. These refreshing swims along the trail add greatly to the enjoyment of the hike. There may be opportunities for swimming in both large pools in the kloofs and in small mountain streams. You may also swim in the dam at the Water Activities Centre. Sensible hikers do not DIVE or JUMP into mountain pools owing to the hazard of submerged rocks. The water is generally clear and even if one can see the rocks in the pools it is easy to misjudge their distance below the surface. There is no bilharzia risk. Be wise, enter pools carefully.

Magic Moments

Much of the comradeship and informal fellowship in your Patrol is built while you are cooking and chatting at the end of the day at your camping site. Don't let these "magic moments" deteriorate into merely "fooling around". This is when you can prove your worth to your fellow Scouts. Play your full part in camp - don't always wait until you are asked to lend a hand. If you meet other Patrols on the Trail or at the Activity Centres be friendly and swap stories of your adventures.

Fires and Cooking

You will be hiking and trail-camping in mountains with tinder-dry vegetation where wild fires are a very serious threat. As such no naked flames, whatsoever will be permitted anywhere on the Adventure other than at especially designated Activity Centres where gas stoves are provided for patrol cooking and that is the only form of naked flame allowed.

Specialised equipment such as Pizza Ovens, Dutch Ovens, etc. are in use at designated Activity Centres under the supervision of the Base Leader.

Safety precautions when using gas stoves.

When lighting the gas stove in the designated Patrol Cooking Facility exercise utmost caution, especially as it pertains to wind, etc. Always make sure the gas is properly turned off when you have finished cooking. When changing cylinders make sure there are no leaks.



Safety

What to do if you are injured or ill

If you read your map correctly, you always know your approximate position in relation to the Activity Centres and Camping Headquarters at Keurbos where you can get help. If a member of your Patrol is injured do not attempt to move them if they are unable to walk.

If they are seriously hurt send at least two members of your Patrol to the nearest Activity Centre or Camping Headquarters for help. The Patrol Leader always stays with the injured or ill person until they are handed over to the Adventure Staff. The Patrol Leader then re-joins their Patrol.

(Note that you must keep your backpack with you at all times and not leave it with the injured person as they may be taken to a different location to you and you will be left without your kit).

Consideration is given to your being sent to Cape Town should the Medical Team deem you unable to continue hiking on the Adventure.

Accidents

The most serious accidents that can happen on the Adventure are those that result from falls while negotiating rocky outcrops or descending gullies. When hiking you must be constantly alert to the ever-present danger when climbing or descending steep, rocky mountain slopes or gullies. Common sense helps you to differentiate between the difficult areas and easy ones. Avoid gullies with loose stones and rubble. Your Patrol Leader has the responsibility for choosing the safest and best route when your Patrol is hiking. Follow him/her at all times. Loose rocks are easily dislodged and crumble. Great care needs to be taken to make sure of each step taken. Avoid rolling rocks downward, particularly if your Patrol is below you. WATCH OUT FOR LOOSE ROCKS AT ALL TIMES.

If your Patrol is descending a mountainside unknown to you, the Patrol Leader should look for easy 'leads' that lead down through the rock bands. Usually these are found on the slopes of gullies, rarely on the buttresses or on the shoulder of a rock band. Often a recce is necessary to find a safe way.

Beware of lightning and flash floods

Although summer is the dry season in the Western Cape, the possibility exists that we might experience a frontal storm and rain. During a lightning storm avoid shelter at the base of trees. If caught in the open lie down in a sheltering gully or ravine so that there are other portions of land higher than your body. Stay away from fences that conduct electricity and do not hike on high ground.

During periods of heavy rain, stay away from the bottom of gorges or in narrow streambeds. Be sure to make your camp on higher ground. Innocent thread-like streams - and the bigger ones - can become raging rivers very quickly. The streams drain a huge catchment area and water levels can rise rapidly. So make your camp where it is high and dry.

What to do when lost or "Confused"

Yes, 'confused' is the word for it. No one ever gets lost at a Senior Scout Adventure. If your Patrol stays together whilst hiking instead of stretching over a long distance on the trail, the possibility of anyone becoming lost is remote. It is the duty of the patrol leader to keep their party together. Most accidents occur to individuals who have separated from their Patrols. So keep together at all times. The Patrol Leader should never allow one member of the Patrol to leave camp alone. Always be sure there are 3 or more in the party if they make any side trips or leave camp without the rest.

If you use your map correctly, you are unlikely to lose your way. If, however, someone gets separated from the Patrol or the whole Patrol gets 'confused', it is best to travel downhill until you come to a path or road, and failing this to continue down a stream until you reach the main valley. The peaks make good landmarks and are usually visible for kilometres. Use them to locate your position on the map. If you or the Patrol is 'confused' do not attempt to travel at night. Stop in a safe camping area and make camp. Most searching, except in dire emergencies, is done in daylight. Prepare yourself for as comfortable a night as possible.

Hypothermia (Abnormally low body temperature)

Although you are very unlikely to encounter the conditions that can cause hypothermia, you and all members of the Patrol should have an understanding of the subject. Hypothermia means loss of heat or, more precisely, a lowering of the temperature of the body's inner core and leads to uncontrollable shivering, followed by increasing clumsiness and loss of judgement, and a fairly rapid descent into unconsciousness and death.

Adequate knowledge, adequate clothing, emergency shelter, and emergency rations prevent most accidents from hypothermia. The conditions for hypothermia are:-

- COLD (not necessarily extreme)
- WETNESS (caused by rain, melting snow, immersion or even condensed perspiration)
- WIND (which vastly increases the chilling effect of coldness and wetness)
- A LIKELY VICTIM (meaning a person who is probably exhausted and is certainly unprepared to protect him/herself) and a combination of four factors are likely to be present.

Heat Exhaustion

When backpacking on the Adventure, you probably sweat more than usual. To avoid dehydration in the hot summer you need to drink water from time to time. Be sure to drink when you feel thirsty and not just for the sake of it. Over hydration is equally as dangerous as dehydration. Additional salt is not required.

The main symptom is faintness, usually with a sense of pounding of the heart. The person feels ill and cold, and complains of weakness and dizziness. Commonly they have a severe headache. They are ashen pale and their skin is cold and clammy. Collapse is frequent. A person who has collapsed and is sweating freely almost certainly is suffering from heat exhaustion.

The treatment is simple:-

- Move the patient to a cool shady area.
- Allow them to rest and cool off.
- Make the patient lie down with their legs and feet elevated. Remove their hat, shirt, and vest (if any)
- If they are conscious, give them regular sips of cool water until such time as they feel they have had enough.
- The patient must not expose themselves to heat again on the same day.



If recovery is not prompt and complete, remove the patient to Camping HQ.

Scouts and their leaders should train for tough hiking before the Adventure to reduce the possibility of collapse from heat exhaustion. Swim on the trail as often as you can and take frequent rests.

Don't handle animals and snakes

Do not handle ground animals like rats etc. as they often transmit plague or rabies. There are several venomous snakes in the Western Cape mountains - the Cape Cobra, Puff Adder and the Berg Adder are the most dangerous. If you come across them - you should take the normal common-sense precautions just as you would anywhere else - DO NOT INTERFERE WITH THEM.

Give them a wide berth and LEAVE THEM ALONE. Under NO circumstances pick one up, whether alive or supposedly dead.

Health

The strict adherence to proper health and sanitation practice is even more important than at home. Each camper is responsible to the other members of his Patrol. For example, if the person doing the dish washing does not wash the dishes properly there is the risk of infection and dysentery. Here are some good trail practices:-

Keep personally clean

Don't allow yourself to become dirty and slovenly. Swim when you get the opportunity. Do not wash the soap off yourself or do your laundry in the pools or streams. Think of the Patrols that are following you and who may need drinking water.

Wash your dishes and cutlery carefully.

If you are at an Activity Centre, well before you have finished your cooking, place a billy of water on the stove for dishwashing. Not only is it easier to wash with hot water, it is also safer. Make sure that you wash away from streams or pools. Careless dishwashing sooner or later leads to illness. Remember that someone downstream may rely on that water for drinking.

Drinking Water

Water in the mountains is generally safe for drinking. If possible, always draw your drinking water from a running stream or spring. Where there are farms and habitation, bear in mind that upstream pollution may have occurred and that the streams or dams are polluted with insecticides.

Take proper care of your feet

Cleanliness of feet and socks is a MUST for hiking comfort. Wash them before and after a hike. Change socks daily. In the evening, enjoy the comfort of dry socks and crocs or similar. Treat cuts and sores on the feet with antiseptic cream and bandages. Blisters should receive immediate attention with plaster the moment you feel a tender spot developing; don't wait until a real blister develops.

Toilets

At Activity Centres chemical toilets are provided for your use. A special retriever is made available for items that may not be disposed of in the chemical toilets. At all trail camps, individuals must dig a hole 30cm deep for use. Make use of a small trowel so that material is covered up with soil and rocks or stones are placed on top after each usage. Do not put other materials such as garbage, paper or rubbish in the trench as animals will dig it up.

Wilderness Manners

The importance of good wilderness manners cannot be over-emphasised. Because there is a large number of Scouts attending the Adventure, it is necessary to be even more careful about wilderness manners. We have been given the privilege of holding the Adventure in a declared wilderness area - let us be worthy of this trust. **Unfortunately, over the past two Adventures we have come in for severe criticism from outsiders and CapeNature due to certain Patrols paying scant attention to rubbish removal off the mountains.**

Each participant must do everything possible to preserve the beauty and wonder of the Cederberg Conservancy through good Scout camping.

Every Participant and Staff member is required to sign a copy of the Adventure's Outdoor Code as a personal undertaking.

THE SENIOR SCOUT ADVENTURE OUTDOOR CODE AND PERSONAL UNDERTAKING

(To be signed by all Participants and Staff)

I undertake and pledge to treat the Outdoors – our veld, rivers and mountains as a heritage to be cherished and protected for the use and benefit of future generations. By accepting this I take it upon myself never to deface the environment by applying graffiti or tagging symbols anywhere in the Cederberg Conservancy Area.

I will treat public and private land with respect, remembering that the use of the Cederberg Wilderness Area and its surrounding farm lands is a rare privilege.

I will not light any form of fire in the Wilderness Area and on private property other than at especially designated Activity Centres, where gas stoves are provided for patrol cooking and that is the only form of naked flame allowed.

I agree to take out all items of rubbish that I, or my Patrol, have brought into the Cederberg Wilderness area. I further understand that all rubbish is to be carried in the appropriate rubbish bag provided and that the contents of the bag will be deposited at the next Activity Centre.

The major areas of emphasis involved are:-

Rubbish

Each camper should make sure that all trails and campsites are left clean. This aspect cannot be over-emphasised.

Put sweet wrappers and other rubbish in your pocket while hiking and deposit them in the first rubbish container that you come across. **Please pick up any litter you come across and do not leave any yourself. Our reputation is now in your hands.**

When on the trail, rubbish and trash should never be buried or scattered in some "out of the way" place. Animals invariably dig up anything buried and scatter it around, creating an erosion problem in the process. Carry the rubbish, in the bag provided, in your rucksack to the nearest refuse container at an Activity Centre or Camping Headquarters.

Graffiti

Graffiti is a 'litter' and more offensive than paper. Not only is graffiti defacing, but also it is contrary to all that Scouting stands for. Make sure that neither you nor the members of your Patrol add to this offensive practice.

Water

Remember, you are in a land where water is scarce and very precious, please use it wisely. Never wash with soap, do laundry, or clean utensils in the rivers. Everyone needs water, and you should always leave the springs and streams as clean as you found them. Do your washing on the bank well away from the water.

Trails

Do not take shortcuts by cutting across switchbacks on the trail; paths are made to avoid erosion, and do not interfere with any trail signs. Respect all the trails in the Cederberg.



Campsites

Each Patrol is responsible for leaving an orderly and neat campsite, whether it is in Camping HQ, Activity Centres or Trail Camps.

Nature

No picking of flowers, please. Sketch and photograph them if you wish, but leave them to grow and seed.

Desecration

Do not carve your initials and names on trees, or scrawl graffiti in caves and rock shelters. Good wilderness manners require you as an experienced senior Scout to leave nothing in the Cederberg area except the imprint of your boot and a reputation as a fine Adventurer.

The Cederberg abounds with Rock Art and, apart from the famous Cederberg Elephants near Stadsaal; you could come across some of your own accord, under rock shelters whilst on the trail. Feel free to study and interpret them but never touch them – with anything, least of all with your fingers.

Leave guns, fireworks and radios at home. If you have a mobile phone do not play music on the phone while you are hiking or in camp. Music does not contribute to the hiking and camping ethic – it spoils it for others.

Guns are not permitted in Nature Conservation and on the private land we are using.



The End of the Expedition

Eventually your itinerary takes you back to Camping HQ on the afternoon of the second last day. Some Patrols hike back and some are transported from Activity Centres, depending on their itineraries.

Award

Help your Patrol earn the 'Award' at the end of the Adventure by being Scout-minded with a good attitude, co-operative and enthusiastic. Stick to the itinerary, arrive at bases on time, participate in the activities and have good wilderness manners.

The Award is worn on your Scout uniform below the Senior Scout Adventure badge.

Closing Camp Fire

Due to the exceptionally high fire risk we have unfortunately been obliged to discontinue holding the traditional closing campfire.

Section D: Transport

If you are not a Capetonian you are to make your own travel arrangements to and from Cape Town. You should arrive in Cape Town on 11 December 2024 and leave Cape Town after 21:00 on 23 December 2024. It is probably easier for you to leave Cape Town on 24 December 2024.

Patrols from up-country, travelling on their own by road, may wish to proceed directly to Camping HQ directly. If so, you must arrive no later than 12:00 on 12 December 2024. A road map is available for download off our website. The first meal supplied is supper on the 12 December 2024.

The coaches return from the Cederberg to central Cape Town at approximately 17:30 on 23 December 2024. It is inconsiderate to the Adventure organisers to book aeroplane flights out of Cape Town before 21:00 – rather fly out on 24 December 2024.

For participants (hiking Scouts and hiking Assigned Mountain Rangers with Patrols only), the cost of the Adventure includes the bus trip from Cape Town to the Cederberg and back.



Staff members need to purchase a ticket from the Adventure organisers should they wish to use the coach to and from the Cederberg.

Travel Etiquette

You are to wear your uniform for the bus trip to and from Cape Town and the Cederberg. Wear it proudly. You belong to the greatest youth organisation in the world. A Scout in proper uniform that is courteous and well-mannered is the best public relations medium the Scout Movement has. Please also consider your fellow travellers with regards to your behaviour / songs / litter on the buses.

Section E: Home Hospitality

If you are not a Capetonian, the Adventure organisers arrange home hospitality for you if you require this service. Home hospitality is available on 11 December 2024, being one day before the Adventure. It is also available on 23 December 2024.

Home Hospitality details are emailed to you in November 2024, assuming you request this service. You need to make sure you have sufficient money to cover your food costs on 11 December 2024 and breakfast/lunch on 12 December 2024. (Snack packs are provided on the buses enroute to the Cederberg).

If you so wish, you are welcome to arrange your own accommodation in Cape Town but this may not be at any Scout facility/campsite. You need to make your own way to the city centre of Cape Town (Good Hope Centre) for departure to the Cederberg.

Please complete the Home Hospitality and Transport details as part of your web based online application. Please do NOT email these details to us. This is even if you are making your own way to the Cederberg and/or do not need home hospitality. This must be done by 31 October 2024.

Illegal / Illicit Substances

Searches may be carried out for illegal substances including alcohol, and should you be found with anything on your person / in your possession, the appropriate action is taken. Obviously where this involves illegal substances, the South African Police Services become involved. (Please do not take any chances as this particular issue is to be seriously addressed with no leniency being shown).

Cameras and Photography

Over recent years, the rise in popularity of digital social media has been massive, certainly helped by the high resolution cameras now found in most smartphones. What better way than to share your Adventure experiences with family, loved ones and friends than to "click" everything that takes your fancy. The pics ultimately form a wonderful album of memories to share or take home with you. Bear in mind that it might not be possible to recharge your phone and a small camera might be better because the battery is likely to last the duration of the Adventure.

There is a photographic competition. Submit your best photos taken at the Adventure for the competition to adventure@scouts.org.za. The closing date is 10 January 2025.

Categories are:

- Base Activities (Action photographs)
- Landscapes
- Natural History (Amphibians, Reptiles, Birds, Fish, Fungi, Lichens, Invertebrates, Mammals, Plants, other organisms)
- Open (any subject you like)

Each of the above categories are open separately to:

- Participants under the age of 18 on 12 December 2024.
- Adults including staff, over the age of 18 on 12 December 2024.

The judges announce three winners in each category and in each section on 31 January 2025.

Prizes are awarded to the winners for 1st, 2nd and 3rd place in each category.

Section F: Personal Kit and First Aid List

Note: The Patrol Kit List is in the Patrol Leaders Handbook that the Patrol Leader receives

***NO HIKING GAS STOVES OR GAS CYLINDERS ARE PERMITTED ON THE ADVENTURE
NO MATCHES, LIGHTERS OR ANY FORM OF IGNITION IS PERMITTED***

Personal Kit

- Rucksack (65 litre preferable) with waterproof liner
- Sleeping bag
- 1 pair of strong hiking boots (wear them in beforehand)
- 1 pair of shoes for travelling
- 1 pair of strong running shoes or sandals for water activities and the end of the day
- 3 pairs of thick woollen socks
- 2 pairs thin long socks
- Uniform for travelling
- White 100% cotton T-Shirt if you are doing the Handcrafts activity
- 2 pairs of shorts
- 1 pair light-weight longs
- 3 x T-shirts
- 1 x long sleeves shirt (for sun protection)
- Underwear
- Tracksuit / Sleeping attire

- Warm jersey with long sleeves
- Hiking cap or broad-brimmed hat
- Anorak or similar windproof jacket with hood
- Swimming costume
- Camping mattress/pad (closed cell foam)
- Plastic rain cape (preferably one that can be used as a groundsheet as well)
- Groundsheet (if your rain cape can't be used as one) - a sheet of plastic approximately 1 metre wide and about 3 metres long
- Torch with new batteries. Bring at least one set of spare batteries
- Camera & USB cable / GPS / Compass / Binoculars (optional)

Mess Kit

- Plate - deepish
- Mug
- Knife, fork and spoon
- Small dishcloth and small container of detergent
- 3 x 1 litre water bottles
- Various containers and bags for rations
- 1 x 300ml to 500ml stainless steel thermos flask for hot water at trail camp (due to no gas stove or fire policy)

Toilet Kit

- Soap - biodegradable
- Toothbrush and toothpaste
- Small towel
- Small personal First Aid Kit
- Toilet roll
- Sun tan lotion, Lip ice
- Insect repellent
- Tube waterless hand cleaner or wet wipes (possibly alcohol based)
- Hand cream/vaseline for dry heels and chafed inner thighs
- Personal Medication
- Girls – Sanitary towels/tampons even if you are not due. The stresses of the Cederberg can bring a change to your cycle. Ziploc bags for used ones. Not to be disposed of in the wild.

Patrol First Aid Kit

| | |
|--|--|
| Water purification tablets / Jik (0.5ml to 1 litre of water) | Tape (To prevent blister forming) |
| Band Aids (assorted sizes for minor wounds) | Sunscreen |
| 6 x 10cm by 10cm gauze pads. | Sterile gauze pads 100 x 100 |
| Paracetamol (pain and fever) | 2 x Burnshield 100 x 100 |
| Imodium 12 tabs | Anti-inflammatory tabs x10 (ibuprofen or Celebrex 100) |
| Medazine or Valoid x 10 (Cyclizine) (nausea and vomiting) | Anti-spasmodic (cramps) x 10 |
| 2 x triangular bandages | Gloves |
| Antihistamine cream | Irrigation syringe 20ml |
| 75mm elastic-type roller bandage (for sprains) (Pink Bandage) | Friars balsam 20ml – put onto sweaty or wet skin to help plaster stick |
| 4 x rehydrate sachets | Non adherent sterile pads |
| Microspore tape | CPR mask |
| 2 x 75mm crepe bandage | Liquid anti-bacterial soap (to clean wounds) |
| Antacid tablets (for upset stomach) (Tums) | 1 roll 5 cm gauze bandage (wow) |
| 1 roll 2cm adhesive tape | Safety pins |
| Sterile wound closure strips or regular adhesive tape (for closing large cuts instead of stitches) | Needles (to open blisters and remove splinters)(Sterile injection needles) |
| Specialised blister plasters to protect hot spots and blisters | If there are girls in the patrol Citrosoda - Urinary tract infections |

Section G: Itineraries, Routes, Maps and Activity Centres

Adventure Itineraries

Together with your Patrol Leader and other members of your patrol, you choose the patrol's itinerary from three different circular routes, each with their reverse options: a North Cederberg, Central Cederberg and South Peaks, all having their own cluster of Activity Centres. Patrols travel around these circular routes, starting at different points so as to spread out the Patrols from each other. The Trips Planner makes the final allocation of itineraries, hopefully your first choice.

South Peaks and the Xtreme award

Scouts who hike the tough South Peaks route conquer the two highest peaks in the Cederberg (Sneeuberg 2027m and Tafelberg 1968m). This is a "No Transport" itinerary.

By hiking and completing the entire South Peaks route *and* meeting all the criteria for the adventure Award (see page 8) you qualify to receive both the Award and the Xtreme award.

The Xtreme Award is worn on your Scout uniform below the Senior Scout Adventure badge.

You can use the following Charts to view the Activities and the Routes to help you and your Patrol Leader choose an itinerary.

To view clear and scalable colour maps, visit our Routes page at <https://www.cederbergadventure.co.za/routes.html>.



All the Activity Centres and Itineraries

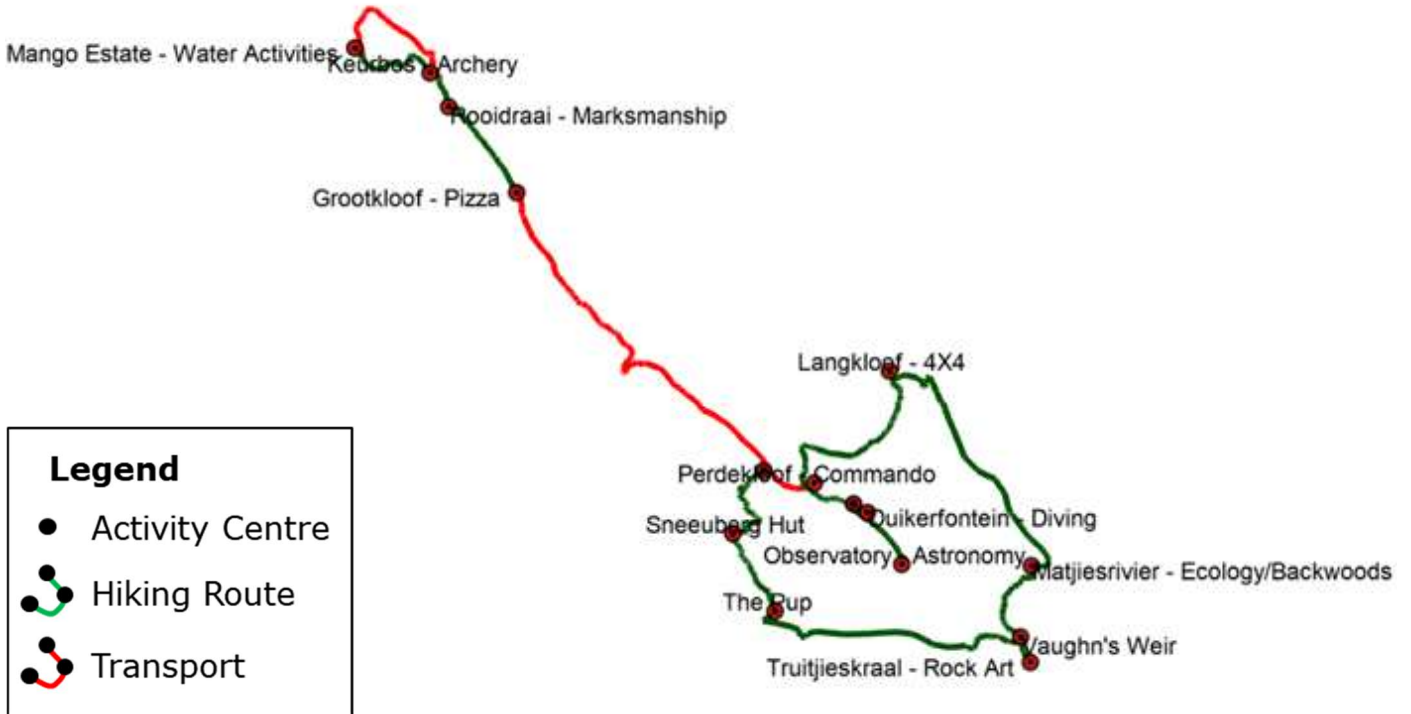
| Activity | Location | Facilities | Central Cederberg | North Cederberg | South Peaks |
|--------------------|--------------------|-------------------------------|-------------------|-----------------|-------------|
| 4X4 | Langkloof | Swimming & Cooking Facilities | | √ | √ |
| Archery | Camping HQ Keurbos | Swimming & Cooking Facilities | √ | √ | |
| Astronomy | Observatory | | √ | √ | √ |
| Backwoods Survival | Matjiesrivier | Swimming | √ | | |
| Commando Course | Perdekloof | Swimming & Cooking Facilities | √ | √ | √ |
| Diving | Duikerfontein | Swimming | √ | | √ |
| Dutch Oven | Kliphuis | Fresh meal & swimming | √ | √ | √ |
| Ecology | Matjiesrivier | Swimming | √ | | |
| Geocaching | Boontjieskloof | | | √ | |
| Gold Rush | Kleinvlei | Swimming & Cooking Facilities | | √ | |
| Handcrafts | Kliphuis | Swimming & Cooking Facilities | √ | √ | √ |
| Marksmanship | Rooidraai | Swimming & Cooking Facilities | √ | √ | |
| Mountaineering | Sneeuberg | | | | √ |
| Orienteering | Wolfberg Arch | | | | √ |
| Paintball | Eselbank | Cooking Facilities | | √ | √ |
| Pizza | Grootkloof | Swimming & Fresh meal | √ | √ | |
| Rock Art | Truitjieskraal | Swimming | √ | | √ |
| Rock Climbing | Tafelberg | | | | √ |
| Settler Culture | Heuningvlei | Fresh meal & accommodation | | √ | |
| Water Activities | Mango Estate | Swimming & Braai | √ | √ | |

Routes and sequence of the Activity Centres

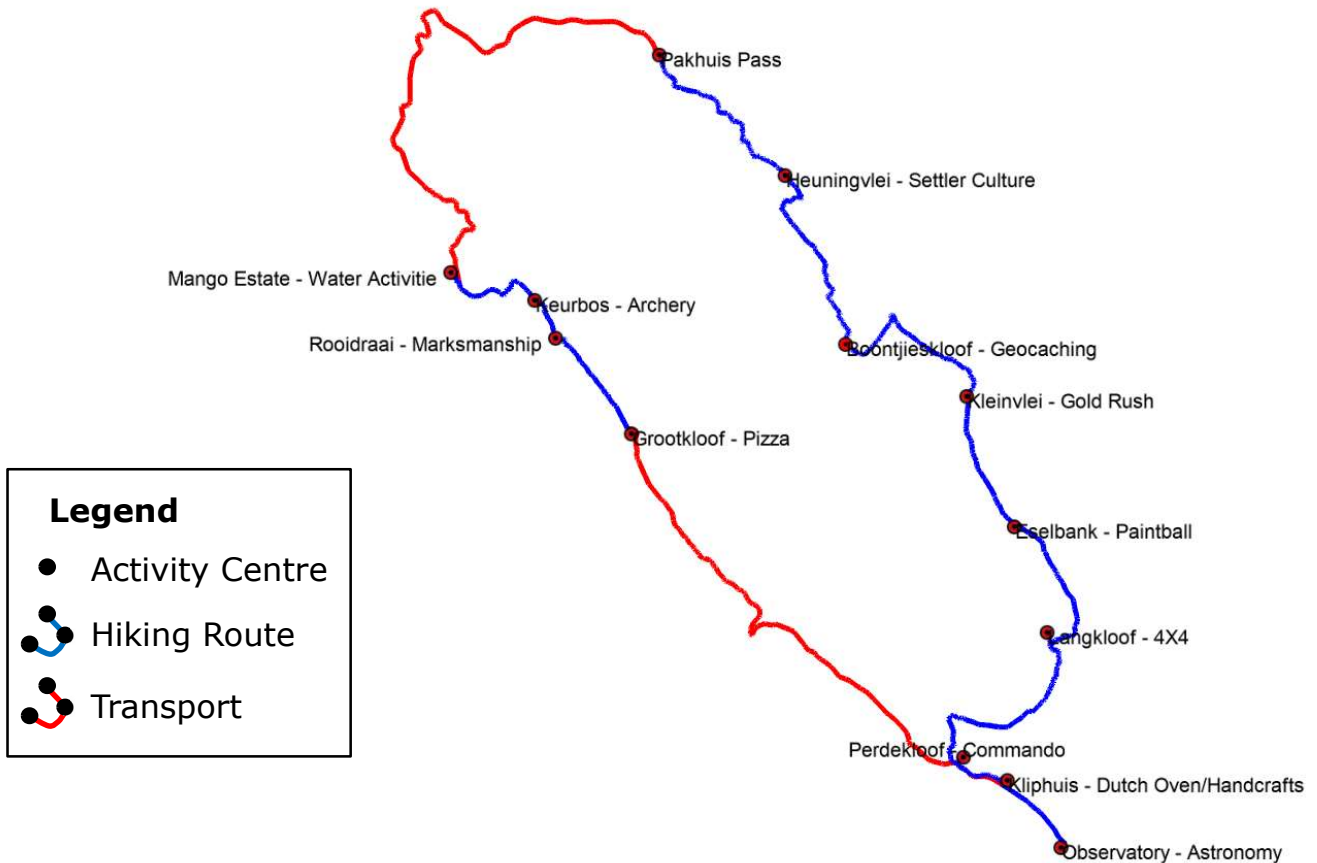
All the routes can be chosen to travel in a Clockwise or Anti-clockwise direction.

The maps shown here are for illustrative purposes only. Scalable colour maps are available on our Website. Visit our Routes page at <https://www.cederbergadventure.co.za/routes.html>

Typical Central Cederberg Itinerary (Rating: Fairly Moderate)



Typical North Settlers Itinerary (Rating: Moderate)



Typical South Peaks Itinerary (Rating: Strenuous)



Whatever itinerary you and your Patrol choose, you are guaranteed to an amazing hiking experience in the majestic Cederberg Mountains, one that you will never forget.



A Brief Description of the Activity Centres

4x4

Have you ever wished that you could take part in a rough, tough four-by-four vehicle adventure? Here is your chance to become a member of the crew of a Landover traversing a wicked mountain "road" with man-sized obstacles to be overcome that test your ingenuity.



Demonstrate your teamwork and skills by learning as a group how to use a winch and hi-lift jacks. Learn how to locate and repair minor faults developed by your vehicle as well as undertaking practical tasks such as repairing punctures and leaking radiators. The driver is completely at your disposal and takes his instructions from your patrol leader, so it is entirely up to you and your crew to work out how to deal successfully with the immediate problem.

Archery



Can you hear the massive din and see arrows raining down as two medieval armies clash, or imagine yourself taking aim at an apple perched on a head? Or do you fancy yourself roaming through Nottingham Forest relieving the wealthy of their purses and supporting the poor like Robin Hood? You'll have plenty of fun trying your hand - and eye - at the noble sport of archery!

Archery evolved thousands of years ago, first as an aid to hunting and then later as a potent weapon for use in warfare.

Today, archery is a high tech sport where you can learn the skills practiced centuries ago by soldiers and hunters.

Using bow and arrows, as used in the sport, you'll enjoy pitting your skill against others.

Astronomy

The night sky is clear with hundreds of sparkling stars. The Milky Way stretches across the heavens like a filmy veil. The Kung San of the Kalahari call it "the backbone of night" and believe that were it not for the Milky Way, fragments of darkness would come crashing down.

Have you ever wanted to know more about our universe - and others? To hear more about NASA's space probes? Explore the brilliant night sky through telescopes at the Astronomy Activity Centre with the help of knowledgeable astronomers. After an introductory slide show learn how to recognise our constellations as they wheel across the heavens; explore the Milky Way through telescopes; and learn fascinating facts about the planets and stars. New worlds lie before you.

Backwoods Survival

An educational activity which demonstrates how Scouts can survive and eat well when out in the bush with minimal facilities and food options.

Commando Course

Try yourself out on the tough course, testing yourself on the many obstacles. Scaling the cargo net, dead-man's crawl, and commando rope bridges.

Being fit from hiking, perhaps your Patrol sets up the record time for completing the course.



Diving

On submerging below the surface, the world that the underwater swimmer sees is one of fascination, strange, almost silent. The great pools of the Duikerfontein above Sanddrif are inhabited by innumerable creatures, some large, some small, and some so minute that the human eye cannot see them.

Explore the silent underwater world as the professional divers do using airlines, scuba equipment or aqualungs. After instruction by experts, follow an underwater trail and see if you can find the 'treasure' on the bottom.

Although diving is strenuous, anyone who can swim reasonably well and who is physically fit can take part. Strict safety precautions are enforced at all times.

Dutch Oven Cooking

The old cast-iron Dutch Oven can't be beaten for good old-fashioned cooking like mother does it! No, you don't have to carry them! They are available at the Dutch Oven Cooking Activity Centre. Indispensable to the early pioneers who crossed North America in wagon



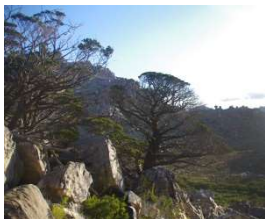
trains in the middle of the last century, they became probably the most important cooking utensil on the wagon or pack animal.

Through the years, Scouts and other campers of all styles have found the Dutch Oven the most versatile cooking tool. It can be used for frying, browning, steaming, stewing, roasting, and baking.

At the Activity Centre they are used to produce tasty roasts, deep fruit pies, cobblers, bread, cakes, scones, and oven-fried chicken - you name it! Try your hand at baking biscuits with a reflector oven stood near the fire! You won't believe your results!

Ecology

Learn about the ecology of the Cederberg mountains.



Find out why Cedar Trees are critically endangered. Have you seen them? A good place is the top of the Uitkyk Pass towards the Driehoek turnoff, high up in the rocky areas near the summits of the ridges.

What animals occur in the Cederberg? Leopards? Are there Honey Badgers? What species of Buck occur in the Cederberg?

The Bushman paintings at Stadsaal have Elephants painted on the rocks. Where are the Elephants today?

Geocaching

Discover how much fun can be had with a GPS and understand why this 21st Century game has become a world-wide pastime for thousands of outdoor loving people. Come to realise why there are more than 1.8 million geocache sites around the world and an active following of more than 5 million geocachers.

Gold Rush



Join the 19th Century-style gold rush in 'them thar hills' and maybe strike that 'pay dirt' that the early gold prospectors dreamed about. You can become an early prospector and pan for gold in a stream.

No animal is more closely associated with the colourful history of the explorers, gold and diamond seekers, and pioneers than the 'burro' or donkey. In the South-West of the United States of America they were known as 'mountain canaries'. Burro-packing methods, including how to tie the famous diamond hitch is explained and demonstrated by 'Barborton Dave' and his fellow prospectors using genuine burro-pack saddles imported from Colorado. Then you and your mates pack the burros and head for a likely spot to pan for gold.

Take part in an old-time gold rush where you race on foot from the starting line to be the first to stake your claim. With your claim staked and registered with claims officer 'Barborton Dave', you could be lucky and strike it rich - and walk off with the prize!

Handcrafts

After backpacking along tough trails and after taking part in some of the physically strenuous and more demanding Activity Centres, why not relax at the Handcraft Skills Activity Centre by making yourself useful mementos of the Adventure?

Your creative abilities can be given full scope in making a vari-coloured shirt by tie-dyeing a white T-shirt (bring an extra plain white T-shirt with you for dyeing). By blending various bright colours together skilfully, magnificent results can be achieved. Why not be the envy of everyone when you wear your own creation? Whatever you do it is relaxing.

Marksmanship

Marksmanship is re-introduced to the Adventure after a break of a number of years. Try out Clay Pigeon, Black Powder, Rifle and Pistol shooting in a safe environment under the guidance of experts in these exciting activities.



Mountaineering



Mountaineering can be as much fun and exciting as any activity. Restless adventurers seek challenges, comradeship, spectacular views, stimulating exercise, and solace by climbing high mountains. You can fulfil these urges in the Cederberg by climbing THE BIG ONE.

Climb the mighty Sneeuberg, the highest in the range (2028m), bivouac near the top under the guidance of instructors, and watch the glorious sunrise from the summit.

An abseil off the peak takes you down to the slopes below and the Sneeuberg hut with the

memory of stupendous views across mountains and plains into the blue haze of distance.

All in all, this is an unforgettable experience that remains in your memory.

Orienteering



This is a fun Orienteering activity, high up in the Wolfberg area of the Cederberg. A late afternoon activity while you watch the sun setting with stunning views of the entire Cederberg.

Explore the nooks and crannies of the weathered sandstone rocks near the Wolfberg Arch.

Paintball

Does your Patrol dare to accept the challenge? The games, which are based on the traditional wide games such as Flag Raiding, Storming the Stockade and Ambush, promise you plenty of tension, excitement and fun. Here is your opportunity to demonstrate your superior stalking and observation! It is a battle of wits and strategy. Physical size and strength are not important.

You and your Patrol are on a mission to capture the flags of the opposing Patrol and in the process to locate and 'take out' the defenders. The wide game is played in an area with plenty of camouflage for you - and the opposition!

All Patrol members are armed with a CO₂ powered marker pistol containing pellets made of gelatine capsules filled with a coloured non-toxic, washable, biodegradable dye.

The marker pistol has been specifically designed for the game, which is safer than most sports. Safety goggles are worn for the whole game. Will your Patrol accept the ultimate challenge?



Pizza

Looking forward after trail rations to some freshly-baked grub? Here's an opportunity to sink your teeth into a delicious freshly made pizza made with your own hands, just as you like it. You are issued with the ingredients to make a top-class pizza - dough and the toppings such as tomato, cheese, salami or whatever.

All you have to do, with help if you need it, is to make the preparations, pop it into the oil-drum oven - and wait a short while for the pizza of the century!



Rock Art



Truitjieskraal is a well known rock art site in the Cederberg, with paintings scattered over a number of places near to each other.

The base activity introduces the adventure participants to what the rock art represents, and how important it was in Bushman social life and beliefs.

Rock Climbing

Expert rock climbers from the Mountain Club of South Africa teach you the basics of good rock climbing practice - the importance of balance, correct belaying techniques, abseiling, and the strict safety measures necessary.

Then under their leadership, experience the exhilaration of overcoming rock climbing problems with the world below your feet! First you are taken up some simple rock pitches, and for those who have the aptitude and who wish to, a more difficult route on the Cederberg Tafelberg or the Spout. The well-weathered sound rock of the Cederberg is ideal for face climbing.

Note that the Climbing Leaders must be obeyed implicitly - your safety is in their capable hands.



Settler Culture

Experience the rich biodiversity and cultural assets of Cederberg's Heuningvlei village and live with the families of this 1830 settlement. You become immersed in this historical experience of a bygone era and, whilst overnighing in their cottages, you also get to enjoy the delights of traditional homemade meals.

Get to know how the world famous Rooibos tea is grown and harvested, whilst appreciating that everything is accomplished without the aid of modern technology.

Heuningvlei is the most northerly village in the Cederberg Wilderness and is located in an area of pristine fynbos and the rare and endangered Clanwilliam Cedar tree.

Water Activities Centre

Water Skiing

Assuming your parents have approved you to carry out water activities on the indemnity form, the below activities may be carried out by you. Instruction is given in this exciting activity at the Water Activities Centre.

Then when you give the correct signal, the engine of the powerboat roars, and you are off behind the boat as it cuts its way out across the dam, the wind in your hair, the spray in your face, until - whoops! However, you can always try again until you're tearing around like an expert. On Adventures we have a very good record of beginners 'getting up' and experiencing the thrills and exhilaration.



Just remember always to keep your arms straight, for if you yield to the temptation to bend your arms it is almost certain - unless you are very experienced - that a spill follows! For the sensation of speed and action water skiing takes a lot of beating!

Tubing



Whether you have been successful at your venture at water-skiing or not, the thrill and excitement of the less-demanding but just as exhilarating ride on a Coleman tube is enormous. Speed your way across the surface of the water on the tube towed by a powerful motorboat. Survive - and enjoy - the bumps, the slipstream and the spray whipping past you. Speed is what it's all about, man!

Parasailing

How about trying the most exciting form of flying - parasailing? When you are at the Water Activities Activity Centre and there is no wind, fasten yourself securely in the adjustable body harness and, when the instructor gives the signal and the motorboat starts moving, take a few steps and you are lifted gently into the air. Flying above the water, just relax and let the scenery glide by while you enjoy the most thrilling ride of your life!

The parasails are manufactured from rip stop nylon. All fittings are stainless steel or nylon, and the shroud lines and webbing are tested to military specifications.



Sailing

Experienced instructors teach you to sail yachts on Clanwilliam dam. The instruction on the principles of sailing is followed by practical demonstrations, with you and your pals skimming across the surface of the water experiencing the thrills of sailing.

If you are already a competent sailor, take a couple of pals and have an enjoyable time demonstrating your skills. A day at the Water Activities Centre is very relaxing after days of hiking on the trails.



Canoeing



Learn how to handle a canoe and have fun gliding across the surface, paddles dipping rhythmically in the water. You and your partner in the canoe can relax after the strenuous days on the trail and you soon master the art of paddling. Feel the breeze on your face, the sun on your back, as you cut through the water.

Board Sailing

Boardsailing developed in America from the sports of surfing and Malibu surfing when a method of attaching a mast to the board by means of a universal joint was developed. After receiving instruction from the Sailing Team, set out onto the dam and have fun developing your skills.





We, the Adventure Organising Team, sincerely look forward to welcoming you at the opening ceremony on 12 December 2024.

