

# The Zambezi Blast

**JOIN US IN AFRICA!**

Come and challenge yourself to tackle some of the World's **BIGGEST** white-water!

The Zambezi Blast will not disappoint!



# Your Challenge...



Charity Challenges just don't get much more extreme than this!

Water sport enthusiasts consider The Zambezi one of the BIGGEST white-water rivers in the world.



Beneath the mist of the stunning and popular Victoria Falls, known as the adventure capital of Africa and deep in the Batoka Gorge within Zambia, would have to be one of the most dramatic places in the World to start your white-water rafting expedition.

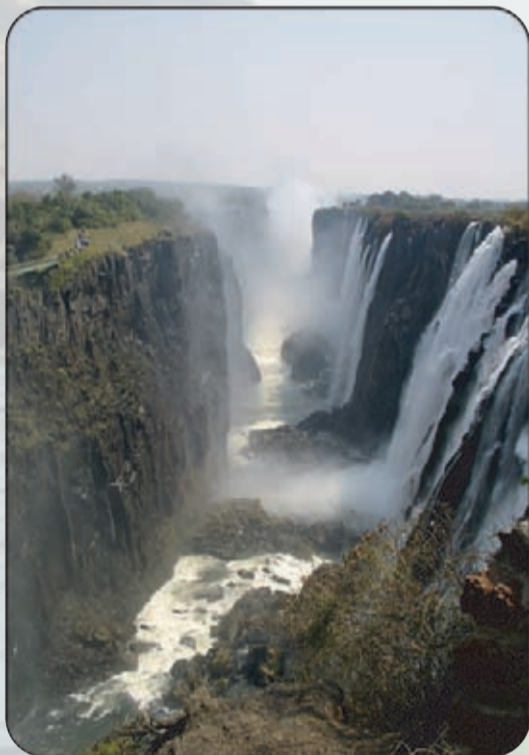
Exceptionally challenging, The Zambezi Blast is the ultimate rafting Challenge that will take you through some of the worlds biggest commercially ran rapids. This Challenge is not for the faint hearted!

It is hot, sunny, and the water is warm!! The river travels through a spectacular gorge, home to many interesting birds and animals. Participants will help the river guide negotiate these awesome rapids for 4 whole days and our campsites whilst rafting will be our very own sandy beaches – we can assure you there is no better way to experience

Africa! To end, we will experience a helicopter flight back up stream, which will give us birds eye views of the rapids we have conquered, but also, will give you the best view of the breathtaking Victoria Falls.

If you're looking for an adrenaline fuelled Challenge, which will test you both physically and mentally, then The Zambezi Blast is for you! Get your paddles ready and see you in Africa!

## Itinerary at a glance



Day 1 – Depart UK for overnight flight to Johannesburg.

Day 2 - We arrive in Johannesburg and connect to our next flight to Livingstone, Zambia. Upon arrival we meet our river guides and check into our lodge. There will be a briefing tonight about the adventure that lies ahead. In addition, you can also experience a river safari in the evening, taking in some great game sights before the Challenge.

Day 3 – Today we embark on our river expedition! After a short transfer to Victoria Falls, we trek down to the put in point (approx. 30 mins over quite rugged terrain) and set up our rafts. After a safety talk and further Challenge briefing, we set off! Rapids today include 'Morning Glory', one of the biggest commercially-run rapids in the World, 'Stairway to Heaven', one of the steepest commercially-run rapids in the World, 'The Devil's Toilet Bowl', 'Gulliver's Travels' and 'Midnight Diner', which features one of the biggest waves ever seen on a river. After a huge day of white-water, we set up camp on our very own beach.

Day 4 – The white-water rafting continues! After a hearty breakfast at camp, we load the gear raft and our paddle rafts, and set off further down stream. The rapids we tackle today include 'Creamy White Buttocks', 'The Mother', and one of the most thrilling rapids on the whole trip – 'Oblivion', with wave after wave of white-water hitting the rafts! Again, we set up camp on our very own sandy beach and can take in the sights and sounds of this truly awesome place.

Day 5 – Another amazing day of white-water! After breaking camp, we continue paddling taking in amazing sights of Fish Eagles amidst other great rapids. We wake to the rapid 'Morning Shower' – which we get quite accustomed to! We then paddle on to 'Open Season', 'The Narrows', and then finally one of the favourites, 'Upper Moemba!' This is a great adrenaline rush to end the day and we're sure you'll get a good night sleep after all this excitement!

Day 6 – After waking up for the last time on our own African beach campsite, we continue to the finale of our Challenge – 'Ghostrider'. Before conquering our last rapid, we portage the rafts around Lower Moemba – a powerful waterfall. At Chabango Falls, we leave our gear raft and portage the rafts and kayaks again, and run the amazing rapid, Ghostrider! The helicopter will be waiting for us and will give you an amazing 20 minute flight through and out of the gorge, as well as a flight over the breathtaking Victoria Falls. Don't forget your camera! Upon arrival at our lodge, we have a well deserved wash and prepare ourselves for the Celebratory Dinner, where medals will be awarded to each paddler!



Day 7 – After breakfast at our lodge, we transfer to Livingstone Airport to fly to Johannesburg. We then connect to our flight back to the UK.

Day 8 – Arrive UK.



(Itinerary correct at time of printing, but subject to change)

If you require more information please do not hesitate to call us on 0870 460 8991



www.globaladv.org

# Frequently Asked Questions

Is this trip for me?

**ABSOLUTELY!!** This Challenge is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation! The Zambezi River is classed as a Grade 4 and Grade 5 river, meaning that is one of the biggest white-water destinations in the World. Participants should feel confident of their ability to swim in moving water.

How fit do I need to be?

This trip has been designed to be challenging, but achievable by anyone as long as you train before hand. Remember, you are rafting for 4 consecutive days and in very hot temperatures, sometimes over 40°C – the fitter you are the more you will enjoy this Challenge. There are some points where we will need to porter our gear around some of the un-run able rapids, so you will need to help with carrying equipment. Even though this is a rafting Challenge, participants do still need to have a reasonable levels of fitness as you will be doing much more than just 'sitting down' all day!

Where will we stay?

Whilst in Livingstone, we will stay in a traditional African style lodge, twin rooms with en-suite washing facilities. Whilst we are on the river, we will be camping with all tents and sleeping mats being supplied. Participants are expected to erect their own tents and also help with all campsite duties.

Do I need specialist Kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some swimming gear, footwear you don't mind getting wet (sandals that can be securely fastened to your feet are by far the best) and a sleeping bag, you do not need any specialist kit. All rafting gear is supplied.

What happens to my luggage?

You will be able to leave your main piece of luggage at the lodge in Livingstone. Dry Bags will be supplied and these are for you to fill with items and clothing you will need for the expedition. These will travel down the river with you!

Food matters.....

All meals will be provided whilst on the river as well as breakfast whilst staying in Livingstone. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your Registration Form enclosed. African food is very varied and nutritious with plenty of vegetables.

What's included?

Return flights from London Airport to Livingstone, all transfers, all accommodation, all meals on expedition and Celebratory Dinner, professional English speaking river guides, tents and sleeping mats, rafting equipment (life jackets and helmets etc.), Comprehensive First Aid Kits and stunning African scenery.

What's not included?

Personal Airport Taxes – these are approx.. £150 and payable 6 weeks prior to departure, fuel surcharges (if applicable), local departure tax of \$20 payable in person at Livingstone Airport, personal travel insurance – this must be taken through GAC, Fuel Surcharge (if applicable), Visa (if applicable), Gratuities, alcoholic drinks and your own kit (sleeping bag, clothes etc.).

Can I stay in Africa after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges on 0870 460 8991 as soon as possible. There is a £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support Team with professional river guides with the group at all times. Full, comprehensive medical kits will be taken and a Satellite Telephone will be taken to ensure your safety and security at all times. Safety kayakers will also accompany us down the river to ensure rescues can be made quickly if participants fall out of the raft, or if the raft flips.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks – there is no problem if you need to take more rest stops. Remember, to drink plenty of water when resting!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from the Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested.....what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed Registration Form and Medical Questionnaire and post it back to Global Adventure Challenges along with the Registration Fee – all payment options and costs are explained on the enclosed information sheet. Once your Registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! The Charity will also be in contact with you to discuss your fundraising.

Global Adventure Challenges Ltd

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