



GAP AFRICA PROJECTS



**EQUINE TRAIL AND
OUTREACH FIELD TRIP**

PRE DEPARTURE INFO



ARRIVAL

Arrival by AIR at Durban's King Shaka International Airport

Upon arrival at Durban's King Shaka International Airport you will be met by a representative from Wild Connections who will transfer you to the Drakensberg Mountain base. If, for any reason, you are unable to locate the representative please call +27 818162541.



ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST

ANY QUESTIONS?

+44(0) 207 193 7819

info@gapafriaprojects.com

FOLLOW US

www.facebook.com/gapafriaprojects

@gap_africa

GAP AFRICA PROJECTS





CONTACT DETAILS

Contact Numbers

Lundy Bredberg

Groups Manager (24 Hours)

+27 (0) 81 816 2541

Khotso Horse Trails

+27 (0) 82 412 5540

Gap Africa Projects

+44 (0) 797 657 5949

24 Hour Emergency Only



ARRIVAL

CONTACT DETAILS

USEFUL
INFORMATION

ACCOMMODATION
& LIFESTYLE

RECOMMENDED
KIT LIST



ANY QUESTIONS?

+44(0) 207 193 7819



info@
gapafricaprojects.com



FOLLOW US



www.facebook.com/g
apafricaprojects



@gap_africa

GAP
AFRICA
PROJECTS





USEFUL INFORMATION - CLIMATE

Climate Kwa Zulu Natal Midlands

Summer (November-March)

Expect moderate heat in the daytime with temperatures ranging between 15-35°C. This is the rainy season so expect regular thunderstorms in the late afternoon. The landscape is lush and green.

Autumn (April-May)

The summer heat subsides with a few rainy days still around. The first frosts arrive in May so expect cold starts however the day temperatures are a pleasant 10-30 °C. The landscape changes into beautiful autumn shades.

Winter (June - August)

Clear skies result in very cold nights with frosty morning starts. However, the day time temperatures still get up to around a pleasant 20 °C. Although this is the dry season and one can easily have 60 days with no rain there is always the chance of cold frontal weather pushing up from the Cape causing bouts of cold wet weather lasting 2 – 3 days. Snow can be seen on the mountains from time to time but not permanently. The landscape goes into hibernation with many trees losing their leaves and the grasses turn golden brown and the nights are cold.

Spring (September and October)

The days become longer, morning frosts give way to fresh morning starts and pleasantly warm days of between 10-30 °C. There is still the odd cold frontal system about bringing frigid conditions and snow to the surrounding mountains. The first spring rains arrive in September and the landscape comes alive with blossoms and new grass shoots.

Climate Lesotho

Although the seasons are the same as above, given that the altitude is above 2000m sub zero temperatures and snow can occur all year round and need to be prepared for.

ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST




ANY QUESTIONS?


+44(0) 207 193 7819

info@
gapafricaprojects.com



FOLLOW US

 www.facebook.com/gapafricaprojects

 @gap_africa

GAP
AFRICA
PROJECTS





CREDIT CARDS, PHONES & CURRENCY

Credit Cards

All major credit cards are accepted as a valid form of payment and the preferred method.

Currency

The South African Rand (ZAR) is the local currency. There are 100c to every Rand. Foreign exchange may be arranged at the airports, or in major centres / cities.

Carrying large sums of cash is not recommended. Rather keep a reasonable amount on hand (R500.00), and primarily use credit cards, even better if you can, use your credit card to draw cash from an ATM as you need it.

The area is well known for its high-quality arts and you will get an opportunity to also visit a traditional craft market selling local traditional hand-crafted products. These vendors trade in cash only.

Telephones

Generally, cell phone coverage is good in urban areas, you will be able to use roaming on your cell phone if you have arranged this with your service provider before you leave home. Local SIM cards can be purchased. Laptop computers etc may be connected to the internet via Wi-Fi, again only in urban areas.

HEALTH RISKS

There are several health issues that you should be aware of, especially if you are from the northern hemisphere.

Immunisation: When entering South Africa, no international immunisation is required. A yellow fever vaccination certificate is required from travellers over 21 years of age if they enter South Africa within 6 days of leaving an infected country. Our advice: Visit your local (travel) doctor to get up-to-date information about requirements when travelling. DTP inoculation (diphtheria, tetanus and polio) is essential. Please visit the following web page for advice from the UK Foreign Office:

http://travelhealthpro.org.uk/country/201/southafrica#Vaccine_recommendations

ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST



ANY QUESTIONS?



+44(0) 207 193 7819



info@
gapafricaprojects.com



FOLLOW US



www.facebook.com/g
apafricaprojects



@gap_africa

GAP
AFRICA
PROJECTS





HEALTH RISKS

HIV/Aids in South Africa:

As in other countries, HIV/Aids is a serious concern in South Africa and one you must be aware of. You should always be careful when dealing with an injured person to avoid the risk of infection. Always take necessary precautions and avoid sexual contact.

Malaria:

The Midlands of KwaZulu Natal and Lesotho are malaria and bilharzia free. However, there are still mosquitoes from September – April and therefore a good insect repellent and particularly in the evening, long-sleeved shirts are advisable precautions

If you travel further afield e.g. to parts of the Kruger Park, the Northern Province, Mpumalanga, northern KwaZulu Natal and Zululand additional prophylactic protection may be required. In these areas the risk of contracting the disease is negligible. The following website offer some good advice however you should seek advice from a professional travel medical provider.

<http://www.sa-venues.com/malaria-risk-areas.htm>

Sun:

With the combination of the high altitude and warm sunny climate you should wear sunscreen and a hat whenever you are out of doors during the day, particularly between 10am and 4pm - regardless of whether there is cloud cover or not. Even if you have a dark complexion, you can still get sunburned if you are from a cooler climate and have not had much exposure to the sun. Sunglasses are also recommended, as the glare of the African sun can be very strong.

Drinking Water:

Drinking water is available at the home base, either in the form of purified tap water. You must bring at least a 1.5L water bottle and drink frequently throughout the day. If you are doing the Lesotho horse trail consider investing in a “camel pack”.

ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST




ANY QUESTIONS?


+44(0) 207 193 7819

info@
gapafricaprojects.com



FOLLOW US

 www.facebook.com/gapafricaprojects

 @gap_africa

GAP
AFRICA
PROJECTS





INSURANCE

Personal travel insurance is compulsory. Travel insurance does not need to be expensive and there are many good deals available for backpackers etc. Always be sure to check the insurance plan details and ensure that you are covered for theft, loss, illness and injury. Check to see if your medical benefits are paid out as they incur or on your return home. Also, automatic coverage received when booking your flight by credit card will not be sufficient. Please follow this link to our preferred insurer

<https://www.endsleigh.co.uk/personal/gap-africa-projects/>

PASSPORT REQUIREMENTS

It can take up to 6 weeks to obtain a passport - remember to start this process timeously. Important: Your passport needs to be valid for 30 days after your return to your home country and have two fully blank pages side by side.

VISA REQUIREMENTS

At present, a temporary visitor's permit, valid for up to 90 days is granted for nationals from the EU, USA, Canada, Australia and New Zealand. This is granted on presentation of your passport at arrival. If you are intending to stay for longer than 90 days, it is recommended that you apply for a visa at your local South African Consulate.

The latest visa requirements are available at this link:

<http://www.dha.gov.za/index.php/immigration-services/exempt-countries>

Remember: As a volunteer, you are not paid to work and should therefore declare your purpose of visit as 'holiday' or 'tourism'.

STAY SAFE OVERSEAS - KBYG

The better prepared you are when you travel abroad, the safer you will be. The Foreign and Commonwealth Office offers 'Know before you go' travel advice, including simple precautions you can take before and during your trip.

To find out more, check out their website:

www.fco.gov.uk/travel



ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST



ANY QUESTIONS?

+44(0) 207 193 7819

info@gapafriaprojects.com



FOLLOW US

www.facebook.com/gapafriaprojects

@gap_africa

GAP AFRICA PROJECTS





YOUR ACCOMMODATION

There is various accommodation provided over the 12 day course.

Lesotho Horse Trail:

During the horse trail the first and last night is spent at the trail base in a swiss style wooden mountain lodge, with dormitory bedrooms and shared bathroom facilities.

The nights on the trail whilst in Lesotho will be spent staying in rural villages which offer basic clean facilities for washing and cooking.

Coastal Horse Care Unit and Outreach:

Students will stay within the education centre at the Coastal Horse Care Unit base. This is a large dormitory with shared bathroom facilities.

During the outreach the team will stay at local 'B&B' style accommodation close to the community where the outreach is taking place.

Somkhanda Game Reserve:

In keeping with the safari adventure theme, groups are accommodated on the reserve in comfortable safari tents with communal hot and cold showers and regular flushing toilets. All meals are provided in a communal dining room. If students opt to sleep out there are basic camps around the reserve that can be used for sleep outs; Sleep out under the stars and learn how to make a fire and cook on it!



ARRIVAL

CONTACT DETAILS

USEFUL
INFORMATION

ACCOMMODATION
& LIFESTYLE

RECOMMENDED
KIT LIST




ANY QUESTIONS?

+44(0) 207 193 7819

info@
gapafricaprojects.com



FOLLOW US

 www.facebook.com/gapafricaprojects

 @gap_africa

GAP
AFRICA
PROJECTS







KIT LIST

- ✓ Long trousers (or trousers with zip-off longs)/ shorts
- ✓ Shirts / T-shirts
- ✓ Jodhpurs
- ✓ Riding boots
- ✓ Riding gloves
- ✓ Riding helmet
- ✓ Comfortable walking shoes to work in every day
- ✓ Rain jacket / poncho
- ✓ Sweat shirt/fleece (in winter months pack plenty)
- ✓ Padded parka jacket/ good windbreaker
- ✓ Daypack rucksack
- ✓ Sleeping bag (if you are doing the Lesotho Horse Trail)
- ✓ Socks
- ✓ Hat for sun protection (all year round)
- ✓ Warm hat / beanie (in winter or if you are doing the Lesotho horse trail)
- ✓ Warm gloves for warmth (in winter or if you are doing the Lesotho horse trail)
- ✓ Changes of casual clothes for evenings
- ✓ Underwear
- ✓ Sandals / comfy shoes for evenings
- ✓ Bath towel (if you are doing the Lesotho Horse Trail)
- ✓ Swimming costume
- ✓ Toiletries
- ✓ Tick / insect repellent
- ✓ Good torch (preferably a head lamp)
- ✓ 1.5 - 2l Water bottle
- ✓ Camel pack (if you are doing the Lesotho horse trail)
- ✓ Camera
- ✓ Spare batteries
- ✓ Sunglasses
- ✓ Small personal medical kit covering the basics i.e. plasters, headache pills, runny tummy pills, rehydrate, sun screen/burn as well as personal medications

ARRIVAL

CONTACT DETAILS

USEFUL INFORMATION

ACCOMMODATION & LIFESTYLE

RECOMMENDED KIT LIST




ANY QUESTIONS?


+44(0) 207 193 7819

✉
info@
gapafricaprojects.com



FOLLOW US

 www.facebook.com/gapafricaprojects

 @gap_africa

GAP AFRICA PROJECTS

