



- All participants will be required to sign Indemnity before departure.
- These prices valid through 2011
- Start point: Usually at Forest Way, Kologha Forest Reserve
- Please call to make your booking! 0796368949

The "Good Stress" Level... i.e. how 'High' do you want to get? (Scale 1-5)

1. Very easy – a doddle, low fitness requirement; all ages, no skills needed.
2. Easy, but gets the blood moving; no skills needed; must be phobia-free.
3. Moderate fitness, may be challenging & will probably work up a sweat. Some skills needed.
4. Challenging. Specific fitness & skills needed. Sweat & 'stress' guaranteed. Acceptable hazard levels.
5. Can be arranged!

<p>Abseiling</p> <p>Overcome fears & build confidence on the Abseiling Tower under the watchful eye of a qualified abseiling guide. Rock abseiling by arrangement.</p>	Duration: 10 mins per person per abseil (2 or 3 each)
	Requirements: Closed shoe or barefoot; no loose clothing, skirts.
	Limitations: No children U8 years.
	Group size: max 20 per group
	Cost: <u>Tower</u> (7m): R70 per person <u>Rock</u> (up to 90m): P.O.A.
	Stress rating: 1-2
<p>Archery</p> <p>Basic instruction, then try out this ancient skill on our target range.</p>	Duration: Approx 1 hour
	Requirements: None
	Limitations: No children U10 years (size dependant).
	Group size: 12 per hour
	Cost: R60 per person.
	Stress rating: 1-2
<p>Forest Walk (guided)</p> <p>An interpretive walk through the indigenous forest with FGASA guide (when available).</p>	Duration: 2 hours
	Requirements: Good walking shoes & comfortable clothing. Recomm. binoclr.
	Limitations: Determined by expectations of the group.
	Group size: Maximum 12
	Cost: R100 per person. Minimum R300
	Stress rating: 1-2
<p>Mountain Biking (guided)</p> <p>Explore our forest tracks in ideal MTB territory! A quiet pedal or adrenalin rush. (Helmet and gloves incl.)</p>	Duration: 2 hours
	Requirements: Closed shoes; shorts / jeans.
	Limitations: Ability to cycle – group of similar abilities recommended. Route and difficulty depends on group ability.
	Group size: 10 bikes available, or bring your own.
	Cost: R200 per bike, guided. Minimum 2; Guide-Only or Hire-Only is possible.)
	Stress rating: 1-4
<p>Obstacle Course</p> <p>It's the "Great Wall of Stutterheim" that will test your teamwork. There is no "I" in T.E.A.M!</p>	Duration: Approx 1,5 hours
	Requirements: Comfortable active outdoor wear. May get dirty! Willingness to give-it-a-go!
	Limitations: Your ability to climb, crawl & clamber.
	Group size: Max groups of 10. 3 groups at a time may be possible.
	Cost: R80 per person.
	Stress rating: 2-3
<p>Teambuilding Activities</p> <p>Build confidence, familiarity and group cohesion; from low-impact to high stress activities.</p>	Duration: Approx 2 hours.
	Requirements: Comfortable active outdoor wear.
	Limitations: None. Level of activity determined by the group.
	Group size: Up to 50; Breaking into groups may be necessary.
	Cost: R110 per person. Minimum R550
	Stress rating: 1-2
<p>Kayaking</p> <p>Some basic paddling instruction, then onto the water! Play games, admire the scenery or just mess about in boats - paddling fun on local dam, using super-stable Sit-on-Top tandem kayaks.</p>	Duration: Morning or afternoon
	Requirements: Confidence in water. Life Preserver jackets provided & compulsory. Swim wear and warm jacket for afterwards.
	Limitations: Children under 10 accompanied by parents/guardians.
	Group size: Up to 24
	Cost: R450 up to 24 people (call for details)
	Stress rating: 1-3