



VAAL RIVER

RAFTING & CANOEING TRIPS

To raft or kayak the Vaal – one of the world’s oldest flowing rivers – in the Vredefort Dome is a very special experience. Our routes cross the Vredefort Dome World Heritage Site, with hundreds of islands creating habitats for birds and wildlife. Look out for cormorant, darter, many species of duck, leguans, otters, vervet monkeys, and even signs of rookiat (caracal) and porcupine!

Trip options

Whitewater rafting

» Half Day (3.5 hours)

Usually starts at Otters’ Haunt and includes about six good rapids.

» Full Day (6 hours)

Starts at Otters’ Haunt or above, depending on how the water flows. Includes more and bigger rapids than the half-day trip. Lunch included.

» Bumper Run (3 hours)

Starts above Parys and runs past golf island. Not for the fainthearted! Fast and tricky white water.

Canoeing

» Malachite Trail (2–3 hours)

Enjoy peace and quiet, and spectacular wildlife amongst the islands.

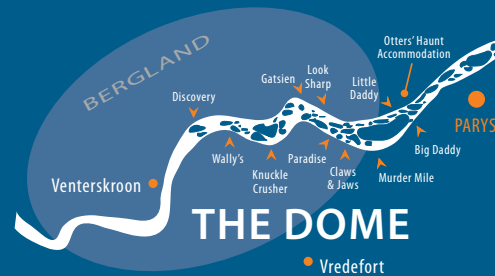
» Canoe Dome (full day)

Downriver in the Dome. See the Bergland from the water.

Lunch included.



VREDEFORT DOME WORLD HERITAGE SITE



BREEDER RIVER TRIPS WORCESTER

» We have an agreement with Nekkies Holiday Resort where we start our rafting trip. So do all the other river companies. So what?! The differences come in that we meet all our clients at our base camp. We have a lovely deck overlooking the river. Here our clients can already start to unwind and relax while they wait for the rest of their group.

- » Your vehicles are safe and we have warm showers and toilets you can use at the end of your trip.
- » The distance is ideal – only 10km making the camp strategically excellent positioned.
- » It is a very beautiful stretch of river.
- » Off course the nicest part is that you end at your car and, before your departure home, you can laze the day away on our lovely deck.

The private river camp has wooden en-suite bungalows, built on stilts with wide verandas overlooking the Breede River. Equipped with hot showers, flush toilets and electricity – we pamper guests from beginning to end, whether it is for a weekend getaway, team building expedition or just a bit of environmental awareness. The cruise is ideal for first-time rafters, and our qualified guides will make sure that you have FUN FUN FUN all the way!!! Our put-in point will see you onto the river through a maze of channels and into fast-flowing streams under overhanging trees. Spend the day on the Breede River – drifting, sunbathing, swimming and generally enjoying yourself. We provide hearty, wholesome meals on the banks of the river, which can be enjoyed at leisure. This adventure is suitable for young and old, swimmers and non-swimmers, fit and the not so fit. We can cater for all your needs, just to make your trip even more special than Mother Nature has intended.

DORING RIVER TRIPS CERES

For many reasons the Doring River is one of the most ideal locations of river rafting in the world... Not only does it offer some of the most magnificent scenery to be found anywhere in South Africa, equally breath-taking are the powerful exhilarating rapids along the way. It's this combination that makes it the perfect escape for lovers of both nature and adventure. We raft through areas where overhang caves remain adorned with Bushman paintings in near-perfect condition and during the

season, Namaqualand flowers carpet the surrounding area. It is exciting, stimulating and an adventure you will never forget!! The perfect venue for a great weekend of white water rafting! The rafting season is dependent on sufficient winter rainfall and usually runs from mid-June to mid-September. This heart stopping adventure is on one of South Africa's most exciting rivers. Being a mere 3 hours from Cape Town (approximately 280km), the Doring River provides an exciting weekend getaway within comfortable driving distance. This is a winter river, flowing strongly through the Cedarberg Mountain region. As it is fed by the Cape winter rains, the result is a wild, energetic river with grade 2–3 rapids which are perfect for rafting. River rafting is one of the healthiest, most adventurous and exciting activities available. You do not need any experience as our professional guides will instruct you on the basics of river rafting and certain safety procedures. Rest assured, by the time you have conquered the last rapid, you will be a confirmed rafting addict! This is one trip that cannot be missed, especially if you have been on the Orange River and the Breede River and need a little more excitement to get those adrenalin juices flowing. Fitness and paddling experience are not essential as full paddling instruction is given. We use two-man inflatable rafts (cros), which are specifically designed for comfort and safety.

FREQUENTLY ASKED QUESTIONS

ABOUT OUR ORANGE RIVER ADVENTURES

Who can go on an Orange River Adventure?

Orange River Adventures are ideal for groups of friends and families with teenagers. Minimum age 7. We paddle downriver in fully self-contained 2-seater croc inflatables so if you have a small youngster, be prepared to look after him or her! For parents and kids, this is a wonderful relationship-building experience. Get to connect with your teenagers before they connect with someone else! Orange River Adventures are also very suitable for corporate teambuilding groups. We can arrange the trip to suit your needs and will organise special meals, transport or equipment depending on what you wish to achieve.

What are the age / height / weight restrictions?

Each activity has different restrictions which are detailed on the activity pages on our [website](#). Please click on each individual activity for details of restrictions when visiting our adventurous website. It is important that the person booking the activities is aware of these restrictions and makes sure that everyone in the group complies to them, as refunds cannot be given if someone does not comply with a restriction on the day of the trip.

Do I need any experience and/or equipment?

No previous experience is required unless stated otherwise. We provide you with a kit and packing list upon booking. All boats, group equipment, and logistics are arranged by us, with menu lists provided beforehand for approval. The pace is not hurried and we take our time to enjoy the environment and study the marvellous semi-precious stones brought down by the river. You do not need to be super-fit but should be able to handle camping out, paddling during the day, hiking, swimming and group fun in the great outdoors.

What is the weather like on an Orange River Adventure?

Autumn, winter and spring are the ideal time to go rafting in the Kalahari! In June-July frost is very rare, and the days are mild to warm. It can be chilly early in the morning but the sun usually shines and it is pleasant on the water. By August-September the weather is generally warm to hot. Temperatures average for March 15°C – 30°C, July 2°C – 21°C and September 8°C – 26°C, with summer temperatures ranging around and even more than 40°C. It is unlikely to rain, but during the mid-year 'green season' rain is a welcome offering and very localised. The Kalahari is a semi-desert forming part of the temperate Savannah or grasslands of Africa, but the further west you go the drier it gets. Below is a colourized bar to give you an idea of what the temperatures are like during the year:



Do you get any meals or snacks on an Orange River Adventure?

Snacks are included on our half and full day rafting trips and this consists of a snack pack with locally produced fruits, nuts, etc. If you would like to have a more substantial meal on a half or full day rafting trip it must be booked in advance – please enquire when you check the trip availability and we will send you a menu. Additional meals which are not included in your trip package should be ordered when you pay the deposit for your trip, but may be ordered later provided that there is sufficient time for the caterer to arrange it. Beverages not included.

On our longer Orange River Adventure trips all meals are included and prepared on open fires. These consist of quality and healthy food and we also cater for all special diets, i.e. vegetarians, vegans etc. Beverages not included.

- » **Breakfast:** From fried breakfasts to continental with cereals and fruits.
- » **Lunch:** Consists of salads, health bread, pastas, boerewors rolls and fruits.
- » **Dinner:** We offer 3 course meals for dinners with salad, main course and desert. Snacks are provided before dinner

TEAM360 love bush and Kalahari cuisine type cooking so you will have an unforgettable experience with our wide variety of meals on our 360 menu! See next page for information on what kind of snacks and beverages to pack.

What kind of clothes should I wear?

Wear comfortable, casual clothing which you do not mind potentially getting a bit dirty. Wear either sturdy trainers or sandals. Slip-on shoes are not advised as

they will come off to easily and get lost. Footwear may get muddy and wet so it is a good idea to bring an extra pair of shoes to go home in. All safety equipment is provided by Liquid360 Adventures on the day of departure.

What about safety on the river?

Every participant must sign an indemnity form. We need to know if you can swim and you must wear your lifejacket and helmet at all times. We also need to know if you have any medical conditions affecting your fitness or judgement. But don't worry – so long as you are reasonably able to handle physical exertion in the outdoors you'll do fine.

We are obsessive about safety, having seen and experienced how rivers can play tricks. Trips start off with a safety talk and we show you how to handle the boat in smooth and rough water. We are always on hand to help you out of tough corners and provide rescue. As the trip goes on you'll gain confidence in the techniques of paddling, swimming in rapids (for fun!), and recovery of the boat and equipment after a capsiz – hopefully not too many of those!

In case of any medical emergencies, all TEAM360 crew members are qualified to perform First Aid. We also have a Paramedic on standby as well as an Evacuation Plan with real-time emergency air transport service.

What rafting equipment do you use on the Orange River?

We make use of the best equipment available in South Africa and all has been SABS approved for rafting and canoe trails. Our two-man inflatable rafts are suitable for all terrains and can comfortably handle any river graded 1–4. Every boat has 2 paddles, 2 buoyancy aids, dry bags, dry buckets and a cooler box.

How does the River Grading work?

The International Scale of River Difficulty is a standardised scale used to rate the safety of a stretch of river, or a single rapid. The grade reflects the technical difficulty and skill level required associated with that section of river.

- » **Grade 1:** Small, regular waves. Easy passage, but care may be needed with obstacles.
- » **Grade 2:** Regular, medium sized waves and generally unobstructed passage.
- » **Grade 3:** Fairly high waves, passage may be difficult to recognize from on the river.
- » **Grade 4:** High, powerful, irregular waves, with the passage often difficult to recognize.
- » **Grade 5:** Very difficult rapids; the extreme for commercial operations.
- » **Grade 6:** Extremely dangerous, classifies as un-raftable.

What about accommodation, is there any campsites available?

Yes, go to our [accommodation page](#) on our website for more information.

Do you offer other adventure activities, trips, tours or packages?

Yes, we offer a wide range of adrenaline packed adventures and outdoor services, please visit our [website](#) and download page for more information!

How does an Eco Trail work?

No glass will be allowed on the river and all waste will be transported along the trail and returned to base camp. Please always decanter supplies to plastic containers or make use of cans.

What is an Orange River explorers trail?

Our aim is to explore and discover the desert with all its hidden treasures and trails. Our days are spent with early morning paddling, swimming, floating, bird-watching and negotiating some rapids and fast flowing water. Our guides will take you through the steps of paddling through the rapids, hiking some mountains and in general discover the eco system of the desert. This is not a race, but we do need to cover some distance on a daily basis to reach our destination. The trails vary from 15km – 50km. Liquid360 Adventures offers years of experience, passion and knowledge gained from the environment.

Where can I get a detailed itinerary, menu or packing list?

Upon requiring about any Liquid360 River Adventure, we will supply you with a detailed itinerary, menus and packing lists. Please supply us with your group's size for discounts!

What can I expect from a typical Liquid360 4-day Orange River Rafting Adventure?

A river adventure on the Orange River is more than merely a river ride. For example, the *Blouputs/Bynabo* to *Raap en Skraap* area with the majestic Orange River flowing through it, is awesomely beautiful. A 4-day Orange River Rafting Adventure trip offers you days of relaxation, visual beauty, incredible sunsets, nights filled with fun around the campfire and sleeping peacefully under the stars. Orange River Rafting guests are supplied with all rafting equipment, like two-man inflatable rafts, paddles, life-jackets and so on. Experienced guides will not only accompany you, but also provide catering, safety and assistance. All catering is handled by the TEAM360 guides and is included in the overall rates. This will be breakfast, lunch and dinner which are all 5 star meals prepared on the open fire. Liquor and soft drinks are not included. Glass bottles are not allowed on the river for conservation reasons, so please decant into plastic bottles or bring cans. Guests are also supplied with buckets and/or dry bags to keep all their clothes, cameras and other belongings dry and we provide cooler boxes filled with ice to store drinks.

HOW DOES THE PACKING WORK?

EVERYTHING YOU NEED TO KNOW ABOUT PREPARING FOR ONE OF OUR ORANGE RIVER ADVENTURES

Multi-day Orange River Adventure packing list

This is only a summary list! When you book a trip a fully detailed information pack will be sent to you.

- ▶ **Clothing:** Long-sleeved shirt with collar – for extra protection from the sun. Windbreaker and 'beany' for the cold winter nights. Bathing suit and shorts, Sarong (very useful as sun protection) and towel. Wet and dry shoes – strops or sandals are the best, then you need only one pair. Slip-ons are not recommended as they come off. A tracksuit. Three thick garbage bags for waterproofing.
- ▶ **Sun protection:** Hat, lip balm, sunscreen (minimum SPF30 is recommended) and good UV protective sunglasses are all a must since you will be spending most of your day paddling in the African sun.
- ▶ **Bedding:** Sleeping bag and mattress. We advise guests to use a roll-up foam mattress rather than an inflatable mattress as these can get damaged. But if you do bring an inflatable mattress please bring a hand-pump as well – remember there is no electricity next to the river. Ground sheet/mat – Very important!
- ▶ **Toiletries:** Minimal toiletries, Biodegradable products are highly recommended – these are available at any Cape Union Mart store.
- ▶ **Extras:** Torch (with batteries), camera, binoculars, cool drinks (cans or plastic only – no glass allowed!!) and medical supplies. New regulations prohibit TEAM360 members from handing out headache pills and other medication to guests.
- ▶ **Optional:** Fishing rod, lightweight and compact tent (a must for winter nights)

What type of medical supplies must I take with on the river?

It is a good idea to bring medical supplies for insect bites and stings, dehydration, headaches, muscle pain (Arnica oil/Reparil-gel/Myprodol/Gen-Payne), stomach pain, diarrhea, asthma (if you are prone to attacks) and if you have any personal medical conditions! All of TEAM360's guides are fully trained and experienced in doing river and land trips in Southern Africa and are qualified to perform first aid. We supply the best standard medical emergency kit and satellite communication in case of an evacuation or emergency.

I don't have a tent. What now?

Not to worry, we have tents available for hire. Contact us to find out about rates.

Tell me more about the personal kit and the group kit?

When you book, we send you a personal kit list. The personal kit is not hard or expensive to put together, since you probably already have most of the things you will need. For clothing you will need 'dry gear' for nights, and 'wet gear' to wear during the day. We have tents for hire but you can bring your own provided it is lightweight and compact. We do not recommend blow-up lilo mattresses and suggest that you use closed-cell foam or something else that will not puncture on thorns or sharp rocks. Again, sleeping mats must be lightweight and roll up nice and tight. We also provide you with tough cooler boxes filled with ice to keep your drinks cold.

The group kit includes the kitchen and cookware (mugs, plates and cutlery); tarp shelter; chairs and tables; the portable loo; emergency cell phones and medical kit; and other accessories. We provide drybags/bins for the packing of clothing, sleeping bag, tent and mattress. On catered trips we handle the packing of food and bottles which are carried in clip down crates and cold food in coolers –

although everyone shares in carrying the loads. Naturally, we also provide all the boats, lifejackets, helmets and paddles for the river trip. In other words, all you need to bring is your own personal stuff and just go.

What preparations must be done before taking on a trail?

All trails are led by qualified river guides and we do offer a back up system from our Base Office in Kakamas. You will receive a full briefing on the safety procedures and basic ethics of exploring the trail. Our guides will prepare all meals and assist with your equipment preparations before embarking on your adventure trail. No previous experience is needed and a moderate level of fitness is required.

How does it work when packing our boats for a trip on the river?

On arrival, you will be allocated a dry bag (approx. 40 litres per person) for your clothes and one cooler box (capacity of 52 litre) for two people. You have dry clothes and wet clothes. The dry clothes are for wearing at night and will go into your dry bag. First, you line the bag with a garbage bag for waterproofing. Then you add your sleeping bag (loose) into the bottom and above this you keep your 'dry gear'. It is not uncommon to wear the same 'dry gear' every night with just a change of underwear. The 'wet gear' are to raft and swim with during the day. These will dry overnight and be ready to wear again the next day. DO NOT BRING TOO MANY CLOTHES! You only need clean clothes to drive home in. These you will leave at base camp along with other valuables you do not wish take on the river.

What do I do with my valuable belongings I don't want to take on the river?

Personal valuables you don't want to take with you on the trip can be handed in to the trip leader before departure from base camp. These valuables will be locked up in a SAFE place until completion of the adventure and returning back to base camp.

What kind of beverages and snacks must I pack?

You must ensure that you have a minimum 2 litres of non-alcoholic beverages per day. You can keep a 5-litre can of water outside your cooler box, tied to your inflatable raft and a 1-litre bottle inside your cooler to keep cold. Once empty, this can be refilled again with the water from the 5-litre can. Recommended snacks to take on the river are fruits, nuts, dried fruit, Super C, sweets, chocolate bars, energy bars, crackers, biscuits, *biltong* and dry sausage (*droëwors*). Jellie babies are known to be a good source of energy and marshmallows are always a winner round the campfire! Soft drinks and energy drinks are always good to take along.



Powdered mixes, like Clifton and Game, are a popular choice!

Ice is a commodity on the river and the colder your drinks are with arrival, the longer your drinks will stay cold. Seasoned guests have learned to freeze their own water and drinks before they arrive at camp. Placing these frozen bottles into the cooler box help them last longer than normal and keeps your other non-frozen drinks cool at the same time. We supply ice the first day you go onto the river and then again at re-supply.

Please note: Re-supplies only happen on multi-day trips of three days or more.

Why can't I just drink water from the Orange River?

The water in the Orange River is not recommended as drinkable due to the unpredictable water levels, but is still probably the cleanest river in South Africa. For emergencies though it is advisable to take water purifying tablets.

What is a re-supply?

Straight forward, 'take a deep breath and relax'... It is not that hard to realize you can only take so little when you see your barrel/dry bag's space are so limited. No worries! That is why we do things differently at Liquid360 Adventures. During all trips that are longer than 3 days and 3 nights we do a re-supply halfway through. On the day of arrival at the base camp the trip leader will hand out spare barrels to pack supplies you will only need after a re-supply, like beverages, personal belongings, change of clothes etc. On the day of a re-supply we will meet-up with

a TEAM360 member at a designated point to drop-off and pick-up these along with extra supplies and other things. We will fill-up your coolers with fresh ice and top-up your water bottles with drinking water. If you want to send stuff back to base camp on the re-supply vehicle you can do so as well. We paddle all rubbish along on the trip for conservation reasons and these only get discarded on the day of a re-supply when they are sent back to base camp.

The amount of re-supplies on the different Orange River Adventures:

- » ½ Day – 2 Day/Nights – NO RE-SUPPLY
- » 3 Days/Nights – 1 RE-SUPPLY
- » 4 Days/Nights – 1 RE-SUPPLY
- » 5 Days/Nights – 2 RE-SUPPLIES
- » 6 Days/Nights – 2 RE-SUPPLIES
- » 7 Days/Nights – 3 RE-SUPPLIES

HOW DO I BOOK AN ADVENTURE WITH LIQUID360?

To book your Orange River Rafting Adventure Trip you need to fill in a booking enquiry form. You can either [book online](#) or you can [download the booking form](#) from our website. If you have any queries regarding a trip either give us a call on +27 (0)74 350 1670 or send us an e-mail to enquiries@liquid360.co.za. Just tell us what you would like to do, what date(s) you want to come and approximately how many people there will be and we will let you know what trips we have available.

Once you have checked availability and know what you want to do, you will need to pay a 50% non-refundable deposit to secure your booking. This must be paid to Liquid360 Adventures using internet banking or doing a direct deposit. Once we have received your deposit we will send you a booking confirmation e-mail that will include directions and a final invoice for the total balance outstanding on your trip fair. If you have any queries when you receive your booking confirmation please do not hesitate to contact us immediately. You will need to pay the balance 14 days before your trip departure date. If we have not received the balance within 14 days of this date, we will contact you via e-mail or sms to remind you. For full details please see our [Terms & Conditions](#).

You can also combine your Orange River Rafting Adventure Trip with a half-day land adventure, like [quad biking](#), [sandboarding](#) or playing [paintball](#). Visit some of the interesting attractions in the area or you can even do a private [wine tasting and vineyard tour](#), exclusively to Liquid360 Adventures.

Can I change the date after I made my booking?

Depending on the date availability we will gladly change it to a more suitable date for yourself and your adventurous group. You will be given one free token to change your adventure date, but thereafter a 10% date-change charge for administration purposes will be added to your total amount for every additional change made to the date you booked.

What if people decide to withdraw from the trip before I have paid the balance?

Unfortunately all deposits are non-refundable, so if people withdraw from the trip you will lose their deposit. For example, if you have paid a deposit for 10 people

and two people decide to withdraw, you will lose the deposit paid for those two who have dropped out. But you will only need to pay the balance for the 8 people who will still continue with the trip. It is important to note the minimum group size requirements for our rafting trips. If your group's number drop to below the minimum group size requirement, you will have to pay the balance for the minimum number of people required for the trip to run. Alternatively you can also check out our [Adventure Calendar](#) to join another group instead.

Can I get a refund if members of the group do not show up for the trip?

We do not give refunds when any members of the group do not show up for the trip. If someone is unable to come, we advise the group organiser to try and get another delegate to fill their place. Provided they have the time to do so.

How do I get there?

Once you have paid the deposit we will forward you the directions when we send you your booking confirmation, along with a final invoice for the total balance outstanding on your trip fair. Although many of our trips take place in the Kakamas and Augrabies Falls areas, activity venues are subject to change. Please read your booking confirmation carefully as it will contain the address(es) and directions for the trip you have booked. We also have shuttle services available if needed. These can be organised beforehand at an additional cost.

Booking enquiry and other links:

Please check out the links below for specific information and documents needed to secure and book your adventure with Liquid360 today!

- » [Online Booking Form](#)
- » [Download Booking Form](#)
- » [Download Activity File](#)
- » [Download Rates](#)
- » [Online Terms & Conditions](#)
- » [Download Terms & Conditions](#)

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Members and Suppliers



We accept the following

