

The challenge of a lifetime...  
...for the charity of your choice

# Zambezi Challenge

Raft 



**Paddle your way down one of the biggest and best  
rivers in the world - The Zambezi!**



**01244 676 454**



[enquiries@globaladventurechallenges.com](mailto:enquiries@globaladventurechallenges.com)



[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)





# Experience the planet's best white-water, stunning African scenery and the most amazing wildlife

## Your rafting challenge...

...is to take on the world's best white-water. Exceptionally challenging, water sport enthusiasts consider The Zambezi to be one of the biggest and best white-water rivers in the world. From the very first rapid encountered, you have embarked on a challenge with the most exhilarating rafting and spectacular scenery that you'll experience in your life. From the best rapids on the planet, amazing sandy beaches, to a helicopter flight through the Batoka Gorge and over Victoria Falls – Africa delivers a feast of adventure.

## Your itinerary...

### Day 1

We depart the UK for our overnight flight to Livingstone.

### Day 2

We land in Livingstone, meet our local guides and then transfer to our lodge. Livingstone town is named after missionary and explorer David Livingstone, and is located about 10km from Victoria Falls, one of the seven natural wonders of the world. This evening we will have a pre-challenge meeting and briefing, and also have the opportunity to embark on a sunset cruise on the upper section of the Zambezi. Watch the African sun set behind the ancient Baobab trees and do a little wildlife spotting, as hopefully we will get glimpses of elephants on the banks and pods of hippos relaxing in the water.

### Day 3

Following breakfast we head to the base of Victoria Falls to our 'put in' point. The Batoka Gorge provides a magnificent backdrop for our comprehensive safety briefing before we don our personal floatation devices and practice our paddling techniques in the warm waters of the river. We will run through all the necessary paddle strokes and explain what will happen if you suddenly decide to 'go for a swim'. Our challenge begins with 'Morning Glory', a real eye opener, before one of the biggest commercially run rapids in the world, 'Stairway to Heaven'. This is a day of unparalleled paddling with rapids such as 'Gulliver's Travels' and 'Midnight Diner' which features one of the biggest waves you will see on a river. A secluded, sandy beach is our camp for the night where our guides will create a feast to celebrate our first day on the Zambezi Challenge.

### Day 4

We wake up to the African sunrise and beautiful scenery and after a hearty breakfast, we load all our equipment into the rafts and the challenge continues. Rapids today include one of the most famous commercially run rapids and one of the most thrilling; Number 18, also called 'Oblivion'. After an exhausting day paddling we make camp on a gorgeous expanse of sand a little further downstream and prepare dinner whilst admiring the fish eagles gracefully soaring overhead.





**PROUD TO BE THE LONGEST SERVING CHARITY CHALLENGE OPERATOR ON THE ZAMBEZI – YOUR SAFETY IS OUR NUMBER ONE PRIORITY**

Not only have we been taking Zambezi challenge participants down this river since 2006, we are also proud to say our client safety record is impeccable. Our guides and their experience make educated and controlled decisions based on the safety of Zambezi challenge participants and crew. We are the only

charity challenge company to have a cataraft as a safety boat on the Zambezi, we use high volume (and hence effective) safety kayaks and we are the only charity challenge company to use leg floatation devices which not only improve the overall buoyancy of a participant, but they also keep people’s legs elevated in the correct white-water floating position. Above all, our best safety feature is the world class team of guides – you are in the best hands rafting the Zambezi Challenge with us.

**Day 5**

To ensure we are all fully awake our first rapid, ‘Morning Shower’ provides us with just that, an invigorating burst of refreshing white-water. The river begins to widen today but that doesn’t mean that the challenging rapids get any smaller especially with one of the more technical and exhilarating rapids to conquer today, ‘Open Season’ - a huge adrenaline rush to stimulate our appetites and polish off lunch. The afternoon brings along ‘Chamamba’ and the outstanding ride through ‘Upper Moemba’ after which we will stop at a glorious beach for the night within sight of the magnificent Lower Moemba Falls.

**Day 6**

We portage the rafts around Lower Moemba Falls, a rapid that we will not be able to run, and drift downstream for an hour. At Chabango Falls (our final mandatory portage) we will carry our empty rafts around the waterfall and have a tasty lunch in the shade before the final crescendo to our Zambezi Challenge! With our now empty rafts re-launched on the river we get the chance to run the longest and one of the biggest white-water rapids on the Zambezi, ‘Ghostrider’. This adrenaline charged ride provides a fitting climax to our journey. On the riverbank our helicopters are waiting to transport us back to Livingstone, giving us a bird’s eye view of what we have accomplished over the past few days. This evening, we celebrate our achievements at our celebratory dinner, reflecting on what has been an exhausting but exhilarating challenge.

**Day 7**

We transfer to Livingstone Airport for our flight back to the UK.

**Day 8**

Arrive UK.

*(Please note, this is a complex itinerary and subject to change)*



# Your questions answered...

## Is this trip for me?

ABSOLUTELY! This challenge is suitable for people of all ages (minimum 18 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 it is one of the biggest white-water destinations in the world. Participants should be 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 portage our gear around some of the un-runable rapids, so participants need to help carrying equipment. Even though this is a rafting challenge, participants do still need to have 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 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 a water bottle that can be fastened securely to the raft, 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.

## 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 rafting challenge, also cameras (not massive SLR's) can be taken in waterproof boxes that can be provided.

## Food matters...

All meals will be provided whilst on the river as well as the celebratory dinner on day 6 and 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. African food is very varied and nutritious with plenty of vegetables. Please tell us in advance if you are vegetarian or need a special diet.

## What's included?

Return flights from a London airport to Livingstone, all transfers, all accommodation, all meals whilst on the river, celebratory dinner, breakfast whilst staying in Livingstone, professional English speaking river guides, tents and sleeping mats, rafting equipment (personal floatation devices and helmets), and a comprehensive First Aid kit.

## What's not included?

Airport Taxes and Fuel Surcharges – these are approximately £250 and payable 6 weeks prior to departure, lunch and dinner on day 2, personal travel insurance – it is strongly advised to take this through Global Adventure Challenges, 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 at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) as soon as possible. There is a minimum £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 and professional river guides with the group at all times. Full, comprehensive medical kits will be taken and satellite telephones will be used 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 with drinks and snacks to regain our strength.

## 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 extremely limited on this special challenge and go on a first come, first served basis so try to register as soon as you can! The best way to register is online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com). Alternatively, you will need to fill in the enclosed registration form and medical questionnaire and post it back to us 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! Your charity will also be in contact with you to discuss your fundraising.

## Come and experience Africa at its best!

**Register online today!**

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