

## THINGS TO DO

**PLEASE NOTE: MOST OF THESE ACTIVITIES ARE SITUATED CLOSE BY AND ARE NOT ON THE PREMISES.**

The following information has been compiled for your information. Please notice that the description of the activities, as well as the prices may vary, depending the operator available on the requested dates and the amount of people booked.

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### TOURS & SAFARIS

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#### KRUGER PARK SAFARIS

Rates include:

Qualified, professional and experienced FGHASA guide, Mineral water supplied in the vehicle  
Radio communication for best game viewing, High standard and well maintained open vehicles  
Public liability insurance, Meals are included where specified  
Times will vary due to seasonal changes

FULL DAY +/- 05h30/17h00  
MORNING SAFARI +/- 05h30/12h30  
AFTERNOON +/- 14h00/18h00  
SUNSET SAFARI



#### CULTURAL VILLAGE TOUR

Venture back in time by spending an enlightening evening with the Sabie River Valley's original inhabitants, the Shangaan. The people of the Village, situated high in the valley, live as their ancestors did, providing First World city dwellers with fascinating insights into tribal life and culture. The highlight of the visit is a performance of traditional song and dance during the Royal Feast.

**Day Tour (self drive)**

**Evening Show (includes tour, show & traditional dinner)**



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### SCENIC & WILDLIFE TOURS

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**ELEPHANT SANCTUARY.** Recently opened next door to Casa do Sol Hotel & Resort. The Elephant Sanctuary provides a safe-haven for elephants and offers a platform for guest education and interaction. The following programs offer one of a kind elephant experience and are unique to the Elephant Sanctuary.

#### THE TRUNK-IN-HAND PROGRAM

An experienced guide will introduce you to the elephants and you will learn about their backgrounds, behaviour, characters and more, while being able to touch, feel, feed, interact and walk trunk-in-hand with the elephants. The first Trunk-in-Hand program starts at 8:00am.



Duration 01h50 (program runs throughout the day).

### **ELEPHANT BRUSH DOWNS + TRUNK-IN-HAND PROGRAM**

This is a very special program - you take part in the grooming of the elephants. This is followed by the TRUNK-IN-HAND program.

This program starts at 07h15

### **TRUNK-IN-HAND & ELEPHANT-BACK RIDE**

This includes the full Trunk-in-Hand program, followed by an elephant RIDING experience - a privilege historically reserved for Kings!! It is a truly amazing experience to ride these magnificent animals. Riding aspect of program +/- 25 minutes.

### **SUNDOWNER ELEPHANT EXPERIENCE**

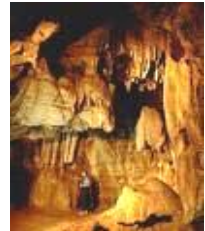
This program takes place at the end of the day and includes WALKING, FEEDING, RIDING and TOUCHING the elephants. On hot days you may even see the elephants swimming. Watch elephant free-feeding. All followed by sundowner drinks and snacks.

Program duration 2 hours. Riding aspect of program +/- 25 minutes.

**PANORAMA ROUTE TOUR** (full day – includes lunch) Spend a full day marveling at Mpumalanga's most spectacular scenery. This tour takes you to the beautiful rock formations of the Blyde River Canyon and then on to the boundless vistas of God's Window, the aptly named Wonderview, Three Rondavels and Bourke's Luck Potholes. Not to be confused with badly maintained tarmac. These potholes are deep cylindrical cavities formed by swirling waters. We'll pay a visit to Pilgrim's Rest, a lovingly preserved village and National Monument, which sprang up in the time of the Gold Rush. A look at some of the region's most scenic waterfalls completes the tour.



**PANORAMA ROUTE HIGHLIGHTS** (half day, lunch excl.) A condensed tour of this region's natural treasures for those with tight schedules. We visit the charming village of Graskop before stopping to admire God's Window, which more than lives up to its name. En route back to Hazyview we visit the beautiful Lisbon and Berlin Falls.



**AROUND THE LOWVELD IN A DAY** Visit the Nelspruit Botanical Garden, Sudwala Caves, Dinosaur Park and Sabie waterfalls. Water will be supplied on the vehicle.

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## **THROUGH THE SKIES**

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### **MICROLIGHT FLIPS**



### **SCENIC FLIGHTS AVAILABLE EVERY DAY**

10 min –Hazyview area

20 min – Sabie River Valley flight

30 min - Da Gama Dam flight

45min – Four dams (Da Gama, Klipkoppie, Longmear, Witklip) and forests

60 min - God's Window and Waterfalls flight –Daily - Best flying conditions – early morning and late afternoon.

90 min – Blyde River Canyon and Bourkes Luck Potholes Daily - Best flying conditions - early morning ±06h30.

### **HELICOPTER FLIGHTS SCENIC FLIGHT, CASCADES** – Departing from Hazyview, follow the Sabie River Valley

along the edge of the cool Escarpment, to where the first state-owned timber plantations in the region were planted on the farm Graskop in 1905. Fly over the 30-metre-high Pinnacle, a weathered column of freestanding sandstone rising above the tangle of indigenous forest. Have your camera ready for spectacular photographic opportunities as we linger above the breathtaking Lisbon falls, which tumble in four cascades down a 92-metre-high cliff into a large, beautiful and icy cold pool. Witness the Berlin falls and see how water is forced through a narrow gap before tumbling in a single feathery cascade. Be transported back in time whilst observing the 64-metre high Mac Mac Falls, which was split into two splendid streams before plunging into the forested gorge below by miners who placed dynamite on the crest of the Mac-Mac Falls during the gold rush Era. God's Window will be our next experience; here you will be treated to one of the finest views of the beautiful Mpumalanga Lowveld before landing back



**BALLOON FLIGHT OVER SABIE VALLEY** Flying in a hot air balloon is a gentle adventure, and an experience unlike any other. The oldest form of flying, ballooning is seen as a graceful and romantic way to look down on the earth. Moving along at wind speed the balloon is part of the climate of the day and the ride is calm - the view of things earthbound surprisingly detailed. The view from above shows old structures and differences in terrain not visible from ground level. The wraparound view of the earth and sky is one, which can be experienced in no other way. Passengers can enjoy a cup of coffee while the balloon is being inflated. They are welcome to help with the inflation under the pilot's supervision if they would like to. When the balloon is inflated and the passengers on board, the pilot will explain what to expect on launch, in flight and on landing. Then passengers can relax and enjoy the flight and sip champagne. The total duration of the excursion is between 3 – 4 hours. The flight will last approximately one hour, and then passengers can gently rejoin the world of earthbound beings over breakfast at one of the lodges near the launch site.



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## **ADVENTURES**

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(TRANSPORT NOT INCLUDED)

### **ABSEILING**



An activity for the thrill seeker! Face your fears and step over the edge into oblivion.... Abseiling is commonly practiced the world over as method of descending a rope in a safe and controlled manner. Our abseil experience takes place at Makuhlu, a 27m high granite rock face overlooking the Kruger Park. 3 Hours cold beverages included.

**KLOOFING** An activity for the adventurous! Explore areas uninhabited by man while enjoying yourself, rock hopping, bum sliding, pool crawling, hiking, river traversing and throwing your self over the edge into breathtaking pools. You cannot deny yourself this opportunity to experience the outdoors with all your senses. 1/2 hours, cold beverages included



### **PAINT BALL**



We will supply the paintball guns, paintballs and protective eyewear (according to paintball regulations), as well as protective clothing for the players; it is a fun, healthy and technical experience.

## 1.2KM: AFRICA'S LONGEST AERIAL CABLE TRAIL!



Experience the freedom of gliding over one of the last remaining natural forested valleys along the Sabie River. The aerial cable trail takes you down into the valley basin, stopping along the way on a number of elevated platforms to admire the natural vegetation, bird life and the views of the forest floor below. Each section of the trail varies in length from 70 to 230 meters linking a total of 10 platforms, making this the longest cable trail in Africa. The trail has been designed and built to South African civil engineering standards and all the equipment has been designed specifically for this activity and tried and tested worldwide. Suitable for all ages, kids under 10 need to be assisted by our guides. Max weight - 120kg. More information and pictures will be available soon! The trail takes 3 hours to complete. Transport to and from the cable trail is included.



## MOUNTAIN BIKING

Buffed endless downhill's, grueling climbs, fast rollers and technical problems that rattle the teeth - all the ingredients found in Real Mountain biking! Induna Adventures offers from easy to very difficult single tracks and the scenery is out of this world! Beginners and experience riders are all welcome. 1,5 Hours, cold beverages included.

**ZIPLINE** Why would anybody strap themselves onto a high speed pulley running on a 450m long cable, descending a mountain at a gradient of 45 degrees, reaching a speed of up to 100 km/h, wind screaming in your ears, trees flashing past you – and you find yourself suspended in mid air screaming on top of your voice? Because it's fast, it's fun, it's safe and it is what life is all about!

## HORSE TRAILS

Become one with nature as you enjoy the beautiful Lowveld scenery of the Sabana River, indigenous bush and fruit orchards on horse back. Small game and hippo are still roaming around in the area and might be spotted on your trail. Abundant bird life makes bird watching a feast; so don't forget your binoculars. We accommodate both advanced and novice riders. Kids and first timers also welcome.

- 1 Hour
- 2 Hours
- Half Day (including light lunch)
- Moonlight Experience



## QUAD BIKE TRAILS



Our Quad biking adventure will exceed all your expectations. Trails run through the most scenic Sabie River Valley, winding along the Sabana River, indigenous vegetation, mountain hills and other streams. The tracks vary from technical to very easy, so we have something to offer the expert as well as the beginner. Halfway we have a quick stop for soft drinks and snacks before we get back to serious Quad Biking.

- 1 Hour
- 2 Hours
- Passenger (1 hour)
- Passenger (2 hours)
- **Kiddies Quads** – Total of 6 Laps



## WHITE WATER RAFTING – SABIE RIVER

The Sabie River provides 20 rapids (grade 2-3) with areas of scenic vegetation and outstanding wildlife viewing. This 8 km route is yielding to the novice, yet accommodating to the thrill within all of us. Swimming, bum sliding and wave surfing with a boogie board at "Devil's Knuckle."

- Half Day – 2 ½ hs cold beverages and snacks included
- Full Day – 4 hs, picnic lunch along the scenic riverbanks



## GECKOING:

Geckoing is the by far one of the best adventure activities that humans came up with – it rocks. This is probably the best way to descend a low volume river like the Sabie. It's not a boat, it's not a tube, it's both together! Steer with webbed gloved, no paddles needed! It is very easy to steer and safe, and one of the coolest ways to have fun with family and friends in the sun and water! Duration 2 ½ hours (cold beverages included)

## WALL CLIMBING:

The 16 m wall has 3 levels of difficulty to cater for our very first time to experienced climbers. Our qualified guides and quality equipment makes climbing SAFE.



## MOUNTAIN BOARDING:

Join us for a rush of beautiful forestry roads down into the Sabie Valley! Mountain boarding is quite easy for anyone with generally good balance. It combines the freestyle aspects of snowboarding, grass boarding, sand boarding, skateboarding and surfing. With in one hour most people can learn on our slight grass slopes, before heading out for the adventure of a lifetime! Enjoy the beautiful views and tranquility of the forest as we descend on our 2-hour journey. Old jeans and shoes with good ankle support recommended. Duration 2 ½ Hours

## SUNSET CRUISE:

Enjoy nature's tranquilizing effect while watching the Africa Sunset over a picturesque dam. Floating on an inflatable raft at sunset. It's a unique experience and allows you to kick back, forget about your troubles and relax completely. Delicacies and liquors are served on a floating table by candlelight.



## ARCHERY:

An introduction to the art of Archery. Standard "longbows" are used and is fairly easy to master. A fun activity, suitable for groups and enjoyed by men and woman alike. Duration: App. 1 ½ Hours.

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## ADDITIONAL CORPORATE ACTIVITIES - TEAM BUILDING

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**OUTDOOR STRATEGIC GAMES** "As the challenge increase, so does the need for teambuilding." Solving unusual situations through cooperation of the group members. The ideal choice to evaluate the dynamics in a group. The aim is to improve cohesion in the group, in order to improve working relations and efficiency in the workplace. Decision making, effective and clear communication, trust and teamwork are necessary prerequisites for finding solutions to the given problems.

**MOTIVATIONAL SPEAKER / MENTAL COACH** We focus primarily on both personal and team development. The individual gets to know him/herself. The next step is to get to know and learn more about their colleagues.

With personal development we focus on the individual in total. We start by doing a temperament analysis from where we move on to daily issues such as beating stress, becoming a good listener, balance between body, mind and soul, how to stop your stinking thinking and how to live each day to its fullest. Other daily issues such as how to handle confrontations, working with difficult people, giving and receiving recognition, how to cope with negative feedback and creative problem solving are also included in some of our packages.



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## **BODY TREATMENTS**

### **(Casa do Sol Hotel & Resort Spa )**

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#### **Massage**

Deep Tissue Massage  
Aromatherapy  
Full Body Swedish Massage  
Sports Massage  
Hot Stone Massage  
Couples Massage  
Back & Neck Massage  
Foot & Ankle Massage

#### **Alternative treatment**

Reflexology (face & foot reflex)

#### **Hand & Foot Treatment**

Manicure  
Pedicure

**And many more!!!**



**SHOULD YOU WISH TO BOOK ANY OF THE ABOVE-MENTIONED ACTIVITIES, PLEASE CONTACT RECEPTION, OUR STAFF WILL BE HAPPY TO ASSIST YOU.**

#### **Please Note:**

- The prices may vary depending on: the operator available, amount of people booked, etc.
- Prices subject to change without previous notice.
- All activities subject to availability and weather condition.
- All bookings subject to operators' cancellation clause