

On the WILD SIDE

We give you the inside scoop on the outside world. We look at some of the astounding feats that are being accomplished by intrepid people and places and new developments and a host of events on the calendar to diarise in which you, *The Intrepid Explorer* reader, can become involved. So what are you waiting for? Get out there and make the most of the outdoors!

Compiled by Robbie Stammers and Shan Routledge

An untouchable spa treatment

I dare anyone to top Bushmans Kloof Wilderness Reserve and Wellness Retreat on the experience we were fortunate to indulge in.

Recently voted as one of the Top 20 Travel Experiences in the Middle East, Africa and the Indian Ocean in Condé Nast Traveller's Readers' Top 100 Travel Awards 2012, Bushmans Kloof Wilderness Reserve & Wellness Retreat is the ideal getaway to escape everyday life and fully restore body and mind. Situated at the foothills of the Cederberg Mountains just 270km from Cape Town, the property is easily accessible – making it even more enticing.

My partner and I took the 'Celebration of Life' spa option, which was a 95-minute treatment for enjoyment with a partner. It includes massage of the back, hands and scalp, as

well as a pressure-point foot treatment and revitalising facial. We thought we had died and gone to heaven!

Topping this off with the incredible surrounding flora and fauna, a restaurant menu fit for royalty, and the amazing bushman rock paintings, we cannot recommend this experience more highly. The best part? There are great winter specials on right now, ranging from The Natural Wellness package, which is the ultimate three-night winter spa breakaway, to the enriching three-night Family Fun package that allows parents to share an exceptional wilderness breakaway with their children.

Visit www.bushmanskloof.co.za to find out more about all these incredible winter specials and more.





Giving it horns

"Strength in unity" is the motto of Rhino Knights Isabel Wolf and Lloyd Gillespie and their expedition against rhino poaching. Every day, Isabel will run a half marathon (21km); cycle 80-100km and, from Namibia onward, horse-ride ponies wherever possible.

Although Lloyd trained to join Isabel, after an injury he was restricted to joining her sister and Mr P – their loyal ridgeback – as the support team and filmmaker. The team will cover approximately 10 000km in five months, and aim to raise awareness for the continued war against rhino poaching.

The Rhino Knights have joined hands with the Lawrence Anthony Earth Organization and the Magqubu Ntombela Foundation.

Living in the KwaZulu-Natal Midlands close to Dr Ian Player, he has been a mentor to the couple, helping them understand the current situation and teaching them about the environment. This has taught them not only about the rhino war, but has helped them on a personal journey of growth and discovery – which led them to begin this incredible expedition. Isabel says, "He taught us so much; still at 86 he fights for the rhino every day."

Isabel and Lloyd are passionate and dedicated to helping the anti-poaching cause and they want to make a difference. With over 200 anti-rhino poaching charities, it's hard to stand out, but they believe it's not about competition – it's about uniting everyone with a common cause and solving a critical problem.

"We love South Africa and the wilderness," says Isabel. This, along with the fact that she and Lloyd have been directly affected by rhino poaching, drives them on their journey for global awareness.

Throughout their trip, the Rhino Knights are not only raising awareness through their expedition, but they also do educational talks at school, partake in charity runs and awareness days, and conduct surveys at reserves and lodges along the way, collecting data and information about the current state of the rhino.

They talk to all levels of people involved – from rangers, breeders, conservation groups and anti-poaching teams to the hunters, zoos and locals – posing the questions: "Why, with everything that is being done, are we still losing rhino? What is the problem, and what do you believe are the solutions?"

The Rhino Knights hope to create a better understanding and hopefully contribute to finding and aiding a well-rounded solution – not just a silver bullet.

Follow the Rhino Knights on www.earthawareness.co.za or on Facebook at www.facebook.com/RhinoKnights.

Making Mountains Metaphors

Last year, Kai Fitchen set out on his KAPE2KENYA carbon-neutral climbing expedition. The plan was to discover the beauty of Africa through sustainable travel, and share the importance of environmental awareness. To do so, Kai travelled over 14 000 kilometres from Cape Town to the jagged summit of Africa's second highest peak, Mt Kenya, and back – taking time to share with more than 600 learners the ideals of living sustainably.

The K2K journey had to have a low-carbon footprint, so for over five months Kai had to cram himself into chicken-ridden buses with 40 kilogrammes of gear; he travelled only by public transport and by foot. Not only did he accomplish this, but he also was honoured recently with the Readers' Choice Award during the Nightjar Travel South African Adventurer of the Year 2012 finals held at Cape Union Mart's Canal Walk store.

Kai now has his eyes set on KAPE 2 ATACAMA 2014, which is the next in his MYKAPE series of environmentally and socially responsible climbing expeditions. On 4 January 2014, the KAPE 2 ATACAMA team crank up their main sails on the iconic 3 000-mile Cape to Rio Race. From Rio, they will travel only by foot and public transport, exploring some of the most beautiful and isolated areas that South America has to offer, while promoting the ideals of sustainable living within communities and schools. This route will take them to the erratic lands of Patagonia, the high Andes and the desolate Atacama Desert, and they plan to scale the second highest *** in the western hemisphere.

Be sure to follow Kai on his next worthy adventure via his website www.mykape.com or via www.intrepidexplorer.co.za as one of The Intrepid Explorer magazine ambassadors. Kai can also be reached on Twitter: @kais_kape.



Stan the Man

"Live with passion and regret nothing" is the motto Stan Andrews chooses to live by. He was born with a deformed right foot and, at age seven, after noticing how motivated he was to lead a normal life, his doctors decided to amputate his foot to lower the risk of restriction and reduce the possibility of problems in the future. Stan has been living the life of adventure ever since.

Mountain climbing is one of the latest adventures he has undertaken in order to show people – disabled and able – that so much can be achieved if you have the passion and will and the right attitude. He set himself three goals for 2012: to swim the Midmar Mile, to participate in the Momentum 94.7 Cycle Challenge, and to successfully summit Mt Kilimanjaro.

Stan completed all three, but the biggest one was summiting Mt Kilimanjaro. "What a feeling it was, standing on top of the highest point in Africa, knowing that I had accomplished it even though I am an amputee," he says. "Step by step I moved forward, every step of the way arguing with myself that I can make it! Self-doubt was one of my greatest enemies while trekking to the summit. When we finally got to the top, there was only one obvious thing to do: I tee'd up a golf ball, took my stance and hit it as hard as I could!"

Besides constantly having it drilled into your head that you have to "*pole, pole*", which means "slowly, slowly" in Swahili, Stan says he will forever remember the phrase "*hakunamatata*", which simply means "no worries".

"Life will move on, whether you worry or not, so make the best of it while you can.

"After arriving back, I realised a passion within myself to enable other amputees, especially lesser privileged amputees, to live a life as fulfilled as mine," he adds. Stand with Stan is a non-profit organisation that does exactly that: it allows access to better prosthetics for lesser privileged amputees.

Stan's next personal adventure will be to take part and finish the full Ironman 2014. Training for this event has already commenced.

To show your support for Stan's cause, and to make a donation, visit www.standwithstan.co.za.



Beyond the Ordinary...

A voyage of a lifetime - travel onboard the RMS St Helena to its remote island namesake, St Helena. Lying 1,500 miles north-west of Cape Town, St Helena offers dramatic landscapes and colonial history in abundance.

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Sail, Cycle, Trek

Ambassador for the environment and *The Intrepid Explorer* magazine, Josh Ramsay is determined to make a difference. On 25 May 2013, he started his first expedition, cycling from Cape Town to Zambia in support of the social enterprise initiative, Greenpop (www.greenpop.org), and its planting of 5 000 trees in Livingstone.

"I am cycling to Zambia (and beyond) because I want to rally together a group of people. I want to identify, unite and inspire a group of people who care about the world in which they live. Through supporting our environment, we as a group will support ourselves and become the change we wish to see in the world," says Josh.

Carrying the African philosophy of ubuntu in his heart and mind, Josh will cycle 75km a day for 40 days to complete the 3 000km trip to Zambia.

This epic journey is just the beginning, as in 2014 Josh will begin his SailCycleTrek mission to the Amazon. SailCycleTrek will support the non-profit organisation, Fauna Forever (www.faunaforever.org), in its latest and bravest initiative: the establishment of the Amazon Research and Conservation Center (ARCC). The ARCC will be a research, education and conservation initiative situated on over 10 000 hectares of pristine old-growth Peruvian rain forest in one of the most biodiverse areas on the planet.

It begins with a 5 800km trans-oceanic sail from Cape Town to Rio de Janeiro, followed by a 4 500km transcontinental cycle from Rio to Puerto Maldonado in Peru, and completed by a 65km jungle trek from Puerto Maldonado, along the path of the Las Piedras River in the heart of the ARCC territory.

We wish Josh a safe, exciting and fulfilling journey!

Follow his amazing expeditions on Twitter @sailcycletrek and Facebook www.facebook.com/sailcycletrek as well as on our website: www.intrepidexplorer.co.za.



Ready, steady, snap!

The De Hoop Stretton's 9th Stanford Bird Fair will be bigger and better than ever – and promises an improved photographic competition jointly sponsored by the De Hoop Collection and Stretton's. This competition is now open to both serious and amateur photographers, locally and internationally. The subject matter is 'Birds of Southern Africa' and there are three categories: professional, serious, and open/blue crane.

De Hoop and Stretton's are excited to announce the new category of blue crane photography. This exquisite bird is an endangered species in the Overberg region, and the organisers feel it requires special focus and attention. Another addition to the De Hoop Stretton's Stanford Bird Fair is an exhibition centre where finalists' photographic entries will be displayed. An internationally acclaimed wildlife photographer and journalist will head up the competition judging panel, which will include some of South Africa's most noted photographers.

Entries close on 31 August 2013, and the winner will be announced on 4 October 2013 at an evening prize-giving event as part of the programme of the De Hoop Stretton's Stanford Bird Fair. There will be prizes in excess of R30 000 to be won.

Details of the De Hoop Stretton's Stanford Bird Fair and the De Hoop Stretton's Stanford Bird Fair Photographic Competition can be found on www.stanfordbirdfair.co.za and www.dehoopcollection.co.za. Rules, regulations and prize details can be found on the website. So get clicking!

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Top of the bucket list!

Join *The Intrepid Explorer* on the Inca Trail in 2014

The Peruvian Andes offers fantastic hiking options, with the Inca Trail being one of the finest short treks in the world. Hikers enjoy a four-day/three-night hike on the old Inca stone paths built over 500 years ago. This network of about 22 500km of footpaths crisscrossing the Andes was once used by messengers, soldiers and administrators to serve the Inca Kingdom.

The journey takes you up to an altitude of 4 200m before descending to mystical Machu Picchu. While in Peru, you may want to extend your stay with a visit to the Amazon, Lake Titicaca or one of the neighbouring countries in South America.

We offer regular departures throughout the year, with a special departure planned for *The Intrepid Explorer* readers on 28 April or 12 May 2014. For more details, contact Wild Frontiers at reservations@wildfrontiers.com or for more info and other destinations, check out www.wildfrontiers.com.



Upcoming talk evenings:

DATE	TOPIC	VENUE	TIME
31 Jul 2013	Himalayas	Bloemfontein, Cape Union Mart Store, Loch Logan Shopping Centre	18h30
01 Aug 2013	Kilimanjaro	Bloemfontein, Cape Union Mart Store, Loch Logan Shopping Centre	18h30
14 Aug 2013	Kilimanjaro	Johannesburg, Cape Union Mart Store, Eastgate Shopping Centre	18h30
15 Aug 2013	Inca Trail	Pretoria, Cape Union Mart Store, Centurion Lake Shopping Centre	18h30
28 Aug 2013	Kilimanjaro	Pretoria, Cape Union Mart Store, Centurion Lake Shopping Centre	18h30
19 Sep 2013	Kilimanjaro	Cape Town, Cape Union Mart Store, Canal Walk Adventure Centre	18h30

Doing it for Madiba's legacy and love

An overland trip from Norway to Noordhoek, all in aid of the Nelson Mandela Children's Hospital – that is what Stan and Sally Hannath from Noordhoek, Cape Town will be undertaking in an adventurous road journey from the northernmost tip of Europe to the southernmost tip of Africa.

From June to October 2013, they will be travelling overland to raise much-needed awareness and funds for the Nelson Mandela Children's Hospital in Johannesburg. "Our planned and self-funded overland journey, called cape2cape4kids, will take us from NoordKapp in Norway to Cape Agulhas in South Africa. We plan to visit many hospitals and schools along the way to raise awareness

for the new children's hospital in Johannesburg," says Stan.

One-hundred percent of the donations will go to the hospital, which will be one of only five dedicated children's hospitals in Africa. Currently there are only four serving 450 million children on our continent. This compares dismally to Canada which has 23, Australia which has 19 and Germany which has 20.

This hospital is said to be Nelson Mandela's final legacy to the children of Africa and epitomises his love for youngsters. The Hannaths hope to raise sufficient awareness and funds through their journey to implement their goal of building a world-class children's hospital in the easily accessible city of Johannesburg.

The dedicated team is looking for sponsors, both corporate and individual South Africans, to support the cape2cape4kids cause by donating funds. All donations will go through the recognised donation sites, *GivenGain.com* and *JustGiving.com*.

"Stan and Sally's mission to travel not only across countries but also across continents is as inspiring as it is humbling. We are honoured that they have chosen the Nelson Mandela Children's Hospital Trust as the beneficiary of their fund-raising endeavour, and we look to the global community to also consider how they can help Madiba's wish for a dedicated children's hospital come true," says Sibongile Mkhabela, chief executive of the Nelson Mandela Children's Hospital Trust.

You can follow Stan and Sally's epic journey through stories and photographs posted on their blog, Facebook and Twitter. For information, latest updates and to donate, visit www.cape2cape4kids.co.za.





Rock 'n' roll in the Cederberg

The Cederberg Wilderness, home to one of the most popular rock-climbing sites in the world, has recently unveiled its latest gem.

"Set against the backdrop of the famous Rocklands bouldering site on Pakhuys Pass, 20 kilometres outside Clanwilliam, the Kliphuis chalets and campsite are now open to the public after 10 years," said Sheraaz Ismail, CapeNature executive director of marketing and ecotourism.

There are three fully renovated and equipped chalets that sleep six to eight people each, and 14 spacious campsites that can take six people per site. CapeNature has reopened the improved facility just in time for the bouldering season, and activities may be carried out as normal. The popular sport climbing area was closed over 10 years ago due to fire damage, resulting in climbers losing one of the most unique climbing areas in South Africa.

The Cederberg Wilderness Area lies some 200km north of Cape Town, stretching from the Middelberg Pass at Citrusdal to north of the Pakhuis Pass at Clanwilliam and encompassing some 71 000ha of rugged, mountainous terrain. The area was

proclaimed a wilderness area in 1973 and has grown into a popular destination for hardy hikers and mountaineers. The Cederberg is renowned for its spectacular landscapes and rock formations, as well as its namesake – the increasingly rare Clanwilliam cedar tree.

Permits are available at the campsite office from 07h30 to 16h00, Monday to Friday; after hours, report at the management facilities across the road. Climbers wishing to make use of the facilities can access the reserve at no charge if they have a valid Wild Card; however, permits are to be purchased separately.


Bookings are now open. If you book before 30 September 2013, you will receive a 20% discount on self-catering and camping facilities only.

Campsite: R200 (6 persons per site)

Cottages: from R750 for 6 people per cottage per night (R80pp additional, sleeps max 8 people)


Permits: R60/day per person or R270/week per person

For more information, call 021 483 0190 or email reservation.alert@capenature.co.za.



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