

AFRICAN INSIGHT

EXPERIENCES THAT MAKE A DIFFERENCE



YOUTH DEVELOPMENT MOUNTAIN EXPEDITION



YOUTH DEVELOPMENT: MOUNTAIN EXPEDITION

INTRODUCTION

The Drakensberg is the highest and most extensive mountain range in Southern Africa and stretches from Sehlabathebe National Park in the south to the Sentinel in the north, a distance of circa. 200 km (125 miles). The summit is a plateau characterised by domes, ridges and valleys sloping gradually to the west and buttresses, cutbacks, gullies, free standing peaks and sheer cliffs to the east. The Thaba Ntlenyana at 3,482 m (11,452 ft) is the highest point and Sani Pass at 2,865 m (9,400 ft) the lowest, with the average altitude being 3000 m above sea level.

With over 600 sites and 40,000 images recorded, the Drakensberg is home to 35% of South Africa's San rock art, placing it among one of less than 3% of World Heritage Sites declared for both natural and cultural importance.

The Drakensberg is undoubtedly the most ideal landscape in Southern Africa to plan and undertake a mountain expedition.

PROGRAMME

African Insight™ has developed a 4-night / 5-day expedition framework that provides a 'primary objective' and 'secondary objectives' for the expedition, which relate to the natural and cultural importance of the region and the various phases of the expedition. This ensures that participants are actively involved in the entire expedition process.

Research. Making use of the Internet and other resources, specific information appropriate to the expedition's primary and secondary objectives, along with the practical aspects of undertaking a Drakensberg expedition, is researched. This research will cover cultural aspects, geography, climate, route, budget, as well as the administrative and legal requirements regarding permits and guide qualifications.

Planning. Using the above information the group will be able to accurately plan the route as well as the logistics in respect of catering and equipment i.e. what will need to be brought out from the participant's own country and what will be bought or hired locally.

Execution. The outcome of the research and planning phases should produce an expedition route, which African Insight has predetermined. Under the supervision and guidance of specialist mountain guides the participants will undertake their expedition. The role of the guides will be supportive of the process that the participants have undergone in preparing for the expedition, and importantly in ensuring the participants' safety and the successful achievement of the expedition objectives.

Throughout this module there are many opportunities for personal growth and skills development with the final expedition being an experience of a lifetime for many participants.

