

# Wildtracks Exploration

## Description:

Based on the Wildtracks Lodge property in Lower Zambezi valley, this adventurous journey is a learning experience for participants to explore the culture and lifestyle of the Gova people. Check points are manned by Instructors who have grown up in the area and are on hand to teach participants how to make clay pots, cook Baobab tree porridge and sleep under a stunning grove of Baobab trees. There are also some activities along the way that will teach participants survival skills and camp craft.

Training and supervision before the practice expedition includes *first aid, navigation and mapping, bush safety, camp craft* and *bush cooking, equipment checks and packing*.

On practice expeditions participants are supervised throughout by a qualified Award Leader.

A typical 4 night practice programme includes:

- Day 1 – Travel to Wildtracks and half a day of training
- Day 2 – A full day of training and preparation for the adventurous journey
- Day 3 – Adventurous journey and camp out under the baobab trees
- Day 4 – journey ends in a celebration on an island in the Zambezi river and feast at Wildtracks Lodge.
- Day 5 – Depart after breakfast with a packed lunch.

**Location:** \_\_\_\_\_ Wildtracks Lodge, Lower Zambezi valley

**Travel time from Lusaka:** \_\_\_\_\_ Roughly 4 hours via Chirundu

**Level:** \_\_\_\_\_ Bronze Practice

**Duration:** \_\_\_\_\_ 4 nights

**From ZMW 2720 per student**

(prices do not include transport. T's and C's apply)



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