

Horizons Adventure Programme for Women - Overview

We have often been asked by mothers of our GAP Year students - "When are you doing a trip for GAP Mum's? We'd like some time out and an adventure too..."

GAP Mum is a ten day outdoor adventure for women, a mixture of challenging pursuits and socialising.

This journey starts on the Main Divide at Lewis Pass, tramping through the new St James conservation area then rafting the Clarence River to finish at the Pacific Ocean.

The journey passes through a mixture of New Zealand's wild landscapes. Beech forest and alpine herbfields near the divide give way to arid craggy peaks of the Kaikoura ranges.

Who is the Programme for?

This programme is designed is for all women - you do not need to be a parent of our GAP Year students or even a parent at all. Our aims are for participants to:

- Take some time out and have an experience for yourself – 'cause life's busy and you're worth it.
- To have a challenging but supported adventure in the wilderness.
- Time for socialising and relaxing – bring a friend and make some new ones.
- This is a different experience, something you wouldn't normally do on your own.
- Learn about our natural environment, yourself - and your capabilities.

Timetable / Itinerary

Day	Activity	Highlights
Friday 11 th November	Meet and greet. Challenge ropes course. Prepare for tramp. Stay in Lodge near Lewis Pass	New people and personal challenges – step outside your comfort zone.
Saturday 12 th	Begin tramp at Lewis Pass (900 metres) on the Main Divide, hike 11kms through Beech forest to Ada Pass (1000m).	Beech Forest tramping
Sunday 13 th	Tramp approx 11kms to Christopher Hut (797m) - stay in hut.	Views of the snow capped, craggy Spenser Mountains.
Monday 14 th	Tramp to through the new St James conservation area Lake Guyon.	Beautiful alpine Lake Guyon.
Tuesday 15 th	Tramp to 15kms to Clarence Valley via Fowlers Pass (1300m).	Cross Fowlers Pass into the Clarence Valley.
Wednesday 16 th	Raft to the Big Eddie camp site.	Learn new skills – how to pack, paddle and steer a raft.
Thursday 17 th	Raft through the first gorge to Quail flat.	Camaraderie and camp fires.
Friday 18 th	Raft through second gorge.	Gorges and exciting rapids.
Saturday 19 th	Raft to camp amongst the manuka.	Amazing twisted geology and unique flora of the Kaikoura Ranges.
Sunday 20 th	Visit the Matai grove. Finish the rafting trip, dip your toe in the Pacific Ocean and celebrate.	Meet family and friends at Clarence River mouth. Tell stories drink bubbles and eat crayfish!

NB: Detailed instructions of where to meet will be given in the week prior to the journey - once we have established everyone's travel plans.

Horizons Unlimited Ltd

PO BOX 19 940 Christchurch New Zealand. www.horizons.co.nz

Phone 0064 3 3840384 Fax 0064 3 3840334 E-mail info@horizons.co.nz

Programme Details

Title: 'GAP Mum'
Duration: 10 Days
Start/ End: Christchurch, South Island.
Age: Any!
Course Cost: Early bird rate (sign up pre. 31 August 2011) \$2000
Standard rate \$2300

Includes:

- 10 days instruction/guiding/support
- All specialised equipment used for adventure activities, including ropes course, rafting, camping and safety equipment.
- All food and cooking equipment.
- Pick up and drop off at the airport in Christchurch

Prerequisite:

- Loads of enthusiasm!
- A desire to have an adventure.
- Capable of walking with a pack (approx. 10kgs).

Preparing for GAP Mum

We recommend that all GAP Mum participants prepare for this adventure by:

- Buying or borrowing pair of tramping boots (now) and get used to walking in them – try a variety of socks and walk up and down hills wearing a pack.
- Get used to wearing a pack - try some 2 hour to half day walks with a few 2 litre bottles (full) in your pack so it feels like you have a load on. Try to do this once or twice a week. Ask your local tramping expert to help 'fit' your pack to you. If you have trouble finding a pack that fits - we have plenty of spare – please ask.
- The rafting section of our journey will require you to use your arms and be able to swim a short distance. We recommend swimming once a week or a weights programme (you could use the 2 litre bottles from your pack for this!)

The days on GAP Mum will be well paced and the altitudes gained and distances travelled not outlandish. Tramping days will be approximately six hours long, the rafting days slightly less. However, this journey will be physically challenging at times (for all of us!). You will enjoy this experience a lot more if you have taken some time in the months prior to walk up a hill a couple of times a week with a pack on or attended some sort of gym or swimming classes.

Equipment list

We have broken the list into two parts. The first is the gear to take tramping. The second are added extras for the raft trip. We will transfer extra gear from the start of the tramp to meet us at the start and end of the rafting section – so a second small overnight bag can come up with you to Lewis Pass on day one, and we will repack at the start of the raft.

Equipment	I have	I need to borrow from HRZ
For tramping – we need to carry this, plus our food....:		
Tramping Pack – this needs to be at least 60 litres		
Pack Liner – large, thick plastic bag.		
Sleeping Bag – good quality (-10C below)		
Foam sleeping mat x 2 or lightweight thermarest.		
Tramping (Hiking) Boots – with ankle support		
Waterproof Raincoat – must be good quality		
Waterproof Over trousers/Leggings		
Polar Fleece Top/Woolen Jersey x 2		
Polar Fleece (or down) Vest (nice to have but not essential)		
Polyprop Top (long sleeved) x 2		
Polyprop Bottoms		
Polar Fleece Pants (or 2 pairs of polyprop bottoms)		
Woolen or fleece hat		
Sunhat		
Mittens or Gloves (woollen or polypro)		
Woolen Tramping Socks x 2		
Shorts x 1		
Togs (Bathing Suit)		
Zip Lock Bags – large 1 pack		
Light weight head torch + spare batteries		
Drink Bottle (minimum 1ltrs in bottle)		
Sunglasses – with a strap so they don't fall into the river!		
Knife, Fork and Spoon or a 'spork'		
Dish & Mug – (hard plastic is best)		
Sunblock + lipbalm		
Personal toiletries & Medication – keep these in small bottles		
Camera – for all those memories!!		
For the raft trip-where you can take lots of gear!		
Running Shoes		
Wetsuit (Steamer or similar) – this is not essential, some folk like to wear one in the raft, we think it will be too hot the majority of the time.		
Wetsuit booties- if you have some bring them to wear on the water.		
Towel		
Extra clothes (like clean underwear and an old jersey for round the campfire!)		

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Who Are We

Established in 1993 and based in Christchurch, Horizons Unlimited Ltd is a company formed by industry-recognised experts. Together we have decades of experience working as educators, trainers, consultants and facilitators - primarily in, or utilising, outdoor environments.

Horizons Unlimited is a NZQA registered Private Training Provider, our services are renowned and sought after by individuals, schools, tertiary institutes, businesses and industry organizations throughout New Zealand and Overseas. Areas of expertise include:

Adventure Leadership

We utilize our expertise and experience to provide Adventure Training Programmes that lead to actual work opportunities and are relevant to the needs of adventure industry employers. These services include:

- GAP Year/ Adventure Leader (16 weeks)

Adventure Tourism Services

This includes:

- the development and audit of Outdoor Safety Management Plans and Consultation
- the delivery of Outdoor Pre Hospital Emergency Care and Outdoor First Aid Programmes.

Adventure Education

The delivery of quality outdoor adventure education programmes for schools- including school camps, Ministry of Education LEOTC programmes and skills instruction.

Corporate Training and Development

Consultancy to corporate organisations. This includes team and leader development, staff training, performance management, one on-one-coaching, facilitation of strategic planning, philosophy and purpose workshops.

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Our Staff

We recognise that the success of our company is totally dependent upon the skills and enthusiasm of our people. We place a high priority on our ability to work effectively as a team, and to maintain total quality as a training provider.

Joining you on Gap Mum 2011 will be:

Hilary Cave



Hilary has been actively involved in the adventure industry for 25 years. She has guided thousands of clients on the Fox Glacier, ski guided in India and at Mt Cook and instructed scientists in field safety in Antarctica. Hilary has been instructing and managing the Operations side of Horizons Unlimited since 2005.

She has been an inspiration for many women having competed and placed in several Coast-to-Coast multi-sport races and endurance events.

Hilary brings a wealth of experience and a sense of humor that will make the 2011 GAP Mum journey one to remember!

Drew Coleman



An Adventure Educator and Outdoor Guide, Drew has worked in a wide range of programmes in Australia, Wales, South Africa, Vietnam and New Zealand.

In the Adventure Education field he has worked extensively in both secondary and tertiary programmes involving adventure based learning, team building, climbing, abseiling, rafting, kayaking and hiking expeditions.

As an outdoor guide Drew has worked with clients rafting, climbing and canyoning. Drew joined Horizons Unlimited in 2008 and manages the Adventure Leader Programme as well as delivering across the business.