



P.O. Box 1134 Plettenberg Bay, 6600 • GARDEN ROUTE • WESTERN CAPE • SOUTH AFRICA •  
 C +27 (0) 83 442 6115 info@ingwe.org.za www.ingwe.org.za  
 Ingwe Adventures cc CK2006/017275/23 Est. 2004 Member: Debbie Fermor



•TEAMBUILDING • OUTDOOR ADVENTURE • ENVIRONMENTAL EDUCATION • EVENTS •

## RATES 2023/2024

T's & C's apply

Quoted per person. Rates are subject to change, confirmed bookings will not be affected. Discounted rates offered if more than 1 programme is booked

**Our programmes are offered at any location, or venue of your choosing within the Garden Route area**

TEAMBUILDING PROGRAMMES		
Ingwe Big FIVE programmes	Children 8 to 18yrs	Adults
<b>Ingwe Journey</b> leadership skills and obstacle course	R395,00	R515,00
<b>Ingwe Eco Warriors</b> environmental and eco-adventure activities	R395,00	R515,00
<b>Ingwe Explorer</b> critical thinking challenges and problem solving	R395,00	R515,00
<b>Ingwe NVT Adventurers</b> hike through 5 habitats with activities along the way	R440,00	R530,00
<b>Ingwe Adventure Chef</b> action-packed problem solving culinary experience.	R440,00	R550,00
Group size minimum of 25 pax. Maximum 40 pax - larger groups on request. Duration dependent on group size and requirements		
<b>Half day session:</b> 3,5 hrs , with 1 x 15 minute break. <b>Full day session:</b> 7 hrs with 2 x 15-minute breaks and ½ hr lunch break		
<u>The above programmes include:</u>		
First day: Welcome and orientation on arrival. 1 ½hr activity with group to split into teams (can be included in 2nd day if required)		
Second day: Generally 09h00 is the start time and full day ends at about 16h00 (but we are flexible)		
Included: Briefings, all equipment, and facilitation. The 1st session includes some icebreakers chosen to lead into the main programme		
Itineraries are sent when time frame has been confirmed by the group. A copy of the pictures taken are sent via WeTransfer		
Menu content is to be signed off at least one week prior to arrival with any special dietary needs accounted for.		
<b>Kindly Note:</b>		
Refreshments and meals can be ordered in advance if required		
If a group requires to split any of the programmes over 2 days, we are happy to accommodate this with a surcharge starting at R150 pp		
If accom.has not been booked at Firefly Falls and the venue is used, an additional rate pp is applies when participating on programmes		
	Venue hire half day	R50,00
	Venue hire full day	R100,00
		R112,50
		R225,00
GIFTS OF THE EARTH GUIDED EXPERIENCES		
These speciality programmes are aimed at smaller groups but larger groups can be accommodated on request. At least 1 week's notice is required.		
An adult must accompany a minor on any of these programmes. Please advise in advance if refreshments are required.		
<b>Walks</b> (min 4 pax required)	An immersive and sensory experience through fynbos/forest with activities and exploration along the way.	
Walks are 2 hours, if you would like over 2hrs a pro-rata rate of R150 p/p p/hr will be charged. Sketching, painting, music, yoga etc can be included if you wish. You can also choose your own location. Entrance fees may be applicable		R230,00
<b>Foraging &amp; Fishing</b>	Weather and tide dependent. Fishing/foraging equipment supplied. Appropriate attire is required. Children from 10 years and up welcome with an adult present.	
15% discount is offered if bringing own equipment	<b>Half Day</b>	<b>Full Day</b>
Foraging (mussels and oysters) Min 4 pax. Max 10 pax	R650,00	R1 200,00
Fishing (beach or river) Max 4 pax	R950,00	R1 800,00
Combo Max 4 pax	n/a	R2 200,00
<b>Well-Beeing</b>	Weather dependant. Appropriate attire is required. Children from 10 years and up welcome with an adult present.	
The Dream Circle min 10 pax	2 hrs	R450,00
Cold Plunge at Coldstream min 10 pax	3 hrs (transport to location require	R550,00
Ice bath at Firefly Falls min 10 pax	2 hrs	R450,00
<i>The following programmes are add-ons to any of the Ingwe programmes, or the Gift of the Earth Series. They can also be grouped together for a full-day Well-Beeing programme if required.</i>		
Breathwork Workshop	45 minutes to 1 hour	R250,00
Learning to Balance	1 hour	R150,00
Message from Nature	45 minutes	R150,00
Meditation Sessions:		
Spirit Animal Journey	25 minutes	R150,00
Quick Energy Reset	5 to 10 minutes	R50,00
Mindfulness Meditation	20 minutes	R150,00
Guided Visualization	25 minutes	R150,00

**PLEASE NOTE THE FOLLOWING TERMS & CONDITIONS:**

Ingwe Adventures is a 16-star Eco Atlas awarded business with a high standard of environmental ethics and structures in place.

We encourage our guests to conserve resources, recycle and keep waste to a minimum. **Indemnity forms** need to be signed for each participant or guest.

**Please note that leaders of youth/student events & camps are required to supervise the students 24 hours and to be on site at all times.**

Ingwe Adventures has a zero-tolerance policy towards the use of drugs and illegal substances.

The use of glitter, bubble/chewing gum during our programmes is prohibited. Fire lanterns and fireworks are also strictly prohibited in our area.

For group bookings, the number of participants stated on this invoice is the number that will be charged for.

**Prices are subject to change**; where possible prior notice will be given. Confirmed bookings that have paid a deposit will not be affected.

**50% of total cost** required by bank transfer to confirm your booking. The **balance is payable** 30 days prior to arrival via bank transfer.

Right of admission reserved.

Arrival and departure times are as stated on the quote/invoice unless prior arrangements have been made. In the event of premature departure, the full extent of your booking will be charged for. A refundable **breakage deposit** may be added to the final total. **Any damage** to premises and property or extra cleaning incurred, will be deducted off the breakage deposit held. If the total is more than the breakage deposit held, the amount shall be deposited into our account within **24 hours of any damage** incurred.

Once you have signed the quotation/invoice and/or made a deposit to secure your booking, you are deemed to have read, understood and agree to be bound by all these terms and conditions as well as those on our website and that any queries you may have, have been addressed to your satisfaction.

**All terms and conditions of establishments or suppliers where we may have made an accommodation or activity bookings for you are applicable**

**All Covid-19 protocols as per Government regulations must be adhered to.**

**IN THE EVENT OF CANCELLATIONS**

**Cancellations must be made in writing & any bank or administration charges incurred will be deducted off the deposit received**

**Cancellation fees of the full amount of the entire booking prior to arrival is applicable as listed below:**

**150 to 91 days = 35%. 90 to 61 days = 50%. 60 to 31 days = 75%. 30 to 00 days = 100%**

**Please view websites for additional terms & conditions**

The undersigned gives his/her voluntary, specific and informed consent to the processing "of his/her personal information" - as required by and defined" in the Protection of Personal Information Act, Act 4/2013

Ingwe Adventures 'domicile citandi et excutandi' is Portion 24 of Farm 303, Forest Hall Road, The Craggs 6602 Western Cape South Africa



