



Doring River

Where:	Clanwilliam. Cederberg
When:	Winter & Spring
Difficulty:	Class 3-4 (moderate to challenging, depending on water level)
Length:	2 days, 1 night
Length of drive from Cape Town:	3 hours

OVERVIEW

The Doring River is situated near Clanwilliam, about 3 hour's drive from Cape Town. Set in the foothills of the Cedarberg, this lovely area offers visitor beautiful scenery and springtime flower displays. The river itself winds through a pristine canyon, offering a real wilderness experience. Dry in summer, winter rains swell the river forming exciting whitewater rapids such as 'House', 'Krantz' and 'Island'. This trip offers a 2-day break from modern living that will feel much longer and remind you of what life is really all about.

THE TRIP

The trip usually starts on Saturday morning - your guides will meet you at the start point on Papkuilsfontein farm. Your guides will give you advice on how best to pack your drybags for your trip down river. You will leave your vehicles here and be shuttled down to the put in point. Before getting on the water you will also have a thorough safety briefing and some paddling instruction. Then, it's time to get going for two days of excitement!

We use inflatable two person 'crocs' that are easy to paddle and steer. We also have a couple of rafts that are very stable and perfect for less confident paddlers (dependent on water level). Each trip is run as a self-contained expedition - we carry everything we need with us and take everything back out again at the end.



We make our way down river, camping at night. All you need to provide is your personal camping gear and drinks of your choice. All meals are included from lunch on Saturday to lunch on Sunday, as are qualified guides, and boating and safety equipment. You also have the option of staying at Oudrif Lodge (subject to availability), overlooking the famous 'House Rapid' – let us know if you are keen on this option and we will provide contact details. This is also a great option for non-paddlers.

PRICELIST

Doring River Rafting 2 days, 1 night	
Adults	13-18 years
R3,150 pp	R2,850 pp
Wetsuit hire	R200 for trip
First night camping (self-catering)	R150 pp
Minimum group size of 12. Maximum group size of 20. Includes all meals from lunch on day 1 to lunch on day 2, qualified guides, boating and safety equipment and VAT. Exclusive groups – min 16 people	

Doring River Rafting 3 days, 2 nights	
Adults	13-18 years
R3,950 pp	R3,850 pp
Wetsuit hire	R200 for trip
First night camping (self catering)	R150 pp
Minimum group size of 12. Maximum group size of 20. Includes all meals from lunch on day 1 to lunch on day 3, qualified guides, boating and safety equipment and VAT. Exclusive groups – min 16 people	

This trip includes VAT, all meals from lunch on first day to lunch on last day, transport at the river, equipment, and legendary Gravity guides. If you'd like to book an exclusive group, we will need a minimum group size of 16 people. You are welcome to arrive on the night before the trip starts and camp on a self-catering basis.



Why Gravity?

Gravity has an unwavering attitude towards quality and safety on all of their trips – some of the aspects which make Gravity one of the leading adventure companies in SA include the following;

- SAMSA License to Operate
- Limited group sizes – for safety and environmental reasons
- Only qualified guides, in the recommended guide: client ratios
- Top notch equipment

Are your guides trained and qualified?

Yes, we are an IRF (International Rafting Federation) training provider and our guides are trained and qualified.

How do I get up to the Doring

You will drive up in your own vehicle and meet our guides at the river. Full directions will be supplied on confirmation of booking. You'll head up the N7 as far as Clanwilliam and then off onto dirt and into the Cederberg foothills.

What do I need to bring?

We supply all of the river and catering gear. You will need to bring along your personal camping equipment and your choice of drinks. A full kit list will be supplied on confirmation of booking.

Can I bring my camera?

We would recommend buying a disposable waterproof camera. Wherever possible, your guide will take photos which you will be able to purchase after the trip. You can bring along your own camera as well – we will provide a watertight bucket for storage – but we strongly recommend you provide your own water tight case and arrange insurance just in case!

Do I need to be fit? What if I'm not a strong swimmer?

This is an exciting trip but you don't need to be an athlete to enjoy it. A basic level of fitness and good health is required, though. You should familiarise yourself with what the trip entails and make an informed decision on your ability to participate, based on your own fitness. Each client is issued with a PFD ('Lifejacket') and is instructed on how to handle themselves in the water, you don't need to be a strong swimmer but please let us know if you are not confident in the water.

Is it difficult to steer the boats? Will I fall out?

We use a variety of craft depending on the water level: in high water, we use a 4-person raft, steered by a raft guide. At medium levels, (common during the winter season), we use 2 person inflatable 'croc's that are very stable and easy to paddle, even for beginners. This section of river has lots of fun rapids as well as a few challenging runs. There is therefore quite a good chance that you'll have at least one swim! Thrills and spills are part of the adventure and bumps and bruises are a possibility. You will be equipped with a PFD ('lifejacket') and will have been given instruction on exactly how to behave if you fall out of your boat. We also use only highly trained guides who will be on hand to rescue you if required. Remember that you always have the option of walking around anything you are not comfortable doing.

Is it safe? What about if I hurt myself?

Whilst there is an inherent element of risk in every adventure, rafting with our professional guides should not be considered dangerous. Our guides are all trained in First Aid and we carry a First Aid kit. It is your responsibility to make sure you have any personal medication with you (e.g. asthma pumps, allergy medication etc.)

What will the meals be like?

We pride ourselves on providing our clients with the best in bush cuisine. All meals are prepared fresh on the river and consist of hearty, healthy main courses, followed by desert. Tea, coffee and hot chocolate are also provided.

Why restrict group sizes?

This is a sensitive natural environment and we are as committed to keeping this unique area as pristine as possible. Although we can accommodate larger groups by arrangement, we prefer to keep the group on the smaller size.

What will the weather be like?

In winter and spring the weather is generally cool to cold and sometime rainy. This area is in a rain shadow so there is also a good chance of glorious, sunny weather. Nights are always cold though! Trips will run despite the weather although we will cancel or postpone if we feel it's necessary. You'll be wearing a wetsuit and getting wet anyway so the rain usually doesn't make too much difference!

What other activities are available in the area?

Its worth adding a day to your itinerary - Flower viewing in the Namaqualand and Niewoudtville areas – should be excellent this year! Hiking, mountain biking and khoi-San rock art are highlights. Spoil yourself by staying at Oudrif Lodge or Bushmanskloof. Chat to our bookings staff about what interests you and they will be able to

make some suggestions or tailor make an itinerary for you.

Any restrictions?

Our code of safety requires us to warn you against consuming alcohol or drugs in the 8 hours preceding the trip as well as at all times on the water.

More Questions? Give us a call!

Tel: (021) 683 3698, e-mail: adventure@gravity.co.za, or go to www.gravity.co.za