



PALMIET RIVER TUBING & RAFTING

Grading:	1-4 (easy to challenging, depending on water level)
Minimum age:	Tubing: 8 years Rafting: 12 years
Length:	3-4 hours
Season:	Rafting: July - October Tubing: October – January, May-June
Length of drive from Cape Town:	1 hr 30 mins



The Palmiet River tumbles through the Fynbos covered mountains of the Kogelberg Nature Reserve, just outside Kleinmond, about an hour's drive from Cape Town. This pristine natural environment forms the backdrop to our Palmiet River Experience. A friendly stream during the summer months, winter rainfall turns the river into an exciting white water adventure. Our trip are designed so that we can offer our clients an exciting experience in both seasons and enables us to run almost all year round.

Gravity Adventures pioneered the Palmiet River and have been running it for over 25 years now. We can truly say that we are 'the original and the most knowledgeable ' operator on this river. We are privileged to be an operator in this awesome biosphere reserve.

The Palmiet River Experience is suitable for ages 8 (tubing) and 12 (rafting) and above and does require a certain level of fitness as it is a physical outdoor activity. Due to the nature of the activity, there is a weight capacity of 100kg for the boats that we use. People above 100kg should contact us to discuss. We provide qualified guides with an intimate knowledge of the river and instruction on how to steer your craft. You can join a mixed group or get your own group together on a specific date.

We start in the Kogelberg Nature Reserve and end just above the bridge on Clarence Drive, before Kleinmond - a distance of about 5 kms. Wetsuits can be hired if you don't have your own. Since this excursion takes place in a sensitive natural environment, group size is limited to 24 people per group. The price includes VAT, all boating & safety equipment, and qualified guides.

***Note | Prices exclude the CapeNature Conservation fee (currently R50.00 CASH per adult) – if you have a WildCard or are staying in the reserve, you don't pay this.**

White Water Rafting - June to September. Min age 12

At medium and high-water levels, we offer thrilling white-water rafting in two-person inflatable 'crocodiles' or four-person rafts depending on the level. Rafting is done during winter due to the rainfall so wetsuits are worn for the cold. The inflatable 'crocodiles' are self-steered and guides will give you a full safety briefing before heading onto the water. There are 5 main rapids with names such as Handstands up, Bubble and Squeak, Itchy and Scratchy, Waterfall and Judgement Day! They vary from grade 3/4 depending on the levels. This is a world class trip with fantastic white water in an incredible environment.

Tubing | October to April (February and March are usually too low to run). Min age 8

At low levels we offer trips on inflatable 'gekos'. This innovative inflatable craft was specially developed for the Palmiet and is now used countrywide. If used in a reclining position, it provides a comfortable way to drift lazily along the pools and channels of the river. It comprises of a single Tube with a 50mm floor to minimise impact from rocks. The tubing is physical in nature, so a reasonable level of fitness and agility is required. During summer months we drift the pools and walk over the rapids

CapeNature have recently redeveloped their accommodation and offer state of the art 'Eco Cabins' in the heart of the Kogelberg. This is an ideal base for a weekend away or a corporate breakaway and we can arrange all catering as well as additional activities such as hiking, abseiling and mountain biking.

Minimum group size is 4, max is 20 (but we can do more than one group simultaneously) Ask about our discounts for larger groups, schools and corporates.



PRICELIST

PALMIET TUBING near Kleinmond 4 -5 hours

Float through a pristine fynbos valley on our inflatable 'gekos' and enjoy the fun rapids. October to December.

Group size	Price per person
4-6 people	R950pp + R60 conservation fee
7-12 people	R650pp + R60 conservation fee
13+ people	R550pp + R60 conservation fee
Wetsuit hire	R100pp

Minimum group size: 4; Maximum group size: 24 (can do 2 groups per day). Minimum age 8 (with adult). Prices subject to change. Larger and custom groups by arrangement. Rate includes boating & safety equipment, qualified guide, activity fee and VAT.

PALMIET WHITE WATER RAFTING near Kleinmond 4-5 hours	
<i>World class white water in the beautiful Kogelberg Nature Reserve. June to September (usually).</i>	
Group size	Price per person
4-6 people	R1,250pp + R60 conservation fee
7 -12 people	R650pp + R60 conservation fee
13+ people	R600pp + R60 conservation fee
Wetsuit Hire	R100pp

Minimum group size: 4; Maximum group size: 24 (can do 2 trips per day). Minimum age is 12 (with adult). Prices subject to change. Larger and custom groups by arrangement. Rate includes boating and safety equipment, qualified guide, activity fee and VAT.



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;

- Limited group sizes – for safety and environmental reasons
- Only APA qualified guides, in the recommended guide: client ratios
- SAMSA Licence to Operate – this is a legal requirement which many operator do not adhere to
- Top notch equipment

Are you a member of APA?

Yes, we are Operating Members of APA and our guides are trained and qualified.

How do I get up to Kleinmond?

You can drive up in your own vehicle or we can provide transport if required. Full directions will be supplied on confirmation of booking. The coastal route on Clarence Drive is acknowledged to be one of the top scenic drives in the country.

What do I need to bring?

We supply most of what you'll need. You'll need to bring your own wetsuit or let us know if you need to hire one from us. You just need to bring a change of clothes for after the trip. 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.

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 and at low levels (common in summer), we use 1 person 'gekos'. 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 and tubing 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 cold drinks are also provided.

Why restrict group sizes?

We operate in this area as part of a joint venture with Cape Nature Conservation. We are as committed as they are to keeping this unique area as pristine as possible and so adhere to their recommendations of a maximum group size of 20 (40 per day in two groups)

What will the weather be like?

In winter the weather is generally cool to cold and sometime rainy. 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! Spring and autumn is generally warm and pleasant, but the weather is obviously less predictable at this time of year. Summer is hot and the Palmiet valley is usually protected from the prevailing winds.

What other activities are available in the area?

The Kogelberg Biosphere Reserve includes the coastal towns of Pringle Bay, Betty's Bay and Kleinmond and the incredible wilderness of the Kogelberg Nature Reserve. Activities include hikes and walks, mountain biking, abseiling, whale watching, diving and snorkeling, surfing and beach activities. Hermanus is about 25 minutes away as is the Green Mountain Eco Route, with its wine farms, restaurants and other activities. 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?

The APA 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
