



Zambezi river challenge and Big Cat project

in aid of Cats Protection

**Information Pack
20th – 30th October
2016**

This is a unique and thrilling opportunity to challenge yourself while raising vital funds for your local Cats Protection branch or adoption centre. A registration fee and minimum sponsorship applies to take part, contact us to find out more.

Limited spaces available – get in touch now for this once in a lifetime opportunity.

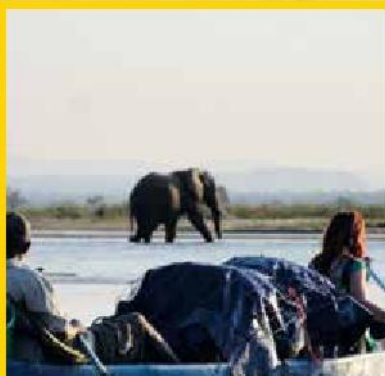
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Reg Charity 203644 (England and Wales) and SC037711 (Scotland) FUND_859



Cats Protection Zambezi river challenge and Big Cat project



About Zambia

The home of the mighty Victoria Falls, abundant wildlife and the awe-inspiring Zambezi River the vast landlocked nation of the Republic of Zambia covers an area of over 740,000 sq. km. This friendly country borders the Democratic Republic of Congo to the north, Tanzania on the north east, Malawi to the east, Mozambique, Zimbabwe, Botswana and Namibia to the south and Angola on the west. Formerly known as Northern Rhodesia, the country was renamed after the Zambezi River following independence in 1964. Zambia has more natural water resources than any other southern African country with the Kafue, Luangwa and Zambezi rivers flowing through it, making it ideal for a canoe challenge.

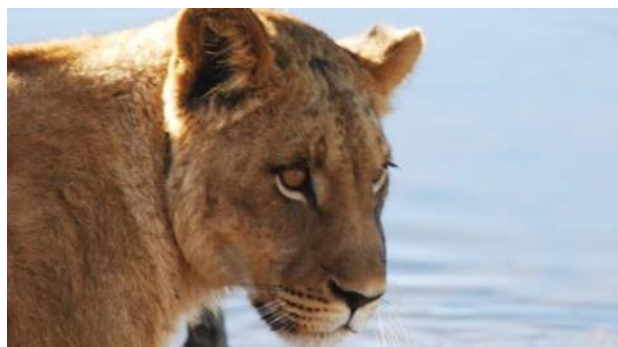


The Big Cats

A highlight of the trip will be spending three days helping on a range of tasks at the lion conservation project. The specific activities will vary depending on the most urgent need at the time but it is likely you will be involved with a snare sweep, which is important to protect the animals from illegal poaching, meat preparation, cub feeding and enclosure cleaning. There will also be plenty of opportunities to learn more about the lions such as how to interpret their behaviour, studying aggression levels at feeding times, observing social interactions between pride members and learning about body condition and health.



On one of the days you will take a visit to Dambwa Forest enclosure, home to the oldest lions at the conservation project. You will be shown the pre-release training site where the lions spend their evenings practising their hunting. If you're lucky you may spot some of the lions stalking and hunting the prey in the enclosure. During your time at the project you will design and prepare a lesson for the local children to educate them on the benefits of conservation in accordance with the Zambian Wildlife Authority-approved syllabus. You are free to prepare the lesson as you wish, perhaps with inspiring games, dramatic productions, posters, stories or arts and crafts...the possibilities are endless!



The project takes a multi-disciplinary, long-term and responsible development approach to lion conservation and works closely with local communities, policy makers, conservation managers and business leaders to implement sustainable conservation of lions while meeting the challenges of local people living alongside a natural predator. A key part of the conservation of lions is the reintroduction of lions into the wild.



The Zambezi

The Zambezi is Africa's fourth largest river after the Nile, Zaire and Niger Rivers. It runs through six countries on its journey from central Africa to the Indian Ocean. It is less developed than other rivers in terms of human settlement and many areas along the banks enjoy protected status. Its power has carved the spectacular Victoria Falls and the zigzagging Batoka Gorge.

The Lower Zambezi National Park is Zambia's newest park. The diversity of animals is not as wide as the other big parks but the opportunities to get close to game wandering in and out of the Zambezi channels are spectacular. The National Park covers an area of 4,092 sq km and enormous herds of elephant are often seen at the river's edge, along with numerous buffalo and waterbuck. Although they are elusive, leopards and lions make their home here too.

Canoeing overview

You will spend three full days participating in a downstream canoe expedition on the Lower Zambezi river. Exploring Zambia by water gives you a unique perspective of the beauty of Zambia's natural landscapes and wildlife. You will camp each night on the river bank or small islands. This challenge is graded ***moderate to challenging***.



Who accompanies us?

You will be accompanied by professional English-speaking guides and support staff who are First Aid trained and will support you throughout your journey. You will also be accompanied throughout by a UK tour manager and Cats Protection staff member.

What is the scenery like?

The area of the Lower Zambezi River you will visit tends to be quite wide with tree-lined sandy banks either side. During October you start to see new leaves growing on the trees and the likelihood to see wild game along the banks is increased because the inland streams have dried up so the animals rely on the river for water. As you paddle downstream you are likely to spot plenty of elephants and hippos and possibly even a crocodile or two. Don't worry; your local guides will navigate you through the river so you can admire these incredible creatures without disturbing their territory. It is also likely you will spot impala, kudu, waterbuck, warthog and buffalo. Occasionally big cats, such as cheetah and lion are seen or more frequently heard!

The Zambian sunrise and sunsets are beautiful beyond measure as the entire landscape changes colour as the sun moves through the sky, reflecting off the calm waters.



What is the weather like?

October is a great time to spend in Zambia. It marks the end of the dry season so dramatic clouds start to build up as temperatures increase and the air clears. Temperatures range from 25-32°C during the day and drop to around 8-15°C at night so it's important that you bring warm layers for the evenings. The weather should be dry and calm with low water levels on the river however it's not uncommon to have a few early morning showers. Although the temperatures and conditions above

are historically accurate, climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. Should this happen the guide will assess the situation and make decisions to ensure the best enjoyment and ultimately safety of the group as a whole.

I've never canoed before, can I join?

No previous canoeing experience is required (although this would be a bonus) but a good level of general fitness is recommended as the days can be long and tiring. Life jackets are supplied. You will paddle approximately 12-28km per day on the river but there are some leisurely stretches where you can soak up the sights and sounds of Africa! Occasionally you will pull in and walk along the shore, looking out for animals along the way.



What about the daily routine?

You will be given a thorough briefing on what to expect before you commence your canoe safari. The typical day will start at 6:30am with a wake-up call with tea or coffee and biscuits. You will then set off downstream at around 7:30am so you can take advantage of viewing the animals when they're most active. You'll pull in for breakfast at around 8:30am before continuing to canoe towards a sheltered spot for a long lunch to avoid the heat of the day before heading to our overnight spot to set up camp and help prepare dinner (timings are **all approximate** and subject to change). Evenings are often spent around the camp fire telling stories and getting to know one another. It's also a great opportunity to enjoy stargazing or write a journal.

Where will we stay?

Camp will be set up each night on the banks of the river, or on small islands. You will be sharing two-man tents (two to a tent) which have incorporated mosquito netting. Sleeping mats and sleeping bags

are provided but you may bring your own if you wish.

What about toilets and hygiene?

Water will be drawn from the river for washing and showering and you are recommended to bring environmentally friendly shampoo and soap



products to keep pollutants to a minimum. Lush (www.lush.co.uk) and The Body Shop (www.thebodyshop.co.uk) products are worth considering. Toilet facilities comprise a hole dug into the ground with a small 'toilet tent' for privacy. You should bring your own supply of toilet paper and a small pack of baby wipes for general hygiene throughout the day.

What equipment is provided?

The canoes are two-man 18-foot Canadian-style fibreglass canoes with containment nets and ropes to ensure both group gear and personal belongings are secure at all times. Each canoe has five buoyancy chambers, while the bucket seats are foam cushioned allowing a reasonable level of back support. Single bladed paddles are used and life jackets supplied.

You can leave any luggage not required for on the river in Lusaka (large suitcases, hairdryers etc.). Anything you need for the canoeing days should be packed into a soft holdall or dry bag.

What is the food like?

You tend to start the day with hot drinks and biscuits before setting off from camp, then after several hours canoeing you will stop for breakfast which will comprise produce such as eggs, pancakes, fruit, toast, bacon, sausages etc with more hot drinks. Lunch will be an assortment of cold meats, salads, breads and cheeses and dinner will involve a main meat dish with vegetables and potatoes rice or pasta. Dietary requirements can be catered for if we are notified in advance. There is

always plenty to do at meal times so get involved and help your guides with preparation!

How fit do I need to be?

It is advised that you are of a good fitness level before departure to ensure fast recovery from each day's exertions. An ideal candidate would be someone who enjoys being out of their comfort zone and trying something new, with a flexible and open minded personality. If you do not regularly exercise it is advised that you start training before departure to ensure your best chance of enjoyment on the trip. This could



include speed walking, hill walking, swimming, running, cycling, gym workouts, team sports, boot camps, yoga etc.

You can download a number of free apps which will help you train and track your progress. Eg iMapMyRide – free (cycling), C25K (couch to 5k run) – free (jogging/running), MyFitnessPal – free (for a variety of sports). It is possible to complete the trip without training but it may hinder your experience and the experience of your teammates. We require a medical form to be completed by everyone upon registering and any pre-existing conditions, medications used and other medical issues **must** be noted and (if relevant) signed by your GP. Any conditions that develop must be declared and a new medical form completed and signed.

What does it cost?

To sign up you will pay a non-refundable registration fee of **£315**. This may be payable in instalments. Once your place is confirmed you can start your fundraising which is a minimum target of **£3,900 sponsorship** for Cats Protection. This figure is *in addition to* the £315 registration fee.

The Fundraising team at Cats Protection will help you every step of the way to reach, and most likely exceed, this target which is very achievable.

What is included?

Flights from London (*excluding* taxes and fuel surcharges), all transfers in Zambia, accommodation (tents while canoeing, permanent tents in Livingstone and a basic lodge in Lusaka), all meals and mineral water throughout, local project co-ordination, National Park fees, local expert English-speaking Zambian guides and support staff, a UK Different Travel tour manager.

What do I need to budget for?

Airport taxes and fuel surcharges (currently approximately £280; to be confirmed 12 weeks before departure), personal expenses locally such as drinks, souvenirs, optional excursions etc., vaccinations, malaria prophylaxis, Zambian visa (*current* cost \$50 on arrival), travel insurance, tips, personal gear (see kit list below).

Is the trip ATOL protected?

When you book you will be financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see the booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:



www.atol.org.uk/ATOLCertificate.

Itinerary

Day 1 (TBC October): Depart London

Fly overnight from London to Lusaka.

Day 2 (TBC October): Lusaka – Lower Zambezi

Arrive in Lusaka where you will be transferred to the Lower Zambezi (approximately three hours) where we meet the local team for a safety briefing before commencing our canoe expedition!

Meals: lunch and dinner.

Days 3-5 (TBC October): Lower Zambezi

Spend three full days on the river enjoying all the delights of this spectacular natural landscape. The days canoeing are long and can be tiring but no specific experience is required, just a good overall level of fitness. The canoeing is a great opportunity to spot game; elephants and hippos are plentiful, and it is also likely you will spot impala, kudu, waterbuck, warthog, crocodile and buffalo. Occasionally big cats can be seen, or more likely heard!

Meals: breakfast, lunch and dinner.

Day 6 (TBC October): Zambezi - Livingstone

Today we travel to Livingstone (approximately seven hours' drive) and arrive in time to visit the lion conservation project as the lions tuck into their evening meal.

Meals: breakfast, lunch and dinner.



Days 7-9 (TBC October): Livingstone

For the next three days we will help on a range of tasks at the lion conservation project. We will also hopefully arrange a visit to the human/elephant conflict mitigation research program. Conflict between communities and elephants is a big problem in Zambia, particularly in areas such as Livingstone where communities and wildlife live in close proximity. You will learn how the program strives to educate people on the best ways to relieve these problems. There is also time to fit in some of the many activities on offer in and around Livingstone, such as a helicopter ride over the falls, a gentle sunset cruise, or perhaps a bungee jump for the more adventurous! (Extra costs apply and are payable locally).

Meals: breakfast, lunch and dinner.



Day 10 (TBC October): Livingstone - Lusaka

Travel by bus to Lusaka today (approx. six hours) where you will enjoy a farewell dinner at a small game reserve on the edge of town.

Meals: breakfast, lunch and dinner.

Day 11 (TBC October): London

You will transfer to the airport for your return flight to London today and depending on flight times you may arrive into London the next day.

NB Adventure travel can be unpredictable so this itinerary may change due to unusual weather patterns, wildlife movements and the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour manager will have the final say in the interest of the health and safety of the group.

Frequently Asked Questions



Zambezi river challenge and Big Cat project

Reg Charity
203644 (England and Wales)
SC037711 (Scotland)

Who signs up for a challenge like this?

People just like you! Anyone over 18 years old is welcome on the challenge (and 16 and 17 year olds if accompanied by an 18+ parent or guardian). There is no upper age limit and we welcome everyone from experienced trekkers to novices and everyone in between!

How will I raise the sponsorship required?

Most people find that this is far easier than they imagined, you will receive dedicated fundraising support from your Regional Fundraising Manager at Cats Protection, if you are not already in touch with them, please contact Rebecca on 01825 741 960 [or Rebecca.worth@cats.org.uk](mailto:Rebecca.worth@cats.org.uk) and she will put you in touch with your fundraiser. Cats Protection will provide you with a comprehensive fundraising pack and also meet with you to help you plan a calendar of fundraising which will work for you and fit in around your lifestyle.

In the meantime here are some suggestions for how you could raise your sponsorship.

- Non-uniform day at your local school - £300
- Supermarket bag-packing/bucket collection, twice - £500
- Car boot sale/eBay auction - £250
- Quiz night - £250
- Sponsorship - friends, family, suppliers at work - £300
- Host a party and charge everyone £10 to attend - £400
- Ask five close friends/family members to raise £100 each - £500
- Dress Down Day at work/lunch money donation - £300
- Donate your skills - ironing, babysitting, gardening, DIY - £250
- Karaoke night - £250
- Sponsored beard-shave/leg wax - £200

Total £3,500

How do I sign up?

Complete the enclosed booking form and return with your registration fee to:

The Different Travel Company,
4 Downs Park Crescent,
Totton, Southampton,
Hampshire,
SO40 9GH

Or you can email your completed form to info@different-travel.com. Once your place is confirmed we will email you a training guide, fundraising pack and much more!

This trip is operated by The Different Travel Company (ATOL 6706) for Cats Protection (Reg Charity 203644 (England and Wales) and SC037711 (Scotland)). The Different Travel Company Ltd. is a company registered in England, number 05324268. All the flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate.

