

GAP Mum: A Journey for Women

From the Main Divide to the Pacific Ocean



Our GAP Year students are 'pumped and positive' at the end of their experience with us. Now it's your turn!

In response to numerous requests, this journey is specifically designed for hard working women. For women who put so much energy into their families, homes and jobs, GAP Mum is a chance to take some time out. GAP Mum offers a huge adventure in the New Zealand outdoors, a chance to meet other women and experience something new.

Why take a GAP Mum experience?

- 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.

Who is this adventure for?

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..."

So 'GAP Mums' - it's time to step up.

This is for all women - you do not need to be a parent of our GAP Year students or even a parent at all.

When and how long?

GAP Mum is a ten day adventure in spring:

Start: Thursday 10th November 2011 at 8pm at the Lewis Pass.

Finish: Sunday 20th November at the Clarence River Mouth, north of Kaikoura.

Where will we go and what will we do?

Day one: Group introductions. Challenge Course. Prepare for tramp.

Day two-five: Starting on the Main Divide we tramp through the St James Conservation Area to the Clarence River.

Day six-ten: Raft 215 kms down the Clarence River (one of NZ longest un-dammed rivers) to the Pacific Ocean.

Day ten afternoon: Celebrate our journey, tell stories, eat crayfish and drink bubbles!



How hard will it be?

This is a trip where you will need to carry your own pack, sleep in a tent, cook in the outdoors and assist in paddling a raft....

GAP Mums will enjoy this experience a lot more if they have taken some time in the months prior to walk up a hill with a pack a few times a week or attended some sort of gym or swimming classes.

The tramping days will be six or so hours long - with plenty of rests.

The Clarence River, with its beautiful scenery and exciting grade 2 rapids, is the perfect wilderness rafting trip for first time paddlers.

At the end of a rafting day you can expect to wind-down around the camp fire and watch the stars overhead. Days on the river will be slightly shorter than tramping days.

Who are we?

Established in 1993 Horizons Unlimited Ltd is a Christchurch based training and development company. Our areas of expertise are:

- Adventure Education
- Outdoor Safety Management,
- Outdoor Pre Hospital Emergency Care.
- Adventure Leadership - GAP Year.
- Corporate Team Training.

Horizon's philosophy is to develop people through quality, high impact experiences.....

What gear will I need?

All Gap Mum's will need to be attired in the "latest" outdoor clothing and after ten days in the wilderness will cut a dashing figure in polypro and boots!

You will need some essential items:

- Sleeping bag, sleeping mat and liner*
- Back pack*
- Warm & waterproof outdoor clothing*
- Trekking boots with ankle support.
- Wine of your choice for raft trip if required!

*We can hire you these items for a small charge.

Please refer to our detailed gear list.

We will provide:

- All technical, camping, cooking and safety equipment.
- All food.

Our Staff

Our staff are highly skilled and trained in both outdoor and facilitation skills.

We will be supported by the experienced 'Clarence River Rafting' team, for the rafting section of the journey.

Price

Early bird special: \$2,000 pre 31 August.

After 31 August: \$2,300.

Talk to Hilary at Horizons Unlimited.

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