

# KIDS OF NATURE TRAVEL PROGRAMME

4x4 South Africa Adventure  
for women with spirit

PROGRAMME FEBRUARY/MARCH 2021

4x4 South Africa Adventure  
February/March 2021 - 10 travellers





*Do you ever want to get away from it all?*

*Would you like to drop all your responsibilities for a moment?*

*Do you ever need peace and freedom, just some time for yourself?*

*Would you like to go on an adventure again, with pure girl power?*





### **The adventure – girl power!**

This 4x4 South Africa Adventure will be a 'women only' experience. because there are times in life when women just need to be themselves without the presence of men. This adventure will be a breath of fresh air, a moment to have fun but also reconnect with yourself and nature. Let your hair down and leave your high heels in the wardrobe, forget about your responsibilities for a few days and join Kids of Nature on a journey through breathtaking 4x4 terrain in South Africa. We take you through beautiful landscapes along the Orange River on the border with Namibia and then through the sandy tracks of the Kgalagadi Desert. A 16-day adventure where you can enjoy the African sun on your skin, beautiful nature, warm wind through your hair and sand between your toes. The feeling of freedom and inner peace. The absence of constant stimuli to give our mind and senses much needed peace and quiet.

The programme provides time in group as well as time alone to reflect, enjoy your carefree freedom or to just think about nothing.

For the photography enthusiasts, there is no better team leader than Herbert Brauer who is passionate about sharing his own experience as a cameraman and photographer, both for landscapes and wildlife (and people, only if you ask him nicely ...:))

The basics:

- Accommodation for the entire trip is based on 2 singles per room / tent
- All accommodation and camping spots are equipped with clean sanitary facilities. It is an adventure tailored to feminine standards.
- 2 persons per 4x4. We have a road book and maps per region as the only navigation. GPS and mobile will not be used. We do have a satellite phone for emergencies (such as a shortage of wine or chocolate).
- The total driving time indicated is with breaks included.
- All meals on the way or at the camping spots are made in group.

**The trip will take place in February/March 2021. A spot to participate must be booked as soon as possible to avoid disappointment. There are only a limited number of places to stay overnight and some trails allow only a limited number of vehicles per day to keep the experience pure and pristine.**

### **Are you the woman with spirit we are looking for?**

We are looking for:

- Novice to intermediate experience in 4x4 driving
- You love adventure
- You like a dynamic group atmosphere, but privacy and tranquility are equally important to you.
- You are at least 23 years old.



### **Organiser and team leader**

The adventure is guided by Petra Vandecasteele and Herbert Brauer.

#### Petra Vandecasteele - organiser & host - founder of Kids of Nature

After taking part in a 4-year overland expedition from Brussels to Cape Town and zig-zagging 70000 km off the beaten track through East & Southern Africa, there was simply no turning back to conventional urban living. I chose to homeschool my children to allow us the freedom to be fully mobile and to travel regularly as a travel journalist and reviewer of extraordinary places, projects, and fascinating people.

Spending quality time with my family and friends, connecting with the world around me, and of course, travel in pristine nature, are key to my happiness. My moto is: let your hedonistic streak run free and enjoy the things that make you happy.

I love inspiring others by sharing my experiences and designing immersive adventures in the wilderness.

Also, I believe that mindful travel in nature connects people with the wilderness and the wild child within themselves.

I started Kids of Nature Travel & Lifestyle in 2013, with the premise that travel is an integral part of lifestyle design in action.

Kids of Nature is located in beautiful Cape Town - one of the world's best work and play destinations - and I work from one of the most scenic and authentic places in South Africa. At Kids of Nature we like to be mobile and use technology to our advantage, not to be enslaved by it.

Kids of Nature organises (family) holidays, team bonding for companies and immersive time in the wilderness around different themes such as this 4x4 adventure.

My contact details:  
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[petra@kidsofnature.com](mailto:petra@kidsofnature.com)





Herbert Brauer - team leader - wildlife cameraman & coach

I spent many hours in remote wilderness, mostly in Southern Africa. My fascination with animals and a sense of deep connection with wild nature inspired my commitment to conservation from a young age. I formally studied life and geosciences at South African universities. This proved to be of great value to me, first as a safari guide, then as a professional photographer and subsequently as a wildlife cameraman.

Further training with trackers, and trainings in authentic nature traditions expanded my understanding of our multidimensional relationship with Nature in the greatest sense.

During the filming of the award-winning National Geographic wildlife documentary THE LAST LIONESSE, my interactions with lioness Lady Liuwa radically challenged my belief system, leading to progressive changes in all areas of my life. I came to realize that all authentic change needs to be created and formed from within.

As a transformative coach, mentor and wilderness guide I facilitate the dynamic space where we receive profound insights for personal transformation, vision, and growth, gaining wisdom through personal experience. I also facilitate a space in which outdated, limited beliefs and patterns can be released and the multidimensional balance in our lives restored, which causes a ripple effect into our human and non-human environment.

I am an experienced team leader who - apart from filming and photography - has a healthy knowledge of the bush and wildlife, 4x4 terrain, and ... solving 4x4 problems.

Interview with Herbert Brauer: <https://www.kidsofnature.com/post/lessons-from-a-lone-lioness>

Blogpost 4x4 South Africa Adventure: <https://www.kidsofnature.com/post/what-does-it-mean-to-be-a-man-in-2020>

Website Herbert Brauer: <http://www.herbertbrauer.com>



## **Bring your own car**



## **Overview of the trip**

|        | REGION           | NUMBER OF KM DRIVING | ACCOMODATION |
|--------|------------------|----------------------|--------------|
| Day 1  | Cape Town        | 0 km                 | Guest house  |
| Day 2  | Namaqua region   | 573 km               | Camping spot |
| Day 3  | Orange River     | 311 km               | Camping spot |
| Day 4  | Orange River     | 160 km               | Camping spot |
| Day 5  | Orange River     | 150 km               | Safari tent  |
| Day 6  | Orange River     | 0 km                 | Camping spot |
| Day 7  | Orange River     | 0 km                 | Camping spot |
| Day 8  | Orange River     | 0 km                 | Safari tent  |
| Day 9  | Augrabies region | 143 km               | Camping spot |
| Day 10 | Kgalagadi        | 333 km               | Camping spot |
| Day 11 | Kgalagadi        | 100 km               | Camping spot |
| Day 12 | Kgalagadi        | 95 km                | Camping spot |
| Day 13 | Kgalagadi        | 110 km               | Camping spot |
| Day 14 | Augrabies region | 511 km               | Guest house  |
| Day 15 | Karoo region     | 516 km               | Guest house  |
| Day 16 | Cape Town        | 374 km               | Guest house  |







## DAY 1

Arrival in Cape Town

Taxi to the city center

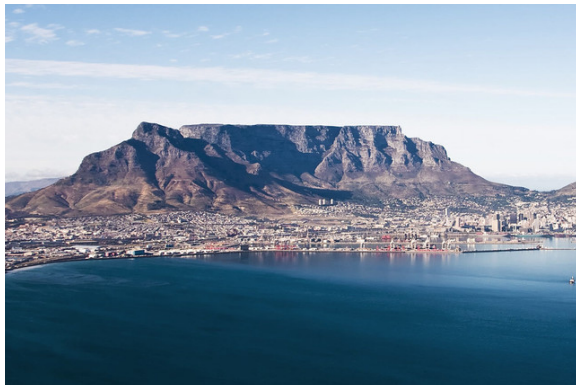
Check in at the Guest House

Meet Petra, your organiser & host, and Herbert, your team leader.

Group dinner in the city.

Stay in a B&B

The guest house has a calm family atmosphere. A place where you immediately feel at home and yet everyone's privacy is highly respected. The guest house is located on the green slopes of the National Park of Table Mountain, in peaceful Oranjezicht. It is perfectly located overlooking the City Bowl, the harbour, Table Bay and Table Mountain from the garden and pool.





## DAY 2

Breakfast at the guest house

Pick-up of the vehicles for those who don't have their own vehicle.

Start road trip towards our first destination. (573 km - 7h)

Picnic on the way

Arrival at the nature reserve where we start with a crash course in 4x4 driving for those who feel the need or just enjoy it.

First afternoon 4x4 drive through the rocky landscape and sandy plains to discover the nature reserve and the animals.

Setting up of the tents and organising the camp.

A delicious sundowner and dinner around the campfire.

Stay at the camping spot.

A camping spot in the middle of the nature reserve. With its granite boulders and sandy plains, the reserve is dominated by the Carolusberg, the highest point in the area. The reserve's wild flower garden contains a huge collection of succulents endemic to the area and some of the most special flower species (August-September). The region shows off with its small game including springbok, gemsbok and the endangered Hartman's Zebra. The aardwolf is one of the endangered species that you can also find in the reserve. Bird lovers can enjoy more than 92 South African bird species here.







### DAY 3

Morning activity and routine at sunrise.

Breakfast around the campfire.

Cleaning and packing up of the camp.

Continue road trip towards the Orange River. (311 km - 6h)

Enjoy 4x4 driving together, with the occasional stop for a picnic or a fresh drink on the way

Just before the border with Namibia we leave the N7 and drive to the Orange River. The path winds through a beautiful valley between the rugged mountains and leads to a viewpoint with a magnificent panoramic view over the desolate landscape. As we get closer to the camping spot, you will also see the extraordinary half-human trees {*Pachypodium namaquanum*} that are estimated to be at least 500 years old. It is definitely worth taking a break here and taking a closer look at these half-humans.



The camping spot is located at the confluence of two rivers. Welcome to paradise!

Arrival at the second camping spot.

Setting up the tents and organising the camp.

Relax, swim in the river, get a tan or take a walk on the rocks with a view of the Orange River.

Sundowner and dinner by the campfire.

The river birds are very active just before sunset and as soon as the light breeze settles you can even hear the fish jumping out of the water. This first evening by the river sets the mood for the adventure that awaits us.

Stay at the camping spot.











## DAY 4

Morning activity and routine at sunrise.

Breakfast around the campfire.

Cleaning and packing up of the camp.

Continue road trip along the Orange River. (160 km - 6h)

Enjoy this amazing 4x4 terrain with swimming and bush picnic on the way.

The first 20km the track climbs into a breathtaking scenic landscape. This, combined with the soft light of the sunrise, is a photographer's dream. The narrow path winds around the rugged rocky surface of the surrounding mountains until it suddenly opens up into wide open plains with quiver trees and euphorbia.

As the track twists and snakes upwards, we have to concentrate a bit because there are a few technical spots here. But don't worry, Herbert is our saviour...

During the next 20km, our hair, ears, and mouth will be totally covered with dust and our ears will shake from the badly corrugated track. The shower later on will definitely feel amazing! Then the path winds through a vast plain until we reach the confluence of the dry river bed and the Orange River where we stop at the Groot Melkboom for a cool drink in the shade of this giant tree.

A little later we pass a ruin of a church and an old derelict farmhouse.





Arrival at our next camping spot.

Setting up of the tents and organising the camp.

Relax, swim in the river or take a walk on the rocks with a view of the Orange River.

Sundowner and dinner by the campfire.

Take a swim in the river under the African moon to refresh and prepare for the best night of your life under the stars.

Another unique evening in paradise.

Stay at the camping spot.



*Do you want to get away from everything, for a little while?*

*Would you like to relax and have everything organised for you?*

*Do you want to fully immerse yourself in nature, back to what it's really all about?*



## DAY 5

Morning activity and routine at sunrise.

Breakfast around the campfire.

Cleaning and packing up of the camp.

Continue road trip along the Orange River to the next destination. (150 km - 5h)

Enjoy 4x4 driving and swimming together.

This will be an exciting start, because we'll have to be careful not to get caught in the salty mud if the river has risen just before our visit here. Luckily, we have our tour guide and 4x4 expert who will guide (or tow... ;) ) us through this stretch. We drive further east and search for the right track. Several tracks wind through this rugged landscape, but not all of them are accessible due to erosion or overgrowing acacias. During this part of the ride you will also notice how hard life is here for the self-sufficient farmers.

Here the river's main stream splits into countless channels, creating a succession of islets and wetlands, depending on the water level.

By noon we reach green vineyards and an 87 hectare date plantation, the largest producer of medjool dates in the southern hemisphere with no less than 13900 date palm trees.

Delicious lunch at the date plantation and visit to the plantation.

Continue road trip along a rocky double track that meanders along the southern bank of the Orange River and then through the deep, soft sand of the dry river bottom.

We reach our next destination in the late afternoon where we are welcomed at a comfortable tented camp. Here, we exchange camping for a night in a comfortable safari tent.

Sundowner by the campfire.

Dinner by the riverbank.







Stay in the comfortable safari tents.

Located on the banks of the Orange River in a simple hamlet, the camp offers a peaceful stopover and a great base from which to explore the area. This is our starting point for the 3-day river safari on the Orange River.

During the next 3 days, we follow the rhythm of the river, of the rising and setting sun. This river safari is on the best section of the Orange River and offers a lovely variety of gently flowing water with channels, exciting small rapids, and also a few 'Big Ones' to boost the adrenaline. When the water level is high, it will undoubtedly be an exhilarating white-water trip. Two people per inflatable boat which is easy to steer. And, during this river safari the guides cook delicious bush dinners for us! So, sit back and relax...

We will cover 35 km with plenty of time to relax, take photos, read a book, and of course, also do activities with Herbert.

This safari is a mini expedition where we take everything we will need and leave nothing behind. Every night, we choose a different camping spot under a star-lit sky. You don't have to take care of anything: you get a tent, inflatable mattress, pillow and sleeping bag. The guides organise the camp every night, set up the tents, and cook delicious snacks and meals for us with local ingredients such as Kalahari lamb or vegan variations. Served with a nice glass of South African wine. During the day the guides provide breakfast and drinks on the river and you can even make a list of your favorite drinks so that you can enjoy these during this river safari!

The riverside scenery is breathtakingly beautiful with highlights such as the Orange Gorge and Richie Falls, the 2nd largest waterfall on the river after the Augrabies waterfalls. In this region you experience pure, untouched wilderness.



## DAY 6 - 7

### Breakfast

Pack your backpack for a wild three-day trip on the river and leave the 4x4 here.

Now it's time for the 3 days of relaxation and excitement! The river safari starts with flowing channels and calm water that ends with Scorpion Rapid. Day 2 spices things up a bit and in the evening we go out to see the impressive Richie Falls. Day 3 is full of adventure and excitement with a challenge around the waterfall where everyone helps to carry the boats and let them back into the water in the gorge. Now the "42-man hole", "Big Bunny" and "Dolly Parton" rapids are awaiting us and will pump up the adrenaline! Once outside the gorge we return to a soft rhythm and paddle the last stretch while the mountains around us get bigger and bigger.













## DAY 8

Breakfast along the riverbank

Pack your backpack again for the last day of the rafting adventure.

Picnic lunch on the riverbank

Check-in again at the camp in the comfortable safari tents.

Sundowner by the campfire.

Dinner by the riverbank.

Stay in the comfortable safari tents.









## DAY 9

Breakfast

Continue road trip through the mountains to the next destination. (143 km - 4h)

Picnic lunch on the way.

Arrival at the camping spot.

Relax, enjoy the hot springs or walk and explore the area.

Setting up the tents and organising the camp.

Sundowner by the campfire.

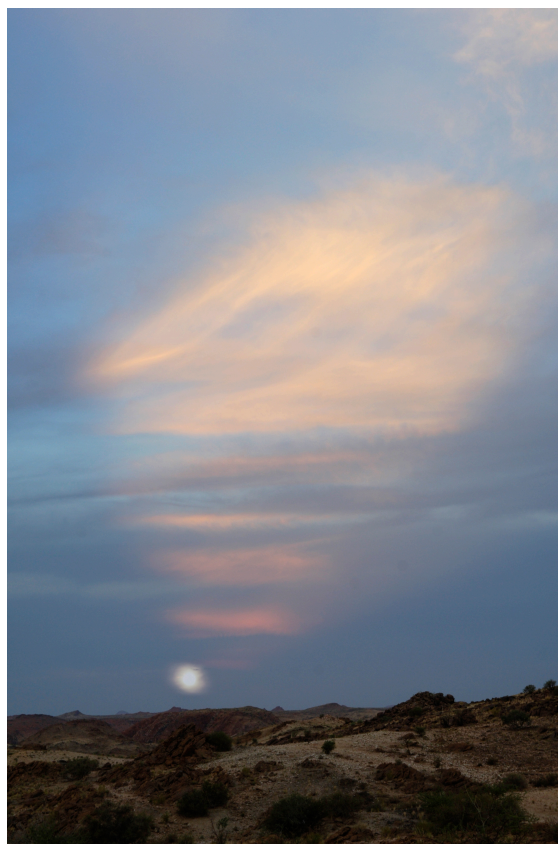
Dinner by the campfire.

Night swimming in the hot springs.

Stay at the camping spot.

A camping spot located at the hot springs. The village called Riemvasmaak means "fasten your belt" or "tied with straps". In the early 20th century, the Bushmen who also lived in the area stole the animals from the community. These stock thieves were caught and tied to a large rock in the Molopo River with straps. When the community people came to pick up the thieves the next morning, they found only the belts on the rocks. Another possible origin of the name is that the path to it is so steep that you have to fasten your belt. From that moment on, the area was known as Riemvasmaak and the community as the "Riemvasmaakers". The region consists of 75,000ha of pure mountain desert, located between the Orange River and the dry Molopo River. It's a wilderness created millions of years ago from violent volcanic activity, but it's a land of stark beauty that takes on spiritual proportions. Here you can relax in the hot springs shaded by 80-meter-high granite cliffs.









*Do you miss the smell and sound of untouched nature?  
Do you long for a moment when you can completely relax?*











## DAY 10

Morning activity and routine by sunrise.

Breakfast around the campfire.

Cleaning and packing up of the camp.

Continue road trip to the Kgalagadi National Park. (333 km - 5h)

Picnic on the way

On arrival we enjoy the refreshing swimming pool and relax before we start our safari to explore the dry Auob river bed in search of the Big Five and the unique black-maned lions.

When we return from our safari, we set up the tents and organise the camp.

Sundowner at the camp fire.

Dinner at the camp fire.

We spend our first night under the clear starry sky of the Kalahari and fall asleep to the howling hyenas and jackals in the distance. This is where our bush adventure begins.

Stay at the camping spot.





## KGALAGADI TRANSFRONTIER PARK

The Kgalagadi Transfrontier Park is an agreement signed by South Africa and Botswana to manage both parts of the park as a single ecological entity. The combined area of the park spread over both countries is an impressive 37,991 km<sup>2</sup> in which the wild animals can roam freely.

"Kgalagadi" means "place of thirst." The park is largely located in the South of the Kalahari desert. The terrain is characterized by red sand dunes, sparse vegetation, the occasional tree and the dry river beds of the Auob and Nossob. After heavy rain it happens that the rivers flow for a short time and then the party is on. Wild animals come from far and wide to quench their thirst at the lovely water.

The best time to travel here is during the rainy season from December to April when the scenery comes alive with spectacular panoramas. The almost daily thunderstorms are short and sweet, and the sand tracks harden after a short shower which makes driving easier.

Due to the sparse vegetation and the high concentration of wildlife in the dry river beds of the Nossob and Auob rivers, the Kgalagadi offers excellent wildlife views all year round.



## DAY 11

Breakfast before sunrise around the campfire.

Cleaning and packing up of the camp.

Continue road trip through the Kgalagadi and start the Mabuasehube Wilderness Trail. This is a one-way track and only a limited number of vehicles are allowed per day. From now on we will tackle the deep sandy tracks on the Botswana side of the Kgalagadi. (100 km - 4h)

We explore the area in search of wildlife and stop for a picnic lunch along the way.

In the late afternoon we set up the tents and organise the camp.

Sundowner by the campfire.

Dinner by the campfire.

There's nothing better than sitting around the campfire and listening to the roaring lions in the distance as our barbecue starts to smell deliciously. What a great way to end another day in Africa!

Stay at a camp on the Mabuasehube Trail in the middle of nowhere.













## DAY 12

At dawn, we search for traces of wildlife that visited the camp during the night.  
Exciting!

Breakfast around the campfire

Cleaning and packing up of the camp.

We explore the area in search of wildlife and stop for a picnic lunch along the way. (95 km - 4h)

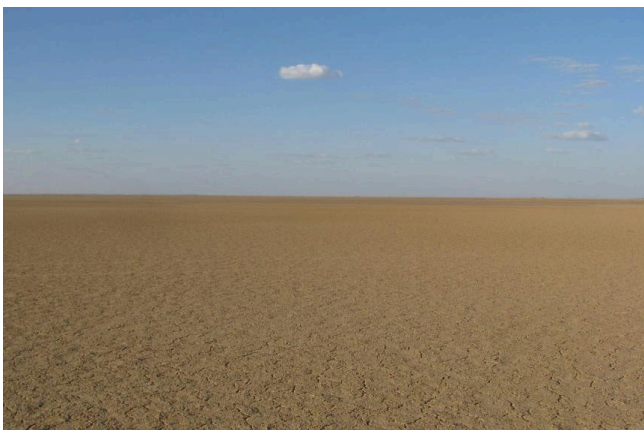
In the late afternoon we set up the tents and organise the camp.

Sundowner by the campfire.

Dinner by the campfire.

Again we make a cozy campfire and listen to the roaring lions in the background of the crackling fire. A night in the middle of the Kgalagadi National Park.

Stay at a camp on the Mabuasehube Trail in the middle of nowhere.







## DAY 13

At dawn, we search for traces of wildlife that visited the camp during the night.  
Exciting!

Breakfast around the campfire

Cleaning and packing up of the camp.

Continue road trip along the continuation of the Mabuasehube Trail. (110 km - 4h)

We explore the area in search of wildlife and stop for a picnic lunch along the way.

Arrival at our next camp in the late afternoon where we immediately jump into the pool for a welcome refreshing moment.

The camp is located in a dry river bed. Surrounded by tree savannah, it is known for spectacular views of predators and the seasonal migration of large herbivores such as the blue wildebeest, springbok, eland and red hartebeest. Here, you have excellent opportunities to see cheetah, leopard, hyena and the black-maned lion.

Setting up the tents and organising the camp.

Sundowner by the campfire.

Dinner by the campfire.

Stay at the camping spot.









## DAY 14

Morning activity and routine by sunrise.

Breakfast around the campfire.

Cleaning and packing up of the camp.

Continue the road trip. (511 km - 7h)

Picnic lunch on the way

Visit to the Augrabies Falls

The Khoi people called it "Aukoerabis", or place with a lot of noise, because this powerful flow of water from the Augrabies Falls is released from a rocky environment characterized by the 18 km abyss of the gorge of the Orange River. Natural splendour is rarely as dominant as the powerful reverberation of water flowing over a waterfall. In the case of the Orange River, this makes the flood season a powerful reality.

Check in at a guest house.

Relax by the pool of the guest house.

Sundowner and dinner in the restaurant of the guest house.

Stay at the guest house.

Here we enjoy a typical guest house surrounded by endless vast green vineyards and serene mountain ranges. Located just a few steps away from the legendary Augrabies Falls National Park.









*Do you want to release the wild child in you?  
Would you like to enjoy girl power with like-minded women?*





## DAY 15

Early breakfast in the restaurant of the lodge.

Continue the road trip. (516 km - 8h)

We drive through the endless plains, through a landscape in which absolutely nothing happens and which is ideal for reflection on the past 15 days.

Braai in the shade of a tree by the side of the road.

Check in at a typical bed & breakfast.

Early dinner in the town.

A night visit, get ready for an astronomical safari.

Here we literally sleep under the stars.

A village in the middle of nowhere, home to the largest single optical telescope in the Southern Hemisphere and one of the largest in the world. The observatory was built outside the village for total absence of light and other pollution. This organisation is funded by a consortium of international partners from South Africa, the United Nations, Germany, Poland, India, the United Kingdom and New Zealand.







## DAY 16

Breakfast in the B&B

Continue the road trip towards Cape Town (374 km - 6h)

Lunch on the way in the historic village of Matjiesfontein

We continue and end our road trip in Cape Town.

Return of the vehicles for those who don't have their own vehicle.

Check in at the guest house.

Sundowner in Cape Town.

Dinner in the city

Stay at the guest house.

The guest house has a calm family atmosphere. A place where you immediately feel at home and yet everyone's privacy is highly respected. The guest house is located on the green slopes of the Natural Park of Table Mountain, in peaceful Oranjezicht. It is perfectly located overlooking the City Bowl, the harbour, Table Bay and Table Mountain from the garden and pool.





*Do you ever need to unplug from the daily stress?  
Do you want to feel what it is like to be totally carefree?*





## DAY 17

Breakfast at the guest house.

Return back home or stay a little longer to enjoy Cape Town.

**OPTION: Arrive a day earlier and participate in a 4x4 course for women. Ask for more info and prices.**

**OPTION: Enjoy Cape Town for a bit longer.**

Would you like to extend your adventure with a few more days in Cape Town, alone, with your partner or with your family? That's possible!

This is an excellent opportunity to taste fine wines at the beautiful wine estates or just enjoy the beach.

Insider tip: Ask us for more information and insider tips.









BUDGET per person @ ZAR 51800 (based on 2 people per vehicle)

Do not wait too long, the first 5 registrations receive a discount of ZAR 3000

Including:

- All accommodation, meals and drinks, except those mentioned under "not included"
- Entrance to nature reserves and conservation taxes
- Listed activities
- Team leader and organiser during the trip
- Free access to Kids of Nature's membership with SATIB in case of an emergency

Not included:

- International or domestic flights
- Meals, drinks and activities that are not part of the accommodation:
  - Day 1: group dinner & drinks in Cape Town
  - Day 14: dinner & drinks in the restaurant of the guest house
  - Day 15: breakfast & drinks in the restaurant of the guest house
  - Day 15: dinner & drinks in the town
  - Day 16: lunch & drinks on the way in the historic village of Matjiesfontein
  - Day 16: dinner & drinks in Cape Town
- 4x4 vehicle
- Transport costs (petrol, Uber, taxi)
- Travel and cancellation insurance

**Upon confirmation and payment of the programme, Kids of Nature will book your place. A deposit of 50% will be paid upon confirmation of your booking and the remaining 50% on January 1, 2021.**

**Note: Since the program is tailored to a group, someone must be found to take your place in the event of cancelation. Kids of Nature will also do its utmost to find a replacement. Worst case when no one can take your place you lose the full amount paid.**



The SATIB24 membership provides access to our 24/7 Operations Center so that customers have a direct line with doctors, nurses and security professionals in a crisis, as well as a trusted source of global support and advice. The Operations Center coordinates an integrated network of medical, security, and incident management specialists who consistently manage multiple assets and responses to ensure the best possible outcome of an incident. Kids of Nature customers benefit from our free membership with SATIB in case of emergency (Terms and Conditions apply). This includes free telephone advice and assistance is provided in conjunction with your own travel and health insurance.

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