



# Adventure River Fiesta

A Downhill Adventures  
Team-Building Event

## River Fiesta:

Thank you for approaching **Downhill Adventures** with a proposal for the provision of a team-building corporate group experience. We value the opportunity to provide you with our services and set out the proposed event in this document.



For this event we have arranged an incredible venue just an hour out of Cape Town. Nestled in the mountains on the shores of a perfect lake is situated our River Lodge Resort. A four Star venue fully equipped with chalets, braai, lapa areas, fully stocked bar and much more.

A number of fun and challenging activities will be setup within close proximity of each other in the event location. Individuals can then participate in as many as they wish, throughout the afternoon.



## ON ARRIVAL:

The River Lodge consists of a stunning reception and lapa area on the waterfront where we will welcome the group before starting the activities provided within easy reach.

The area will be made up in beach style look with picnic blankets and colourful cushions, sun loungers, hammocks outside beach bar.... Fun music and waitrons dressed up in serongs or grass skirts....





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### How it Works:

A number of fun and challenging activities will be setup within close proximity of each other at the event location.

Each location will have a number of experienced staff members present to facilitate the various activities which we will be providing on the day of the event.



The guests can either relax, enjoy the stunning surrounds or partake in the adventures at hand at the pace, and in the order that suits them.

With such great facilities as a full bar, floating barges, water Skiing lake, scenic mountains, on hand waiting staff, horse riding, quad bikes and plenty more- it will be a truly memorable experience.



### Typical Days Itinerary

**12:00** Contestants meet at start meeting point for the briefing of the day's activities & proceedings.

Welcome Drinks & Snacks

**12:30** Commence Activities

**16:30** End of Outdoor activities

Dinner & Drinks, Music & Dancing

**20:00** End of the days events





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### The Activities:

#### Water Skiing & WakeBoarding

For the adventurous, there will be the option of water skiing on our world-class ski course. Ski boat (1) will run all day to pick up guests to waterski, wakeboard or have a fun ride (5 at a time).

We have a range of water-skis to use to teach you, if you do not have your own. We also have life jackets, ropes and handles to use behind our boats. We have Combo skis, slalom skis, jump skis, trick skis and wakeboards.



#### Other Water Activities

- ⊗ Barge cruises all day (4)(each trip takes max 15 pax) for 1 hr at a time
- ⊗ Chill pool will be floating in the dam near the main area so guests can swim out with a refreshment and 8 people can float around, chat and take in the scenery
- ⊗ 10 canoes (sitting 2 persons each) will be on the slipway
- ⊗ Slip and slide will be up and foamed -ready to use



#### Mountain Biking

We'll take you on a guided mountain bike ride through some challenging yet fun terrain. Our front suspension bikes will set up and ready for those wanting to ride, equiped and ready with helmets and water bottles.





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### The Activities:

#### Horse Riding

Our venues offer some incredible scenic riding through the wine lands and mountains of the Western Cape. Our qualified experienced guides will lead you on a guided trail after a full briefing for the in-experienced riders.



#### Quad Biking

We have a number of quad bikes set up and ready for you to explore to use and to explore the incredible terrain. We will have staff members on hand to guide you through the scenic trails ensuring a safe and memorable experience.



#### Laser Skeet Shooting

The challengers will have to succeed in a shooting contest at our safe, modern range. This will take some real concentration, a steady hand and a keen eye. Using either a laser shooting range, or infra-red clay pigeon skeet shooting - this challenge will be a blast!



#### Mystic Maze

At the venue, there is an intriguing maze which anyone can enjoy.



#### Tug-of-War

We like to end the day's event with a round of **TUG-OF-WAR** Its huge fun, and gets everyone amped up for the end of the event celebrations.

#### Volleyball

We'll set up a volleyball net so that 2 teams can battle against each other in this competitive yet fun 'beach' game.





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### Catering:

Lunch will be a Hawaiian Feast served under the trees

#### Starters:

- ⊗ Calamari Tubes with leek & fennel risotto & sweet chilli drizzle
- ⊗ Sesame crusted fish with coriander dressing

#### Main:

- ⊗ Fragrant fish & prawn curry on a bed of almond rice
- ⊗ Marinated roasted beef fillets on a bed of salad
- ⊗ Tandoori chicken skewers with mint & coriander chutney
- ⊗ Deboned chicken legs
- ⊗ Boerewors Twirls
- ⊗ Summer Chicken Salad
- ⊗ Tomato, Strawberry & Berry Salad
- ⊗ Bread Selection
- ⊗ Fresh Fruit Kebabs
- ⊗ Watercress Salad with orange, baby corn, dates & parmesan shavings
- ⊗ Watermelon, feta & sweet melon bowl
- ⊗ Crunchy Green Salad

#### Dessert:

- ⊗ Chocolate Mousse
- ⊗ Homemade Ice Cream & Almond Brittle
- ⊗ Fruit Salad & Cream

Bar will be set up outside with palm leaves and flowers etc setting the beach theme!





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### Whats Included:

DHA will put this whole amazing race experience together, facilitating all activities, ensuring maximum safety and enjoyment for the individuals throughout the course of the day.

#### DHA will provide:

- ⦿ Experienced qualified guides at each activity.
- ⦿ Level 1-3 trained First aiders
- ⦿ All equipment and safety gear
- ⦿ An events organiser and presenter to brief the individuals, detail the days proceedings, motivate the clients, and make sure that the whole day is a phenomenal success.
- ⦿ Ground handling staff to take care of all operational details
- ⦿ Fabulous location for all activities
- ⦿ All Catering & snacks (excludes drinks)

