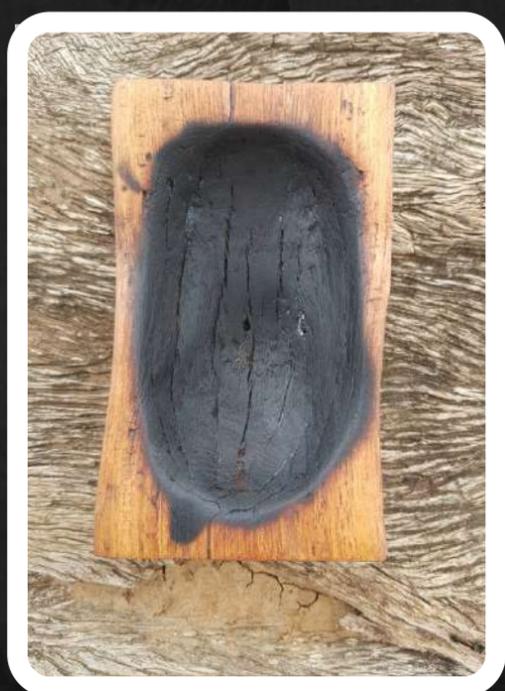


PRIMITIVE BUSHCRAFT TRAIL

Immerse yourself in nature and learn the long-forgotten skill, once second nature to us all, of Bushcraft. During this unique Trail experience, you will be completely removed from the conveniences of your modern way of life, and will make from the natural resources that surround you, that which you require to survive.

The Trail will be facilitated and mentored by Julie Bryden and Robert Bryden (FGASA Scout), an exceptional Bush couple with extraordinary knowledge and skills. They will introduce you to Bushcraft, and its skills, which with practice and progression, took primal man generations to master.

ABOUT THE TRAIL



This **4-day** trail takes place across exclusive properties in the Greater Kruger National Park - **Timbavati PNR** (near Hoedspruit, Limpopo Province). The facilitators will reintroduce you to the skills of foraging, trapping, hunting, processing, preparing and preservation of the natural bounty you will discover. This all done with the tools whittled, knapped, mounded and lashed by your own hands. There are no demarcated campsites or routes. Each night is spent under the stars (**no tents**) at a pristine location with participants sharing the responsibility of '**watch duty**'.

WHAT TO BRING

Everything required for the duration of the trail must be carried in a **backpack**. Participants will have to cater for **3 breakfasts, 3 lunches and 3 dinners** as well as the odd snack. In order to minimize our impact, all cooking must be done on a **gas stove**.



"Bushcraft" Equipment:

- Blade (Full tang with sharpening tool)
- Small axe / machete / saw
- Cordage (30m)
- Multi tool
- First aid kit to treat blisters, small cuts and abrasions

Equipment checklist: Walking shoes (gaiters useful), sandals, neutral coloured clothing, hat, sunscreen, binoculars, backpack, sleeping bag, mattress - roll mat, gas stove, lighter, small pot & mug, spoon, water bottles - capacity for 2 litres, torch, toilet paper (in ziploc), toiletries, small quick-dry towel, larger ziploc for rubbish. Consider poncho (summer) & warm clothing (winter).

Meal suggestions: **Breakfast** - Instant Oats, ProNutro, FutureLife, cereal bars. **Lunch** - ProVita, SaltiCrax, cheese, nuts, tuna, biltong, salami, trail mix. **Dinner** - Cous-cous, pasta, dehydrated mince, tuna. **Drinks** - Coffee, tea, juice mix.

Most take too much food. The idea is to simplify for a few days.

PRIMITIVE BUSHCRAFT TRAIL



RESERVATIONS

There are only **8 spaces** available. Cost is from **ZAR 4 800** per person per trail (three nights). The Timbavati PNR conservation levy (**ZAR 390** per person per trail) is excluded from the trail price.

***2020 Trail Dates:** 19-22 September

Contact admin@lowveldtrails.co.za

Meet at **The Bush Pub & Inn** (near Timbavati Gate) by 11:00 am on day of departure. Trail concludes here by 12:00 on day 4.



“Bushcraft is what you carry in your mind and in your muscles”

RAY MEARS

