

SUNWA RIVER LODGE RIVER RAFTING



Sunwa is situated just outside Parys, on the banks of the Vaal River, 120 kms from Johannesburg.

River rafting is an exciting activity – safe, yet exhilarating. The Vaal river is conducive to fun team building, as the grade I to II rapids are not too intimidating, allowing the thrill of adventure and fun. Rafting is performed under professional supervision and safety standards are extremely high. Specially designed two man inflatable rafts renowned for their safety, comfort and stability are used. Protective headgear and life jackets are worn at all times and alcohol is not allowed on the river. No previous experience is necessary and only a moderate level of fitness is required to enjoy.

Entertainment and Dining Areas

- 3 Dining, Bar and Boma Campfire Areas for a variety of groups.
- A new under roof dining and entertainment area overlooking the river for 200 delegates.
- A lounge deck area, overlooking the river, is ideal for leisure, tea times and sundowners.
- Entertainment Facilities include Big Screen TV, DartBoard, Swimming Pool and Pool Table.

ACCOMMODATION

Double Story Cabins – There are 13 double story, charming, handcrafted, executive en-suite log cabins which are nestled among the trees. All the Cabins have private decks of which some overlook the river and others create a sociable atmosphere as they overlook each other. The Cabins accommodate a total of 54 sharing or 26 single delegates.

Single Story Cabins – Situated in the bush, are 14 twin bedded and 2 three-bedded en-suite comfortable wooden cabins, all of which are in close proximity to each other. These cabins can accommodate a total of 36 sharing or 16 single delegates.

The Thorntree Cottage – This quaint, thatched roof cottage is ideal for smaller private gatherings. The cottage offers a homely lounge, 9 double and 2 single bedrooms as well as one room that accommodates three delegates and five bathrooms with toilet and shower facilities. The guesthouse can accommodate up to 21 people sharing or 11 Single delegates.

AFFORDABLE ADVENTURES ACTIVITIES AT SUNWA

The Quad Motorcycles provide a new and exciting medium for teambuilding. Participants do not need to be physically fit and no experience is necessary. Full instruction is given and we supply protective kit including helmets, chest protectors and goggles. The group is split into different teams and each team is allocated a quad motorcycle. We then run a **Team Time Trial** in which the teams have to complete a certain number of laps as close as possible to an ideal time. (Not too fast or too slow.)

Inflatable Sports & Events is a giant, colourful obstacle course, providing great spectator value and participation excitement. We provide a powerful sound system contributing to the carnival atmosphere. Teams of participants compete against the clock, as they have to make their way through the obstacle course. The obstacle course has something for everyone and physical strength and fitness is not a pre-requisite to be able to participate. We have various programs which can be “toned” up or down depending on the individual or group.

Giant Foosball comprises of an inflatable perimeter wall and goal posts. Various games are available which are suitable for both big and small groups. Players have to be physically able, however fitness is not a pre-requisite. The different games we are able to organise all provide great fun for both the players and spectators while they build relationships and learn to interact with each other as a team.

Survivor Team Challenge, this is a fun interactive programme where teams participate in various challenges which include creating a team flag and war cry, a Bug Eating Relay, Leading the Blind, Katty Shootout, Jolly Jumper and Tumbling Towers. This is a two to three hour programme. If you choose a three to four hour programme we add another four challenges which include the Key Grab, Ball Float, Stretcher Race and Ball Maze

Crazy Sports, choose from a wide selection of activities and design your own customised event. Each team will create a flag and an anthem. The teams will then rotate between the challenges every fifteen minutes. Points are awarded to the teams according to the positions in which they finish.

The Indoor Team Challenge is a unique programme in which teams of participants compete against each other in a series of specially designed “indoor activities”. The challenges are different, fun and mentally stimulating and include Pocket Rocket Football, Towering Food, Floating on Air, Sliding Puzzle, Abstract Art and Interactive Telly!

Archery - we all know the basics, bow, arrow and a target that looks like a collection of multicoloured circles. From there it starts to get a bit more challenging. (It is not an Olympic sport for nothing.)

ScrabbleMatics is an interactive, audiovisual event that will ensure a “mini cranium work out”, while encouraging great social interaction between delegates. Basic arithmetic and “word games” are the order of the day as “ever changing” teams try and find the best solution within the given time frame.

Laser Clay Pigeon Shooting uses authentic over and under 12 bore shotguns which have been modified to fire a laser beam at clays in a perfectly safe environment. There is no “kick”, however, computer controlled sounds contributes to the realism. Conventional clay pigeon accommodates one person, shooting one clay with one shot, while Laser Clay Pigeon Shooting can accommodate five people, each shooting two shots at one clay simultaneously The computer can determine within one thousandth of a second the order in which the clay is hit. Three different competitive games are available.

Movie Making – This is a fun, highly interactive programme where every single person is able to get involved, regardless of their age, level of fitness or physical abilities. Each team works together to write a script, produce, direct and act in a “Movie” or “Advert” using the resources provided. Teams are given a “Movie Making Kit” which contains an assortment of materials, props and goodies. Everyone has to tap into both their creative and practical abilities as they start to produce their movie.

Art Jamming is suitable for groups looking for a fun, entertaining, non-physical event. The group is split into smaller project teams and made responsible for a section of a large art “Masterpiece.” No one in the group is aware of what this “Masterpiece” looks like, however teams will need to collaborate and work together to make sure that they are all on the right track.

Drumming – Africa is the Drum continent of the world and amongst ethnic Africans drumming has always been the most fundamental group activity for communication. Interactive drumming has become a cutting edge psychological tool, increasingly being used in the business environment as a means of stress release, group bonding, team building and synchronising of thought processes.

Around the World - A fantastic new corporate entertainment option that combines chance, general knowledge and strategy. Team must nominate different forms of transport and subject themselves to the roll of the dice! Hi-jacks are the currency of the day and teams must watch their bank balance to ensure they can finish in time!

Murder by Numbers – A problem solving, fun team build. There is a murder mystery to solve and teams must attempt to share clues, gather evidence and name the culprit. But there is a twist - you can't trust everyone! It is suitable for larger groups(25-100)pax with a new perspective on a well-known concept. All will be revealed when the news broadcasts of the teams guessing the Murderer, Accomplice and Murder Weapon are viewed by everyone at the end of the event!

The Apprentices - A range of dynamic, crazy, new business simulation games that will catch your imagination and reinforce practical business concepts in a fun, competitive environment Teams must test their entrepreneurial skills against one another. Cameras add an exciting new dimension to the presentation and additional marketing elements provide something for everyone! Participants learn by practical experience, they also gain insight into themselves and others. Everyday themes add to the general enjoyment and give everyone something to relate to. Either the "Wine Bar" or "Pizza Shop" themes are available.

Please call our offices for a tailored quote including the Rafting