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• GARDEN ROUTE • WESTERN CAPE • SOUTH AFRICA •

Ingwe Eco Warriors

An interactive ecological experience designed to inspire appreciation of our natural resources... be an Eco Warrior and begin a reforestation project!

Ingwe Forest Adventures is situated in the Craggs in the heart of the Garden Route, which is one of the most bio-diverse areas of the world. Our resident ecologist and FGASA (Field Guides Association of Southern Africa) qualified guide will lead this programme that supports our Green Ticket initiative. (Visit www.thegreenticket.org)

How much do we actually know about the beauty that surround us and what can we do to preserve this?

Join us and gain knowledge about the workings of the forest, while having a hands-on experience in the most pristine indigenous forest setting.

We aim to make this workshop not only educational but also a very hands-on, exciting and enjoyable group experience covering topics such as:

- Botany, grasses and our particular biome
- Soil types and the relationship with indigenous forest and undergrowth
- Mammals, reptiles and birds of the area – learn the Latin, English, Afrikaans & Xhosa names!
- Spoor identification
- Ethno botany - medicinal plant uses & folklore
- Understand global warming and carbon emissions – what YOU can do
- Basic survival skills and first aid that every adventurous hiker should know and the do's and don'ts...
- Symbolic ending culminating in putting roots down by planting a tree as a commitment to the environment

The day begins with a lecture, note taking is encouraged, followed by some team activities on the field that will bring in the survival skills and first aid. After a tea break each group will leave at 10 minute intervals for the hike with their guide (approx 2 hours). We all meet up at a central point for lunch (lunch can also be prepared by the group themselves prior to leaving for the hike or we can bring it to them). Some free time is allowed after the hike, thereafter the teams will meet up in the lodge for a short discussion and question time, followed by a worksheet to complete in their groups relating to The Eco Warrior programme. This programme ends off with a tree planting ceremony.

What to bring

- Comfortable clothes, hiking boots/running shoes
- Note pad & pen
- A wind-breaker or similar for rain
- A small backpack
- A water bottle is imperative
- Sunglasses, hat, sunscreen, camera
- An outdoor mindset

Mission Statement

To create a place for both adults & children from all walks of life to enjoy various learning experiences that focus on developing excellent teamwork and leadership whilst gaining knowledge about the surrounding environment & how they can contribute to its' preservation

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