

NIDO WWW Multisport Educational Excursion 2019 **Discovering Colchagua Valley by Bike, Horse & Sea kayak**



I. General Description

This multisport educational excursion is a special program prepared specifically for Nido students. It is a trip that combines three different activities in a location where past Chilean traditions are still alive. But this trip is more than that, it will also be a challenge since every member of this adventure will have to face his/her own personal goals. We know that each student will be going into the program with different levels of experience in these three disciplines: biking, horseback riding and kayaking.

The trip entails gently pushing the comfort zone of our physical and mental abilities, organizational skills, our ability to work as a group, and encourages the idea of putting others before ourselves.

Cost per person CL\$ 420.000 (Min 8 Participants – Max 17 Participants)

II. Activities

- Biking across the valley from the town of Santa Cruz to the village of Cahuil, by the Pacific Ocean.
- Horseback riding will take place in the valleys around the town of Lolol.
- Sea Kayaking will be in the Bird Sanctuary of Lake Cahuil.

III. Educational Objective

- Learn how to handle a bike for a long trip.
- Learn how to ride a horse before going on a 3-hour ride.
- Group will receive instructions on kayaks and will practice paddling and safety drills before our 3-hour journey into the Bird Sanctuary of Cahuil.
- Group will observe and learn about more than 20 different species of birds, both migratory and local, and will learn about their habitat.
- Group will learn about camping, planning and cooking meals. Special emphasis will be placed on “LEAVE NO TRACE” concepts.
- Group will focus on TEAM WORK and LEADERSHIP.

IV. What this Educational Excursion Includes

Grado Sur Expediciones provides you with transport and MOST of the gear needed all through the trip.

- We organize accommodations for the places we will visit: a beautiful campground and nice cabins to share by the coast.
- Together with the students we will plan and prepare most meals. We have a permanent cook with us, but students will be taking turns helping at meal times each day.
- As this trip involves three disciplines, we do not expect students to provide their own equipment, therefore we provide:
 - Bikes and helmets
 - Kayaks, life vests, paddles and spray skirts (helmets are not needed)
 - Horses, saddles and helmets
- Grado Sur Expediciones has a group of professional guides who will help students throughout the entire trip, motivate them and assist them with anything they need.
- Grado Sur Expediciones will also supervise activities from a safety point of view. We do have Risk Assessments for all activities and a strong safety protocol that we follow.

V. Day-By-Day Itinerary

DAY 1 - Monday November 4th: Drive from Santiago to Santa Cruz

Group meets at NIDO at 8:30am for an early drive to Colchagua Valley. We arrive in the city of Santa Cruz at approximately 11am. There, we will walk around the town, visit the Colchagua Museum and have lunch before our biking excursion starts.

Lunch will take place in a nice restaurant by the old San Jose Hacienda, better known as El Hique, house of former president of Chile Federico Errazuriz Echaurren from 1896 to 1901.

After lunch we will get everything ready for our bike ride in Santa Cruz, the plantations, vineyards and the local community of Isla de Yaquil.

One of the main goals of our first ride is to acclimatize to biking, but also to learn about the essence of Colchagua Valley: The colonial influence on architecture, country life, including its influence on economic activities, and other aspects that make the Colchagua area important in the forging of Chile as a country.

Late in the afternoon we will drive to our campground that is just 20 minutes away from Santa Cruz. Here we set up our tents and enjoy a nice dinner prepared by the Grado Sur Team as well as the students.

We will spend the night at the campground.



Day 2 – Tuesday November 5th: Ride Bikes to Traditional Town of Lolol - Visit a School with Soccer Game

Breakfast at 8:30am at our campground.

Our exploration of the Valley of Colchagua will keep us in the area for a few days, so we will stay at the same campground until we ride to the coast. That way, on our second day of the trip we will simply need to get our riding gear and bikes ready and on we will go discovering more of the beauty and traditions of the region. From our campground we will ride on a gravel road that will show us the valley, small rural communities and country life, and from there we will end up in the town of Lolol, declared a national monument by former President Ricardo Lagos in 2003. We will park our bikes and walk the cobblestone streets, visit the city hall and the most traditional buildings.

There is a local restaurant where we will have lunch, the Sa Za restaurant. After lunch we will drive for 20 minutes and visit the rural school of Nilahue, where we will spend time with local students and help with small repairs, such as painting. We will have time to visit with students, play games and, time permitting, have a soccer match.

Before the day is over, we will return to our campground for dinner. We will also discuss the day's activities by a campfire.



Day 3 – Wednesday November 6th: Day at the Horse-Riding Center in Nilahue.

Breakfast at 8:30am.

Grado Sur Expediciones has a small ranch with horses not far from the campground. We will spend the day there learning about these noble and beautiful animals, riding gear and how to saddle a horse. Then, we will enter the nearby mountains and forest for a 3-hour ride. We will be stopping at various locations for pictures, rest and safety checks of our riding gear.

For logistical purposes, we will ride in two smaller groups: one in the morning and one in the afternoon.

The group that is not riding will spend time working on Leave No Trace concepts. We will read some material, do activities and will raise awareness of environmental issues, one of the main goals of this trip.

Lunch will take place at the campground.

Once the day's activities are over, there will be a trip to a small local grocery store and free time to relax. Meanwhile, the Grado Sur team will be working on dinner, with the help of the day's designated group of students.

Night at camp.



Day 4 – Thursday November 7th: Crossing Mountains to Bird Sanctuary by the Ocean – Farewell Dinner

Breakfast at 9am.

Group packs up camp for a great day of riding bikes, our last ride of the trip. The challenge is to cross from Lolol Valley to the ocean over a coastal mountain pass and reach our destination, the Bird Sanctuary of Laguna Cahuil and Pichilemu, by the Pacific Ocean.

This is a great ride, but it is most likely the hardest of the trip. From our point of view, it is the one that the group has been getting ready for during the previous days. There are lots of gently rolling hills, one short climb and a river to cross. In addition to that, there are beautiful coastal mountains with great views of local farms and forests. We will bike carefully, because support vehicle can only follow the group up to a certain point - a river that vehicles cannot cross. However, the vehicle will meet us coming from the other direction.

We will cross the river walking carrying our bikes and helping each other with all the gear we bring with us.

Lunch will take place on the road. We will have a sack lunch and bring it with us in our day-backpacks. We will also make sure to bring enough water, sunscreen and one extra layer of clothing.

Later, we will ride for another 7 kilometers to our next campground for our last night together on this trip. Here there will be time to pitch tents, organize gear and personal items, take a shower and relax. As a group, a great way to end the day would be to walk by the beach and build up our appetite for our last dinner together.

Dinner will be prepared by Grado Sur and the designated team of students.

Night at local cabins.



Day 5 – Friday November 8th: Introduction to Kayaking: Paddling in Laguna Cahuil and Bird Sanctuary

Breakfast at 8:30am at a local restaurant.

Right after breakfast we will drive to the Bird Sanctuary of Cahuil for our kayak exploration of its wetlands and admire the birds that live there.

Once at the lake (campground), the group will receive a safety speech and all necessary information for the "Introduction to kayaking and bird watching" activity. This involves a safety talk, safety drills, getting familiar with kayak gear, and learning the basics of paddling. We will also talk about some of the most common birds of the sanctuary and some of the rarer ones. It is ideal for today's activity to bring small binoculars and a waterproof camera or casing for your phone.

The kayaking will take about 3 hours from the minute we start paddling to the moment we get back to the lake campground. After that, lunch will be ready for us, and there will also be time to use the bathroom and take a shower at the lake's campground facilities.

At around 4pm we will begin to get ready for the 4 hour drive back to Santiago.

Estimated time of Arrival at Nido School is 9pm.



VI. IMPORTANT

- The staff includes two guides certified in WFR: Pablo González Díaz and Diane Gutierrez.
- During this trip, we will always be within 90 minutes' drive of medical assistance. However, we travel with an emergency first aid kit, extra support-vehicle and other necessary items to be used in case of emergency.
- Grado Sur Expediciones has VHF radios fitted to all its vehicles, plus a hand-held VHF radio per guide. Additionally, every member of staff carries a mobile phone. This guarantees communication throughout the entire trip.

VII. TRAVELING DYNAMIC OF THE EXPEDITION

Meeting before the Trip

In most expeditions of this nature, we consider it very important that participants meet with Grado Sur Expediciones at least once before departure to discuss:

Details of the trip

Training before the trip

Options for Community Service

The PACKING List and bag-size.

The personal equipment needed for Biking, Kayaking or Horseback Riding.

Grado Sur Professional Team

- Pablo Gonzalez Díaz – Professional Guide + 56 9 4407 0503
- Clara Godoy – Guide + 56 9 9824 2714
- Diane Gutierrez – Professional Guide and Cook + 56 9 9324 9067
- Marco Ibañez - Professional driver and Logistics + 56 9 9281 4548
- Grado Sur Expediciones + 56 9 9380 5359

Service Provided By Grado Sur Expediciones

- All lodging: 3 nights at campgrounds - 1 night at cabins in Cahuil.
- All meals either cooked by students and Grado Sur Staff, plus two meals at restaurants

VIII. What is needed for this Trip

a. Gear Provided by Grado Sur Expediciones Needed for this Expedition

- A Mercedes Benz Sprinter mini-bus for all ground transportation. It has 15 seats plus driver. All seats recline and have seatbelts. Also, *every seat is insured*.
- A trailer especially designed to transport bikes, camping equipment, food and personal gear.
- 4X4 support vehicle.
- An extra Trailer to transport boats and kayaks.
- Bikes and helmets
- Kayaks and all paddling gear
- Camping equipment such as: cups, plates, cutlery, tables and chairs.
- Two-way long-range VHF radios for guides and for key people in the group.
- Horse saddles and riding helmets
- Experienced Horse-back riding guides

b. Gear Each Expedition Member Needs to Bring – Pack as light as possible - No SUITCASES

We suggest expedition members bring:

- *Padded biking-pants* key for LONG RIDES.
- His/her own biking gloves.
- Appropriate riding shoes and wind-proof jacket.
- Sleeping bags & mattress (Grado Sur will provide Tents: two-people Igloo).
- Small backpack to carry personal items while cycling such as snacks and extra water.
- Towel and personal toiletries
- Hat, sun block and sunglasses
- Swimsuit and one *non-cotton* long-sleeve t-shirt.
- Flashlight (Headlamp suggested)
- Warm clothes for after activities and evening activities.
- Spare shoes or sandals (Heavy walking shoes are not necessary on this trip)
- Spending money. This is simply for personal items.

c. DO NOT BRING

- Computers or any big electrical item that might get damaged on the trip.