southern climbing academy

Journey in Motion



The Climbing Collective

Western Cape Rock Tour

July - October

We can't wait to share the magic of South Africa with you!

Herein lies all the information you need to know to make TCC absolutely easy-peasy-lemon-squeezy. TCC is inclusive of all meals, accommodation and climbing permits.

By joining this tour, you have allowed yourself the opportunity to experience the wonders of climbing in Rocklands, the history of Cape Town and the vibrance of the South African people.

TCC includes social action, environmental stewardship, indoor competition climbing, outdoor bouldering and sport climbing. Athletes will meet and climb with members of Dream Higher and Western Cape Climbing both in Cape Town and in the Cederberg.

Please get in touch with us if you have any concerns or questions, or if there is anything we did not cover here.

And, as we like to say over here at SCA:

Enjoy your life!

Pricing details

Ticket type	Estimated Price* *calculated on current ZAR value.
Athlete based on a minimum of 8 athletes	EUR 4 830 / USD 5 535
Chaperone join the athletes' itinery	EUR 2 656 / USD 3 075
Accompanying Adult a separate itinery, with some overlapping activities with athletes.	TBC (A separate information package containing these details will be sent out on request)
Additional week in Rocklands	$ 1 500 - $ 2 000 (dependant on interest)
Deposit	$ 500pp (To secure booking)

What's included?

The prices listed above are inclusive of:

- Accommodation in Rocklands and Cape Town
- Airport transfers
- Transport in Cape Town and Rocklands
- Breakfast, lunch and dinner
- Activity permits and wilderness permits
- Boulder pad rental
- Trained mountain guides x3
- Daily mobility sessions
- Entry into Gravity Bowl 8 + T shirt
- Gym entrance fees
- Surf lessons

Basic Athlete Itinerary

Cape Town			
Day 1	**Day 2**	**Day 3**	**Day 4**
Arrival at CPT Int Airport from 2pm Orientation Dinner	Outdoor Sport Climbing @ Silvermine Nature Reserve	GRAVITY BOWL - Africa's biggest indoor boudlering competition	Surf Lesson Botanical Gardens / Hike
Day 5	**Day 6**	**Day 7**	**Day 8**
WCC Gravity Bowl Review / Krag Central / outdoor bouldering day Traditional Cape Malay dinner	Transfer to Rocklands Traditional Potjie dinner	Full day bouldering	Full day bouldering
ROCKLANDS			
Day 9	**Day 10**	**Day 11**	**Day 12**
Full day Sport climbing	Nelson Mandela Day Celebration Cedar Tree Planting Braai with Dream Higher	Half day bouldering Half day sport climbing	Bouldering day with Rocklands Climbing School Pizza night @ Hen House
Day 13	**Day 14**	**Day 15**	**Day 16**
Rock Art Trail Rest day games	Full day Sport climbing	Full day Bouldering	Transfer back to CPT Int airport by 2pm

*Subject to change depending exact dates of trip and weather conditions

Packing lists

Clothing	Gear	Extras
• Approach shoes • Warm layers • Climbing pants & shorts • Rain jacket & insulated jacket (puffer jacket) • Casual clothing for evenings • Swimming costume • All personal clothing items	• Lightweight backpack • Duffel bag for travel (no roller bags) • Chalk bag and chalk • Climbing shoes • Climbing tape • Travel towel • Headlamp • Sun hat and beanie	• Pertinent medications • 2l Water bottle • Toiletries • Sunscreen, lip balm, and mosquito repellent • Tupperware for lunches • Extra snacks and goodies • Electrolyte drinks

Things to consider

The Cederberg is a vast and beautiful desert wilderness, and demands respect and understanding. As we will be climbing in the cooler months, and in the day time, please keep the following in mind when packing:

- Day time and evening temperatures will vary considerably, please pack for both instances.
- Closed shoes are strongly advised to avoid splinters, bites and stings from sticks and our slithery / pinchy friends.
- Hats are a non-negotiable. T-shirts and sun hoodies are strongly advised. Covering up exposed skin = sun protection.
- Water is another non-negotiable, electrolytes strongly advised.
- All meals are prepared with the best interests of the needs of the group in mind. If you have specific dietary preferences outside of medical conditions, please consider bringing your own food.

Code of Conduct

All participants must follow our three core principles:

Respect for ourselves and for others

This includes our differences in identity, background, climbing ability, and communication styles.

Respect for our hosts and the environment

As guests in South Africa we will practice cultural humility, ask questions before making judgements, and minimize environmental impact.

Respect the risks of climbing

Follow safety protocols, listen to guides, and support each other.

We expect maturity and empathy. Any instances of bullying, discrimination, or reckless behavior may result in removal from the program.

Code of Ethics

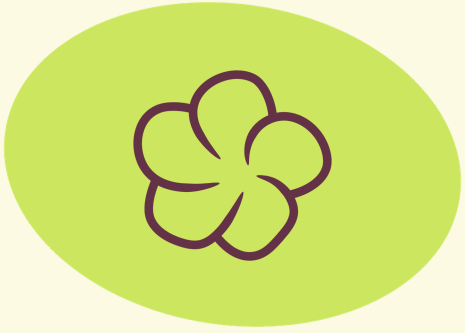
Live your destiny



SOCIAL ACTION

Purposeful, relational and impactful.

We guide conscious thought and deeper understanding of the world around us.



ENVIRONMENTAL STEWARDSHIP

Sustainable, responsible and regenerative

We support guardians of nature, making choices that benefit both people and the planet.



EXPLORATION

Curious, courageous and collaborative

We explore without exploiting, respecting peoples, cultures and environments in the process.

Our Collaborators

The Climbing Collective partners with local NGOs and businesses to create experiences that are not only authentic and unique, but lead to the greater good of our society and environment.

Dream Higher	Rocklands Association for Development (RAD)
DreamHigher is an NGO working with vulnerable youth living in Cape Town, providing long-term access to the climbing community. The goals of Dream Higher are to: • Collaborate with youth development professionals. • Create a safe-space. • Generate a group and community identity. • Take part in outdoor adventures.	Rocklands Association for Development is an NGO based in Rocklands. They are focused on activating the climbing community around social and environmental projects to help Rocklands thrive.

Western Cape Climbing (WCC)	Breathe In Experiences
Western Cape Climbing is the center for competition climbing excellence in South Africa. They work tirelessly to increase the level of competition climbing in the Western Cape, hosting multiple workshops, leagues and competitions throughout the climbing season.	Breathe In Experiences believes in the transformative power of mountain access. They use the principles of Intentional Sustainable Play to create mountain experiences that facilitate connection, communication, self awareness and outdoor etiquette.

FAQs and extra information:

Cancellation Policy

Deposit

A non-refundable deposit of $500 is required to secure your booking. This deposit covers administrative costs and is non-refundable unless the operator cancels the trip.

Cancellations

Our cancellation policy is in place to protect both our clients and our guides, ensuring that we can maintain a high-quality experience for everyone involved. Please note that we cannot modify our cancellation policy under any circumstances.

Refund Policy

- 60-90 Days Before Arrival: 100% of the total amount paid, minus the non-refundable deposit, will be refunded.
- 30-60 Days Before Arrival: 50% of the total amount paid, minus the non-refundable deposit, will be refunded.
- 15-30 Days Before Arrival: 25% of the total amount paid, minus the non-refundable deposit, will be refunded.
- Less Than 15 Days Before Arrival: No refund will be provided.

In the event of a late cancellation (within 15 days), no exceptions will be made, regardless of reason, due to the logistical complexities involved in organizing international trips.

Special Circumstances:
Injury, Sickness, or Family Emergencies

We understand that injuries, illnesses, and family emergencies are unfortunate situations that are out of your control. However, due to the significant time and resources we invest in each experience (including contracting guides, reserving accommodations, marketing, and coordinating transport logistics), last-minute cancellations create challenges that we may not be able to overcome.

While our cancellation policy is strict to maintain fairness, we recommend purchasing travel insurance to cover unforeseen medical emergencies, cancellations, or trip interruptions.

If the Operator Cancels

If we, the operator, must cancel the trip due to low enrolment, weather conditions, political instability, or any other factors beyond our control, a full refund will be provided. Alternatively, you may choose to receive credit in the form of an electronic voucher that can be used for future bookings.

Force Majeure Clause

We are not responsible for cancellations or interruptions due to unforeseeable circumstances beyond our control, such as natural disasters, government restrictions, pandemics, political instability, or other force majeure events. In these situations, we will either reschedule the trip or offer you a credit for future use. Refunds are generally not provided for force majeure events, but we will work with you to ensure a satisfactory resolution.

Illness and Contagion Policy

To prevent the spread of illness:
Do not travel if sick. Contact us immediately.
Notify staff of any symptoms. We'll isolate, test, and support accordingly.
Positive cases will be cared for off-site, with cost shared by families.
No refunds will be provided for illness-related interruptions. Travel insurance is required to cover these scenarios.

Financials and logistics

Payment terms

We request a $500 deposit within **30 days of receipt of application** to secure your spot.
Full payment should be made **60 days prior to our arrival date**.
We are happy to discuss a payment plan individually, should this be necessary.

Transportation in South Africa

We have access to two minibuses for the duration of our trip. These minibuses will be stationed at Cape Town International Airport upon your arrival, and will remain as our vehicles until your drop-off back at Cape Town International Airport. Our drivers are all equipped with Professional Drivers licences and first aid, as per South African legislation.

Flights and Airport Transfer

Flights are funded and and arranged at your discretion. We will provide an arrival and departure window period for you to book flights within, and will be waiting at the airport upon arrival. **Cape Town International** is the only international airport available to us, please book accordingly.

Once your flights have been booked, please email the flight details to hello@breathein.co.za so that we can co-ordinate our arrival at the airport.

We have accompanying adults that are joining from the USA, and it may be possible for us to arrange flights accordingly with these accompanying adults. These details can be discussed as application forms are singed and we have a better understanding of how many participants are joining us.

Travel information

What documents do we need to travel to South Africa?

At a bare minimum, all participants (including accompanying adults)]
must have a passport with 6 months validity in order to travel to South Africa.

The South African government has the following documentation requirements
for minors travelling to South Africa:

MINOR ACCOMPANIED BY BOTH PARENTS
valid passport
copy of a birth certificate / equivalent document or passport containing the details of the parent or parents of the child
valid passport
MINOR ACCOMPANIED BY ONE PARENT
valid passport
copy of a birth certificate/equivalent document
parental consent letter
copy of the passport / identity document of the absent parent
contact details of the absent parent
where applicable-
copy of a court order granting full parental responsibilities and rights or legal guardianship in respect of the child.
copy of a death certificate of the deceased parent
valid passport
MINOR TRAVELLING WITH PERSON WHO IS NOT HIS / HER BIOLOGICAL PARENT
valid passport
copy of a birth certificate/equivalent document
parental consent letter(s)
copy of the passport(s)/ identity document(s) of the parent(s)/legal guardian(s)
contact details of the parent(s)/legal guardian(s)
where applicable-
copy of a death certificate
copy of an adoption order
copy of a court order granting full parental responsibilities and rights / legal guardianship in respect of the child.

UN-ACCOMPANIED MINOR
copy of his /her birth certificate
Valid passport
parental consent letters
copy of the passport(s)/identity document(s) of the parent(s) / legal guardian(s)
contact details of the parent(s)/ legal guardian(s)
letter from the person who is to receive the child in the Republic, containing his / her residential address and contact details in the Republic where the child will reside
copy of the identity document / valid passport and visa or permanent residence permit of the person who is to receive the child in the Republic
where applicable-
copy of an adoption order
copy of a death certificate of the deceased parent/ parents or legal guardian;
copy of a court order granting full parental responsibilities and rights or legal guardianship in respect of the child

MINOR IN ALTERNATIVE CARE
valid passport
letter from the Provincial Head of the Department of Social Development where the child resides authorising his or her departure from the Republic as contemplated in section 169 of the Children's Act (Act No. 38 of 2005).
Please note that it is the responsibility of parents and guardians to ensure that participants have all necessary documentation for travel.
Do we need travel insurance to travel to South Africa?
We require all participants to carry medical insurance and international travel insurance while in South Africa. The specifics of such should be discussed with your insurer and should cover emergency evacuation and trip delay.

What ages are accepted?

We accept climbers from 13-18 years old, from varying backgrounds. Some of the local climbers who will be joining us from South Africa are from disadvantaged backgrounds. Climbing is unique in its ability to draw in people of varying ages and backgrounds with a common goal. These mixed-age and inter-demographical relationships foster growth, empathy and understanding far beyond the sport, and sit at the heart of our mission for TCC.

How many members from Dream Higher and the Western Cape team will be involved?

We will be working with a consistent group of Dream Higher and Western Cape team members that matches the amount of American children that join us on the trip. As we move through these initial introduction phases we will ascertain the level of interest and take it from there.

Are children allowed to join without an accompanying adult?

Yes. Our team of facilitators and guides will act as guardians and stewards during our time in South Africa. Please be aware of additional documentation required by the South African Government for minors travelling unaccompanied into the country.

Will there be consistent supervision?

Completely. We will have three facilitators present at all day time activities. During meals and down-time, two facilitators will be present. Our facilitators will be lodged with students, in separate dormitories.
What are the expectations of accompanying adults?
Accompanying adults have no expectations, besides having an enriching and meaningful experience with their children. Adults do not need to be climbers to attend, and are not expected to be present for all the planned activities. We are happy to assist in planning alternative activities and accommodations for adults, as needed.

Accommodation and food

What types of accommodation will we be staying in?

For our stay in Cape Town we have secured private rooms at the Bluebottle Guesthouse in Muizenberg.
While in Rocklands we will be staying at Eight Day Rain.

Is the trip fully catered?

Yes, the trip is fully catered. Our meals are a mixture of in-house catering by our team of facilitators and catering services by outside vendors. Participants will be asked to assist with meal-preps and clean-ups as necessary. South Africa is well-known for its high-quality fresh produce, and we prioritise nutritious, plant-based meals during our trip, although meat will be available from time to time.
Participants are encouraged to buy extra daily snacks to supplement meals and add comforts into their day. We have time aside every few days for snack shopping. We will strongly encourage fresh snacks, fruit and nuts, and discourage refined sugars and trans fats.

How much money should we bring along for snacks and curios?

This is a personal choice, but there will not be a massive need for cash while on the trip. We encourage a mindset of minimal-consumption. However, it is advisable to have rands in cash for rural stops. ATMs are available in Cape Town, and VISA and Mastercards are readily accepted.

How do we handle food allergies and dietary restrictions?

We take every precaution possible to ensure the safety and dignity of our participants. The earlier we have access to this information the better we can accommodate everyone's needs.
If there is a serious food allergy, we are happy to chat directly with guardians to assess how we best we can make arrangements regarding this. Food allergies should not be a reason that someone cannot experience the world fully.

What is WIFI and cellphone connectivity like?

While in Cape Town, WIFI is readily available at the Bluebottle guesthouse. WIFI connection in Rocklands is less stable. Facilitators and guides will have reception via local networks however and will be readily available. Alongside this, we will send out regular updates to parents during our trip.

If you would like to remain in constant contact with your child, we recommend purchasing an international e-sim for the trip. We advise participants to stay off of their cellphones while climbing, and will have dedicated time in the evenings for phone calls etc. However, all facilitators will have cellphones with them at all times and will be available for communications with guardians should it be required.

Safety

What steps have been taken to ensure safety?

Outside of our team, we work with South African Mountain Rescue and Netcare 911 to assist with any injuries or emergencies that may arise.
As additional safety measures while we are in Rocklands, we make direct contact with local doctors and ambulances in Clanwilliam (the closest town to Rocklands) and request stand-by from these sources while we are in the mountains.
It is important to note that Sport climbing (including bouldering) is a risk-controlled activity that contains elements of real risk and consequence. We take all precautions to mitigate these risks and potential accidents. However, it is important to acknowledge that the risk of injury is real.
TCC is well-equipped to mitigate risk and manage any incidents that may occur. We run safety briefings throughout the trip, and workshop climbing safety and emergency procedures as part of our program. Learning to understand and manage risk in the mountains is an important element of being an autonomous climber, and we take this education seriously.

Is South Africa safe?

South Africa is an emerging nation with a difficult past. The remnants of this are visible in the economic status of many of our citizens. The presence of crime in these conditions is inevitable.
However, we have taken all measures to ensure the utmost safety for our entire trip. Our facilitators are South African locals with a strong awareness and understanding of safety in the cities. We will travel as a group, taking car rides and conducting activities during daylight hours. While in Rocklands we do not anticipate the occurance of any crime, because of how rural it is.

Are our guides certified?

All guiding is managed internally by a team of experienced and skilled mountain and cultural guides, outdoor educators and occupational therapists. Our entire team is certified by CATTHSETA and MDT, holding qualifications in Adventure site guiding, Bouldering, Sport Climbing and Multi-day trekking. We work exclusively with trained professionals who hold up-to-date Child Safeguarding and First aid qualifications.

Meet the Team



REBECCA PRETORIUS

An occupational therapist, yoga teacher, and climbing enthusiast.
She teaches self-regulation, fosters self-compassion, and empowers confidence and independence. With over six years' experience working with children, she is especially interested in how physical health supports learning and development.

MICHELLE ALBERTYN

A mountain guide, yoga teacher, and outdoor educator, she has spent 12 years using nature as a space for learning and growth. Passionate about the connection between movement and the natural world,
and has seen firsthand the powerful impact climbing can have on wellbeing and personal development.



southern climbing academy

Sign up here!

Follow this link, sign our introductory form and we will be in touch!

Connect with us:

Email us
hello@breathein.co.za

WhatsApp us
+27 79 522 1890 (Becks)
+27 83 560 4962 (Mish)

Eight Day Rain

An Eco-thriving guest farm in the Cederberg

Dear guest ... we're looking forward to welcoming you as part of the very first **Breathe-IN** Rocklands retreats to be held on this beautiful land. As you prepare for your trip, here's a little more information about our farm, which we're excited to share with you as home base for your retreat.



Fi



Jethro in his outdoor office

Our Story

Eight Day Rain was established in 2022 by Jethro and Fi, when there was little but fynbos and a rooibos field (we adopted the evocative name of the bouldering area 8DayRain to name the farm). We've lived here since, with our dogs and a diverse cast of characters including long-term residents, dassies, birds, volunteers, bloukop koggelmanders and guests.

welcome to our mountain home!



Drone shot of the glamping tents and communal areas (July 2024)

We are 100% off-grid

This means that we run entirely off solar power, and all waste generated on the farm (including humanure) is managed on the farm.

- *Pros of being on solar: Renewable energy and no loadshedding.*
- *Cons: There are limitations on what can be plugged in, and when. So please leave your hairdryers and Nutribullets at home.*

We encourage our guests to switch off as much as possible, to get the benefit of being fully immersed in this wonderful wilderness area. We do however have internet in our communal spaces, and the MTN signal is good. There are plug points to charge your devices in the Central Space.



Sunset in the gardens of Ithilien



Our solar installation

Guests participate at key points in all of the systems that we've developed to deal with food waste, recycling, water resources and humanure that is generated on site. You'll be given an orientation when you arrive, but you can prepare for your visit by:

- *Relaxing... our bucket toilets are charming, and smell only faintly of sawdust, even on the hottest days!*
- *Packing only naturally-derived, non-toxic and biodegradable soaps and shampoos. The water from our showers flows into our gardens.*
- *Limiting the single use plastic, packaging and other waste materials you bring along (e.g. pack your snacks and food into tupperware or glass where possible).*



The vegetable gardens of the Hollow (Summer '24)



Recycling bins



The beautiful outside shower



One of our bucket toilets



Jethro processing the humanure at our Hacienda

