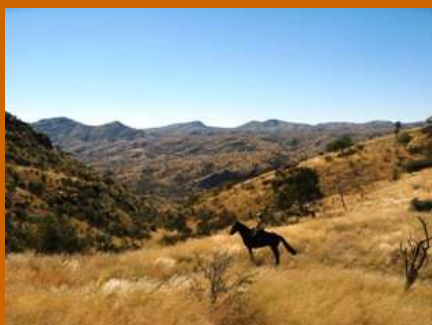




Rainy season in Namibia
Photo: Dietlind Dietterle



What a view...
Photo: Sam McCartney, Equitrails



Free like a bird...
Photo: Mario Oprandi, Namib Gliding



The way of a canoe...
Photo: Umkulu Safaris & Canoe Trails

Dear Friends of Namibia

We are back with our first Newsletter in 2012, a year which has hopefully started as promising for all of you as it did for us.

We have used the calmer time at the turn of the year to get more interactive. After launching our new website and being updated regularly, we are excited to inform you that we have also started a page on facebook. Our site is still in its infancy, but we will do our best to create an interesting site with regular entries. We also have a profile on Tripadvisor and our company has been listed as a resource. Unfortunately a resource record cannot be commented on, but with our profile we will share our opinion and rate registered accommodations or services.

Today's newsletter is devoted to the subject of activities. From the variety of possibilities that are offered, we picked a few notable ones for you. We are sure that there is something for everyone!

Experience the Spectacular Scenery of Namibia – on Horseback

Equitrails is based at Elisenheim Guest Farm on the outskirts of Windhoek, surrounded by the magnificent Eros Mountains.

Ideal for horse lovers who want to indulge in their hobby on holiday as well as for those who simply want to see nature from a different perspective. Whether you are an experienced rider or a beginner, at Equitrails everyone will get his money's worth!

Well-trained and obedient horses make every ride in the stunning scenery of the Eros Mountains a memorable one.

Equitrails offers rides by the hour, breakfast rides with champagne, sundowner rides or even a variety of overnight trails.

The company is owner-run by Samantha McCartney, a British Horse Society qualified instructor with ten years horseback guiding experience in Africa.

Sam's horses receive the best care and the tack is in top shape. To ensure that you enjoy the ride to the fullest, your horse will be selected carefully. If you love horses and you have some free time in Windhoek, this experience is not to be missed.

More information is available at www.equitrails.org

From a Bird's View - Paragliding

You always wanted to go paragliding? Make your dream a reality with Mario Oprandi from **Namib Gliding**.

Surely the pretty coastal town of Swakopmund is on your itinerary. Take the opportunity to have a look at the surreal landscape of sand and sea from above. All the necessary training is provided and no experience is needed. Mario is a fully qualified paragliding instructor with 18 years experience and his motto is: "It's easy, fun and safe!"

Full or half day paragliding flights are offered over the dunes of Swakopmund. Even a safari with overnight stays is possible, tailor-made according to your wishes.

More information at www.namibgliding.com

The Way of a Canoe is the Way of the Wilderness – Orange River Rafting

This is truly one of the purest adventure trails in Southern Africa. The Gariep River or "Great River" as it is called by the local Nama people offers a unique outdoor experience to those who seek tranquility and adventure. The Orange River cuts through the Ai-Ais Richtersveld Transfrontier Park and is the border between Namibia and the Republic of South Africa.

Dramatic landscapes with rugged mountain ranges, age-old metamorphosed lava flows and ice-age deposits sweep away inland from the Orange River, where Fish Eagles, Egyptian Geese and Kingfishers enjoy the green riverine vegetation that contrasts so starkly with the desert surrounds. **Umkulu Safaris & Canoe Trails** offers a wide variety of trails suitable for the whole family, ranging from half day to day or even overnight trails.

For the overnight trails you are departing from base camp, heading to your adventure with the bare necessities for wild camping. The camps will be set up along the river edge and will follow the ethics of eco tourism, camping as natural as possible and keeping the environment unspoilt. Meals will be prepared on open fire – nature pure ...

For further information see www.orangeriverrafting.com



Sand instead of snow
Photo: Henrik May, Ski Namibia



Mountain biking in awesome areas
Photo: cyclenamibia.com



Mountain bike race
Photo: African Extreme Promotions

Dune Skiing – for once without Snow

Why do we automatically think of snow if somebody talks about skiing?

Not quite so common, but no less fun - dune skiing!

The big advantage: Sand does not melt in the sun and you can practice this sport all year round. A small disadvantage, but one that definitely contributes to improve your fitness: there are no ski lifts...

Henrik May, who has 25 years experience in skiing and is holding the world record in "speed-sand-skiing" since 2010, will show you the tricks and gimmicks to easily switch from snow to sand. The service is only offered to persons who already have experience in skiing, however for those inexperienced adventurers sledges are available. **Ski Namibia** offers downhill, cross-country and telemark skiing.

The height of the dunes in Henrik's skiing region is on average between 70-80 meters and up to 140 meters above sea level. If the weather conditions are good, the Atlantic Ocean can be seen from the summits of most dunes. Skiers with good physical fitness can realistically achieve between 450-600 meters on a dune skiing trip. 6-8 ascents and descent lengths between 160m-200m are possible. The time for an ascent lies around 10 minutes at a slow pace. Distances in the cross-country trips are between 5-8 kilometers. The tours are individually tailored according to degree of fitness and skiing ability. For more Information see www.ski-namibia.com

Travelling Namibia on 2 Wheels –Mountain Biking

You like mountain biking and want to explore Namibia from a sportive perspective? Then Frank (Tökkie) Bombosch is your man. Tökkie is the founder of the **Cycletec Adventure Center** and a passionate cyclist with international success. From super luxurious choices of accommodation, service and activities, to more cost effective solutions, Cycletec ensures client's requirements are entirely catered for. Cycle through the pristine Damaraland, test your fitness on a "mountain, sand and sea tour" or prepare yourself for a Skeleton Coast expedition. Even day trips and bicycle rentals are available. Whatever you choose you can be sure with Tökkie you are in good hands!

More information www.cyclenamibia.com

Extreme Challenges 2012 – Namib Quest and Fish River Challenge

African Extreme Promotions is a Namibian based organization specializing in the design, staging and running of extreme sporting events and challenges for those inclined to test their limits in extreme environments. Two challenges take place this year:

The **Namib Quest** (28 April to 04 May 2012) is a 6-day mountain bike stage race that starts in the historic capital city of Namibia, Windhoek, and ends in the famous coastal town of Swakopmund. The route passes through the folded mountains of the Khomas Hochland, dropping down through the transition plateau into the famous Namib Desert and will include parts of the Namib Naukluft Park. Entrants will have the privilege of riding through areas that are essentially closed to the general public. The race-format will be two person teams and the riders are both expected to finish each stage together.

The **Fish River Challenge** (28 and 29 July 2012) is a 90 km unsupported (except for water) foot race whereby competitors will be expected to cover the distance in the designated cut-off time. Competitors will be expected to carry along certain basic essential equipment. All the successful participants will receive an official "Finishers" medal as well as a certificate commemorating their achievement.

For more Information or to enter an event see www.africanextremepromotions.com



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We gladly handle the bookings for the above mentioned activities or we include them in a tailor-made safari. If you contact the providers directly we would appreciate it if you could refer to Acacia Namibia's Newsletter.

"Totsiens" and warm greetings from a rainy Windhoek

Your

Acacia Namibia Team

Should you not wish to receive our mailings, kindly send us an "unsubscribe" wish to info@acacianamibia.com