



## Freedom to Roam Adventures

### FAQ

#### *Supporting the Kariega Foundation Trust*



**The following information will help you plan fully for the FTRA Safari Experience.**

#### **1. GENERAL INFORMATION**

**Q: What is Freedom to Roam Adventures (FTRA)?**

A: FTRA is a non-profit incentive founded by Trish Liggett. 30% of the package is donated to the Kariega Foundation Trust in support of conservation and community projects.

**Q: Who will host and guide the experience?**

A: Trish Liggett and her husband Phil host all events. Lindy Sutherland, CEO of the Kariega Foundation Trust, will join each event. Our lead MTB (mountain biking) guide is Nic Mortley, an expert safari guide and permanent Kariega staff member.

**Q: How many guests are on each trip?**

A: Each event has a maximum of 18 guests.

**Q: Is FTRA for profit?**

A: No, all proceeds are directed to the Kariega Foundation Trust.

#### **2. CYCLING & ACTIVITIES**

**Q: What about the bikes?**

A: FTRA owns 22 mountain bikes (small, medium, large, extra-large). Bikes are fitted individually by our mechanic and labelled for each guest. Helmets are not provided – please bring your own. Pedal cleats are not essential, trainers or similar will be just fine.

**Q: How long are the rides?**

A: Daily morning rides (weather permitting), covering 12–20 km over 3 hours. Always guided, with lead/follow vehicles for safety. Riders must stay together. The pace of riding is totally accommodating for riders of all levels.

**Q: Can I choose not to ride?**

A: Yes. Non-riders can join guided game drives, bush walks, or enjoy lodge downtime.

**Q: Is riding safe?**

A: Yes. Rides are always guided by highly qualified guides and accompanied by vehicles leading and following the group. Radios are also used between ride leaders and vehicles. The reserve is Big 5 territory (lion, elephant, buffalo, rhino, leopard). Safety and enjoyment are our top priorities.

**Q: What else is included?**

A: Guided bush walks, game drives, boat trips, birdwatching, photographic skills for larger cameras, and lodge facilities. Guests also receive a drawstring JOEN backpack, useful for carrying while riding, cycling jersey, buff, and arm warmers.

***NB. Bike skills will form part of the first day's ride preparation. Help will always be at hand.***

**3. ACCOMMODATION****Q: Where will we stay?**

A: 8 nights across three luxury Kariega lodges:

- Ukhozi Lodge (3 nights)
- River Lodge (3 nights)
- Settlers Drift (2 nights, max 18 guests)

**Q: What are the room arrangements?**

A: Twin or double sharing. A single supplement is available at 25% extra.

**4. TRAVEL & TRANSFERS****Q: Which airport should I fly to?**

A: International flights into Johannesburg (JNB) or Cape Town (CPT), then onward flight to Port Elizabeth (PLZ/Gqeberha).

**Q: When should I arrive?**

A: Please arrive in Port Elizabeth the day before Day 1 of the event. If already in the country, an early flight does arrive in PE around 7.00am

**Q: How do I get to Kariega?**

A: Pembury Tours provides transfers from three recommended PE hotels (mid-morning pick up) or the airport (final pick-up at 12h00) on Day 1. Returning transfers to PE airport are included on Day 9, arriving by 11h00. We will arrange the transfer to Kariega, from one of the three hotels recommended. All guests will be returned to the airport.

**Q: Recommended hotels in Port Elizabeth?**

- Forest Hall Guest House B&B - [www.foresthall.co.za](http://www.foresthall.co.za)
- The Beach Hotel – [www.thebeachhotel.co.za](http://www.thebeachhotel.co.za)
- Mantis No5 Boutique Art Hotel – [www.mantiscollection.com](http://www.mantiscollection.com)
- Beachwalk B&B - [www.beachwalk.co.za](http://www.beachwalk.co.za)

**Q: How long is the transfer?**

A: Approx. 1.5 hours from PE airport to Kariega Game Reserve.

**5. COSTS & PAYMENTS****Q: What is included in the price?**

- 8 nights' luxury accommodation
- All meals & most drinks (excluding high-end wines/champagne)
- Daily activities (rides, game drives, walks, boat trips)
- Transfers from PE Airport/hotels to Kariega.
  - NB if for any reason a guest is unable to join a transfer with all other guests, then transport to and from Kariega will be at own cost - but we can arrange on guests' behalf.
- Conservation levies
- All gratuities (staff, guides, catering, bikes)
- Drawstring JOEN backpack
- Cycling jersey, buff, and arm warmers

**Q: What is not included?**

- Flights & accommodation before/after event

- Laundry services
- Spa treatments
- Lodge gift shop purchases
- Helmets (must bring your own)

**Q: How much deposit is required?**

A: R25,000 per person (approx. USD 1,350) payable to the Kariega Foundation Trust.

Bookings fill up fairly quickly, so we strongly recommend paying your deposit early to secure your spot.

**Q: When is the balance due?**

A: 3 months before the event. Approximately 30% of the total price is a donation to the Kariega Foundation (eligible for tax benefits).

**Q: What is the cancellation policy?**

- Before final payment: full refund (once guest place is refilled).
- Less than 30 days: 25% charge.
- Less than 14 days: 50% charge.
- Less than 7 days: 100% charge.

## 6. SAFETY, HEALTH & INSURANCE

**Q: Is the area malaria-free?**

A: Yes, the Eastern Cape is malaria-free.

**Q: Do I need vaccinations?**

A: No specific vaccinations are legally required for South Africa.

**Q: Is insurance required?**

A: Yes, full travel and medical insurance is essential. Guests must sign a Kariega Game Reserve waiver on arrival.

**Q: What about dietary needs?**

A: A pre-event questionnaire covers dietary preferences, allergies, medical needs, bike and jersey sizing.

## 7. CLOTHING & WEATHER

### Q: What is the weather like in May?

A: Cool mornings/evenings and warm days. Layering is essential. Rain is unlikely but possible.

### Q: What should I pack?

- Cycling gear (layers, trainers, sun cream)
- Personal helmet (required)
- Safari clothing (light T-shirts, long trousers and shirt, warm jackets, hat, gloves)
- Walking shoes, above ankle socks or trainers
- Swimwear for pools & spa use

## 8. EXTENDING YOUR TRIP

### Q: Can I extend my holiday before or after the event?

A: Yes. We can suggest travel extensions in South Africa, such as Cape Town, Cederberg mountains, Kruger National Park wine regions such as Stellenbosch, The Garden Route or coastal resorts. Trish and the FTRA team can provide you with guidance.

## 9. CONTACTS & LINKS

- **Event Liaison:**
  - Trish - FTRA Founder  
([trish.ftra@gmail.com](mailto:trish.ftra@gmail.com)) – please copy Trish in on any emails
  - Paola - Kariega Game Reserve/ Kariega Foundation  
([paola@kariegafoundation.com](mailto:paola@kariegafoundation.com))
  - Jacinta – Guest Liaison  
([jacinta.ftra@gmail.com](mailto:jacinta.ftra@gmail.com))
- **FTRA page:** <http://www.kariegafoundation.com/events/freedom-to-roam-adventures>
- **Kariega Game Reserve:** [www.kariega.co.za](http://www.kariega.co.za)
- **Kariega Foundation:** <http://www.kariegafoundation.com>

A WhatsApp group will be created for each event to share daily itineraries and updates.

## **10. Additional**

More information will be provided closer to the event.

Any queries or questions beyond the above will be welcomed. Do not hesitate to contact us if you have any further concerns.

