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**THE
MIDDLE**
ADVENTURE

RHINO PEAK | SOUTHERN DRAKENSBERG | SOUTH AFRICA

RHINO PEAK

SOUTHERN DRAKENSBERG

2022

Go on an adventure which encourages and equips you to keep going through The Middle – the territory you must navigate in pursuit of your goals.

OBJECTIVES

- Go on an adventure and explore an iconic Drakensberg mountain peak
- Celebrate what you have achieved on your journey and the lessons learned along the way
- Reconnect with where you are going and the impact reaching that destination will make
- Refocus around what matters most ensuring intentional activity towards your goals
- Fuel resilience for the navigation of challenges and barriers that stand in your way

ITINERARY

DAY 1:

Afternoon arrival, coffee and snacks
The Middle introduction
Rhino Peak induction
Group discussion #1
Sundowners and dinner

DAY 2:

Early morning breakfast
Departure to Garden Castle
Hike to summit of Rhino Peak
Late afternoon group discussion #2
Sundowners and dinner

DAY 3:

Breakfast
Group discussion #3
Wrap up and departures



RHINO PEAK STATS

● DISTANCE	21kms out and back
● DURATION	7 -10 hours
● ASCENT	1385M
● SUMMIT	3065M
● CHALLENGE LEVEL	Medium (accessible to all those with general levels of fitness)

THE MIDDLE ADVENTURE

31ST AUGUST - 2ND SEPTEMBER 2022



ABOUT THE MIDDLE

Each person joining The Middle Adventure will receive a personally signed copy of The Middle book. The Middle is a collection of 8 insights, drawn from 8 key days of a round the world cycle tour by the author and facilitator of this Adventure. The book will encourage and equip individuals and teams to increase momentum toward meaningful goals, develop grit and resilience in the midst of tough terrain, push through barriers which consistently get in the way, learn practical frameworks for making things happen, step out of comfort zones and finish well. These insights are the foundation of The Middle's current offerings which, aside from the book, include an online course, workshops, coaching and keynotes.

TESTIMONIALS

"The Middle material is hugely relevant and helpful to any business operating in today's tough economic environment. The unavoidable difficult periods that we all face can be overcome by reconnecting with, and being reminded of, your purpose and end goal."

 **ALMAR**

"The Middle will highlight that taking a step back, reflecting on your vision and reminding yourself of what and why you are doing something, will encourage you to continue, taking you ever closer to the finishing line."

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INVESTMENT

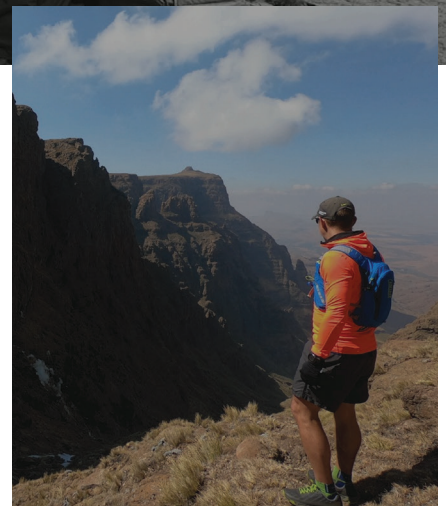
R7 500 excl VAT per person

THE FEE IS ALL INCLUSIVE OF

- 2 nights accommodation in Underberg, Southern Drakensberg
- All food, snacks, refreshments and nutrition for the climb
- Guided hike up Rhino Peak
- Facilitation and resources

THE FEE EXCLUDES

- Transport to and from the venue
- Alcoholic beverages
- Basic gear required (list to be supplied)



CONTACT US ABOUT OTHER ADVENTURES AVAILABLE

Other journeys are available, from day trips to multi day adventures, at differing levels of challenge, with a range of locations and accommodation options.

For more information contact Travis on: 082 211 8785 / travis@themiddle.co.za



**THE
MIDDLE**

THEMIDDLE.CO.ZA