

Underworld Rafting is a **medium/high level physical activity**. It requires:

- A **reasonable** standard of fitness
- **Good balance** - there are no handrails to assist you and walking poles are not permitted
- Ability to walk unassisted on **very uneven and unpredictable surfaces** – areas may be slippery due to mud or sand on rocks
- Ability to move while bent over through the low-ceiling sections of the cave
- **Confidence in water** - swimming ability is not essential but you need to be prepared to 'float' in your wetsuit and lifejacket

The Tour involves:

- Changing into a 2-piece 5mm wetsuit, complete with wet suit socks, boots & gloves. You will also be provided with a helmet (with light) and life jacket.
- A 10-min drive and a 15 min Train Ride into the Nile River Canyon.
- Carrying an inner tube across the Nile River and up 111 steps (**equivalent to a 6-7 story building**) to the cave entrance. Note that you are wearing a wetsuit for this climb, which has the potential to exaggerate the difficulty of these steps, particularly in hot conditions.
- Carrying your inner tube over natural **unformed surfaces**, both to the cave, then through the large, highly decorated upper cave passages, where it is possible to slip, trip or otherwise fall, potentially causing injury.
- Traversing several short sections with low ceilings (120-150cm high) that require the participant to be able to **crouch** and move through, where there is the potential to impact your head (helmets are worn) resulting in bruising, head, neck or spinal injury.
- Traversing a short "rift" approximately 3m deep, with the aid of your guide, where there is the **potential to slip or fall**, resulting in abrasions, breaks to limbs or impact to head.
- Floating through large GlowWorm-lit grottos, and paddling through the cave exit to the Nile River in your tube.
- Traversing an 800 m section of the Waitekeri/Nile River, including **4 short, shallow rapids** and several deeper, still pools.
- In both the cave/lake and river sections of the journey, specific risks to water sports include: **entrapment in water, breaks/damage to limbs and drowning.**

Normal River Flow: In "**Normal**" river flow the rapids are **short and shallow**. You can stand and walk to the water's edge if required.

Medium River Flow: In "**Medium**" river flow the rapids are **fast and flushing**. It is not possible to stand in the moving water and you are required to be confident in water in order to participate.

"**High**" river flow: The Te Ananui Stream and Nile River sections of the trip will be **cancelled** when the river is in "High" flow.

While unusual, there is a possibility that you may fall out of your tube while on the moving water. Should you fall out of your tube you may be under the water for a short time and you will need to be able to swim/paddle with your tube to the water's edge prior to getting back into your tube. For this reason you should be **confident in water**.

There are no handrails, walkways or infrastructure inside the cave to assist you. You should therefore be confident with your footing and happy to navigate uneven surfaces and steps.