

What to bring and wear for the trip - 7 Days Adventure Quard Bike Tour

sun protection as possible,

hats,

sunglasses,

creams as it can be quite hot out on the lake (average day time temperatures are in the mid to late 20 degrees C),

insect repellent is a good idea,

a camera,

a pair of binoculars if you are keen on birdlife,

light daywear such as T shirts and shorts are normally fine,

a rain coat is recommended in case of Bad weather,

a cardigan,

closed shoes,

carry boots in case it rains,

thick long trousers and a long sleeved top are ideal for tracking.