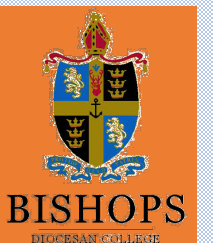
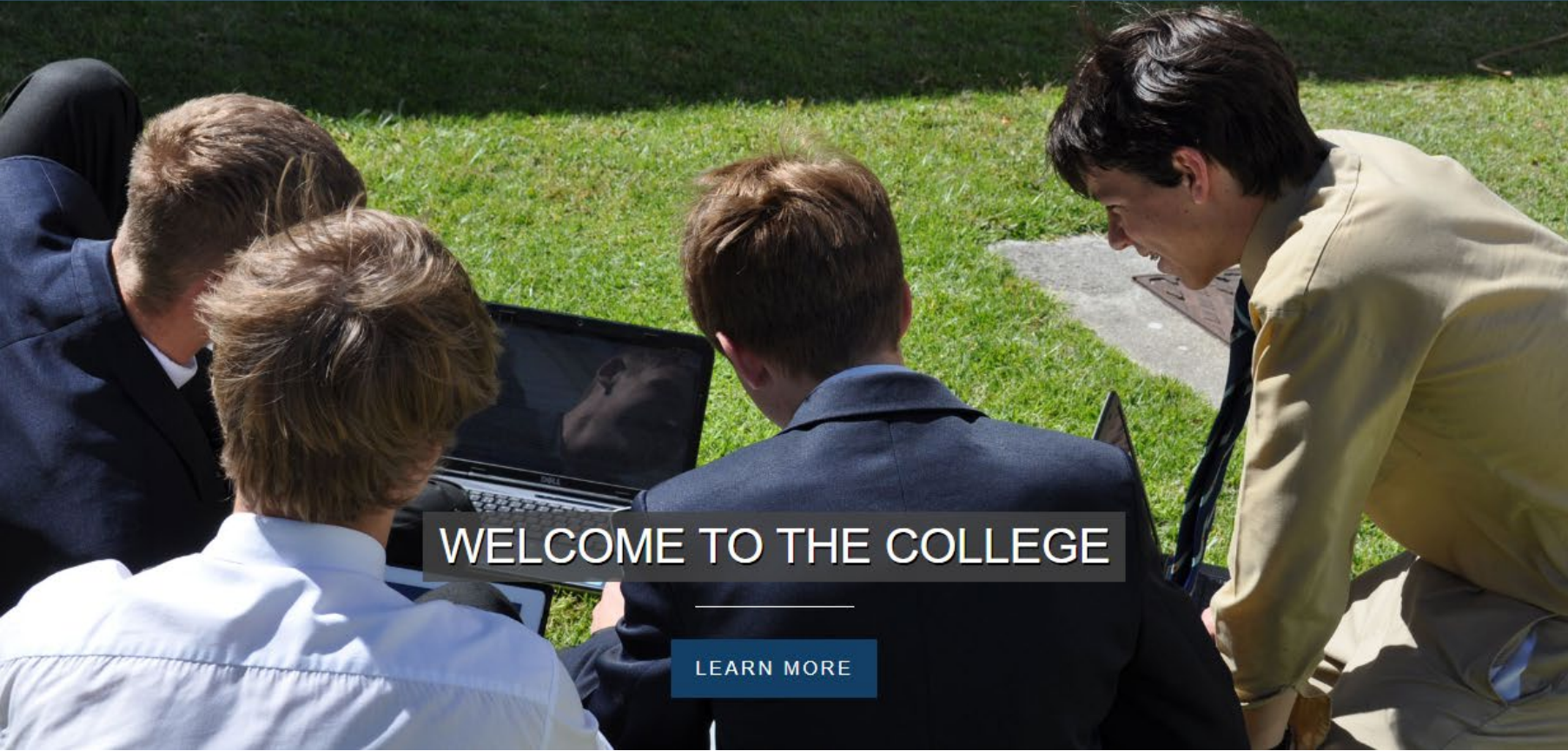


BISHOPS EPIC 2026 (No. 20)



“A journey that lasts a lifetime”





WELCOME TO THE COLLEGE

LEARN MORE

PRINCIPAL'S WELCOME

Welcome to Bishops. The College is home to about 800 boys in grades 8 to 12 (ages 14 to 18) who all enjoy the benefits of a remarkable campus in the heart of Rondebosch, Cape Town.



The College is a very busy place because it offers an enormous diversity of activities. The pages which follow detail that diversity and hopefully give you a sense of the pleasure, privilege and responsibility it is to be a Bishops boy.

READ MORE



BISHOPS EPIC

Parent Information

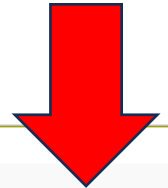
The **2025 19th Bishops Epic** takes place from **18 November to 3 December**. The afternoon and evening of **2nd December** will be the night when boys and their fathers/father-figures reunite.

The Bishops Epic is a 16-day journey at the end of the year by Grade 10 boys through a series of bases across the remote Cederberg, where they will experience a wide range of activities which will test them physically and mentally and allow them to appreciate the landscape as well as the people and the history of the area.

The boys will hike with staff and on their own, they will cycle along country roads and mountain-bike, challenge themselves on the banks of the Clanwilliam Dam through water-skiing, kayaking and sailing and work with school children at Elizabethfontein or Grootkloof Primary Schools. They will also be stationed at Sanddrift and/ or Jamaka, where they will learn a range of skills, from abseiling and horse-riding, to rock-climbing and shooting. study San art and contribute to the upgradation of the environment in which they find themselves. They



- OVERVIEW
- PARENT COMMUNICATION AND DOCUMENTS**
- BASES AND MAP
- CONTACT
- EPIC ATTENDANCE POLICY
- FAQ
- PHILOSOPHY BEHIND THE EPIC
- PHOTO GALLERIES
- POEMS FROM THE CEDERBERG
- PROUD PARTNERS OF OUR



BISHOPS EPIC - PARENT COMMUNICATION AND DOCUMENTS

Presentation to Parents and Boys

[Cycling Video](#)

[Boots Talk 2021](#)

[Boots Letter 2022](#)

[Epic Presentation to Parents 2024](#)

[Food Presentation 2024](#)



Parent Communication

[Epic Letter 1: Introduction 2025](#)

[Epic Letter 2: Follow up on Parents Evening 2024](#)

[Epic Letter 3: Term 3 2024](#)

[Epic Letter 4: Getting Epic Equipment Ready 2024](#)

[Letter 5: Father Figure Letter and Final Night 2024](#)

[Letter 6: Final Arrangements 2024](#)

Documents

[Consent Form 2025](#)

[Epic Equipment List 2024](#)

[School Shop Order Form 2024](#)

[Details for Last Night 2024](#)

[General Information about Hiking and Solo Boxes 2024](#)

[Recommended Food Lists for Hiking and Solo Boxes 2024](#)

[Epic Training Week Programme 2024](#)

[OVERVIEW](#)

[PARENT COMMUNICATION AND DOCUMENTS](#)

[BASES AND MAP](#)

[CONTACT](#)

[EPIC ATTENDANCE POLICY](#)

[FAQ](#)

[PHILOSOPHY BEHIND THE EPIC](#)

[PHOTO GALLERIES](#)

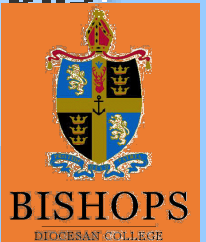
[POEMS FROM THE CEDERBERG](#)

[PROUD PARTNERS OF OUR ANNUAL GRADE 10 EPIC JOURNEY](#)

[RESEARCH ON INTRODUCTION OF EPIC](#)

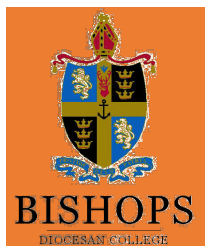
[SAFETY, STAFFING AND PREPARATION](#)

[VIDEOS](#)





This is NOT a boot camp!

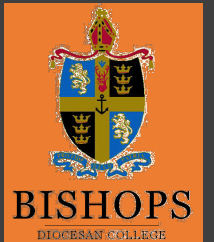


BISHOPS
DIOCESAN COLLEGE



What do we hope to achieve?

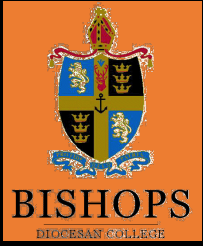
- OUTDOOR education
- A break from TECHNOLOGY
- RESILIENCE
- In- & co-DEPENDENCE
- 'RITE OF PASSAGE' experience





Rite of Passage

1. Junior - Senior transition phase
2. 'Blessing of the Boots' ceremony
3. Parent letter
4. Father/ significant paternal figure...
 - Travels to son's base
 - Included in the final evening's tribal council
 - Spends the night &
 - Travels home with son



How Does Epic Work?



- 16 days/ 5 rotations (3 nights each)
 - 3 rotations at three base camps
 - 2 rotations of hiking (staff hike & boy hike)
- Groups constitute 28 boys
- Hiking groups are approximately 14 boys
- Boys are paired with a friend (boys choose)
- Houses and abilities are mixed
- a 24-hour solo
- Cycling/ hiking/ driving between bases



2 Hikes

First: staff hike
(includes a peak)
(with staff, in hiking group)

Second: boy hike
(without staff, in hiking group)



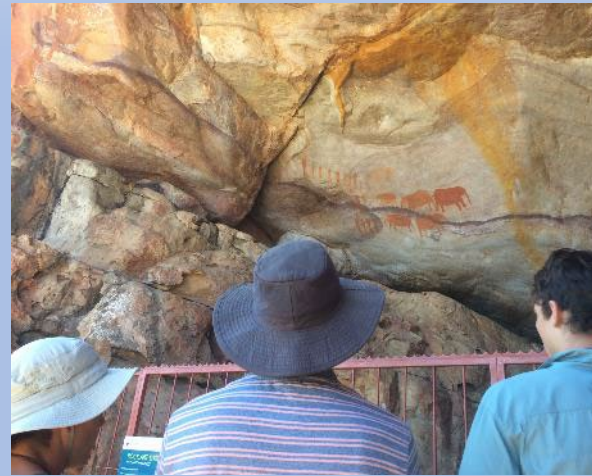
Water Base

- Skiing & Tubing
- Kayaking
- Sailing
- Fishing
- Raft-building
- 1 night on Mango island



Sanddrif

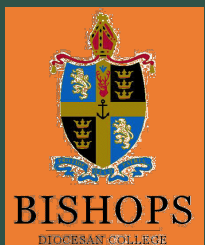
- Mountain-biking
- Abseiling
- Rock-climbing
- Maalgat high jump
- 24-hour solos





Elizabethfontein

- School
- Rock Art Trail
- Bush Clearing
- 'Rubbly'
- Fishing

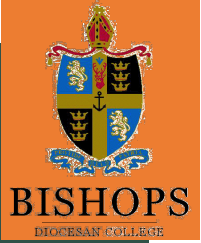


BISHOPS
DIOCESAN COLLEGE



Jamaka

- School
- Shooting
- 24-hour solos

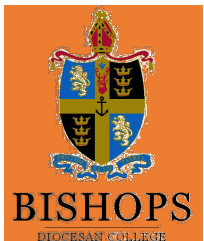


Jackets

Part of the package for
all

Buy some boots in Term 3

HI-TEC



Top:

- Snacks
- First aid kit
- Rain gear
- Bathroom kit

Core:

- Food
- Water
- Tent
- Stove

Bottom:

- Sleeping bag
- Clothing
- Sleeping pad
- Pillow



Approximately a
65 + 15 litre backpack





What do we provide for hiking?

- Maps
- Groundsheets (which can be used as shelters)

- Storm Shelters for hiking
- 2 Boxes
 - Solo box (1 day's food)
 - Hiking box (2/3/4 day's food)
- First Aid Kits
- Satellite phones



Safety

- Always several Bishops staff at each base
- Walkie-talkies & Garmin Inreaches for all hikes
- Maps & route cards
- First Aid Kits & 30 trained First Aiders
- WildMedix based at Jamaka
- Clanwilliam GPs on standby
- Excellent hospital in Clanwilliam



How do we Prepare the boys?

- Physical Assessment in LO
 - Offer free fitness sessions with SPW
- Beginners' cycling course (optional)
- Swimming lessons (optional)
- LO rotations in term 3 and 4
- Thursday Afternoon talks in terms 3 & 4
- Devil's Peak Hike – last day of term 3 (a MUST!)
- 1st Aid course for about 30 boys (optional)
- Epic Training Week: 10-12 November (including a backpack hike (a MUST!))





FOOD



- All meals in base camps provided
- 'Hiking food to be packed in backpack and/or in hiking box provided
- '24hr-Solo' food (3 meals) pre-packed in solo box (box provided)
- Father/ father figure provides meal/ braai for last night
- Halaal food is provided at base camps
- Special dietary requirements are arranged individually



- Read the 6 letters I send
- Fill in Medical Details →
- Fill in Consent Form
- Join the Parents' Comm.



Thrift Sale



Arts and Crafts



Donations

- Prepare your sons Mentally & Physically
- Lend us a Vehicle

You replied to this message on 2020/07/17 12:00

Home Parents Awards Academic Pastoral

Joe Soap

Full Name
 Grade
 House
 House Director
 Tutor
 Date of Birth
 School Email
 Cell Number
 ID Number
 Student Code

[+ Update Medical Details Form](#)

Subjects

Subject	Teacher
English (Home Language)	Mr Graeme Klerck
Afrikaans (First Additional Language)	Mr Jarred Bradley
Mathematics	Mr Ronald Jacobs
Physical Sciences	Ms Lizelle Swanepoel
Economics	Mr Willem Steyn
Dramatic Arts	Mr Wayne Tucker
Life Orientation	Mr Bradley Smith
Further Mathematics	Mr Ronald Jacobs
Saxophone	Ms Mariken Dippenaar

Epic Costs

- **Permits**
- **Accommodation**
- **Transport**
- **Food**
- **Outside service providers e.g. Wildmedix; Sailing; Cycling; Abseiling etc.**
- **Walkie-talkies and Garmin Inreaches**
- **Equipment hire – canoes; abseiling; sailing boats etc.**
- **1st Aid Courses**
- **Epic Training Week**
- **Jackets**

How are things different this year?

- Areas B and C are burnt, so closed.
- Hiking will only take place in 1 rotation; up to 4 rotations in base camps (subject to change)
- Compensating by doing 2 overnight hikes
- Snakes
- Hiking: not allowing boys to hike who have not done the Devil's Peak hike and/ or the Staff backpack hike or who we deem fit not to hike



Q & A

