



# Cape Town

## LEISURE DETAILS

FULL-DAY



### CAPE PENINSULA

A drive along the False Bay coastline, with a stop at Boulders Beach to see the African penguin colony up close and in their natural habitat. Next we visit the Cape of Good Hope Nature Reserve. The day ends with a drive along the coastal road of Chapman's Peak.

The duration of this trip is approximately 7 hours. Total travel time of 2 hours.



### HERMANUS WHALE WATCHING

Visit the seaside town of Hermanus, the whale watching capital of South Africa. See the Southern Right whales breaching the ocean's surface. We finish with a stop at the Stony Point Penguin Colony in Betty's Bay.

Boat trip optional. The duration of this trip is approximately 8 hours. Total travel time of 3 hours.



### RATANGA JUNCTION THEME PARK

Visit Ratanga Junction, Cape Town's only theme park filled with rides for the whole family. Thrilling rides include the Cobra inverted roller coaster, Monkey Falls water ride and the infamous Slingshot.

The duration of this trip is 7 hours. Total travel time of 1 hour.



### CAPE WINELANDS

CHEETAH SANCTUARY & LION REHABILITATION PARK

Visit the Cheetah Outreach Centre where you can interact with the world's fastest land mammal. Then visit the Lion Rehabilitation Park to learn more about the king of the cats. The journey then ventures into the beautiful towns of Stellenbosch and Franschhoek.

The duration of this trip is 8 hours. Total travel time of 2 hours.

FULL-DAY



### BLUE ROCK ADVENTURE PARK

A popular water park for tourists and locals alike. Situated around a lake of naturally clear and clean water, with a depth of 65m, Blue Rock offers water sports such as cable skiing, diving and a 400m fufi slide.

The duration of this trip is 7 hours. Total travel time of 1 hour.

HALF-DAY



### ACCESS PARK

Visit one of Cape Town's most popular outlet shopping parks. This park is home to over 60 shops, consisting of designer as well as local brands for the best bargains in town.

The duration of this trip is approximately 4 hours. Total travel time of 1 hour.



### BEACH DAY

Explore Cape Town's premiere beaches on the Atlantic coast. Students can spend the afternoon relaxing in the sun, swimming in the refreshing ocean or playing volleyball on the white sands of the Cape coast.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes.



### OSTRICH FARM & BLOUBERG BEACH

The first stop is at the West Coast Ostrich Farm, home to a variety of birds including the emu, rhea and peacock. Then visit Blouberg beach and join in on a variety of sport activities such as surfing, kite-surfing and kite flying.

The duration of this trip is approximately 4 hours. Total travel time of 1 hour.



HALF-DAY



### BO-KAAP & SLAVE LODGE

The area is a kaleidoscope of coloured houses and littered with Muslim cultural sites. A trip to the Slave Lodge will educate students on the atrocity of slavery and how it left its mark in Cape Town.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes.



### CANAL WALK MALL

Visit the largest shopping mall in Cape Town with over 400 shops, breathtaking architecture and spacious malls; making shopping both comfortable and stylish.

The duration of this trip is approximately 4 hours. Total travel time of 40 minutes.



### CASTLE OF GOOD HOPE

Visit the oldest surviving colonial building in South Africa. The Castle of Good Hope was the centre of administrative, civilian and military life in the early days of the Cape Colony.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes.



### CITY TOUR

Visit the historical centre of Cape Town where students will see the various influences which marked the development of the Cape.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes.

HALF-DAY



### GREEN MARKET SQUARE & SIGNAL HILL

Excursion to the local flea market, where bargaining and curios are the order of the day. Buy some African souvenirs, then head up to Signal Hill to witness the sun setting.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes.



### KIRSTENBOSCH BOTANICAL GARDENS

The only botanical garden in the world which is inside a natural World Heritage Site. It conserves and displays the extraordinarily rich and diverse flora of all varieties of southern Africa.

The duration of this trip is 4 hours. Total travel time of 1 hour.



### NEWLANDS FOREST & RHODES MEMORIAL

Take a leisurely hike through the lush Newlands Forest until you reach Rhodes Memorial, an historic monument on the slopes of Devil's Peak overlooking Cape Town.

The duration of this trip is 4 hours. Total travel time of 1 hour.



### ROBBEN ISLAND

Visit the former prison of international statesman and national hero, Nelson Mandela. This former jail of isolation has been transformed into a museum as a reminder of the atrocities of Apartheid.

The duration of this trip is 5 hours. Total travel time of 1 hour.

HALF-DAY



### SEAL ISLAND & WORLD OF BIRDS

Enjoy a boat tour around Hout bay to Seal Island then visit the bird sanctuary with over 3000 birds.

The duration of this trip is 4 hours. Total travel time of 1 hour.



### SOUTH AFRICAN MUSEUM & NATIONAL GALLERY

The museum houses items from dinosaur fossils to primitive tools, while the gallery has artworks from various periods of South Africa's past and present.

The duration of this trip is 4 hours. Total travel time of 30 minutes.



### TABLE MOUNTAIN

One of the Seven Natural Wonders of the World, Table Mountain. This iconic symbol, which imposes itself on the Cape Town landscape, can be seen from all over Cape Town.

The duration of this trip is 4 hours. Total travel time of 1 hour.



### TOWNSHIP TOUR

Visit the various townships of Cape Town. See how life is on the other side of Cape Town, experiencing some of the after effects of Apartheid on the life of the local people.

The duration of this trip is 4 hours. Total travel time of 1 hour.



HALF-DAY



### TWO OCEAN'S AQUARIUM

Home to over 3000 oceanic species from both the Indian and Atlantic oceans. It houses a variety of ocean life including sharks, turtles, penguins and seals.

The duration of this trip is 4 hours. Total travel time of 30 minutes.



### V&A WATERFRONT

With shops, restaurants, cinemas, live artists, music, rides and shows all on the water's edge, there is plenty to see and discover.

The duration of this trip is 4 hours. Total travel time of 30 minutes.



### CAPE TOWN STADIUM & GREEN POINT PARK BIODIVERSITY GARDEN

Learn about the history and architecture of this magnificent stadium. Step outside of the stadium into a natural world of plants and insects.

The duration of this is approximately 4 hours. Total travel time of 20 minutes



### LION'S HEAD HIKE

This moderate hiking trail offers a panoramic view of Cape Town and the Atlantic Ocean.

The duration of this trip is approximately 4 hours. Total travel time of 30 minutes with a hiking time of approximately 2 and a half hours.

HALF-DAY



### COOL RUNNINGS TOBOGGANING

Speed down a hill in a sled alone or with a friend, going up to maximum speeds of 40km per hour.

The duration of this trip is approximately 4 hours. Total travel time of 1 hour.



### SCIENCE CENTRE

This educational facility offers a learning experience in a fun and interactive environment. Watch a science show or experience the weightlessness of outer space in the human gyroscope.

The duration of this trip is approximately 4 hours. Total travel time of 1 hour.



### PUBLIC SWIMMING POOL

Situated on the verge of the Atlantic Ocean, Sea Point Pavilion consists of an Olympic-sized swimming pool, a diving pool and a children's pool. These pools are unique as ocean water is used to fill the pools.

The duration of the trip is 4 hours. Total travel time of 20 minutes.

## Evening Activities

### MINI-GOLF

Play an 18-hole round of Mini-Golf on the beach front.

### TEN PIN BOWLING

Test your bowling skills against your friends.

### LIVE MENTALIST SHOW

Marvel at our resident Mentalist while he uses his mind to bend spoons and read your mind.

### CINEMA

Watch one of the latest blockbuster movies in English.

### TRAMPOLINE PARK

Bounce around at the trampoline park.

### ICE SKATING

Spend the evening ice skating.

### DINNER AT V&A WATERFRONT & BIG WHEEL

### DINNER AT HOUT BAY MARKET

### DINNER AT MZANSI AFRICAN RESTAURANT

### AFRICAN DJEMBE DRUMMING

Learn to play these energetic drums

to the rhythm of Africa.

### PARTY BUS

One of our most popular evening activities, the open top Party Bus.

### LASER TAG

Hunt down your friends and 'tag' them with your laser gun pack.

### PROMENADE CYCLING

Cycle along the Sea Point promenade

### BARBECUE AT LAL

### SOCCER

### BELLY DANCING



# Optional excursions

OPTIONAL FULL-DAY



## SHARK CAGE DIVING

Spend a day on the boat watching nature's fiercest predators in their natural habitat with the option to get up close and personal in a cage submerged in the open water.

Minimum age of 9 years old, indemnity or presence of guardian required.



## 1 - DAY SAFARI

Witness the wild animals of Africa on safari with a 3-hour game drive by truck, horse or quad bike, followed by a light lunch under a traditional boma.

No age restriction for standard safari, minimum age of 16 years old for horseback or quad safari with indemnity or presence of guardian required



## SCUBA DIVING

Explore the underwater animal and plant life in the waters of Simon's Town on the Cape South Peninsula. PADI open water one courses also available.

Minimum age of 12 years old, indemnity required.



## HIKING

With vast mountain ranges surrounding most areas, Cape Town offers various idyllic hikes; some quite relaxing and others more challenging.

Minimum age of 13 years old.

OPTIONAL FULL-DAY



## WHITE WATER RAFTING

Raft through the majestic mountain valleys of the Breede River for a day of restful exercise and peaceful relaxation.

No age restriction, indemnity required or presence of guardian.

OPTIONAL HALF-DAY



## SURFING

Spend the afternoon learning to surf in the Cape Town sunshine on Muizenberg Beach. This beginners' surf spot is ideal for first-time surfers.

Minimum age of 13 years old, indemnity required.



## SAND BOARDING

Practise cruising down the sandy dunes of Atlantis for an action-packed day of sand boarding.

Minimum age of 13 years old, indemnity required.



## QUAD BIKING

Off-road adventure on a four wheeler, traversing over the sand dunes of Atlantis.

Minimum age of 16 years old, indemnity required.

OPTIONAL HALF-DAY



## HORSE RIDING

A gentle beach ride along the Noordhoek coastline. Splash through the surf and feel the wind rush through your hair. All levels welcome.

Minimum age of 12 years old, indemnity required.



## HELICOPTER RIDE

Cape Town can best be seen from above. There are many helicopter rides to choose; from scenic flights around the False and Table Bay coastlines to fastpaced adventure flights in open helicopters.

No age restriction, indemnity required.



## PARAGLIDING

A tandem flight with an instructor off the majestic Lion's Head will give a 20-minute flight floating over the Clifton beaches, then back over the ocean to the Sea Point promenade.

Minimum age of 12 years old, indemnity required, min weight 60kg & max weight 100kg



## ROCK CLIMBING

From Table Mountain to the Cederberg, Cape Town offers a diverse range of rock climbing adventures for beginners and experts.

Minimum age of 8 years old, indemnity required.



OPTIONAL HALF-DAY



### ABSEILING DOWN TABLE MOUNTAIN

From the top of Table Mountain, lower yourself down to the ground for the most breath-taking views while doing the world's highest commercial abseil.

Minimum age of 10 years old, indemnity required.



### CYCLING

Enjoy Cape Town's sights by bicycle. City, Cape of Good Hope and Winelands cycle tours available.

No age restriction, indemnity required.



### MOUNTAIN BIKING

Cape Town is the ideal place for mountain biking, with picturesque rides up and around Table Mountain, Lion's Head, Tokai Forest, Cape of Good Hope Nature Reserve and the Cape Winelands.

No age restriction, indemnity required.



### KLOOFING (CANYONING)

Hike up a river gorge to find a series of rock pools which are perfect for diving into. Jumps range from 3 metres for beginners to 22 metres for the courageous.

Minimum age of 16 years old, indemnity required.

OPTIONAL HALF-DAY



### SAILING

Enjoy the day sailing along the Cape's rugged coastline. The strong winds allow for perfect sailing conditions.

No age restriction, indemnity required.



### SKYDIVING

Experience a moment of pure madness by jumping out of a moving plane for an unrivalled adrenaline rush while getting the best view of Cape Town.

Minimum age of 16 years old, indemnity required.



### SEA KAYAKING

Navigate the seas of the Atlantic Ocean and explore a variety of cliffs, mountains and flora along the Cape coastline from a comfortable touring kayak.

Minimum age of 13 years old, indemnity required.



# Optional overnight excursions

OVERNIGHT



## WEEKEND SAFARI

The trip departs on a Friday, spending the first night at Cape Agulhas, the most southern point in Africa. Saturday involves driving to the safari park on the Garden Route, followed by an evening game drive to see the wild animals, staying overnight in a 4-star lodge. There is another game drive on Sunday morning to see some animals which might have been missed the previous day before heading back to Cape Town.

Minimum age of 16 years old if unsupervised – indemnity required, no restriction if supervised.

## 3-DAY GARDEN ROUTE WEEKEND

The trip departs early on Friday morning travelling along the scenic Route 62 to the town of Oudtshoorn. Take part in a tour underground the Swartberg Mountains and see the illuminated limestone formations of the Cango Caves.

Row down the river of the Wilderness National Park on Saturday morning before taking a short hike to a spectacular waterfall. Overnight in the serene town of Sedgefield.

Sunday includes a 4x4 game drive in a private game reserve to spot the Big 5 while optional activities include the world's highest bungee jump and a live elephant experience.

Minimum age of 16 years old if unsupervised – indemnity required, no restriction if supervised.

## 4 DAY KRUGER PARK ADVENTURE

**(CAMPING OR ACCOMMODATED)**

Travel from the city of Johannesburg to the Kruger National Park along the Panoramic Route, witnessing nature's beauty at God's Window, the Three Rondawels and Blyde River Canyon. Enjoy some local dancing and dinner around a camp fire on the first night.

Day 2 is filled with a day of wild game viewing, driving inside the park with many great opportunities for taking photos. Be on the look-out for the Big 5 and many other species of animals and birds.

Do an early morning bush walk on day 3 before going on a game drive in the tour truck. Depart the greater Kruger area on day 4 and journey back to Johannesburg.

Minimum age of 17 years old if unsupervised – indemnity required, no restriction if supervised.