



7 Nights

From £ 995 per person

A week of adventure & activity in one of the coolest' cities in the world - Cape Town in South Africa.

Sun, Sea & Sand; learning to surf, sand board and sea kayak; Scary Shark Cage diving; Sky dive tandem style; Table Mountain by abseil and bike; Kite surfing - the 'in' thing; Enjoy Cape Town's varied and exciting Club scene - ask for our recommendations. Some activities shown above are optional extras.



Africa Collection

let us guide you

Cool Cape Escape

Cape Town > Stellenbosch > Oudtshoorn > Garden Route > Addo National Park

Itinerary starts / ends at Cape Town International Airport - every day

Day 01 Upon arrival at Cape Town International Airport you are met and transferred about 30 minutes to the heart of the city. You will have a chance to unwind, acclimatise and settle into the rhythm of the Cape.

Day 02 Your first day of action ! You will be enjoying a full days outing starting off with an ascent of your choice up Table Mountain - you can walk up or take the rotating cable car. Then you will have the sheer exhilaration of an 112m abseil off the top of Table Mountain with catch your breath views. Excitement does not end there as your mountain bike awaits at the bottom and you embark on a 90% downhill ride down devils Peak to the Mother City. For families the choice is a little more sedate as you embark on a full day out with the morning

spent at surf school as you ride the waves on your board and the afternoon you take to the waves in sea kayaks.

Day 03 Take the day off to enjoy the city sights or simply put your feet up - after all you are on holiday!

Day 04 You needed the day off yesterday simply for today's early start as you rise at first light for your 2 hour transfer to Gansbaai - giving you preparation time to face the awesome predators that lurk in the deep on your full day shark cage diving encounter. Family choice today is either a morning or afternoon session of sand boarding down the dunes where you will be given full instruction and using the safest real board equipment including full ankle boots and bindings. No ply-board and Velcro footstraps here!

Day 05 After breakfast you are collected to head out for a full days instruction on how to learn to sand board down the sand dunes complete with the top safety equipment. Enjoy a picnic lunch in the dunes and in the afternoon you have the chance to wash the sand to sea as you learn the basics at surf school and the thrill of mastering your board as you ride the waves.



Funky Car in Namibia



Cool Cape Escape

Day 5 (continued) Family choice today is a 3hr 'Footsteps to Freedom' walking tour around the square mile. You will be given an insight into the 350 year history visiting slave sites, District 6 museum and Parliament buildings. Join in the locals hope for the future as you feel the positive pulse in Greenmarket Square.

Day 06 Take the day off (again - we are going soft).

Day 07 Your last full day of activities on a leisurely scenic drive along the coastline to Cape Point Nature Reserve. Here you can stay on the bus or grab a mountain bike and ride through the reserve avoiding ostriches, baboons, mountain zebra and antelope to the Cape of Good Hope. After lunch on the beach you will have a leisurely drive to the Constantia Valley winelands. Sample some of the best reds, whites and desert wines from 2 top wine farms.

Day 08 What a week! Your last day in this sultry city as you will check out and enjoy a transfer back to the airport in time for your onward or connecting flight back to your real world.



Shark Cage Diving in Gansbaai

Package Type	Active	Family	Child Under 12 Sharing
Per person sharing, from	£995	£895	£445

Price Includes:

- Accommodation on a bed & breakfast basis
- Return airport transfers and transfers for all activity outings
- Park entrance fees; Picnic lunches on full day activities only; All equipment on scheduled daily activities;

Notes:

Suitable for reasonably fit (& brave) people. Involves some walking, hiking & activities. You must weight under 105kgs to sky dive. The included activities are weather dependant & non-refundable should you decide not to use them. The order of activities may be altered due to weather - your local guides will keep you up to speed. Travel Insurance is compulsory. Please ensure that you know what your insurance cover applies to, particularly with regards to activities you may undertake, and medical evacuation.