

Interest	description	web page	approximate duration
1 ADVENTURE	Abseiling off Table Mountain	www.abseilafrica.co.za	half day
	Abseiling	www.adventureworld.co.za ; www.adventurezone.com	
	Bicycle riding - hire bikes	www.cycleteknix.co.za	as long as you want
	Boat trip - seal Island or harbour	www.nauticatcharts.co.za	half day
	Bungy Jump - Bloukrans	www.faceadrenalin.com	full day - travel far
	Camel Ride - Noordhoek& Kommetjie	www.adventureworld.co.za	
	Climbing	www.adventureworld.co.za	
	Cycle Cruise	www.deepsoutheco.com	full day
	Drakenstein - Sleep with the lions	http://www.lionrescue.org.za	overnight
	Ghost tours - Cape Town at night	www.mysteryghostbus.co.za	half day
	Gun-s shooting range	www.gunfun.co.za	various
	Helicopter a la Vietnam combat	www.thehueyhelicopterco.com	30 min - 1 hour
	Helicopter rides	www.thehopper.co.za ; www.sport-helicopters.co.za	30 mins- 1 hour
	Hiking	www.adventureworld.co.za ; www.capeadventurezone.com	
	Horse riding - noordhoek beach	: www.horsetrailsafaris.co.za	1 hour & longer
	Hot air ballooning - Paarl	www.adventureworld.co.za	
	Kloofing	www.adventureworld.co.za	
	Micro lighting	www.adventureworld.co.za	1 hour
	Motor Bike side car tour	www.sidecars.co.za	half day
	Para Gliding tandem	www.adventureworld.co.za ; www.adventurezone.com	
	Plane flights - scenic	www.adventureworld.co.za	
	Quad Biking with sandboarding	www.downhilladventures.com	half day
	Quad Biking	www.adventureworld.co.za	
	Rafting - Breede river	www.bundi.co.za	full day with lunch
	Sand Boarding - Atlantis Dunes	www.downhilladventures.com	half day
	Scooter hire & routes	www.capetownscoter.co.za	
	Shake Cage diving - Gansbaai	www.whalewatchsa.com	full day
	Shooting	www.adventureworld.co.za	full day or part
	Sky Dive in tandem	www.skydivecapetown.za.net	half day
	Sky Diving - tandem	www.adventureworld.co.za ; www.adventurezone.com	
Steam Train rides day trip	http://www.atlanticrail.co.za/booking.php		
Sunset cruise	www.waterfrontboats.co.za ; www.tiggertoo.co.za	3 hours evening	
Tri Active adventures	www.triactive.co.za	as you want	
Tunnel tours - underground Cape Town	www.goodhopeadventures.com	half day	
wagon trail adventures	www.ctcco.co.za		
Zip Slide adventure- Ceres	www.ceresadventures.co.za	half - full day	

2	Good Food and Wine	Bikes'N Wine	www.bikesnwines.com	full day
		Brewery tour Newlands	www.newlandsbrewery.co.za	
		Food and wine paring - Hidden Valley	www.rossouwsrestaurants.com/restaurants/440/Overture	lunch time
		Hike on wine estate - Delvera	www.delvera.co.za ; http://www.dirtopia.co.za/	half day
		Hop on Off wine bus	www.adventurewinetours.co.za	full relaxing day
		Restaurants- millions - whatever your heart desires!	www.dining-out.co.za/Cape-Town-restaurants.asp	
		Wine Route- Paarl	www.paarlwine.co.za	can be full day
		Wine Route- Durbanville	www.durbanvillewine.co.za	Close by - half a day
		Wine route- Franschoek	www.franschhoek.org.za	can be full day
		Wine routes -Stellenbosch	www.stellenbosch.travel	can be full day
3	Nature	Babelonstoren Gardens walk	www.babylonstoren.com	half day
		BCA - sleep on top of Blouberg Hill	www.bca.org.za	overnight
		Boulders Beach Penguins with cape point trip	www.cpnnp.co.za	full day
		Buffelsfontein game farm - chalet or camp in dunes overnight	www.buffelsfontein.co.za	overnight or day
		Company Gardens	www.capetown.gov.za	half relaxing day
		Crocodile farm - Le Bonheur	www.lebonheurocrofarm.co.za	1 hour
		Game Farm - Faerie Glen in Worcester	www.fairyglensafaris.co.za	day with meals - can overnight
		Game Farm - Aquilla in Tpowws rivier	www.aquilasafari.com	full day - far travel
		Inthaka Island - canal walk	www.intaka.co.za	couple of hours
		Kirstenbosch Botanical gardens	www.sanbi.org/gardens/kirstenbosch	half day / as long as you want
		Monkey Town- caring for traumatised monkeys	www.monkeys.co.za	as long as you want
		Museum Izikio- Bo Kaap, Slave Museum & others	www.iziko.org.za	
		Nature Discovery Tours- Elgin Valley	www.adventurewinetours.co.za	full day / overnight
		Ostrich - West Coats Ostrich Farm		
		Ostrich- Cape Point Ostrich farm	www.capepointostrichfarm.com	
		Planetarium	www.izikio.org.za/planetarium	1 hour
		Two Oceans Aquarium	www.aquarium.co.za	2 hours
		West Coast National Park	www.sanparks.org	half day/ lunch there
		West Coast Ostrich Farm	www.ostrichranch.co.za	1.5 hours
		Whale watching - Hermanus walk or Gansbaai cruise	www.whalewatchsa.com ; www.dyer-island-cruises.co.za/	relaxing full day- hermanus whale walk no charge
4	OUTDOORS	Beach Hiking	on our doorstep	as long as you want
		Forest walks - Tokai etc	www.capetownmagazine.com/hikes-overview	as long as you want
		Golf @Atlantic Beach or Milnerton		
		Hikes in and around Cape Town	www.hikecapetown.co.za/mike-lundy	as long as you want
		Hiking in Helderberg Nature Reserve	www.helderbergnaturereserve.co.za	as long as you want
		Hiking in Koeberg nature reserve		1-2 hours
		Table Mountain cable car + hike on top	www.tablemountain.net	3 hours/ as long as you hike
		Table Mountain hiking	www.kabboardventures.com ;	as long as you want
		Walking tour - city centre or Township	www.footstepstofreedom.co.za	3 hours

5 SHOPPING	African curios- Greenmarket square	www.uncoverthecape.co.za/local-attractions/green-market-square	1-2 hours
	African Image crafts-	www.african-image.co.za	1-2 hours
	Canal Walk Century city	www.canalwalk.co.za ; www.centurycity.co.za	as long as you shop
	Cavendish Square	www.cavendish.co.za	as long as you shop
	Craft Routes- many on different days	www.capemarkets.co.za	as long as you drive
	Diamonds and Gold- Prins and Prins	stefan@prinsandprins.com	as long as you need
	V& A Waterfront	www.waterfront.co.za	relaxing - as long as you want
6 SPA MASSAGES	Mobile therapist at Guest House or Rejuve Spa local	www.rejuvaspa.co.za	as long as you want
7 SOUTH AFRICAN	African Dance Theatre	www.theafricandancetheatre.co.za	1.5 hours evening
	Beaches - Blue Flag beaches	www.blueflag.org.za	as long as you want/drive
	Bo-Kaap tours with cooking	www.experience-it.co.za/wp/tours-activities/cape-malay-cooking	half day
	Cape Agulhas	www.sanparks.org/parks/agulhas	full long day drive
	Cape Point - Chapman's peak drive	www.chapmanspeakdrive.co.za	full day
	Cape Point- Cape of Good Hope	www.tmnp.co.za	full day
	Cape Town Horse carriage around town	www.uncoverthecape.co.za/outdoors/carriage-rides	1 hour
	Chris Barnard Heart Museum	www.heartofcapetown.co.za	2 hours
	Diamonds and Gold- Prins and Prins	www.prinsandprins.com	as long as you need
	Dune Tours	www.dunetours.co.za	half day
	Evita se Peron - Darling	www.evita.co.za	evening or afternoon w/e
	Green market Square	www.uncoverthecape.co.za/local-attractions/green-market-square	1-2 hours
	Jewish Holacast Museum	www.sajm.info	2 hours
	Kaapse Klopse	www.southafrica.net/za/.../article-southafrica.net-cape-towns-new-yea...	as long as you want
	Khwa Thu- Khoi San centre	www.khwattu.org	1-2 hours if game drive afternoon/morning
	Railway trip- Southern line	www.capemetrorail.co.za	half to full day - as you like
	Robbin Island	www.robber-island.org.za	4 hours
	Topless bus - red & blue route	www.citysightseeing.co.za	as long as you want in a day
	Topless bus sunset drive	www.citysightseeing.co.za	2-3 hours late afternoon/ sunset
	Township tours	www.nthusengtours.co.za ; tourcape@mweb.co.za	half or full day - interesting but heart wrenching
	Train tours	www.metrorail.co.za	day
V& A Waterfront	www.waterfront.co.za	relaxing -as long as you want	

8 SWIMMING & WATER	Aquarium diving- Two Oceans Aquarium	www.aquarium.co.za	
	BlackWater tubing- Storms River	www.adventureworld.co.za	
	Cable Water-ski- Somerset West	www.bluerock.co.za	day
	Dive action	www.diveaction.co.za ; www.downsouthscuba.co.za	day
	Fishing - deep sea	www.adventureworld.co.za ; www.bigbluefishingcharters.com	half or full day
	Fishing- fresh water & trout	www.adventureworld.co.za	
	Hot springs - Citrusdal "The Baths"	www.thebaths.co.za	full day or half day
	Kayak in sea	www.seakayak.co.za	from 1 hour on
	Kite surfing lessons - Surf Zone	www.surfzone.co.za	1 hour unless you can already kite surf
	Power Boating	www.adventureworld.co.za	20 mins & longer
	Scuba Diving	www.scubadive.co.za ; www.diveaction.co.za ; www.downsouthscuba.co.za	2 hours/ as long as your air cylinder lasts/ or you get cold!
	Sunset Cruise	www.waterfrontboats.co.za	
9 THEATRE	African Dance Theatre	http://www.theafricandancetheatre.co.za/	1 hour
	Artscape Theatre	www.artscape.co.za	2 hours evening
	Barnyard theatre	www.barnyardtheatrewillowbridge.co.za	2 hours evening
	Baxter Theatre	www.baxter.co.za	2 hours evening
	Concerts on Wine Farms	www.winelandsweb.co.za	3 hours evening
	Evita se Peron- Darling	www.evita.co.za	evening/ afternoon
	Kirstenbosch concerts in park	www.uncoverthecape.co.za/event-calendar/kirstenbosch-concerts.htm	2 hours late afternoon
	Paul Cluver amphitheatre	www.cluver.com/index.php/amphitheatre	3 hours - slightly far
	Richards Supper club	www.richardscapetown.co.za	2 - 3 hours evening
	Theatre on the Bay	www.theatreonthebay.co.za	2 -3 hours evening
10 FURTHER AFIELD	Cedarberg Tours and adventures	www.cedarburg.co.za	full day / overnight
	Cedarburg Mountains	www.clanwilliam.info ; www.citrusdal.info ; www.wupperthal.co.za	full day/overnight
	Ceres	www.ceres.org.za	full day
	Country Visits	www.capecountrycalls.co.za	full day/overnight
	Garden Route	www.gardenroute.co.za	at least 1 week
	Hot Springs - Citrusdal	www.thebaths.co.za	full day
	Langebaan	www.capewestcoastpeninsula.co.za/langebaan	day
	Paternoster lunch or camp The beach camp	www.beachcamp.co.za	lunch/ overnight
	Ribeek Kasteel	www.riebeekvalley.info	day
	Tulbagh	www.tulbaghtourism.co.za	full day
	West Coast Fossil Park	www.fossilpark.org.za	day
	Whale watching - witsand	www.witsand.com	full day - far
	Canoeing - Noordoewer	www.adventureworld.co.za	full day - 2 - 3
11 COUNTRIES NEARBY	Botswana & Okovongo Swamps		
	Namibia & Desert		