



Adventure week in South Africa

This is the perfect way to spend your time doing activities that you love. Create a tailor made package according to your liking by choosing between Cape Town's popular activities. You can make this tour as active or relaxed as you like.

Program description

Cape Town offers a diversity of cultures, cuisines, activities and landscapes. With the picturesque backdrop of of Table Mountain, the coastal city of Cape Town lies at the southern tip of South Africa.

From history and culture to adventure and scenery all found within the city, you are sure to experience multiple breathtaking adventures here in the Motherland.

Equipment

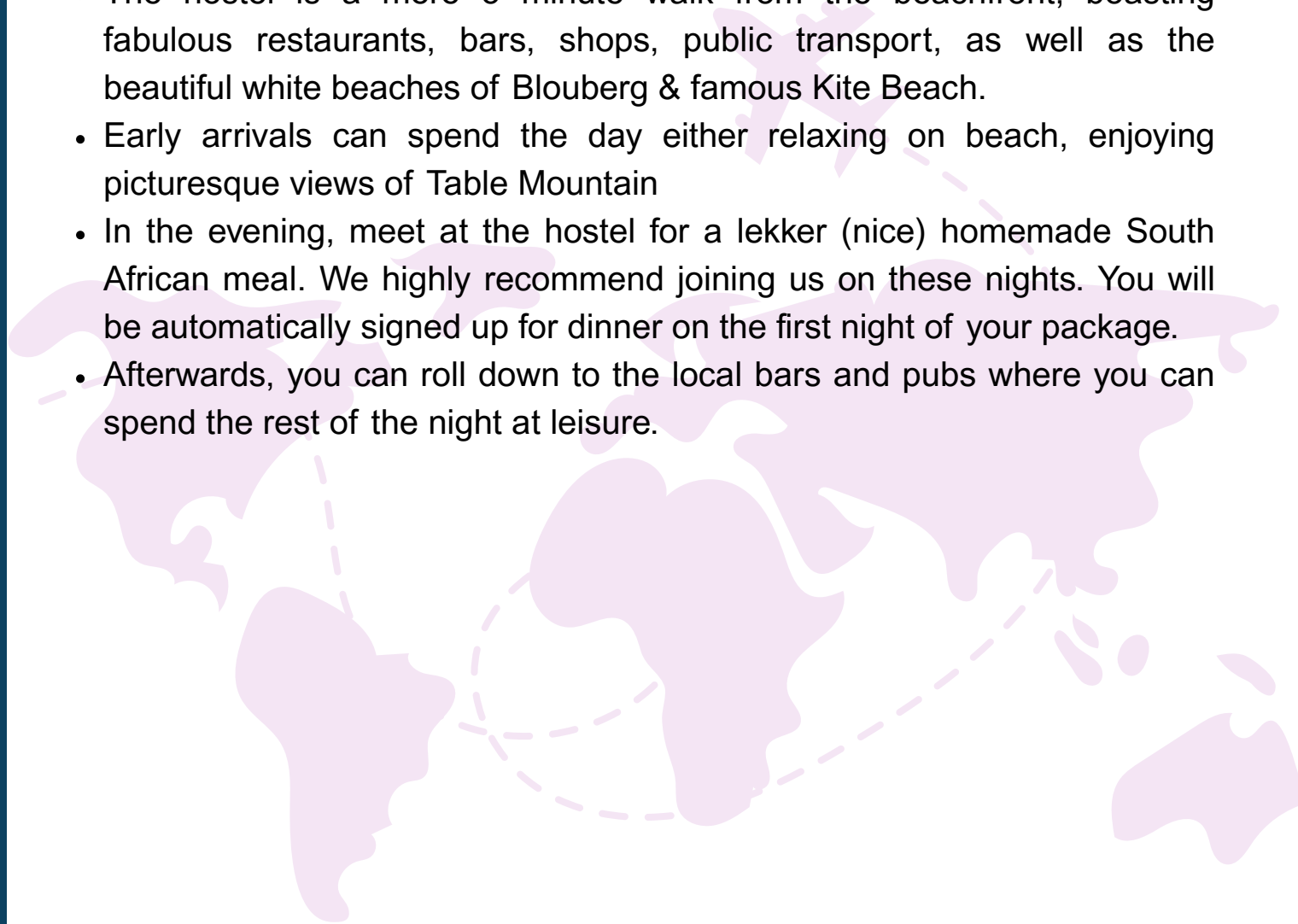
- Modest clothing (covers knees and shoulders)
- Bring swimwear for beach activities.
- Comfortable walking shoes, sandals, water shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)
- A small backpack for day trips.
- Waterproof bags to keep electronics safe.



Schedule

Day 1: Arrival transfer & welcome dinner

- You are welcomed at Cape Town International Airport or collected from any address within close radius
- The hostel is a mere 5 minute walk from the beachfront, boasting fabulous restaurants, bars, shops, public transport, as well as the beautiful white beaches of Blouberg & famous Kite Beach.
- Early arrivals can spend the day either relaxing on beach, enjoying picturesque views of Table Mountain
- In the evening, meet at the hostel for a lekker (nice) homemade South African meal. We highly recommend joining us on these nights. You will be automatically signed up for dinner on the first night of your package.
- Afterwards, you can roll down to the local bars and pubs where you can spend the rest of the night at leisure.



Schedule

Day 2: Cape Town City Tour

In the morning, help yourself to breakfast in the kitchen area. Once you get to the city, you have two options to choose from:

Option 1: Walking Tour:

- Do a walking tour visiting historical sites like the Castle of Good Hope and the Grand Parade. Learn about life under apartheid in South Africa at the Parliament Buildings and the District Six Museum. Shop for African arts and crafts in Greenmarket Square and St George's Mall.

Option 2: The Hop On Hop Off bus tour:

- Board this topless bus that takes you to all the sites you need to see, such as Camps Bay, the V&A Waterfront and Table Mountain... all from the comfort of your seat!

After your choice of morning activity, endless options await you for an afternoon at your leisure (Own Expense).

You can take a bus or walk to the Victoria & Alfred Waterfront where you can sit back and sip a cocktail, feast on some fresh fish or walk around enjoying in the markets and musicians on the sidewalks. At the V&A Waterfront, you can also hop on the ferry to visit the famous World Heritage Site of Robben Island where Nelson Mandela was held in prison during the apartheid era.

Other options include taking the aerial cableway up Table Mountain and enjoying breathtaking views of the city, or visiting the Bo-Kaap, where brightly painted houses and quaint cobbled streets are packed full of history and culture.

In the evening head back on the local bus to Table View. Arrange a night out with guests and locals at one of the restaurants or bars along the beachfront, or spend the evening relaxing at the hostel.

Schedule

Day 3: Cape Peninsula Tour

Spend a day exploring the beautiful Cape Peninsula on this tour from Cape Town. With a professional local guide by your side.

Cape Town is famed for her iconic Table Mountain, but this city has far more to offer than just that. Just a short drive from the inner city, diverse fauna and flora, spectacular views and cultural delights will wow you.

Travel to Hout Bay harbour and enjoy free time to wander independently and revel in an unparalleled cultural experience, with local traders, informal markets, fresh fish and chips and more.

Or choose to board a glass-bottomed boat and cruise to Duiker Island to view the lazy Cape Fur seals as they bob about and soak up the sun. Meander along the sheer drops of Chapman's Peak Drive as you make your way to the Cape Point Nature Reserve.

Upon entry be sure to look out for roaming ostriches or mischievous baboons as you drive up to the breath-takingly scenic Cape Point. Remember to wear comfortable shoes, as the short hike to the top is not to be missed.

Next up, you can get your fix of cuteness as you walk alongside African penguins at Boulders beach and learn about these endangered creatures and the efforts being made to conserve them.

Day 4: Winelands Tour

Start the morning with a pick up from a local guide for an elegant but relaxed tour through the Cape Winelands. The Western Cape of South Africa is home to more than 500 wineries and today we will visit between 3 - 5 of our favorites. The day will be spent eating mouthwatering foods and treats and drinking some of the best bubbles and wines that South Africa has to offer.

You will be dropped off at your accommodation in the late afternoon/evening to enjoy the night at leisure.

Schedule

Day 5: Optional activities or Leisure time

You can spend the day relaxing on the beach or go on an adventure like shark-cage diving, skydiving or sand boarding. For other options on what you can do head over to reception or check out our activities below (Own expense).

Options:

1. Shark Cage Diving
2. Skydiving
3. Paragliding
4. Big 5 Safari
5. Sandboarding
6. Abseiling
7. Township Tour & Robben Island
8. Surf Lessons

Shark Cage Diving

See the Great White Shark face-to-face in its natural habitat. The experienced and specialised crew in Gansbaai will take you to “Shark Alley”, the prime spot for shark cage diving.

Skydiving

Experience a tandem jump or take lessons and do a solo jump. During the 20 minute aircraft-ride, you will have an awesome view of the West Coast, Cape Town, Robben Island and Table Mountain. Then enjoy an exhilarating free-fall at 200kph followed by a peaceful parachute-ride.

Paragliding

Go for a paragliding flight in Cape Town seeing all the great sights from the air, fly from Lions Head and land on the field in front of The Bungalow, between Camps Bay and Clifton beaches or over Sea Point from Signal Hill landing on the famous Sea Point Promenade next to the beautiful atlantic ocean.

Schedule

Big 5 Safari

View South Africa's Big 5 in their natural surroundings inside a 4 star private nature reserve. Join us for a 2-3 hour game drive in a 4x4 Safari vehicle with an experienced ranger guide.

Sandboarding

The Atlantis sand dunes are situated just 30 minutes away from Saltycrax, and are an important conservation area protecting the Atlantis Aquifer. Sandboarding is sure to get your adrenaline flowing!

Abseiling

Step off the top of Table Mountain at 1000 metres above sea level and abseil 112 meters down into mind-blowing vertical space. The panoramic views from the top of Table Mountain are breath taking, but the views from the highest commercial abseil are even better. No experience necessary!

Township Tour & Robben Island

The historical development of Cape Town's townships as well as the traditional history in the everyday life of the residents is a priceless resource that has been incorporated in a local tourist product to the mutual benefit of tourists and local residents alike. Afterwards, take the ferry from the Mandela Gateway at the V&A Waterfront to Robben Island.

Surf Lessons

Get surf lessons from a qualified instructor at the white sand beaches of Blouberg or Muizenburg. All equipment rental is provided.

Beginners: Focused on understanding the basics to catching your first wave.

Intermediates/advanced: Focused on trying to catch more waves through understanding them better.

Day 6 Departure Day

Check out of Saltycrax Backpackers

Additional Informations

Weather in South Africa

South Africa has typical weather for the Southern Hemisphere, with the coldest days of winter in June–August. The climate is mild, with average daytime temperatures around 15 °C (59 °F) in winter and around 20 °C (68 °F) in summer, even though rapid increases in temperature may occur when the wind blows from the desert, which lies to the east and is scorching hot in summer.

Safety in South Africa

Cape Town is a major, modern cosmopolitan South African city. As such, we would advise travellers to exercise the same level of vigilance they would exercise when visiting any major city in the world.

ATMs

It's perfectly possible to travel on plastic since ATMs are widespread. They're mostly located outside banks, though you'll also find them at the airports, larger supermarkets and some shopping malls.