

# Things To Do While Staying at *Wild Rose Country Lodge*

## BASIC ROUTE

### DAY 1

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#### **Simon's Town - Boat Trip**

Depart from Simon's Town on a 40 min Harbour Cruise or a 2 Hour Seal Island or Cape Point boat trip. Return to the quayside for time at leisure for shopping.

#### **Boulders Beach Penguin Colony**

Boulders has become famous for its thriving colony of African Penguins and sheltered safe beaches where you can even swim with the penguins! Elevated boardwalks provide excellent viewing opportunities.

### DAY 2

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#### **Cape Point Nature Reserve**

Visit Cape Point Nature Reserve and experience the grandeur of one of the highest sea cliffs in the world, the scenic splendour and intriguing history of the Cape of Good Hope.

#### **Cape Point Ostrich Farm**

The Cape Point Ostrich Farm is a productive breeding farm situated at the entrance to Cape Point Nature Reserve. Guided tours of the farm will tell you more about the life of the ostriches, all the way from the egg right up to the adult ostrich..

#### **Slangkoppunt Lighthouse Tour**

Join the lighthouse keeper for a tour of the tallest lighthouse in South Africa and enjoy panoramic views when you get to the top!

### DAY 3

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#### **Masiphumelele Township Tour**

An unstaged guided walking tour of Masiphumelele where you will meet the residents and experience the life style of this vibrant Xhosa speaking.

#### **Kalk Bay Shopping**

Get lost in this "Bohemian" village of cobbled streets, delightful shops and restaurants above the fishing harbour where you can easily lose the entire afternoon.

## OUTDOOR ADVENTURE ROUTE

### DAY 1

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#### **Cape Point Cycling Tour**

The best way to see Cape Point – a guided bike ride through the Table Mountain National Park. Visit the most South Western tip of the African continent.

#### **Sea Kayaking from Simon's Town**

Paddle a sea kayak Simon's Town quayside to Boulders Beach magnificent views of False Bay.

### DAY 2

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#### **Traditional Kalk bay Fishing Trip**

Spend a memorable half day fishing from a traditional, wooden Snoek Boat from Kalk Bay, the oldest traditional hand line fishing Harbour in South Africa.

#### **Horse Riding on Noordhoek Beach**

Enjoy a sunset horse ride down the pristine white beach of Noordhoek. Novice riders are welcome.

### DAY 3

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#### **Sandboarding on Fish Hoek Dunes**

Carve up the dunes of Fish Hoek. Your instructor will teach you correct dune usage together and basic techniques to ensure rider safety and accelerated skill development.

#### **Walking with Baboons**

Take a guided walk across the mountains of the Cape Peninsula to spend time with the last remaining Chacma Baboons in their natural environment.

# Things To Do While Staying at *Wild Rose Country Lodge*

## SUPER ADVENTURE ROUTE

### DAY 1

#### **Surf lessons on Muizenberg Beach**

Learn to surf under the guidance of a qualified surfing Instructor including basic skills such as judging waves, rips and currents as well as general water safety.

#### **Cape Point High Speed Boat ride**

Experience an exhilarating and action packed high-speed boat ride. Hop aboard a Super Duck (High-Speed inflatable boat) and prepare yourself for a ride you will never forget.

### DAY 2

#### **Scuba Diving**

Dive off a fully rigged dive boat and explore the underworld. Full day Resort Dives and 3 day Open Water and Advanced course are also available.

#### **Hobie Sailing from Fish Hoek**

Hang out on the trapeze wire and fly the hulls of a 16 or 18-foot hobie-cat in the warm waters of Fish Hoek Bay

### DAY 3

#### **Shark Cage Diving & Viewing**

Depart Simon's Town Harbour at the crack of dawn and head for Seal Island – home to 64000 seals! Observe natural predator –prey interaction which can be observed nowhere else on the earth to the same extent. Dive with the sharks provided you are a qualified diver. Rates include equipment and refreshments

## WILDLIFE ROUTE

### DAY 1

#### **Boat Trip to Seal Island**

This is the real Seal Island! Situated at the Northern centre of False Bay, 8 nautical miles from Simon's Town. Home to over 70 000 Cape Fur Seals, 24 species of Sea Birds and the Great White Shark.

#### **View African Penguins of Boulders Beach**

Boulders has become world famous for its thriving colony of African Penguins and sheltered safe beaches. From just 2 breeding pairs of penguins in 1982, the colony has grown to about 4000 in recent years.

### DAY 2

#### **Cape Point Nature Reserve**

Within the reserve you can appreciate game in their natural habitat, namely Bontebok, Grysbok, Caracal, Mongoose and Red Lynx. Experience the spectacular scenery and learn more about the a huge variety of birds and plant species that can be found here.

### DAY 3

#### **Southern Right Whale Boat Trip**

Come and search for the friendly giants of the sea, the Southern Right whale. There are approximately 4000 of these magnificent animals in the southern Oceans and up to 90 of them come and stay for the winter in the shallow waters of this Fairest Cape. Enjoy the spectacular scenery and other wildlife of False Bay. Departing from Simon's Town, venture into the waters of the bay searching for just the right whale for you.

#### **Walk with Baboons**

A extraordinary guided excursion with local Baboon Whisperer, Jenni Trethowen who has developed a special relationship with the local baboon troop which, together with the eight other troops in the area, are the only baboons in South Africa that enjoy protected status. Walk with Jenny for a close encounter with the baboons while enjoying unique flora and spectacular scenery of the Cape Point Route.

# Things To Do While Staying at *Wild Rose Country Lodge*

## BIRDING ROUTE

### DAY 1

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#### **Kirstenbosch Botanical Gardens**

Wander round the gardens and lower slopes of Table Mountain in search of a wide range of species that regularly visit this botanical showcase. Highlights are **Sunbirds & Sugarbirds**.

#### **Rondevlei Bird Sanctuary**

A delightful area to spend time enjoying close up views of waterbirds from the hides and look out points strategically situated along the vlei edge.

### DAY 2

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#### **Silvermine**

On the west side of Ou Kaapse Weg the area with its many clearly demarcated walks is home to a variety of 'fynbos' and montane specials. Look out for **Raven & Black Eagle**.

#### **Strandfontein**

A network of roads wind their way around a number of deep and shallow settling ponds affording unsurpassed views of waders and waterfowl from the comfort of the car. Upwards of 75 species can be recorded in an afternoon including close up views of **Pelicans & Flamingos**.

### DAY 3

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#### **Boulders Beach**

A stroll along the bridle path above the reserve provides up close and personal views of **Penguins** along with the opportunity to spot a number of scrub & thicket dwelling birds at close quarters.

#### **Cape Point & Kommetjie**

Combine to make for a memorable drive through pristine 'fynbos' with regular stop off points along the seashore to scan for a variety of shore and seabirds including the elusive **Black Oystercatcher**.

## GOLFING ROUTE

### DAY 1

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#### **Simon's Town Country Club**

Situated adjacent to Boulders Beach, overlooks False Bay and offers you the experience of an uncrowded 9 hole golf course with unsurpassed sea and mountain views. Club Hire available. The club also offers bowls and squash facilities

#### **Boulders Beach Penguin Colony**

Boulders has become famous for its thriving colony of African Penguins and sheltered safe beaches where you can even swim with the penguins! Elevated boardwalks provide excellent viewing opportunities.

### DAY 2

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#### **Clovelly Country Club**

Clovelly ranks as one of the finest courses in the Cape Peninsula famous for its rolling, computer-irrigated fairways and undulating holes. This 18-hole picturesque course complements its rich coastal environment with its natural sand dune, water features, and a wide variety of indigenous fauna and flora.

#### **Cape Point Nature Reserve**

Visit Cape Point Nature Reserve and experience the grandeur of one of the highest sea cliffs in the world, the scenic splendour and intriguing history of the Cape of Good Hope.

### DAY 3

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**Day for Shopping – see Shopping Route for ideas**

# Things To Do While Staying at *Wild Rose Country Lodge*

## HERITAGE ROUTE

### DAY 1

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#### **Muizenberg**

Het Posthuys competes with the Castle as the earliest European building in the Cape, as it was probably built in 1673, a year before the Castle was completed. It's had a range of uses since then, from a pub to a lookout post – and it even came under fire from British forces during the Battle of Muizenberg in 1795.

Rhodes Cottage contains the personal memorabilia of Cecil John Rhodes who spearheaded the British Empire's scramble for Africa in 1899.

#### **Fish Hoek**

Peers Cave - A Stone Age Cave site where the remains of the now famous 12 000 year-old Fish Hoek Man was discovered, together with a collection of stone-age tools. The Fish Hoek Valley Museum houses interpretive displays of the Peers Cave excavations as well as collections of local interest

### DAY 2

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#### **Cape of Good Hope**

TBA

#### **Ocean View**

TBA

#### **Masiphumelele Township**

Visit the informal Xhosa settlement, Masiphumelele, for an unstaged experience of township life. Your tour may include visits to a sangoma (witch doctor), places of worship, schools, shops, housing projects and local artists.

### DAY 3

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#### **Simon's Town**

Simon's Town Museum tells the fascinating story of Simon's Town life as an early harbour.

The Heritage Museum preserves the history of generations of Muslim residents of Simon's Town

South African Naval Museum Here you can get an idea of life aboard a submarine in a walk through mock up of a sub's compartments.

Warrior Toy Museum Meccano, Corgi Classics, train sets, London buses, planes, ships, fantastical doll houses and more have been collected over four decades by owner Percy van Zyl.

## KIDS ROUTE

### DAY 1

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#### **The Cape Point Ostrich Farm**

Guided tour of an Ostrich Farm to learn more about the life of the ostriches.

#### **Sandboarding on Fish Hoek Dunes**

Learn basic sandboarding techniques to ensure rider safety and accelerated skill development.

### DAY 2

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#### **Imhoff Farm**

Enjoy horse, camel and tractor rides, a snake park and children's farmyard.

### DAY 3

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#### **Surf lessons on Muizenberg Beach**

Learn to surf under the guidance of a qualified surfing Instructor.

#### **Mineral World Scratch Patch**

Visit the world's largest gemstone tumbling factory, where you can hunt for inexpensive polished stones

# Things To Do While Staying at *Wild Rose Country Lodge*

## SHOPPING ROUTE

### DAY 1

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#### **Cape Point Ostrich Farm**

Offers a wide variety of eggs and a large selection of exquisite ostrich leather products

#### **Imhoff Farm**

Imhoff Farm offers a warm country welcome for the whole family. Locally made crafts, gift shops, art studios, herb nursery and handmade cheese at the dairy

### DAY 2

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#### **Noordhoek Farm Village**

Browse through shops offering quaint gifts, collectables and clothing or enjoy live music, craft workshops, restaurants or the pub at the Noordhoek Farm

#### **Noordhoek Art Route**

Noordhoek is also filled with working artists and one Sunday a month plays host to visitors from near and far who visit the "Noordhoek Art Route", going from studio to studio in the village where visitors can talk to the artists and study and/or buy their work.

### DAY 3

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#### **Kalk Bay Antiques**

A fabulous "Bohemian" village of cobbled streets, delightful shops and restaurants above the fishing harbour where you can easily lose the entire afternoon.

#### **Mineral World Scratch Patch**

Scratch for your favourite gems and see the amazing variety of gemstone goods at the unique Mineral World shop

#### **Simon's Town Waterfront Center**

A visit to Simon's Town is not complete without a visit to the Waterfront Center and surrounding shops and African curios proudly displayed by locals on Jubilee Square.

## WALKING ROUTE

### DAY 1

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#### **Cape Point Shipwreck Trail**

Details to be supplied

### DAY 2

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#### **Cave Trail**

#### **Kalk Bay Caves**

The Kalk Bay Mountains are one of the rare places on earth with a number of sandstone caves, over a hundred are known so far.

**Peers Cave:** A Stone Age Cave site where the remains of the now famous 12 000 year-old Fish Hoek Man was discovered, together with a collection of stone-age tools.

### DAY 3

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#### **Walking with Baboons**

Take a guided walk across the mountains of the Cape Peninsula to spend time with the last remaining Chacma Baboons in their natural environment

#### **Whale Trail**

Beach- Jager Walk – Takes you along the rocky coastline to Sunny Cove, where sign boards explain the life history of the dolphins that play in these waters throughout the year and of the Southern Right and Humpback whales that come during late winter and early spring to calve.

# Things To Do While Staying at *Wild Rose Country Lodge*

## TEAM BUILDING ROUTE

### DAY 1

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#### **Auto Adventure Rally**

An exciting Auto Adventure Rally in search of Control Points from Cape Town to Cape Point where participants discover and experience the true Cape Peninsula with the objective to decipher the clues, complete the activities, and collect all stamps on their passports and get to the point in the limited time.

OR

#### **The Amazing Race**

An adventurous, fun and relaxing day using various modes of transport including train, taxi, rubber duck/kayak and microbus to the final mystery destination. Teams will never know where they are going next or what they have to do once they are there...

### DAY 2

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#### **The Masterpiece**

As part of a team you will be set a task to complete a section of a famous painting. This is not as easy as it sounds, as you need to collect information, blueprints and paints to achieve this. It can be done and the final result can be quite breathtaking. End product can be utilized as a backdrop for your evening function.

OR

#### **Adventure Orienteering**

Challenge the rest of the group out on the orienteering course to score the most points. Use the twists in the game, strategies and map reading to outwit and outplay the opposition.

### DAY 3

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#### **Coastal Challenges**

Together with your partner Kayak, Hike and Bike to the finishing line where the massage therapists await you.

#### **Long Beach Olympics**

Get ready for some serious fun in the sun for an activity-filled beach carnival complete with incentive games

## GROUP LEISURE ROUTE

### DAY 1

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#### **Coastal Train Journey**

Guests depart from Cape Town Station on the 32 – Seater air conditioned Restaurant Carriage for scenic coastal train journey to Simon' Town. Join the breakfast, lunch of sun downer journey.

OR

#### **Stylish Vintage Experience**

Guests depart in exquisite Vintage Vehicles from Cape Town following the scenic coastal Peninsula route to the venue, with Sparkling Wine & Strawberries served en-route.

#### **Cape Point Boat Trip**

Where the two oceans mix! Magnificent Cape Point was described by Sir Francis Drake as the "Fairest Cape in the world". There's is much more to see by boat and the views will take your breath away.

### DAY 2

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#### **Mountain Bike to Cape Point**

A fun day in fresh air!! Transfer to Cape Point Nature Reserve where you swap onto Mountain Bikes for a leisurely ride to Cape Point where an easy half hour cliff top hike will offer you stunning worthwhile views!

### DAY 3

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#### **Walking with Baboons**

Take a guided walk across the mountains of the Cape Peninsula to spend time with the last remaining Chacma Baboons in their natural environment

#### **Sea Kayaking**

Kayak in probably one of the quaintest little coves in the world and the penguins chose it! This is just one of the many granite-strewn bays in the area, perfect for viewing sea life from a kayak. After visiting the penguins, stop on a lovely semi-private beach for refreshments, swimming and snorkeling.