

Coot Club

STANFORD, SOUTH AFRICA

2026 Activity Sheet

At Coot Club, a spirit of adventure runs through each day. From the stillness of the lagoon to the wild edges of the coastline, there are endless ways to explore and play. A selection of experiences is included in your stay, with further adventures available on the property and beyond for those inspired to venture further.





Included in Your Stay

Our Adventure guides are on hand to help plan your adventures. They circulate at breakfast and dinner and will advise on the weather and availability and help you make the most of your time at Coot Club. All activities can be planned during your stay, so there's no need to book in advance.

Kayaking & Stand-Up Paddleboarding (SUPs)

Take a kayak or paddleboard onto the lagoon and enjoy the peaceful surroundings. Lifejackets are provided for safety, and all equipment is complimentary.

Fat Bikes and Mountain Bikes

Cycle through picturesque trails around Coot Club and take in the natural beauty of the Walker Bay Nature Reserve. Bicycles are available for all guests to use at their leisure.

Hiking Trails

Explore diverse trails around Coot Club, suitable for all fitness levels. Whether you're after a light walk or a more challenging hike, there's something for everyone. Can you conquer the Champions Trail?

Fynbos Walk

Start your day with a guided educational walk through the Fynbos with our Conservation Manager, Jeanne. Walks take place daily (weather dependant) at 07:30 a.m. in the summer and 08:30 a.m. in the winter. The walks offer a wonderful introduction to the rich biodiversity and natural beauty of Coot Club and its surrounds.



Sailboats

Sail away on the sparkling lagoon, powered by the wind in your sails. Our Hobie Cat offers a thrilling way to explore the water. Each trip is accompanied by one of our activity guides, so you simply relax and soak in the adventure - no prior sailing experience needed!

This activity is weather dependant.

Yoga on the deck

Start your day with gentle movement and stillness on our yoga deck, surrounded by panoramic mountain views. Morning yoga sessions are suitable for all levels, especially beginners. For those looking to deepen their practice, private sessions can be arranged with our instructors. Mats and props provided.

Available Offerings:

- Morning Hatha Yoga (Beginner level - Free of charge)
- Private Yoga Sessions: R250 per person

Class Types Available: Restorative/Yin Yoga, Guided Meditation, Intermediate & Advanced Hatha/ Vinyasa Yoga

Target Shooting

Test your aim at our brand-new archery and air rifle range. Guests can book daily lessons to learn proper technique and safety, while enjoying some friendly target-shooting fun under guide supervision. Includes all equipment and safety gear.

Duration: 45 minutes

Booking: Onsite through your Adventure Guide





Adventures Available at an Extra Cost

Whether you're seeking that adrenaline surge or a moment of tranquil pampering, we offer a variety of additional activities - like thrilling adventures or relaxing massages - available at an extra cost. All can be arranged on site through your adventure guides and are subject to weather and availability.

Quad Bike Tour

Explore scenic landscapes with an hour-long guided quad bike tour. Kids under 16 can join as passengers, making it a great family-friendly activity. No previous experience required.

Duration: 1 hour

Price: R750 per adult | R375 per child (8 - 15 years)

Quads Available: 4

Beach Excursion

Take a leisurely drive through the Walker Bay Nature Reserve to Die Plaat beach. Enjoy a sandboarding session on some of the large dunes and a scenic walk along the shoreline. Look out for the Whales (in season) visible from the beach. End your trip with drinks and light snacks. Ponchos are available if the weather turns.

Duration: 2.5 hours

Availability: Morning and afternoon trips daily

Price: R450 per adult | R240 per child

Includes: Guide with expert knowledge, drinks and snacks



Watersports

Experience the calm waters behind one of our ski boats – perfect for water skiing, wakeboarding, knee boarding or an exhilarating tubing session. Suitable for all experience levels, with our guides on hand to provide basic instruction for beginners.

Duration: 45 minutes per session

Price: R1,200 per session

Capacity: 5-8 guests

Includes: Wakeboarding, skiing, tubing, all gear and instruction

Subject to weather availability

Sundowner Boat Cruise

Enjoy a relaxing cruise on the lagoon as the sun sets behind the mountains. Take in the golden views with a drink in hand and light snacks on board – the perfect way to end your day at Coot Club.

Duration: 1 hour

Price: R1,800 per trip

Capacity: Up to 8 guests

Includes: Drinks and light snacks

Subject to weather and availability

In-Room Massage and Reflexology

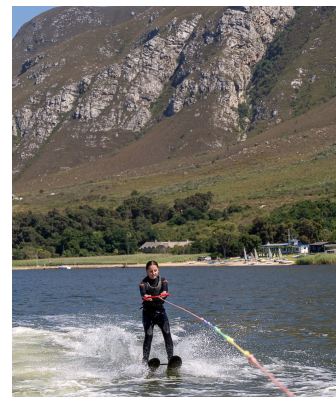
Enjoy a relaxing massage in the comfort of your room. Katherine and Shayla offer a range of soothing treatments designed to help you unwind and reconnect, using carefully selected natural oils. Reflexology sessions are also available, using pressure point foot massage techniques to promote relaxation and restore balance.

Massage & Reflexology Options:

- Full Body Massage (90 min): R1500
- Full Body Massage (60 min): R1100
- Back & Neck Massage (45 min): R850
- Reflexology (60 min): R850
- Kids Back & Head Massage (30 min): R450

Opening Times 9:00 AM – 6:00 PM (Monday to Sunday)

Booking: Through your Adventure Guide or Reception.





On the Water

Explore a range of ocean and river experiences around Hermanus, Gansbaai, and Stanford. From whale watching and marine safaris to tranquil river cruises, each adventure offers a unique way to experience the natural beauty of the Overberg. These activities can be booked on-site and are operated by our trusted local partners. Subject to availability, weather conditions and seasonal price changes.

Whale & Marine Big Five Cruise with Marine Dynamics

Join Marine Dynamics for a spectacular eco-cruise in Walker Bay to spot the Marine Big 5: Southern Right Whales (June–November), Bryde’s Whales, Humpbacks, Sharks, Dolphins, Seals and Penguins.

Duration: 2 – 3 hours

Travel Time: 45 minutes

Rates: Please enquire with Reservations for the most up-to-date rates.

Includes: Light breakfast or lunch before trip; soup and bread after trip; snacks and drinks onboard; wet-weather gear and blankets; free visit to the African Penguin & Seabird Sanctuary

Booking: Directly at +27 (0)82 380 3405 or reservations@marinedynamicstravel.com or via the Clubhouse

River Cruises

African Queen River Cruise

Embark on a two-and-a-half-hour eco-friendly journey aboard the African Queen, a double-decker riverboat.

Rates: Please enquire with Reservations for the most up-to-date rates.

Lady Stanford River Cruise

Set sail on the Lady Stanford, a spacious eco-friendly riverboat that comfortably accommodates up to 26 passengers.

Duration: 2 hours

Rates: Please enquire with Reservations for the most up-to-date rates.





Further Afield

Explore the best of Hermanus, Gansbaai, and Stanford with unforgettable experiences like Guided Fat Biking and the Penguin and Seabird Sanctuary. Our team at the Clubhouse will gladly assist with bookings and recommendations. All rates are subject to change.

River Gate Eatery

The Eatery is your one-stop-shop for decadent cakes, seasonal lunches and freshly brewed coffee. Cozy up next to the fire in the winter months or opt for a table overlooking the gardens when the sun is shining. Say hello to the alpacas, donkeys, cows, chickens and turkeys.

Available: Saturdays and Sundays
Booking: Directly at +27 (0)64 785 7454

Penguins and Seabird Sanctuary

Visit the Dyer Island Conservation Trust's rehabilitation center for marine birds, located in Kleinbaai near Gansbaai. The sanctuary is open all day, with daily penguin feeding at 3 PM.

Opening Times: 9:00 AM - 4:00 PM
Travel Time: 45 minutes
Entrance is free, and donations are welcome.

Padel in Stanford

Experience one of the world's fastest-growing sports at OhPadel Club in Stanford (27 Kleine Street). The club features indoor, all-weather courts, equipment rentals, and a lively local atmosphere – perfect for families, couples, or groups of friends.

Opening Hours:
Mon-Sun 7:00 AM - 9:00 PM

Rates:
Please enquire with Reservations for the most up-to-date rates.

Extras:
Racket rental
Balls and accessories available in the on-site Pro Shop

Booking: Through the Clubhouse (Coot Club will make all bookings on guests' behalf)
Travel Time: 15 minutes
Notes: Indoor courts – weather independent; transport can be arranged through Coot Club

Guided Fat Biking

Discover Walker Bay dunes on a guided fat biking adventure with FatbikeTours SA, departing from De Kelders.

Duration: 1 hour 30 minutes
Travel Time: 30 minutes
Rates: Please enquire with Reservations for the most up-to-date rates.
Booking: Direct at +27 (0) 79 514 8386



Stanford Village

The charming village of Stanford is perfect for a leisurely stroll, offering delightful tea spots, cozy lunch options, and a Saturday morning fresh produce market featuring local treats. From September to January, enjoy the lively food and drinks festival with live music on the last Friday of each month.

Wandelpad Hiking Trail

Explore the scenic Wandelpad trail as it winds through the heart of Stanford Village. This easy-to-follow path offers tranquil river views, birdwatching opportunities, and an immersive experience in nature. Perfect for all ages, it's an ideal way to take in the charm of this historic village.

Duration: Approximately 1 hour

Difficulty: Easy

Restaurants

Madré

A family-friendly venue serving stylish comfort food in a tranquil farm setting.

Open:

Wed, 9:00 AM - 4:00 PM, Thurs & Sun, 8:00 AM - 3:00 PM

Fri & Sat, 8:00 AM - 8:00 PM

Contact: +27 (0) 82 901 4254

Oumeul Bakery

A cozy spot offering freshly baked breads, pastries, and a selection of light meals. Perfect for breakfast, brunch, or a quick coffee break.

Open: Daily, 6:30 AM - 5:30 PM

Contact: +27 (0) 28 341 0101

La Trattoria

An intimate Italian eatery offering authentic dishes such as handmade pasta, wood-fired pizzas, and delectable desserts, paired with carefully selected wines. Closed for winter break June - August.

Open:

Lunch, Thurs - Sunday 12:30 - 15:00

Dinner, Daily (except Tuesdays) 18:30 - 22:00

Contact: +27 (0) 28 341 0123

Wineries

Springfontein Winery

A local gem offering tastings, light bites at the Wine Bar, and fine dining during the summer months.

Open: Daily, 11:00 AM - 9:00 PM

Stanford Hills

This estate offers tastings, scenic views, hiking trails, and horse riding. The Tasting Room restaurant serves fresh, inventive dishes of exceptional quality.

Open: Daily, 8:00 AM - 5:00 PM

Walker Bay Estate & Birkenhead Brewery

Experience wine and beer tastings alongside a modern à la carte menu of South African favorites.

Open: Daily, 10:00 AM - 5:00 PM