

# Sun, Salt & Sea Local Activities



*Please note that the Tintswalo Boulders concierge can enquire about the prices for excursions, and make a booking when the guests are at the hotel.*

*\*Excursions below excludes the cost*

## Shark Warrior Adventures

Seaforth Beach, Cape Town. (5-minute walk from our penguin gate.)

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Jon: +27 (0) 71871 4980

Terry: +27 (0) 82 843 5776

info@sharkwarrior.com www.sharkwarrior.com



## Penguin Paddle

Meet the endangered African penguins in their natural habitat and learn all about their fascinating lifestyles from the comfort of a sea kayak! Embark on a magical adventure in the company of our knowledgeable, trained and experienced conservationist guides as we seek out penguins (and other assorted marine wildlife) in this beautiful marine protected area of the world-famous Table Mountain National Park. No prior kayak experience required, our trusty Fluid-sea kayaks are unsinkable, unbreakable and perfect for first-time paddlers and the professional alike!

Minimum Age: 3 years

Fitness Level: Average

Qualifications: Not Applicable

Maximum Weight: 140.0 kg

Certification: None Required

Experience Level: No Experience Requirement

\*All equipment is included.



## Supping

Experience the penguins from a stand-up paddleboard (SUP)! Embark on a magical adventure in the company of our knowledgeable, trained and experienced conservationist guides as we seek out penguins (and other assorted marine wildlife) in this beautiful marine protected area of the world-famous Table Mountain National Park. Ride the ocean in the manner of ancient tribesmen as we embark on a conservation adventure on a SUP in the company of a knowledgeable, fully-trained and experienced SUP guide, while getting a great core workout! Some prior sea SUP experience is advantageous but you will receive a full instructional and safety briefing prior to entering the water.

Minimum Age: 10 years

Fitness Level: Average

Qualifications: Not Applicable

Maximum Weight: 120.0 kg

Certification: None Required

Experience Level: Beginner



## Meet the Penguins

An informative, in-depth walking tour across our beaches and shaded, coastal forest walkways visiting with the African penguins whom we know and love! After meeting your guide at our Shark Warrior Adventure Centre at Seaforth Beach, you will be introduced to the local Seaforth penguin colony and learn about the African penguins' unique lifestyle. We will then follow the coastline to Waters Edge beach and onto a shaded coastal forest walkway past Boulders Beach Visitors Centre. (Entrance to the park is an additional cost and subject to request on the day).

Learn more about these fascinating and highly endangered birds as your guide interprets their behaviour in great detail. We will continue onto the recently established Burghers Walk, before returning back along the scenic walkway to Seaforth Beach.

*See activity directions & information on the next page.*

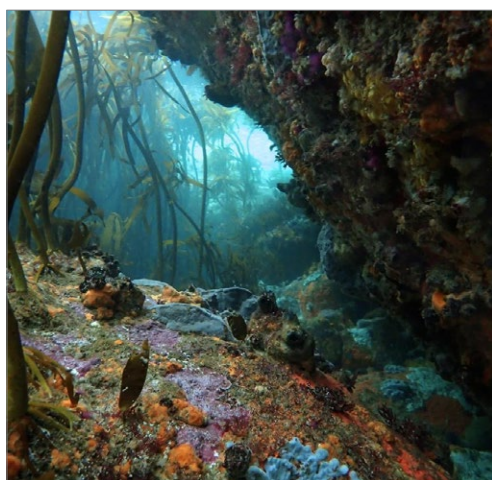
# Sun, Salt & Sea Local Activities



- Meet at Shark Warrior Adventure Centre at Seaforth Beach
- Visit Seaforth Penguin colony
- Walk to Waters Edge Beach
- Carry on to Boulders Coastal Park and walk the walkway
- Continue on to Burghers Walk down to Windmill Beach
- Return to Seaforth beach

## 1 or 2 Hour activity

Minimum Age: 10 years  
Fitness Level: Average  
Qualifications: Not Applicable  
Certification: None Required  
Experience Level: None Required



## Snorkelling

Glide through the mystical kelp forests that characterise this stretch of the Table Mountain National Park. In the company of a trained and knowledgeable guide, you will encounter a "life beneath the waves" like nowhere else on the planet. Amazing fish life, birdlife and even some friendly sharks await!

Minimum Age: 10 years  
Fitness Level: Average  
Qualifications: None Required  
Certification: None Required  
Experience Level: None Required

\*All equipment included



## Kayak Cape Town

Guided Sea Kayak paddle trips around the coast-weather permitting  
A 2 hour guide with experienced professionals.

4-minute drive from Tintswalo Boulders  
No experience required.



## Cape Town Water Bikes

Guided tours to the penguins or rentals from the Simon's Town jetty.

30min to 1 hour time slots  
4-minute drive from Tintswalo Boulders  
\* Minimum age is 13 years



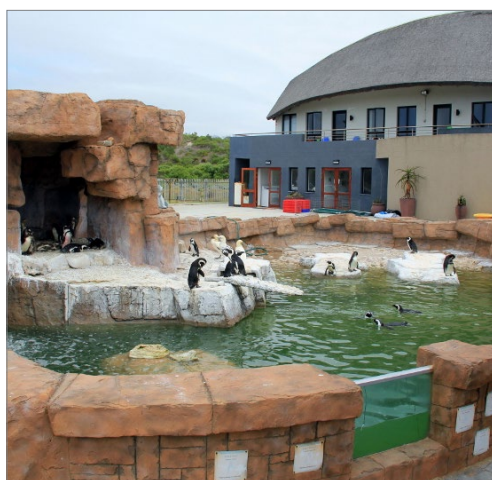


## Boulders Beach

Kleintuin Rd, Simon's Town, Cape Town  
3- Minute walk from our penguin gate.

Located a walking distance of 5 minutes away from Tintswalo Boulders guest house is the white sand Boulders beach. Entrance through the penguin sanctuary or the main entrance.

RSA Citizens & Residents receive a discount with entrance fee of the penguin sanctuary.



## Boulders Sanctuary SANCCOB

4 Boulders Place, Secluse Ave, Simon's Town, Cape Town  
3- Minute walk from our penguin gate.



## Whale Watching - Simon's Town Boat Company

2 Wharf St, Simon's Town, Cape Town  
Tel 083 257 7760  
4-minute drive from Tintswalo Boulders

June to November: False Bay is a calm, sheltered haven for some of the most fascinating ocean giants on our planet: Southern Right whales, Humpback whales & Brydes whales.



## Boat Cruise off Simon's Bay - Charter cruise to Seal Island

2 Wharf St, Simon's Town, Cape Town, 7975  
Tel 083 257 7760  
4-minute drive from Tintswalo Boulders  
Cruise duration: 1.5 hours

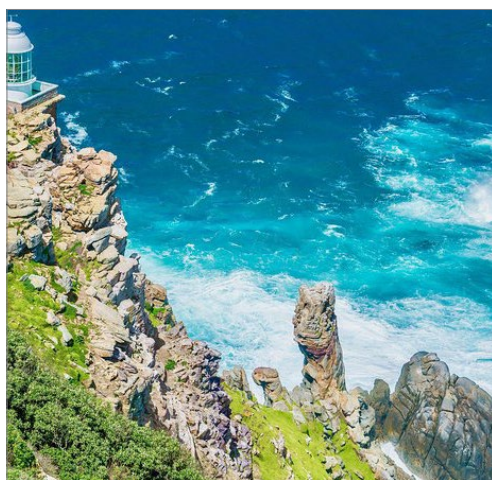
Explore our wide selection to find and book the best tours and activities for your trip. Convenient and free cancellation means you don't have to stress when your plans change. Contactless experiences. Free Cancellation. Incredible experiences.



## Red Hill Footpath Hiking Trail

+/- 20-minute drive

This hiking trail begins in the Scarborough Conservation Village and then extends past Kleinplaas Dam and Slangkop to end at Blue Water Estate in Imhoff.



## Cape Point

Cape Point Rd, Cape Town

25-minute drive

The Cape of Good Hope is one the Capes greatest jewels. Cape Point hike is a hiker's paradise, and there are a number of beautiful and manageable short walks throughout the reserve. Open from 6am-6pm South Africans (with ID)

RSA Citizens & Residents receive a discount with entrance fee.

*Outdoor adventures & excursions continued to the next page*

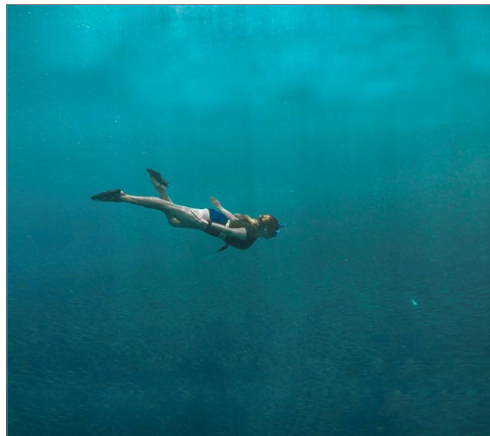


## Citizen Science Day

Be a Marine Biologist for a day!

Learn about Marine Protected areas and how to identify fish and sharks with a Marine Biologist guide. Ask questions and he will be guiding your through the kelp forests to understand it's inhabitants.

\* Scuba - Must be open water certified - CAPE RADD



## Snorkel or Scuba Dive with Seals

117 St. George's Street, Simon's Town

Tel 062 331 7530

Join the Marine Biologist on a seal snorkel experience.

\* Scuba - Must be open water certified - CAPE RADD



## Apex Shark Expeditions - Shark Cage Diving

The deep blue waters of False Bay are intoxicating. You scan the depths as the rugged outline of Seal Island draws closer, or watch the wave's crash upon the rocky, mammoth headland of Cape Point as you head out into the Atlantic Ocean for shark cage diving in Cape Town. The incredible shark species found in these waters include Sevengill, Bronze Whaler, Blue and Mako shark, together with the occasional sighting of a Great white shark.

Includes: Dive gear, towel, light lunch, snacks & refreshments

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*\*Suggested Excursions mentioned here exlcudes the cost*





## Simon's Town Heritage Museum

Amlay House, King George Way, Simon's Town, Cape Town, 7975

Phone: 021 786 2302

\* 4 minute drive

Open from 10:00- 13:30 everyday



## Warrior Toy Museum

1067 King George Way, Simon's Town, Cape Town, 7995

\* 4 minute drive



## South African Naval Museum

Mon – Fri, 9am-5pm, Sat & Sun 10am-4pm

3- minute drive

The South African Naval Museum is a maritime museum in Simon's Town, South Africa. It contains collections and artefacts related to the maritime history of South Africa and the South African Navy.

Entry is free of charge, but a voluntary donation towards the SA Naval Museum Fund can be made at the reception.



## Able Seaman Just Nuisance & Jubilee Square & Jetty

St George's St, Simon's Town, Cape Town, 7975

5 minute drive

Visit the statue of "Just Nuisance" in the scenic square. Offering water views, restaurants & shops, plus a Saturday crafts market.



## Private Tour of Cape of Good Hope and Table Mountain

Table Mountain is our African wonder, one of the official “New 7 Wonders of Nature” in the world. Every year thousands of visitors from all over the world visit the mountain.

Cape Point; rugged rocks and sheer cliffs towering more than 200 metres above the sea and cutting deep into the ocean, provide a spectacular background for the park’s rich bio-diversity. Cape Point falls within the southern section of Table Mountain National park. The natural vegetation of the areas – fynbos – comprises the smallest but richest of the world’s six floral kingdoms.



## Simon’s Town Scooter Adventures - Rentals and Tours

114 Regent House , St Georges street, Simon’s Town

Tel 072 687 4824

5-minute drive

All scooters are suitable for 2 people. We offer a pick-up and drop-off facility from your accommodation to the rental office and back after your scooter outing, at an additional fee. All rates exclude entry- fees, toll-fees, meals, and personal expenses. Valid Scooter licenses compulsory. The quote will be dependent on which route and tour stops that the individual rides choose.

[bookings@simonstownscoters.co.za](mailto:bookings@simonstownscoters.co.za)

[www.simonstownscoters.co.za](http://www.simonstownscoters.co.za)





## Scratch Patch Mineral World & Mini Cave Golf

Family-centric venue offering a rock shop with vibrant minerals, gem digging & indoor mini golf.  
Hours: Mon- Fri 8:30- 16:45 pm Sat, Sun, Holidays: 9:00am- 16:30 pm

You can choose to purchase gemstones in one of three different bag or cup sizes.



## Mini Cave Golf at Scratch Patch Mineral World

This highly-rated, fun and challenging 18-hole course meanders downwards from the back of the Scratch Patch and through a series of underground areas that feature rock walls, some highly imaginative cave and mine obstacles and ancient relics, an underground waterfall, and fabulous mineral displays that are imbedded in the surrounding rock just as they were originally discovered.

*\*If you would like to book an excursion in advance, please notify your  
Reservation Specialist when you book your stay  
Tel 021 773 0900 | [reservations@tintswalo.com](mailto:reservations@tintswalo.com)*