

# EXPLORE Local Activities & Excursions

\*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.



TINTSWALO  
BOULDERS



## SHARK WARRIOR ADVENTURES

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

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www.sharkwarrior.com



## PENGUIN PADDLE

Meet the endangered African penguins in their natural habitat and discover their fascinating lifestyle from the comfort of a sea kayak. Join our experienced conservationist guides as we explore the marine protected waters of Table Mountain National Park in search of penguins and other marine wildlife. No prior experience is needed. Our stable Fluid Sea kayaks are perfect for beginners and seasoned paddlers alike.

Minimum Age: 3 years. Fitness Level: Average  
Qualifications: Not Applicable. Maximum Weight: 140.0 kg  
Certification: None Required. Experience Level: None Required

\*All equipment is included



## SUPPING EXPERIENCE

Experience the penguins from a stand-up paddleboard (SUP) on a magical ocean adventure. Guided by our knowledgeable, fully trained conservationists, you'll explore a protected marine area within Table Mountain National Park, encountering penguins and other incredible marine wildlife along the way. Enjoy a unique conservation experience and a great core workout as you glide across the water. Some prior sea SUP experience is helpful, and a full safety and instructional briefing is provided before entering the water.

Minimum Age: 10 years. Fitness Level: Average  
Qualifications: Not Applicable. Maximum Weight: 120.0 kg  
Certification: None Required. Experience Level: Beginner

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## MEET THE PENGUINS

Enjoy an informative walking tour along our beaches and shaded coastal forest paths, visiting the African penguins we know and love.

Meet your guide at the Shark Warrior Adventure Centre at Seaforth Beach, where you'll be introduced to the local penguin colony and learn about their unique lifestyle.

From there, we follow the coastline to Waters Edge, past the Boulders Beach Visitors Centre (park entrance at additional cost, on request), and along the newly established Burghers Walk, before returning via the scenic walkway to Seaforth Beach.

- 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

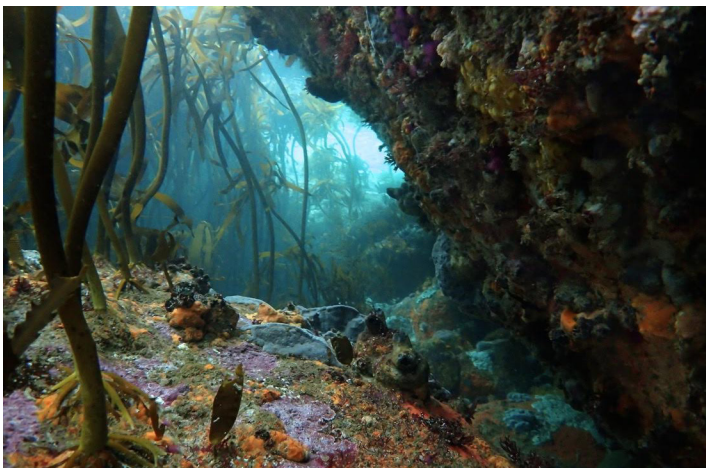
Glide through the mystical kelp forests that characterise this stretch of the Table Mountain National Park. In the company of a trained and knowledgeable guide, you will encounter a "life beneath the waves" like nowhere else on the planet. Amazing fish life, birdlife and even some friendly sharks await!

Minimum Age: 10 years. Fitness Level: Average

Qualifications: None Required. Certification: None Required

Experience Level: None Required

\*All equipment included



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## KAYAK CAPE TOWN

Explore the coastline on a guided two hour sea kayak adventure, weather permitting. Paddle alongside experienced professionals as you discover scenic views, and abundant marine life in this spectacular marine environment.

Just a four minute drive from Tintswalo Boulders, this experience is perfect for beginners and seasoned paddlers alike. No prior kayaking experience is required.



## A VISIT TO BOULDERS BEACH

Kleintuin Road, Simon's Town, Cape Town

Just a 3 minute walk from our penguin gate and 5 minutes from Tintswalo Boulders Guest House, the beautiful white sand of Boulders Beach awaits. Access is available via the penguin sanctuary or the main entrance.

RSA citizens and residents receive a discounted entrance fee to the penguin sanctuary.



## A VISIT TO BOULDERS SANCTUARY SANCCOB

4 Boulders Place, Secluse Ave, Simon's Town, Cape Town

Just a 3 minute walk from our penguin gate, the SANCCOB Boulders Sanctuary is dedicated to the rescue, rehabilitation, and release of endangered seabirds, including the African penguin.

Visitors can learn more about vital conservation efforts and see firsthand the important work being done to protect these remarkable coastal birds.

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## 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. 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.

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## EXPLORE 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.



## 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

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## 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



## VISIT TO 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

The Warrior Toy Museum is a charming, privately owned museum showcasing an extensive collection of vintage toys, model cars, trains, ships, and aircraft. A nostalgic and fascinating stop for visitors of all ages.

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

\*4 minute drive

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## 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.

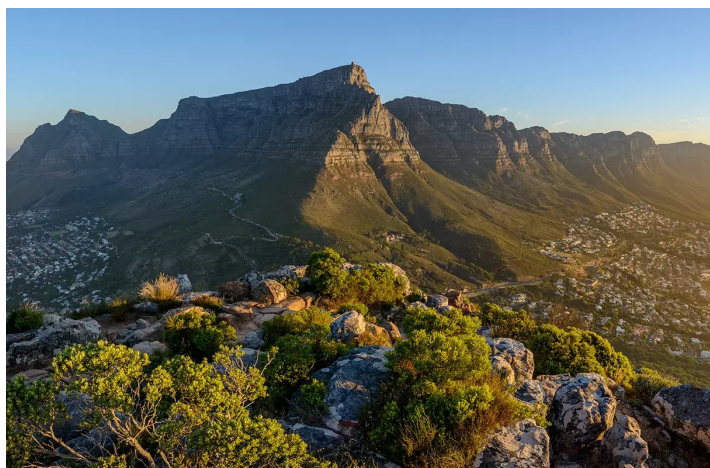
Entry is free of charge, but a voluntary donation towards the SA Naval Museum Fund can be made at the reception.



## ABLE SEAMAN JUST NUISANCE & JUBILEE SQUARE & JETTY

Just a 5 minute drive away, Jubilee Square offers beautiful harbour views, charming restaurants, and local shops.

Visit the statue of Just Nuisance, the famous Great Dane of Simon's Town, and enjoy the vibrant Saturday craft market.



## PRIVATE TOUR: CAPE OF GOOD HOPE & TABLE MOUNTAIN

Table Mountain, one of the official "New 7 Wonders of Nature," draws thousands of visitors from around the world each year.

Cape Point, with its rugged cliffs towering over 200 m above the sea and plunging into the ocean, lies in the southern section of Table Mountain National Park. The area's natural fynbos vegetation forms the smallest yet richest of the world's six floral kingdoms, supporting remarkable biodiversity.

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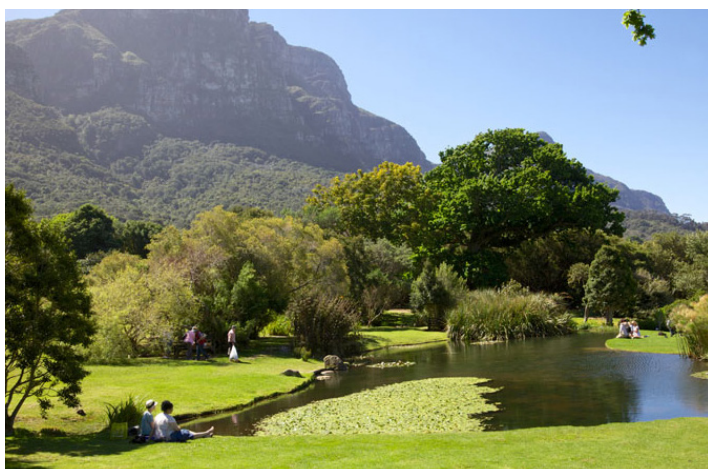


## EXPERIENCE HORSE RIDING ON NOORDHOEK BEACH

Enjoy a scenic 1-hour, 30-minute horse ride along the pristine sands of Noordhoek Beach, Cape Town. Perfect for beginners and experienced riders alike, this walking tour offers breathtaking views of the ocean and surrounding mountains in a relaxed, safe setting.

Daily Departures: 10h00 (Check in @ 09h30) , 15h00 (Check in @ 14h30)  
Requirements: Max Riders: 5 per time slot. Minimum Age: 12 years,  
Maximum Weight: 95 kg. \*Please note: This is a walking tour, no trotting, cantering or galloping allowed. This ride is part of a scheduled group ride.

Tel: +27 (0) 76 251 8584 | Email: [info@horseridingcapetown.com](mailto:info@horseridingcapetown.com)  
Website: [www.horseridingcapetown.com](http://www.horseridingcapetown.com)



## KIRSTENBOSCH BOTANICAL WONDERS

Set against the stunning eastern slopes of Table Mountain, Kirstenbosch National Botanical Garden is celebrated as one of the world's great botanic gardens. Wander through its diverse and beautifully curated gardens, enjoy a relaxing picnic on the expansive lawns, or for the adventurous, explore a variety of hiking trails that lead up the mountains.

A perfect blend of natural beauty and tranquility, Kirstenbosch is a must-visit for nature lovers and families alike.

Address: Rhodes Dr, Newlands, Cape Town, 7735 | Tel: 021 799 8783



## WORLD OF BIRDS - HOUT BAY: WHERE BIRDS AND MONKEYS COME ALIVE

Step into the World of Birds Wildlife Sanctuary & Monkey Park, one of the largest bird parks in Africa. Explore exotic birds, playful primates, and other fascinating wildlife in a lush, family-friendly setting. A perfect outing for nature lovers of all ages.

Address: Valley Road, Hout Bay | Tel: 021 799 8783 | Mon to Sun: 9:00 - 17:00

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## RELAX, TASTE, AND EXPLORE CONSTANTIA VINEYARDS

Experience the charm of Cape Town's historic wine farms on a relaxed Constantia Wine Tour. Visit any three of the region's renowned estates, including Beau Constantia, Klein Constantia, Groot Constantia, and more, and savor some of the finest wines South Africa has to offer.

Perfect for wine enthusiasts and a leisurely day out.

Speak to your host for bookings



## SIMON'S TOWN SCOOTER ADVENTURES - RENTALS & TOURS

114 Regent House, St Georges street, Simon's Town  
Tel 072 687 4824  
5-minute drive

Scooters seat 2. Pick-up/drop-off from your accommodation available for an extra fee. Rates exclude entry fees, tolls, meals, and personal expenses. Valid scooter license required. Price depends on chosen route and stops.

[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

A family-friendly venue featuring a vibrant rock shop, gem digging, and an 18-hole indoor Mini Cave Golf course. The golf winds through underground caves with rock walls, imaginative obstacles, ancient relics, a waterfall, and embedded mineral displays. Gemstones are available to collect in three bag or cup sizes.

Open Mon–Fri 8:30–16:45, Sat–Sun & holidays 9:00–16:30.



TINTSWALO  
BOULDERS

If you would like to book an excursion in advance, please notify  
your Reservation Specialist when you book your stay

[reservations@tintswalo.com](mailto:reservations@tintswalo.com) | +27 21 773 0900

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