

## LIST OF ADVENTURES

Shark Cage Diving/Viewing – Shuttle Transfer or Self Drive - Gansbaai  
Shark Cage Diving/Viewing – Private Vehicle Transfer - Gansbaai  
Shark Cage Diving/Viewing – Helicopter Transfer - Gansbaai  
Air Jaws (Shark Breaching) and Shark Cage Diving – False Bay  
Tandem Skydiving  
Tandem Paragliding  
Quad Biking - Sand Dunes, Dirt Track or Elgin Mountain Trails  
Sand Boarding

### Scenic Helicopter Trips

Standard Tours:

Hopper - 15 Minute

Atlantico - 20 Minute

Robben Island - 20 Minute

Three Bays - 30 Minute

To The Point - 60 Minute

### OTHER AWESOME ADVENTURES

Luxury Day or Overnight Safari Trip – Inverdoorn Game Reserve

Sea Kayak To See The Penguin

Whale Watching By Boat – Gansbaai/Hermanus

Seal Snorkelling

Abseiling Table Mountain

Private Table Mountain Hike

Kloofing – Kamakaze Canyon

Sunset Cruise – Catamaran

Sunset Cruise – Luxury Yacht (Minimum 3 hours

Huey Helicopter Trips

Elgin Zipline Canopy Tour

Ceres Zipline Tour

Tree Top Canopy Tour

Surfing Lessons



26 Sunset Avenue, Llandudno,  
Cape Town, PO Box 32150,  
Camps Bay, Cape Town, 8040,  
South Africa. GPS: 34 00'  
46.37" S 18 00' 12.06" E

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### LOOKING FOR BOARD RENTALS

We can arrange from a wide variety of equipment to suit your needs including: Wetsuits;  
surfboards;  
epoxy boards; trainer boards; mini-mals; shortboards; fins; SUP's and body boards.

RENTALS -SURFING  
BOARD/SUIT  
BOARD  
WETSUIT

RENTALS -SUPING  
BOARD/SUIT  
BOARD  
WETSUIT

### WELLNESS AND SPA TREATMENTS

#### In-house Service

#### Body Treatments

Choose from:

- Full Body Massage
- Deep Tissue Massage
  - Aromatherapy
- Sports Massage
- Indian Head Massage

#### Wellness

Shiatsu classes  
Private Yoga classes  
Pilates classes

#### Manicures / Pedicures

60 minutes

- Hands
- Feet

#### Men's Manicure and Pedicure

45 minutes

- Hands
- Feet



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