



Hangklip-Kleinmond | Hermanus | Stanford | Gansbaai  
WESTERN CAPE - SOUTH AFRICA



## OUTDOOR ACTIVITIES MAP



There's a place just over an hour's drive from Cape Town, where you can almost touch whales from a cliff top; see more plants than anywhere else on earth; watch penguins raise their young, have conversations with sharks, sleep peacefully.

A place where nature talks to man - come and listen.



[tourism@overstrand.gov.za](mailto:tourism@overstrand.gov.za)  
[www.whalecoast.info](http://www.whalecoast.info)

### Welcome to the Cape Whale Coast!

The Cape Whale Coast Route offers access to a destination that would appeal to just about every eco and adventure-loving traveller in the world. Located in the Overstrand within the Overberg district, it is a 60-90 minute drive from Cape Town. Just outside Gordon's Bay is the start of Clarence Drive (the R44), a dramatically carved road in between the base of the Hottentots-Holland mountains and the crashing waves of False Bay. The road is one of the most scenic drives in South Africa. It cuts through the Kogelberg Biosphere Reserve, recognised by UNESCO for the diversity of its fynbos vegetation and shoots past Pringle Bay, Betty's Bay and Kleinmond to Hermanus, Stanford and Gansbaai.

### Explore!

Experience anything from sublime scenic drives, majestic mountains and hiking trails to shark cage diving. The Cape Whale Coast offers — without a doubt — some of the best spots in the world to view whales between June and November. Golf lovers, birdwatchers and adventure seekers can all be accommodated.

### Wine & dine with us!

A delicious way to experience the cuisine of the Cape Whale Coast is through visiting the many country markets, delis and fine restaurants in the region. Wine lovers can visit over 20 cellars filled with the finest cultivars. Many of the wine farms offer food and wine pairings.

### Sleep peacefully!

The Cape Whale Coast offers a variety of accommodation, ranging from backpackers, homely guesthouses to five star lodges and hotels, to suit every tourist's need. Absorb the serenity, coastal beauty and champagne air. Our accommodation will appeal to those who want to get close to nature.

## events and festivals

MONTH	EVENT/FESTIVAL	TOWN	CONTACT DETAILS
February	Lighthouse to Lighthouse Mountain Bike Ride	Gansbaai - Cape Agulhas	072 789 3627
February	Total Sports Mountain Bike Challenge	Gordon's Bay - Kleinmond	www.totalsports.co.za 028 312 4949
February	Camp Hill Schools Sports Challenge	Camp Hill Farm, Hemel-en-Aarde Valley	Genevieve@camphill-hermanus.org.za ask@stanfordinfo.co.za
February	Stanford MTB Tour	Stanford	082 820 3331
April	Hermanus/Stanford Canoe Race	Hermanus	021 821 9898 / 072 438 3242
April	Camp Hill School Sports Challenges	Hermanus	info@wildrunner.co.za
May	Wheels & Runners 1.315/7/10/21 km	Hermanus	sandykei@sonicmail.co.za 028 384 1439
August	Spur Kogelberg Winter Trial Challenge	Kleinmond	ask@stanfordinfo.co.za 082 820 3331
September	Tru-Cape Kogelberg Challenge	Pringle Bay	082 820 3331
September	September Funky Fynbos Festival	Gansbaai	info@hermanusadventures.co.za 082 820 3331
September	The Nose to Tail Trail	Stanford	083 291 9283 • jacky@newsportmedia.tv
Sept/Oct	Whale Festival	Hermanus	ask@stanfordinfo.co.za 082 820 3331
October	Outdoor swimming, half marathon, cliff path night run, trial runs, mountain bike	Hermanus	082 820 3331
October	Cashcows.com Night Runs	Hermanus	info@hermanusadventures.co.za 082 820 3331
October	NISSAN Trail Seekers Mtb Challenges	Hermanus	info@hermanusadventures.co.za 082 820 3331
November	FNB Wines2whales Mountain Bike	Hermanus	083 291 9283 • jacky@newsportmedia.tv
November	Stanford Stumble	Stanford	ask@stanfordinfo.co.za
December	Hot Heels Africa Downhill Race	Pringle Bay	www.sagra.co.za/index.php/contact-us
December	Danger Point Half Marathon	Gansbaai	082 721 4381
December	Strandskloof 4X4 Challenge	Gansbaai	082 683 6313
December	Stanford 6's Cricket	Stanford	082 820 3331
December	Super 6 Mtb Challenge	Hermanus	info@hermanusadventures.co.za

For more details about these and other events happening in each town, please contact the Local Tourism Bureau.

## more information about our unique events



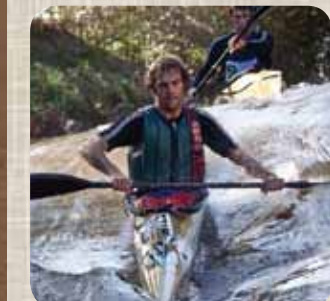
### Hot Heels Africa

Hot Heels Africa is one of the longest downhill skateboard events. It attracts the world's top riders to battle it out for the number one spot on the World Cup Series Championship Rankings, which produces extreme action down the Buffelstal Road in the Kogelberg Biosphere Nature Reserve just outside Pringle Bay.



### Lighthouse to Lighthouse MTB Ride

The route starts at the historic Danger Point lighthouse near Gansbaai where the famous Birkenhead sank, with an overnight stop at the lighthouse at the most southern point of the African continent, L'Agulhas. The next morning cyclists will depart back to Gansbaai, with magnificent views over Walker Bay.



### Hermanus / Stanford Canoe Race

The Hermanus / Stanford Canoe Race is popular amongst canoeists and consists of a 20km circular route on the Klein River.



### Wheels & Runners

The increasingly popular Hermanus Race for Wheels and Runners is the only fully integrated race for wheelchairs athletes and runners in South Africa. Come and join the fun walk in anything with wheels that needs to be pushed or bring your friends for a scenic walk. The route is carefully planned to ensure a safe and scenic racing environment in Hermanus.



### Stanford 6's Cricket

This popular charity event has been going for over 10 years. There are fourteen cricket teams, some featuring celebrities such as Schalk Burger, Bob Skinstad, Robbie Fleck amongst others. The proceeds are given back to Stanford organizations, for example Animal Welfare and other projects.



### The Gravity Adventure Festival

The Gravity Adventure Festival is timed to coincide with high water conditions on the Palmiet River near Kleinmond. The Festival is held in the Kogelberg Biosphere Reserve, an hour from Cape Town, and opens up this amazing valley for all to enjoy, if you are participating in the Seven disciplines or not.



## cape whale coast

- N2 national road
- R44 route number
- main road
- untarred road
- 33 distance in km
- Overstrand

[tourism@overstrand.gov.za](mailto:tourism@overstrand.gov.za)  
[www.whalecoast.info](http://www.whalecoast.info)



Scan this code for street maps of Overstrand towns





# HANGKLIP - KLEINMOND

escape to nature

www.kleinmondtourism.co.za  
info@kleinmondtourism.co.za  
Tel: 028 271 5657  
Fax: 028 271 4742  
Emergency Number:  
079 744 0299



## Mountain biking, hiking & trail running

### CYCLING, HIKING, BIRDING & ADVENTURE

**Kogelberg Nature Reserve 1**  
22 km Mountain bike route  
C 028 271 5138 to obtain permit  
R40.00 per person

**Kogelberg Nature Reserve 2**  
A variety of trails available  
C 028 271 5138 to obtain a hiking permit  
R40.00 per person

**Rooisand Nature Reserve 3**  
Boardwalk & Birdhide  
No permit required  
C 028 271 5138

**Harold Porter Botanical Garden 4**  
Hikes, picnics & restaurant  
C 028 272 9311  
Clarence Drive, Betty's Bay

**Kleinmond Coastal & Mountain Reserve  
Betty's Bay & Pringle Bay hiking routes 5**  
C 028 271 5657  
Tourism Bureau for maps and recommendations

**Spur Kogelberg Winter Trial Challenge 6**  
C 021 821 9898 • 072 438 3242 • 028 271 5657  
www.trailseries.co.za/events/cape-winter.../kogelberg-biosphere-reserve

**Mountains 12**  
Abselling, Rock Climbing  
C 028 271 5657  
Tourism Bureau for info

**Sand boarding 7**  
SA Forest Adventure  
C 083 517 3635 • Betty's Bay

**Penguin Colony 8**  
C 028 271 5138  
Stony Point Nature Reserve  
Betty's Bay

**Birding 10**  
C 028 271 5657  
Tourism Bureau for maps & info

## Other activities

### GOLF

**Kleinmond Golf Club 9 Holes 15**  
C 028 271 5657  
Botriver Road, Kleinmond

**Arabella Golf Course 18 Holes 16**  
C 028 284 0105  
R44 Arabella Estate

**HORSE RIDING**

**Klein Parady's Equestrian Centre 13**  
C 028 284 9422  
Main Road, Botriver

**Equestrian Centre  
Overstrand 14**  
C 079 773 1003  
R44, Kleinmond

**Kleinmond Wild Horses 9**  
C 028 271 5657  
Tourism Bureau for maps  
& permit info

## Ocean adventures

### FISHING / ANGLING

**Angle from the rocks, shores & lakes 17**  
C 028 271 5657  
Tourism Bureau for maps, permit info  
& recommendations

**Crayfishing 18**  
C 028 284 5657  
Tourism Bureau for maps, permit info  
& recommendations

## Water activities

### RIVER RAFTING

**Palmiet River 13**  
Kogelberg Nature Reserve

**Gravity Adventure Group**  
C 021 683 3698

**SA Forest Adventures**  
C 083 517 3635  
Satellite office at slipway, Harbour Road  
Kleinmond

### CANOEING

**Kleinmond Pleasure Boats 14**  
C 082 964 8550, Kleinmond Lagoon

# HERMANUS

Whale capital  
of the world

www.hermanustourism.info

hermanustourism2@hermanus.co.za

Tel: 028 312 2629



## Mountain biking, hiking & trail running

### CYCLING

**Fernkloof Cycling Trail 2**  
C 028 313 0819 • Maps can be purchased at Hermanus Tourism

**Hermanus Cycle Trail 1**  
C 028 316 2119 • Hemel-en-Aarde Valley  
Obtain permit at Euodia Cycles

### HIKING TRAILS

**Fernkloof Nature Reserve 2**  
C 028 313 0819

**Cliff Path Walk 3**  
C 028 313 0819

### TRAIL RUNNING

**Whalers Athletics 4** • C 028 312 2220

### WALKING TOURS

**Heart of Abalone 9**  
C 028 313 0253 • Abagold, Hermanus New Harbour

**Thephotowalkers.com 7** • C 083 293 7208

**Whale Crier Walks (Whale Season Only) 7**  
C 028 3122629 • Hermanus Tourism Bureau Kiosk, Old Harbour

**Thozza Tours -Township Tours 8**  
C 072 203 7806 • Zwielhle, Hermanus

## Other activities

### CHILDRENS ACTIVITIES

**Wonderland Café 5**  
C 028 316 1798  
Engen Garage, Sandbaai

**Rocklands Petting Farm 18**  
C 076 319 7446  
R43 direction Stanford

**South African Shark  
Conservancy 12**  
C 028 312 3029  
Old Harbour Museum

### HORSE RIDING

**Heaven & Earth Trails 13**  
C 083 885 5608  
No.7 Karwyderskraal Farm  
Hermanus

**Klein Parady's  
Equestrian Centre 26**  
C 083 240 6448  
Main Road, Bot River

### PARAGLIDING

**Para-pax Tandem  
Paragliding 15**  
C 082 881 4727

### QUAD BIKES

**SA Forest & River  
Adventures 14**  
C 083 517 3635 • 079 495 3987  
Hemel-en-Aarde Valley

### SCENIC DRIVE

**Rotary Way 15**  
Entrance at Mount Pleasant

### TREE TOP SLIDES & PAINTBALL

**SA Forest & River  
Adventures 16**  
C 083 517 3635 • 079 495 3987  
Hemel-en-Aarde Valley

### GOLF

**Hermanus Golf Club 11**  
C 028 312 1954  
Golf Road, Eastcliff, Hermanus

## Ocean adventures

### WHALEWATCHING 21

**Southern Right Charters**  
C 082 353 0550 • New Harbour, Hermanus

**Hermanus Whale Cruises**  
C 028 313 2722 • New Harbour, Hermanus

**Whale Watchers**  
C 028 312 4957 • New Harbour, Hermanus

### FISHING / ANGLING

**Angle from the rocks 22**  
Purchase permit from SA Post office

### OPEN AIR SWIMMING

**Beaches 23**  
Grotto, Voëlklip, Kammabai, Langbaai, Sandbaai,  
Onrus, Vermont, Hawston

**Tidal Pool**  
Flick's Pool, The Marine Pool, Davies Pool

**Swimming Pool 25**  
C 028 315 1821 • Hawston Olympic Size  
Hawston Camp Site

### DIVING

**Scuba Africa 24** • New Harbour, Hermanus

**Neptune's Divers 20**  
C 071 424 3428 • New Harbour, Hermanus

### SURFING

Onrus Beach, Voëlklip Beach

## Water activities

### KAYAKING

**Walkerbay Adventure 10**  
C 082 739 0159 • Old Harbour, Hermanus

## Wine Tours

**Wine Hoppers 6** • C 076 991 2498  
Mitchell Street, Hermanus.  
(Booking essential)

**Tuk Wine Bus 17** • C 0846 885 885  
(Min. 3 people Booking essential)

# STANFORD

a taste of village life

www.stanfordtourism.co.za

ask@stanfordinfo.co.za

Tel: 028 341 0340



## Mountain biking, hiking & trail running

**HIKING TRAILS**

Historical Stanford on Foot C 028 341 0340 1  
Stanford Hills Estate C 028 341 0841 4  
Wandelpad C 028 341 0340 1  
Mosaic Private Sanctuary C 028 313 2814 3  
Phillipskop Mountain Reserve C 073 621 1808 13  
Stanford Valley Guest Farm C 028 341 0574 12  
Walker Bay Nature Reserve C 028 314 0062 6

**FAT BIKES**

Mosaic Private Sanctuary C 028 313 2814 3

**MOUNTAIN BIKING**

Cycle Down South C 028 411 1008 5  
Mosaic Private Sanctuary C 028 313 2814 3  
Stanford Tourism C 028 341 0340 1  
Stanford Hills Estate C 028 341 0841 4

**QUAD BIKES**

Mosaic Private Sanctuary C 028 313 2814 3  
Guided trips through the fynbos & alongside the lagoon  
34°25'37"S 19°21'933"E

**TRAIL RUNNING**

Stanford Hills Estate C 028 341 0841 4  
5km trail, R20 per person

## Other activities

**4x4 ROUTES**

Walker Bay 4x4 Fishing Trail C 028 314 0062 6  
Cape Nature, permits required  
34°38'30"S 19°28'34"E

**BEACHES**

Walker Bay Nature Reserve C 028 314 0062 6  
Only accessible via 4x4 or hiking

Beach Excursion  
Mosaic Private Sanctuary C 028 313 2814 3

**BIG CAT SANCTUARY**

Panthera Africa C 076 974 3088 • 084 866 2665 7  
Educational, feeding and enrichment visits.  
Home to lions, leopards, tigers, caracals and jackals.

**BIRDING**

Klein River & Estuary C 028 341 0340 2  
Willem Appel Dam Birdhide C 028 341 0340 2

**HORSE RIDING**

African Horse Company C 082 667 9232 4  
1 & 2 hour rides, half day rides  
into the Kleinriver Mountains & further a field

## Ocean Adventures

**FISHING/ANGLING**

Vaalvlei Farm C 072 782 3431 9  
Fly fishing, No bag limit.  
Walker Bay Nature Reserve C 028 314 0062 6  
Cape Nature, permits required

**WHALEWATCHING**

Mosaic Private Sanctuary C 028 313 2814 3  
Land-based whalewatching

African Wings C 082 555 7605 10  
Whalewatching flights over Walker Bay

## Water activities

**BOATING**

Stanford Tourism C 028 341 0340 1  
River access permits for motorised craft obtainable from Stanford Tourism.  
Lagoon Cruise C 028 313 8214 3  
Mosaic Private Sanctuary C 028 313 2814 3

**KAYAKING AND CANOEING**

River Rat Kayak Hire C 083 310 9232 2

**RIVER TRIPS**

African Queen C 082 732 1284 2  
Platanna C 073 318 5078 2  
River Rat C 083 310 9232 2

# GANSBAAI

the natural  
adventure destination

www.gansbaaiinfo.com  
info@gansbaaitourism.co.za  
Tel: 028 384 1439  
After hours: 072 291 5564



## Mountain biking & hiking

### CYCLING ROUTES

**Cycle Down South**  
C 082 411 1008 • Cycle Route from  
Stanford To Cape Agulhas

**Flower Valley 8**  
C 028 388 0713 • 087 808 5354  
S 34° 33' 3.3834" E 19° 28' 11.9274"

**Gansbaai Cycling Routes**  
3 scenic routes in the fynbos  
C 028 384 0853 • 082 569 7924

### HIKING TRAILS

**Duiwelsgat Hiking Trail 10**  
Hike along the cliffs from Gansbaai  
to De Kelders C 028 384 1439  
34.579888, 19.34453

**Milkwood Hiking Trail 5**  
In the milkwoods  
C 082 927 2170 • 34.605403, 19.392999

**Platbos Forest 9**  
C 082 411 0448 • 34.565275, 19.456063

**Fynbos Trails 11** C 082 464 5115  
34° 31' 44.46 519° 29' 23.41 E

**Flower Valley 8**  
C 028 388 0713 • 087 808 5354  
S 34° 33' 3.3834" E 19° 28' 11.9274"

**Beachcomber Guide 14**  
C 072 890 4317 • 34.666312, 19.507496

**Dirk Bester Day Hikes** Day Hikes  
in Greater Gansbaai area  
C 083 961 5461

**Sandberg Fynbos Reserve 15**  
C 079 527 8306 • 34.574808, 19.69306

**Fynbos Garden and Centre 14**  
34.66543, 19.506199

**WALKING TOURS**

**Masakhane Township Tours 19**  
C 076 098 1907 • 028 384 1439  
34.592267, 19.356278

**Other activities**

**GOLF**

**Gansbaai Golf Course 4**  
C 028 384 1441 • 34.618415, 19.34897

**PUTT-PUTT**

**Putt - Putt / Mini Golf 6**  
C 084 580 7418 • 34.601204, 19.40859

**HORSE RIDING**

**African Horse Company 12**  
C 082 667 9232 • 34.569988, 19.503191

**WINE TASTING**

**Lomond 18** Wine Tasting Under the  
Ancient Milkwood Trees  
C 082 552 4124 • 34.5691, 19.485374

**PAINTBALL**

**Strandskloof Paintball 16**  
C 082 721 4381 • 34.578443, 19.441657

**QUAD BIKES**

**Panorama 13**  
C 071 554 1234 • 028 388 0031  
34.586217, 19.398173

**4X4 TRAILS**

**Panorama 13**  
C 071 554 1234 • 028 388 0031  
34.586217, 19.398173

**Flower Valley 8**  
C 028 388 0713 • 087 808 5354  
S 34° 33' 3.3834" E 19° 28' 11.9274"

**Sandberg 4X4 Trail & Rides 15**  
C 079 527 8306 • 34.574808, 19.69306

**SCENIC FLIGHTS**

**Overberg Aviation 17**  
C 083 601 1042 • 34.577881, 19.352461

**PICNIC'S**

**Flower Valley 8**  
C 028 388 0713 • 087 808 5354  
S 34°33'3.3834" E 19° 28' 11.9274"

**Panorama 13**  
C 071 554 1234 • 028 388 0031  
34.586217, 19.398173

**SCENIC DRIVES**

**Fynbos Road 17**  
Drive from Gansbaai through  
Baardskeerdersbos to Elim  
C 028 384 1439

**SEA BIRD SANCTUARY**

**African Penguin & Sea Bird  
Sanctuary 20** C 072 598 7117  
34.603133, 19.350824

**Birding** Greater Gansbaai area  
from Fynbos Retreat to Die Dam.  
Tourism Bureau for maps  
C 028 384 1439

**Water activities**

**Super Tube 6**  
C 084 905 9381  
34.601662, 19.40871

**Fishing/Angling** Fishing along  
the coast and by boat from De  
Kelders to Pearly Beach. Tourism  
Bureau for maps C 028 384 1439

Angling on the Lomond Dam.  
Tourism Bureau C 028 384 1439

**Ocean Adventures**

**WHALE WATCHING  
& ECO MARINE TOURS**

**Dyer Island Cruises 3**  
C 082 801 8014 • 028 384 0406  
34.614948, 19.352776

**Ivanhoe Sea Safaris 2**  
Gansbaai Harbour  
C 082 926 7877 • 028 384 0556  
34.584468, 19.347108

**Surfing**  
Greater Gansbaai area. Tourism  
Bureau for maps C 028 384 1439



**SHARK CAGE DIVING 3**

**Great White Shark Tours**  
C 028 384 1418 • 083 300 2138  
34°36'52"S; 19°21'18"E

**Marine Dynamics**  
C 028 384 1005 • 082 380 3405  
34.614948, 19.352776

**Shark Diving Unlimited**  
C 028 384 2787 • 082 441 4555  
34.614538, 19.355193

**Supreme Sharks**  
C 076 865 3614 • 028 384 2316  
34.61524, 19.352565

**White Shark Diving  
Company**  
C 082 559 6858  
S 34° 36' 55.86 E 19° 21' 18.36

**White Shark Projects**  
C 028 384 1774 • 076 245 5880  
34.615621; 19.35458

**Shark Lady**  
C 028 313 2306  
34.615455, 19.354226

**OPEN AIR SWIMMING**

Franskraal  
Uilenkraalsmond 6  
Stanford's Cove 1  
Pearly Beach 14  
Kleinbaai Tidal Pool  
Gansbaai Tidal Pool