



The following is a day to day description of the Extreme tour to give you a better idea of what you can expect. Below this section you can also read more about the places we visit and we have some helpful tips on how to get to Port- Elizabeth before the tour starts and some great ideas of what to do after the tour is over...

Day 1. The tour starts in Port- Elizabeth where you will be met and picked up by your guides for the tour. The tour starts at 8 am with a short introduction and afterwards we head out to our destination for the next 2 nights- Addo Elephant National Park- home of the big"7"! Yes, it the only park in the world that can make that claim- the park is home to lions, leopards, buffalo, rhinos, elephants of course, great white sharks and whales!

Meals- LD

Activities- afternoon game drive/ relaxing at the pool/ sundowners at the waterhole.

Camping- comfortable dome tents- two person sharing/ hot showers

Day 2. We rise early and head out for a game drive where we will try to spot as many wild animals as possible. Apart from the big"5", the park is also home to a wide variety of antelope and many different bird species. We spend our day relaxing in the African sun before we head out again for an afternoon game drive.

Meals- BLD

Activities- game drives/ pool/ waterhole.

Facilities- curio shop/ swimming pool/ hot showers.

Camping- comfortable dome tents- two person sharing.

Day 3. Today we are off again early with a drive along the coast and on the Garden Route en route to Tsitsikamma. Weather permitting, we can stop in Jeffreys- Bay- the surfing capital of South Africa, with its beautiful beaches and factory outlet surf shops. We arrive in the afternoon at Storms River Gorge and maybe with enough time for a quick bungee jump. At 216 meters, it is the highest bungee jump in the world!

Meals- BLD

Activities- Jeffreys- Bay shopping/ beaches/ Bungee(optional at about 60- 70 euro)

Backpackers with hot showers/ pool table.

Day 4. Down the mountain and into Tsitsikamma National Park. Surrounded by rain forest and the beautiful ocean, we spend our day hiking on some of the most breathtaking routes or chill out on the beach, and if you are lucky you might see some dolphins playing in the waves.

Meals- BLD

Activities- hiking/ swimming/ tanning/ reading/ bungee jumping(optional)/ visit traditional cultural village.

Backpackers.

Day 5. Today we leave for the Ostrich capital of South Africa- Oudtshoorn. We have a busy day with a wide variety of activities. We visit an ostrich farm and enjoy a guided tour and meet the "locals". You can try to ride an ostrich and even stand on an ostrich egg! We head further into the mountains for a visit to the Cango Caves for an unforgettable experience and on returning to Oudtshoorn we check out the wildlife sanctuary with their crocs, snakes, lions, cheetahs, tigers...

Meals- BLD

Activities- Guided tour on Ostrich farm/ caving/ optional activities range from crocodile cage diving to playing with little white Bengal tigers.

Camping- hot showers/ swimming pool

Day 6. After a great day in Oudtshoorn we leave again for the big blue ocean and the great white sharks! It is a long drive today and we will arrive in the late afternoon in the cozy little town of Hermanus where we overnight- just a two minute walk to the ocean.

Meals- BLD

Activities- art galleries/ craft market/ museums/ restaurants/ bars/ coffee shops/ internet.

Backpackers- hot showers/ pool table.

Day 7. Shark diving!!! A short trip around the bay takes us to Gansbaai- arguably the best location in the world to go diving with great white sharks. If however you choose not to go shark diving, there is a lot to see in Hermanus and you can also go on a whale watching trip. The amount of money that we would have spend for the shark diving, can go towards an activity of your choice, so you can also later choose another activity like whale watching or the cruise to Robben Island in Cape Town for example.

Meals- BLD

Activities- shark cage diving/ whale watching(optional)/ craft markets/ museums/ art galleries/ coffee shops...

Backpackers.

Day 8. Time to relax again and what better way than wine tasting! We leave Hermanus behind and off to the university town of Stellenbosch. Stellenbosch is a beautiful town with a lot of culture and history. The town lies in a valley between big blue mountains and surrounded 100's of vineyards.

Meals- BLD

Activities- wine tasting/ visit Stellenbosch.

Camping- hot showers/ swimming pool.



Day 9/10/11/12! We end our tour on a high note with 4 nights in Cape Town! We stay a stones throw away from the city centre on the one side, the beaches on the other, the V& A Waterfront in front of us and Table Mountain behind us. Cape Town has so

much to offer and we will offer you some suggestions to get the most out of your stay and you are free to do whatever you want.

Meals- Bx4, Lx3, Dx2

Activities- Visit the penguin colony at Boulders Beach and mountain bike to the most South Western point on the African continent!

Backpackers- hot showers/ pool/ internet/bar

The tour officially ends after breakfast on day 12.

All of the following and many more activities are available in Cape Town at your own expense and we will be happy to arrange these for you with local operators. The prices are the latest available, but they are subject to change by the companies that offer these activities and of course the exchange rate...

Tandem skydiving- €167

Quad biking- €43 per hour

Half day sand boarding- €38

Half day surf school- €38

Kite boarding- €59

Paragliding- €96

Table mountain guided hike- €35 per person- min 4 climbers

Half day township tour- €30

Robben island cruise and guided tour(about 3.5 hours)- €16

Additional information on the cities, parks and activities that we will visit and do on the extreme tour...

Addo Elephant National Park

Deep within the shadows of the dense valley bushveld of the Sundays River region of the Eastern Cape lies the Addo Elephant National Park. Here, the evenings are punctuated by the strident howl of the black-backed jackal, and the francolin's call heralds each new dawn.

The original Elephant section of the park was proclaimed in 1931, when only eleven elephants remained in the area - today this finely tuned ecosystem is sanctuary to over 450 elephants, Cape buffalo, black rhino, a variety of antelope species, as well as the unique flightless dung beetle, found almost exclusively in Addo. But the Addo story has only just begun. Plans to expand the 164 000 ha Addo National Elephant Park into a 360 000 ha mega-park are moving forward at an exciting pace. This expansion is transforming Addo into the ultimate tourism destination. Some of its unique features already include:

- Unrivalled natural diversity, with five of South Africa's seven major vegetation zones (biomes).
- The Big 7 (Elephant, rhino, lion, buffalo, leopard, whales and great white sharks) in their natural habitat.
- Rich heritage of archaeological and historical sites.

In addition, plans include the proposed proclamation of a 120 000 ha (296 500 acre) marine reserve that includes islands that are home to the world's largest breeding populations of Cape gannets and second largest breeding population of African penguins.

Did you know that ...

- The park conserves no less than five of South Africa's seven biomes?
- Is also home to one of the densest African elephant populations on earth?
- It is home to the unique flightless dung beetle?
- Addo incorporates the largest coastal dune field in the southern hemisphere?
- The park boasts the Big Seven, (elephant, rhino, lion, buffalo, leopard, southern right whale and great white shark)?
- It also protects the world's largest Cape gannet breeding population on Bird Island?

Tsitsikamma National Park...place of much water

Where the booming breakers of the Indian Ocean relentlessly pound rocky shores, where temperate high forest and fynbos roll down to the sea in an unspoilt verdant carpet, where ancient rivers carve their paths to the ocean down rocky ravines. This, "the place of much water", is the Tsitsikamma National Park. The heartland of the park stretches some 5 km to sea, protecting a wonderland of inter-tidal life, reef and deep-sea fish.

Dolphins frolic in the breakers, surfing and playing for the sheer joy of life, and the gentle giant of the ocean, the southern right whale visits here, coming inshore to breed.



5 Things to seek

- Dolphins and porpoises – keeping vigil on the ocean will produce sightings of schools of dolphins and porpoises frolicking in the waves.
- African Black Oystercatcher – this red data species is one of South Africa's most threatened bird species. Several pairs nest along the park's rocky coastline.
- Knysna Lourie – these beautiful birds with a gruff call are common in the forest.
- Cape Clawless Otter – the source of the name of the Otter Trail, this shy and elusive species hunts crabs along the park's coastline and rivers alike.
- Blue Duiker – this miniature antelope is found in the forests.

Situated along the Garden Route at the Tsitsikamma Forest Village Market, just 40km east of Plettenberg Bay along the N2 Highway you will find the highest single span arch bridge in the world. You can experience the thrill for yourself in one of four ways,

designed to suit anyone's needs.



Bungy Jumping

This is the ultimate thrill! Recognised by the Guinness World Records as the highest commercially operated Bungy Jump in the world. We secure you in a full body harness and proceed to walk along a specially designed catwalk (216m long), which is suspended beneath the road surface, which will then lead you to the top of the arch - 216 meters above the Bloukrans River. Here you will be given final instructions by highly experienced staff, a countdown and off you go!

Oudtshoorn

- 29km from Oudtshoorn, at the head of the picturesque Cango Valley, lies the spectacular underground wonder of the Klein Karoo - the Cango Caves. Situated in a limestone ridge parallel to the well known Swartberg Mountains, you will find the finest dripstone caverns, with their vast halls and towering formations.
- Lost in absolute darkness, a deep stillness, a constant temperature and high humidity, it is a world with its own unique scenery of calcite masterpieces formed by gently dripping water.
- The tour includes a few natural chambers and takes one (standard) or one-and-a-half hours (adventure) to explore. Each chamber displays a limestone masterpiece; created by the forces of nature.

Ostrich farms

The farm environment is visitor & disabled friendly and easily accessible. The farm layout ensures shady conditions for those who want it. Their style ensures a "hands-on" experience during the guided tour (45min). The Ostrich farm offers comprehensive and complete information regarding ostriches and the industry. The Farm is located in the lush Cango Valley, 14 km outside of Oudtshoorn on the main route towards the world famous Cango Caves - making it easy to find and your trip more time efficient.



Cango Wildlife Ranch

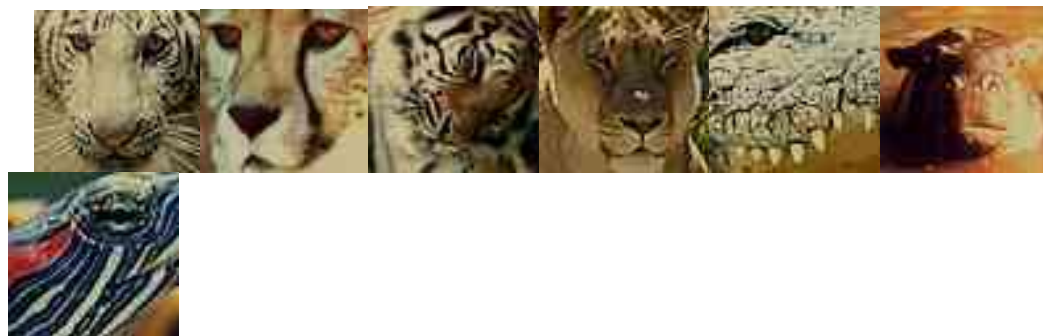
Tucked away in the Little Karoo you will find a place offering sanctuary to a number of endangered species such as cheetah and Bengal tiger. No visit to Oudtshoorn is complete without having visited the Cango Wildlife Ranch, the conservation heart of the Little Karoo.

The Cango Wildlife Ranch, oldest and largest cheetah contact center worldwide where you can see and feel a huge variety of animals including Africa's spotted king, the cheetah. From the slithering snake to the majestic lion, you will find all you want here.

In 1977 the Cango Crocodile Farm was born as the first crocodile farm in South Africa. A place where, as the name suggests, crocodiles were bred and could be viewed by visitors. In 1986 Andrew and Glenn Eriksen bought the Cango Crocodile Farm and a dream was born.

Andrew and Glenn wanted to do more for conservation and decided to get actively involved with the plight of the endangered cheetah. Today, while the ranch continues to house a large crocodilian population, it has turned its attention to the plight of endangered species and in line with this, the decision was made to expand and include a number of big cats. With the initial emphasis being on the highly endangered Cheetah, the Cango Wildlife Ranch is today home to more than 47 species of animals and reptiles.

A unique feature of "Valley of Ancients" is going to be the crocodile cage diving offered to visitors. This is an all-new phase in the age of adrenalin sport. Brave visitors will be lowered into a heated crocodile pool in a specially designed cage for a close encounter with an animal that considers man as prey. Nowhere else in the world has this ever been done before and only at the Cango Wildlife Ranch will you have the opportunity of getting up close and personal with the Nile crocodile.



Shark cage Diving

Gansbaai has earned the title 'Great White Shark Capital of the World' through its large white shark population and jaw-dropping shark encounters. White sharks can reach up to 6m in these waters. Teams of experienced shark handlers are on hand to take shark enthusiasts shark diving (cage diving) or surface viewing. Shark viewing operators are

regulated by a strict code of ethics in order to protect the safety of both people who go shark diving and sharks.



[Shark Diving / Shark Cage Diving](#)

A typical white shark diving excursion takes between 3-6 hours, depending on the weather, sea conditions and shark behaviour. Trips depart from Kleinbaai harbour and anchor site depends on the sea conditions, weather and previous shark sightings.

There is the option of surface viewing or entering the water in a secure cage. Those wishing to cage dive do not have to be scuba qualified.

The specially designed shark diving cage is very secure, and floats with part of the cage out of the water. Divers are never more than one meter below the surface and air is supplied from a cylinder on the boat so no bulky scuba equipment is needed. All of the necessary diving equipment is supplied, and all shark diving operators have to comply with strict safety rules set out by the South African government.

The best time of year to view great white sharks is from June to September. During this time 4 or 5 sharks are usually encountered in a day, but as many as 18 have been seen.

This high season corresponds with the South African winter, and winter storms can prevent boats from launching so schedule a few additional days into your itinerary.



[Viewing The Great White Shark From The Surface](#)

Viewing of these sharks from the comfort of the boat is spectacular as Great Whites are surface feeders.

· To attract the sharks to the boat a mixture of fish products (chum) is released into the ocean. The sharks use their keen sense of smell to pinpoint the origin of the chum slick. The shark is lured even closer using pieces of fish bait or seal-shaped lures. As sharks are surface feeders they are clearly visible from the boat.

General Information

Lunch, snacks and drinks are provided on board.

There is a toilet on board the boats, and safety equipment.

White sharks are wild animals and so sightings can't be guaranteed. The high season is from April to September (99% chance of seeing a shark); Intermediate season is October - December (85% chance); Low season is from December - March (60% chance).

If you are prone to motion sickness please take a seasickness tablet two hours before the trip.

Safety

All shark diving operators comply with a strict set of safety rules and regulations set out by the South African Government's Department of Labour. Before embarking on the trip a safety briefing is conducted by the guide. The location of all safety and emergency equipment is pointed out to passengers. A full medical first aid kit is available on board the shark boats. Authorities regularly inspect all safety and medical equipment, the boats and cages. Boat crews are trained to handle emergency situations. So don't worry; relax and enjoy!

A Word Of Advice

Don't drink alcohol the night before a trip

Don't party the night before - get a restful night's sleep.

Don't eat a large greasy breakfast on the morning of your trip.

An hour or two before the trip, take a seasickness tablet.

Remember to bring warm clothes, a broad rimmed hat and sun block cream.

Whale Watching Trip

Gansbaai offers some of the finest land and boat-based whale watching in the world.



[Land Based Whale Watching](#)

The coastal waters of the Overberg region offer some of the best land-based whale viewing in the world. The cliffs of De Kelders, near Gansbaai are considered one of the prime viewing spots, offering fantastic opportunities for close-up viewing and photography.

Your first sign of the presence of these wonderful creatures is likely to be its blow, which is a tall plume of water that disperses after a few seconds. Right whales wallow in the shallow, protected coves of De Kelders and often approach to within a few meters of the shore.

[Boat Based Whale Watching Trip](#)

Coming up close and personal with a southern right in its natural habitat is truly exhilarating, and therefore boat-based whale watching is very popular. Unique 2-hour boat based whale-watching trips will enable you to experience the thrill of seeing the whales up close and personal. The Southern Rights seem to be as curious about us as we are about them, and are often friendly and playful, passing under or next to the boat. A truly unforgettable experience!

A limited number of permits have been issued for legal boat-based whale watching in Walker Bay. The industry is carefully regulated, and experienced operators are allocated areas to ensure minimum intrusion on the whales. The boats stay 50m away from the whales, but right whales are inquisitive and may surface very close to the boat, providing an unforgettable close encounter.

Stellenbosch

[A town for all seasons](#)

The heart of South Africa's wine industry, Stellenbosch is a place of great beauty and culture that's steeped in South African tradition.

The Stellenbosch Wine Route is arguably the country's most famous, and the Stellenbosch Wine of Origin area includes 106 cellars - most of which are open to the public. Enjoy a long day's wine tasting, and wine buying and you'll sip more than our great South African wines - you'll taste our South African way of life.

The heart of the town lies somewhere near the oak-lined Dorp Street. With its venerable old buildings, this is the University's main thoroughfare, where modern student life sits comfortably side by side with our history and architectural heritage.

The University - Maties - has produced many of the country's great sporting heroes, including more than 155 rugby Springboks, and Stellenbosch offers almost every outdoor activity you could desire - from world-class sports facilities (rugby, cricket and soccer are national passions) to popular mountain bike routes and six truly great golf

courses.

Several Hiking trails within the Jonkershoek Nature Reserve tempt the hiker: they range from an easy 5,3 km scenic walk to the challenging 17.1 km Panorama Trail and the 18 km Swartboskloof Trail. Visit Granny's Forest at Helderberg Farm for easy walking - they also offer various other trails and an overnight hut. The Vineyard Hiking Trail offers hikers 14,3km, 6,6km and 8,8km trails which is best enjoyed in autumn, spring and summer, which meanders through the vineyards.

An important cultural centre, Stellenbosch has many galleries and museums housing important national and international art collections and the Stellenbosch Conservatoire is the country's oldest music school.

Welcome to Cape Town, Mother City of Africa, and the Western Cape, an area which is regarded as one of the most beautiful regions in the world. The City is a rare cultural gem, resulting from the amalgamation of Indonesian, French, Dutch, British and German settlers, the local Bushman and Hottentot tribes and the Bantu tribes from the north.

Blouberg beach



The impressive presence of Table Mountain, flanked by the legendary Devil's Peak and historical Signal Hill, stands proudly above the city. Beautiful white sandy beaches along a peaceful coastline frame the Cape Peninsula, which is famed for its unique floral kingdom, bountiful rivers, vleis and dams and magnificent countryside. The surrounding area extends far into the winelands, green in summer and red-gold in autumn.

Cape Town boasts a multitude of entertainment, ranging from outdoor activities and adventures in the sun to a roaring night life under neon signs.

The vast range of shopping opportunities includes haggling with shopholders at Greenmarket Square Flea Market, as well as breezing through sophisticated and stylish shopping malls. The huge variety of restaurants reflects the multicultural history of the Cape and caters for everyone's taste, from fast-food outlets and casual to the chic to the very elegant.

Camps Bay beach



Cape Town City



Cape Town provides a setting for many scenic wonders, magnificent seascapes and panoramic vistas. The beautiful coastal areas of Camps Bay, Clifton, Llandudno, Bantry Bay, Hout Bay and Blouberg surround the breathtaking tranquility of the winelands, Constantia, Stellenbosch, Paarl and Franschhoek.

Cape Town is a city of culture, built on a history that reflects in the architecture, cuisine, music and dance. Together with a warm summer and temperate winter climate and a friendly

community, the Western Cape and the Mother City are an ideal holiday destination throughout the year.

Table Mountain National Park

Welcome to Table Mountain National Park, South African jewel, international tourism icon and Natural World Heritage Site.

Situated at the south-western tip of Africa, the Table Mountain National Park (TMNP) encompasses the incredibly scenic Table Mountain Chain stretching from Signal Hill in the north to Cape Point in the south and the seas and coastline of the peninsula.

The narrow finger of land with its beautiful valleys, bays and beaches is surrounded by the waters of the Atlantic Ocean in the west and the warmer waters of False Bay and has within its boundaries two world-renowned landmarks - majestic Table Mountain and the legendary Cape of good hope.



The Park is recognised globally for its extraordinarily rich, diverse and unique fauna and flora - with rugged cliffs, steep slopes and sandy flats - is a truly remarkable natural, scenic, historical, cultural and recreational asset both locally and internationally. Nowhere else in the world does an area of such spectacular beauty and such rich bio-diversity exist almost entirely within a metropolitan area - the thriving and cosmopolitan city of Cape Town.

More helpful information and tips:

-How to get to Port Elizabeth.

There are a number of ways to get to Port Elizabeth. You can either fly directly to Port Elizabeth from a number of destinations in South Africa such as Cape Town and Johannesburg. Here is a list of low cost airlines that fly from Johannesburg and Cape Town to Port Elizabeth:

www.kulula.com

www.flynationwide.co.za

www.flysaa.com

www.britishairways.com

www.1time.co.za

You can also make use of the bus services in South Africa or you can use the “Bazbus”. Bazbus is a hop on hop off bus service between most backpackers anywhere in South Africa.

Check out their website at www.bazbus.com

You can find the Intecape services at www.intercape.co.za

After the tour...

The best thing to do after the extreme tour is to explore more of Africa! A great option will be to do the Cape Town to Vic Falls overland tour! This tour has been the most popular overland tour for years and it gives you the opportunity to see some of the most spectacular, beautiful and magical locations anywhere on this planet! This is a 20 day tour and covers big parts of South Africa, Namibia, Botswana and Zimbabwe. You will see the oldest and biggest sand dunes in the world, Victoria waterfall(one of the 7 wonders of the world), the Okavango delta, Etosha national park and many more unbelievable locations. This tour leaves from Cape Town every Sunday and Wednesday, so that gives you time enough to prepare for it after the extreme tour. For more information on this tour, go to the overland page on the website.

