



Optional Excursions

Cape Town

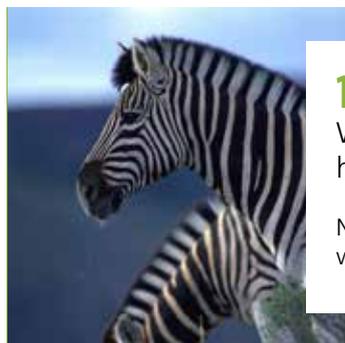
2015



Shark Cage Diving

The great white shark is one of nature's fiercest predators. Spend a day on the boat watching these creatures in their natural habitat with the option to get up-close and personal in a cage submerged in the open water.

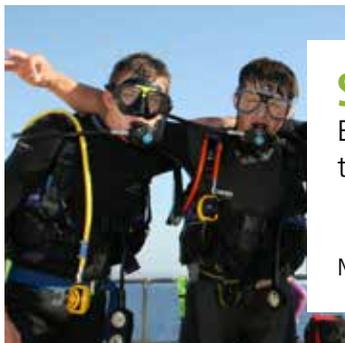
Minimum age of 9 years old, indemnity or presence of guardian required.



1-day Safari

Witness the wild animals of Africa on safari with a 3-hour game drive by truck, horse or quad bike, followed by a light lunch under a traditional boma.

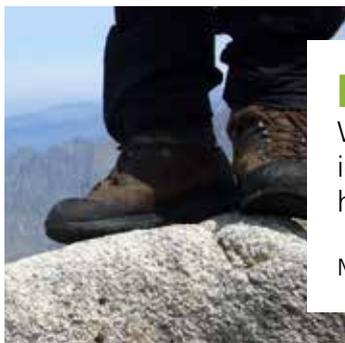
No age restriction for standard safari, minimum age of 16 years old for horseback or quad safari with indemnity or presence of guardian required



Scuba diving

Explore the underwater animal and plant life in the waters of Simon's Town on the Cape South Peninsula. PADI open water one courses also available.

Minimum age of 12 years old, indemnity required.



Hiking

With vast mountain ranges surrounding most areas, Cape Town offers various idyllic hikes; some quite relaxing and others more challenging. Table Mountain has more than 100 trails, all hikes boasting amazing views and unique nature.

Minimum age of 13 years old.

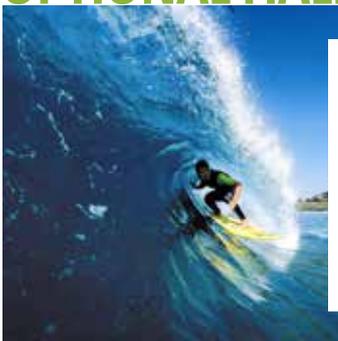


White water rafting

Raft through the majestic mountain valleys of the Breede and Orange Rivers for a day of restful exercise and peaceful relaxation.

No age restriction, indemnity required or presence of guardian

OPTIONAL HALF-DAY EXCURSIONS



Surfing

Spend the afternoon learning to surf in the Cape Town sunshine on Muizenberg Beach. This beginners' surf spot is ideal for first-time surfers.

Minimum age of 13 years old, indemnity required.



Sand boarding

Practise cruising down the sandy dunes of Atlantis for an action-packed day of sand boarding.

Minimum age of 13 years old, indemnity required.



Quad Biking

Off-road adventure on a four wheeler, traversing across wine farms or over sand dunes.

Minimum age of 16 years old, indemnity required.



Horse Riding

A gentle beach ride along the Noordhoek coastline, splash through the surf and feel the wind rush through your hair. All levels welcome.

Minimum age of 12 years old, indemnity required.



Helicopter Ride

Cape Town can best be seen from above. There are many helicopter rides to choose; from scenic flights around the False and Table Bay coastlines to fast-paced adventure flights in open helicopters.

No age restriction, indemnity required.



Paragliding

A tandem flight with an instructor off the majestic Lion's Head will give a 20 minute flight floating over the Clifton beaches.

Minimum age of 12 years old, indemnity required, minimum weight of 60kg and maximum weight of 100kg



Rock Climbing

From Table Mountain to the Cederberg, Cape Town offers a diverse range of rock climbing adventures for beginners or experts.

Minimum age of 8 years old, indemnity required



Abseiling

From the top of Table Mountain, lower yourself down to the ground for the most breath-taking views while doing the world's highest commercial abseil.

Minimum age of 10 years old, indemnity required.



Cycling

Enjoy Cape Town's sights by bicycle. City, Cape of Good Hope and Stellenbosch cycle tours available.

No age restriction, indemnity required.



Mountain Biking

Cape Town is the ideal place for mountain biking, with picturesque rides up and around Table Mountain, Lion’s Head, Tokai forest, Cape of Good Hope Nature Reserve and the Cape winelands available.

No age restriction, indemnity required



Kloofing (Canyoning)

Hike up a river gorge to find a series of rock pools which are perfect for diving into. Jumps range from 3 metres for beginners to 22 metres for the courageous.

Minimum age of 16 years old, indemnity required.

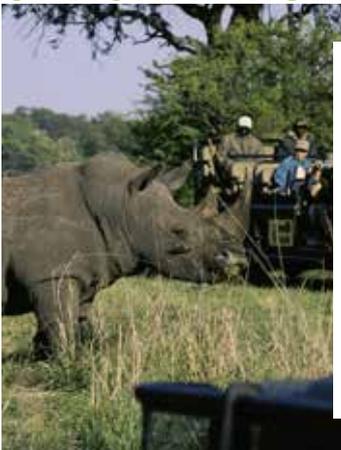


Sailing

Enjoy the day sailing along the Cape’s rugged coastline. The strong winds allow for perfect sailing conditions.

No age restriction, indemnity required.

OPTIONAL MULTI-DAY EXCURSIONS



Weekend Safari

The trip departs on a Friday, spending the first night at Cape Agulhas, the most southern point in Africa. Saturday involves driving to the safari park on the Garden Route, followed by an evening game drive to see the wild animals, staying overnight in a 4-star lodge. There is another game drive on Sunday morning to see some animals which might have been missed the previous day before heading back to Cape Town.

Minimum age of 16 years old if unsupervised – indemnity required, no restriction if supervised.



Garden Route Weekend Adventure

The trip departs on Thursday, and covers the adventure towns of the famed Garden Route. Overnight stops include Mossel Bay, Tsitsikamma and Oudtshoorn. The trip includes canoeing in Wilderness, a hike to the Knysna Heads and a visit to the Cango Caves. Optional activities include the world’s highest bungee jump, a live elephant experience and a big 5 safari.

Minimum age of 16 years old if unsupervised – indemnity required, no restriction if supervised.



4 day Kruger Camping Adventure

Explore the vast beauty of the Kruger National Park while trying to spot the big 5, along with various other animal, bird and plant life. This is a camping trip, which makes for a real safari experience. The trip includes multiple day and night safari drives, a safari walk and the Panoramic Route of the Blyde River Canyon and Three Rondawels.

Minimum age of 17 years old if unsupervised – indemnity required, no restriction if supervised.



3/4 day Kruger Lodge Adventure

Explore the vast beauty of the Kruger National Park while trying to spot the big 5, along with various other animal, bird and plant life. This trip follows the same format as the camping option, except the accommodation is in a safari lodge instead of camping, for a more luxurious experience.

Minimum age of 17 years old if unsupervised – indemnity required, no restriction if supervised.



7-day Cape Town to Windhoek (Namibia) Overland Tour

This tour offers the chance to explore the great deserts of South Africa and Namibia, where you can bask in the desert sun or relax in the tranquillity of the desert night sky. Highlights include camping in the Cederberg Mountains and Namib Desert, Swakopmund and the Sossusvlei Dunes.

Minimum age of 18 years old if unsupervised – indemnity required, no restriction if supervised.



14/21 day Cape Town to Victoria Falls

This is the journey of a lifetime. The tour travels through the deserts, swamps and national parks of South Africa, Namibia and Botswana; experiencing the wildlife, landscapes and cultures of those countries. The trip ends at Victoria Falls in Zimbabwe, one of nature's wonders and the widest waterfall in the world. Highlights include Sossusvlei Dunes, Etosha National Park, Chobe National Park, the Okavango Delta and Victoria Falls.

Minimum age of 18 years old if unsupervised – indemnity required, no restriction if supervised.

N.B. All the optional activities and excursions are subject to a minimum number of people so, we therefore reserve the right to cancel, prior to the student's arrival or during his/her stay. LAL is not responsible for any last minute changes to the itinerary due to unforeseen circumstances. Refunds will only be given where the excursion or activity does not take place.