



HERMANUS ACTIVITIES

**prices are subject to change*

Tree Top Zipline Tour



Amount of people: 1 - 200

Cost from: R420 per person

Duration: 2 hour

Information: Children 5 years and up, Maximum weight: 120kg

Description: High above the ground (8 to 10 Meters) gliding from platform to platform over a small waterfall between the Poplar trees and canyon makes this an even more memorable experience. To also further enhance the experience you will be transported by a large quad train up to the starting point.

Paintball



Amount of people: 8 – 40

Cost from: R200 per person

Duration: 1.30 hours

Information: 10 years and up

Description: Look no further for an exciting battle between friends, families and colleagues. The battlefield consists of Tree houses, camps, bridges and lots of other obstacles.

Location: Hermanus – Hemel en Aarde

Target shooting



Amount of people: 8 – 40

Cost from: R150 per person

Duration: 1hour

Description: Come challenge your partner or Boss for a day at the shooting range, shooting at Olympic size targets and silhouettes on our 15 m Air rifle range



ACTIVITIES IN HERMANUS

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Quad biking



Amount of people: 1 - 20
Cost From: R450 per person
Duration: 1.30 hours

Information: Children 8-15 years old will be lifted by the guide/parents if comfortable, 16 years and up can drive their own Quad bike
Description: Quad biking through the vineyards of Hamilton Russell and Southern Right wineries. Travelling through the Fernkloof Nature Reserve to reach a breath-taking look-out point of the bay and surrounding areas.
Location: Hermanus – Hemel en Aarde Valley

Quad bike wine tasting trip



Amount of people: 1 - 20
Cost from: R550 per person
Duration: 2 - 3 hours

Information: Children 8-15 years will be lifted by the guide/parents if comfortable, 16 years and up can drive their own Quad bike
Description: Quad biking through the vineyards to taste the wines at two of our world-renowned wineries in the Hemel en Aarde valley. The route continues to one of the most pristine look-out points in the Western Cape. The last trip departs at 15h00 on weekdays and at 11h00 on Saturdays.
Location: Hermanus – Hemel en Aarde Valley

Quad bike sunset trip



Amount of people: 2 - 20
Cost from: R650 per person
Duration: 2 – 3 hours

Information: Children 8-15 years will be lifted by the guide/parents if comfortable, 16 years and up can drive their own Quad bike
Description: Drive through some of South Africa's most renowned wine farms – Hamilton Russell Vineyards and Southern Right. A selection of wines to be sampled on the viewing point on this trail overlooking Hermanus and Walkerbay). Take a ride through the vineyards and up the mountain. Incredibly breath-taking views as far as the eye can see will allow you to experience an African sunset unlike any other.
Location: Hermanus – Hemel en Aarde Valley



ACTIVITIES IN THE REGION

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Sand boarding



Amount of people: 4 - 200

Cost from: R350 per person

Duration: 1 - 4 hours

Information: Children 6 years and up

Description: Come and enjoy a day out in the sun for an eventful day full of adrenalin and laughter on the dunes overlooking Betty's Bay and the Atlantic Ocean with some breath taking scenery and lots of fun. We will supply you with a board and safety gear

Location: Bettys Bay – 45 minutes from Hermanus

White water rafting



Amount of people: 2 - 19

Cost from: R 450 per person

Duration: 3.30 hours

Information: Children 13 years and up, Available during the winter months

Description: The scenery is breath-taking as the mountains tower over you, and the lush green nature reserve stretches as far as the eye can see. The smell of fynbos cloaks around the river, as insects buzz and sound of wildlife echo off the gorges. Professional guides lead you on this adventurous ride of a life time, but bookings are essential. Relax and for a few hours forget about the hustle and bustle of the city. Wet suits and safety equipment will be supplied

Location: Kleinmond – Palmiet River

Water tubing



Amount of people: 2 - 40

Cost from: R 550 per person

Duration: 4 hours

Information: Children 13 years and up, available during the summer months

Description: The scenery is breath-taking as the mountains tower over you, and the lush green nature reserve stretches as far as the eye can see. The smell of fynbos cloaks around the river, as insects buzz and sound of wildlife echo off the gorges. Professional guides lead you on this adventurous ride of a life time, but bookings are essential. Relax and for a few hours forget about the hustle and bustle of the city. Wet suits and safety equipment will be supplied - **Location:** Kleinmond – Palmiet River



TEAM BUILDING

SA Forest Adventures is pleased to offer the following Teambuilding activities in Hermanus and the surrounding areas. Some of our activities can be held on or off-site or at a location which suits your requirements. Package deals can be compiled including lunch, dinner, transport and anything else you may need.

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DRUMMING – From R250 per person

Each team member will be given an African drum called a Djembe. The facilitator will teach you the right technique to create the perfect rhythm by working together as a team. A great non-physical activity



MINUTE TO WIN IT – From R350 per person

A Minute 2 Win It! is a fast-paced event that will have your teams laughing, cheering and vying to become the A Minute 2 Win It! Champion. This ultra-competitive event is a perfect addition to corporate events or as a stand-alone team building activity.



SCULPTURE – From R250 per person

Each team member will get the same amount of clay. According to the assignment, you have to use your clay to sculpt something fantastic. Getting your hands dirty is the best way to get the creative juices flowing. Your creation could look great on your desk at work



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CREATIVE OUTLET – CANVAS PAINTING – From R450 per person

Each team member will receive his/her own canvas and brushes. The art facilitator will give you an assignment to complete according to your own imagination. This is a fun exercise and it will give you a little insight into your colleague's imagination. You will be able to take your painting home.

READY STEADY COOK – From R400 per person

The group will be split into teams. Each team will have a cooking station complete with utensils, stoves and all implements needed. With a limited time, limited ingredients and a whole lot of creative thinking, each team must create a 3 course meal with the ingredients provided and within the time allowed. This activity can get extremely competitive and the teams will be judged on presentation, taste, team work and imagination.



POTJIE KOS COMPETITION – From R350 per person

The group will be split into teams. Each team will have a cooking station with all the equipment needed to prepare your pot. Fires and hot coals will be available. A general 'pantry' station with all the fresh vegetables and spices will be set up. Each team will be judged on various criteria, from cleanliness to taste. The final product will be the dinner at the end, and the group will get a chance to enjoy each other's pots.





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GUIDED NATURE WALK – From R150 per person

Hermanus - there is no other place on earth where so many different species can be seen growing in such close proximity. It's said that 1474 species have been uncovered in Fernkloof, and there's a helpful visitors centre at the start of the various paths that has information on the plants – We depart from this point and depending on your fitness we select the appropriate trail.



TALENT SHOW – From R250 per person

Has your Office got Talent? Give your team a chance to shine in a fun team environment, there are laughs energy and loads of creativity. It's a perfect team building activity to make any evening come alive!



MENTAL OBSTACLES – From R300 per person

These consist of a variety of fun problem solving team building adventures where individuals within teams need to work together to solve really challenging exercises! There is a range of activities to do, some require imagination while others will require plenty of team determination and communication.



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AMAZING RACE – From R600 per person

This activity is extremely versatile and can be done in any town or place. The group will be spilt into teams. Each team will receive a clue or 'route info' that will take them to various places. When the team arrives at the destination, they have to perform a task. Once this task is complete, the next clue will be handed to them.

This event can run for anything from 2 hours to 2 days. It is a great way to learn about various places and it can become very competitive.

The above are just a few of the products (brief descriptions) we offer and should you wish to have a memorable experience out of the ordinary contact us. We will also facilitate meetings prior to the event/teambuilding to ensure we take your personal requirements and incorporate them into the event.