



FULL DAY ADVENTURES AND RATES 2008/2009

Website: www.downhilladventures.com

****SPECIAL OFFER****

BOOK ANY THREE OF OUR FULL DAY OR COMBO TRIPS, AT THE SAME TIME, AND GET 10% OFF EACH

SANDBOARDING

- Be transported to the spectacular sand dunes of the National Park at Atlantis (5 sq.km's), with stunning views back over the bay to Table Mountain, and learn the art of gliding down a dune, at SPEED!

Cost: R 655.00 pp

Times: Departure time: 09.45 Return time: 17.00

Bring: Thick socks (shin height), sunglasses, sun block, hat & camera.

Trip Includes: All equipment, professional instructors, permits, lunch and transportation.

SURF SCHOOL

- Be transported to the ideal surf location, Big Bay, on the West Coast, where conditions provide surfers of all abilities, to get in some great 'hanging time', and we guarantee to have you standing by the end of the day!

Cost: R 655.00 pp

Times: Departure time: 09.45 Return time: 17.00

Bring: Swimming costume, towel, hat, sun block & camera

Trip Includes: All equipment, professional instructors, permits, lunch and transportation.

CAPE POINT & WINELANDS BICYCLE TOUR

- One of the best ways to see some of the highlights of the Peninsula and cycle in the Cape Point Nature Reserve.

Cost: R 655.00 pp (fitness level: beginner/intermediate)

Times: Departure time: 09.45 Return time: 17.00

Tour Includes: Getting up close with the penguins at Boulders Beach, some leisurely cycling in the Cape Nature Reserve (visiting Cape Point and Cape of Good Hope), a picnic lunch then wine tasting at the oldest wine farms in the Cape, Groot Constantia and Constantia Uitsig.

HIKING & TREKKING ON THE TABLE MOUNTAIN RANGE

- Why take the 'softie' route (cable car), up to the top when there is a fabulous and diverse mountain range to be explored up close and personal!

Cost: R 600 pp (min. 2 people)

Times: 09.00 – 16.00 09.00 – 13.00

Bring: Sun block, sunglasses, comfortable clothing, walking shoes, 2 litres of water & camera.

Trip Includes: Experienced mountain guide and transport to a variety of routes. (Excludes Cable Car)

EQUIPMENT RENTALS

- ALL EQUIPMENT RENTALS ARE BASED ON A 24hr BASIS (Note; we are closed on Sundays)
- ALL RENTALS **MUST** BE SIGNED FOR BY THE CLIENT, WHO **MUST** BRING A CREDIT CARD (either VISA OR MASTERCARD) WITH THEM SO THAT WE CAN TAKE A SWIPE OF IT TO ACT AS A SECURITY DEPOSIT.

- BIKE RENTAL; R140 per 24 hrs – Front suspension Giant Boulders (includes lock and helmet) R 80 for Half Day (3 hrs)

- SURFBOARDS; R195

- WETSUITS; R100 ;

- SANDBOARDS; R500

All trips depart from Downhill Adventures, located at Shop 1, Overbeek Building, cnr Kloof St and Orange Street (directly opposite the Turkish Baths and the Shell Petrol Station). Pick-ups/drop-offs at your location (within the City Bowl), can be arranged (subject to availability), in advance.

Our office is open Mon-Fri (08.00 – 18.00) and Sat (08.30 – 13.00). Shop closed on Sundays

We run trips on a daily basis (weather permitting); including weekends, so just contact us to check availability.

TO BOOK, CONTACT us on: +27 (0)21 422 0388 or info@downhilladventures.com

Payment in advance, or providing credit card details, secures your booking.

Note: Rates are valid from 1 October 2008 to 30 September 2009.

All Rates are per person ex Vat. Terms and conditions apply.

Rates are subject to currency fluctuations and changes beyond the control of Downhill Adventures

HALF DAY ACTIVITIES AND RATES 2008/2009

Website: www.downhilladventures.com

SANDBOARDING - HALF DAY

- Be transported to the spectacular sand dunes at Atlantis and learn the art of gliding down them at SPEED!

Cost: R 495.00 pp

Times: 09.45 – 13.00 & 13.45 – 17.00

Bring: Thick socks (shin height), sunglasses, sun block, hat & camera.

Trip Includes All equipment, professional instructors, permits and transportation. excl. lunch.

SURF SCHOOL - HALF DAY

- Be transported to the ideal surf location, Big Bay, and catch some waves with a stunning view to the Mountain!

Cost: R 495.00 pp

Times: 09.45 – 13.00 & 13.45 – 17.00

Bring: Swimming costume, towel, sun block, warm sweater and camera.

Trip Includes: All equipment, professional instructors, permits and transportation. excl. lunch.

MOUNTAIN BIKING HALF DAY – TABLE MOUNTAIN DOUBLE DESCENT

- Suitable for those keen to do some off-road biking, with views of the city, Table Bay and Robben Island.

Costs: R 495 pp

Times: 09.00 – 12.00 & 13.00 – 16.00

Bring: Shoes, sunscreen and camera. (**fitness level: Intermediate**)

Trip includes: Transportation up the mountain, front suspension mountain bikes, helmets, water bottles, expert guides and National Park Permits.

MOUNTAIN BIKING HALF DAY - TOKAI FOREST

- For those with more experience, we'll take you on some spectacular, and challenging, single track in the forest!

Cost: R550.00 pp

Times: 09.00 – 13.00 & 13.45 – 18.00

Bring: Shoes, sunscreen and camera. (**fitness level: advanced**)

Trip Includes: Transportation, front suspension mountain bikes, helmets, water bottles, expert guides and National Park Permits.

HIKING & TREKKING ON THE TABLE MOUNTAIN RANGE

Cost: R450 pp (half day)

Times: 09.00 – 13.00

Bring: Sun block, sunglasses, comfortable clothing, walking shoes, 2 litres of water & camera.

Trip Includes: Experienced mountain guide, and transport to a variety of routes. (**Excludes Cable Car**)

QUAD BIKING

Cost: R550.00 per hour

Times: From 09.00 onwards (EXCEPT Mondays)

Bring: Comfortable clothing and closed shoes (no sandals!).

Trip Includes: Experienced guide, quad bike & helmet (Transport at additional cost).

ABSEILING or TOP ROPE CLIMBING – TABLE MOUNTAIN

Cost: R695.00 pp

Times: FROM 09.30 onwards

Bring: Comfortable shoes, sun block, sunglasses and sweater.

Trip Includes: All abseiling equipment and expert guides (excludes Cable Car ticket and transport).

KITESURFING SCHOOL

Cost: R650.00 pp per 2 hr session. (We recommend 3 sessions.) R 1200.00pp Full Day

Times: 10.00, 13.00 or 16.00

Bring: Swimming costume, towel, warm sweater and camera. (transport not included)

Trips Include: All equipment (wetsuit, kite, harness & board) & IKO expert instructors.

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COMBO ACTIVITIES AND RATES 2008/2009

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CAPE POINT & WINELANDS COMBO TOUR

- One of the best ways to see some of the highlights of the Peninsula and cycle in the Cape Point Nature Reserve!

Cost: R 655.00 pp (fitness level: beginner/intermediate)

Times: Departure time: 09.45 Return time: 17.00

Tour Includes: Getting up close with the penguins at Boulders Beach, some leisurely cycling in the Cape Nature Reserve (visiting Cape Point and Cape of Good Hope), Picnic lunch on the beach, optional cliff-top walk, then wine tasting at the oldest wine farms in the Cape: Groot Constantia and Constantia Uitsig.

SANDBOARD / SURF SCHOOL COMBO

- The best way to try two new exciting activities in the one day AND make sure that your first surfing picture features Table Mountain in the background!

Cost: R 850.00 pp

Times: Departure time: 09.45 Return time: 17.00

Bring: Thick socks (shin height), sun glasses, swimming costume, towel, hat, sun block & camera.

Trip Includes: All equipment, professional instructors, permits, lunch and transportation.

SANDBOARD / QUAD BIKING COMBO

- Our most popular 'combo', your day in the sand is split between human endeavor and man made machine!

Cost: R 995.00 pp

Times: Departure time: 09.45 Return time: 17.00

Bring: Thick socks (shin height), sunglasses, sunscreen, hat & camera.

Trip Includes: All equipment, professional instructors, permits, lunch and transportation

Note: Quad biking in the dunes can be arranged (using special permit) at R895 pp

TABLE MOUNTAIN BIKE AND ABSEIL COMBO

- Discover the true nature of Table Mountain! Firstly, mountain bike our 'Double Descent' route on the lower slopes, before making your own, preferred, way to the top to Abseil 112m from the top of our beautiful mountain.

Cost: R 1200.00 pp

Times: Departure time: 09.00 Return time: 17.00

Bring: Shoes, sunscreen, camera & light jacket.

Trip Includes: Transport to the Lower Cable Car station, front suspension mountain bikes, helmets, water bottles, climbing equipment and expert guides.

Excludes Cable Car Ticket (if you choose this way to get to the top).

SANDBOARD / TANDEM SKYDIVE COMBO

- After experiencing the thrill of sandboarding round your day of adventure off with the buzz of jumping out of a plane next to the Atlantis Sand dunes, free falling for 30 seconds and getting an amazing view over the West Coast, Robben Island and Cape Town itself! A unique view of the Table Mountain is guaranteed!

Cost: R 2250.00 pp

Times: Departure time: 09.45 Return time: 17.00

Bring: Thick socks (shin height), sunglasses, sun block, hat & camera.

Trip Includes: All equipment, professional instructors and Tandem Master, permits, lunch and transportation

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CAPE GREAT 8 ADDITIONAL ADVENTURES & RATES 2008/2009

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The Cape Great 8 Adventure Experience is a combination of the best and most exciting adventures available in Cape Town, South Africa. In addition to the Premium Activities we offer (sandboarding, surfing, mountain biking on Table Mountain and abseiling off it!), we offer a menu of other activities to choose from. These include, but are not limited to (see our Premium, Combo and Half Day Activity Sheets), the following:

<p align="center"><u>SHARK CAGE DIVING</u></p> <p align="center">Cost: R1375.00 pp</p> <p align="center">Days: Everyday (weather permitting)</p> <p align="center">Times: Departure: 05.00–05:30 Return time: 16.00 – 18.00</p> <p align="center">Bring: Swimming costume, towel, sun block, seasick pills (the night before!)</p> <p align="center">Trip Includes: Expert skipper and guides, boat ride, snorkeling equipment, breakfast, lunch</p> <p align="center">Transport: additional R200</p>
<p align="center"><u>TANDEM SKY DIVING</u></p> <p align="center">Cost: R1850.00 pp</p> <p align="center">Days: Everyday (weather permitting)</p> <p align="center">Times: From 10.00 - 1 Hour in duration</p> <p align="center">Bring: Comfortable warm clothing (even in warm weather) and closed shoes</p> <p align="center">Trip Includes: All equipment (incl. parachute, plane ride), expert pilot & Tandem Master</p> <p align="center">Transport: additional R200</p>
<p align="center"><u>PARAGLIDING - TANDEM</u></p> <p align="center">Cost: R1150.00 pp</p> <p align="center">Days: Everyday (weather permitting)</p> <p align="center">Times: From 10.00 - 1 hour in duration</p> <p align="center">Bring: Comfortable clothing and comfortable shoes (no sandals!)</p> <p align="center">Trips Includes: All equipment and expert Tandem Pilot.</p>
<p align="center"><u>CANYONING/KLOOFING – KAMIKAZE KANYON</u></p> <p align="center">Cost: R900.00 pp</p> <p align="center">Days: Everyday (weather permitting)</p> <p align="center">Times: 07:30 – 18.00</p> <p align="center">Bring: Shoes & sunscreen, towel, change of dry clothes and small rucksack.</p> <p align="center">Trip Includes: Transport, breakfast, lunch, light dinner, all kloofing / abseiling equipment, expert guides</p>
<p align="center"><u>SEA KAYAKING</u></p> <p align="center">Cost: R600 pp – Half Day R450 pp– 1 Hour</p> <p align="center">Days: Everyday (weather permitting)</p> <p align="center">Times: Half day 09:00 – 12:00 1h from 10am</p> <p align="center">(Also enquire about Sunset paddles!)</p> <p align="center">Bring: Swimming costume, shorts, hat, towel, sun block, sunglasses</p> <p align="center">Trip Includes: Kayaks, paddles, lifejackets, safety equipment, snacks (half day), experienced guide</p>
<p align="center"><u>IN ADDITION TO THE ABOVE PLEASE ENQUIRE ABOUT:</u></p> <p align="center">Cape Wildlife Safaris Rock climbing/mountaineering</p> <p align="center">Jet-boating Scuba Diving Jet-ski</p> <p align="center">Huey helicopter flights Micro-lighting</p> <p align="center">Horse riding</p> <p align="center">Cultural Tours / Township Tours</p>

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