



LAST WORD

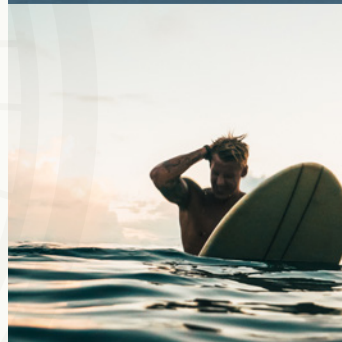
LONG BEACH

ACTIVITIES TO DO IN AND AROUND THE KOMMETJIE AREA:

1. Walking – 8 km's of beach right in front of hotel
2. Hiking – in the mountains above the Kommetjie village
3. Swimming in the sea
4. Surfing – can hire surfboards, have surfing lessons
5. Supping – can hire sup's
6. Kitesurfing
7. Paragliding – off the mountains above the village
8. Fishing
9. Snorkelling with seals (20 minutes' drive)
10. Running routes
11. Cycling routes
12. Horse riding on the beach (10 minutes' drive)
13. Cape Point Nature Reserve (10 minutes' drive)
14. Wine tasting at Cape Point Vineyards (15 minutes' drive)
15. Simonstown – history, naval base (15 minutes' drive)
16. Boulders – Penguins (15 minutes' drive)
17. Kayaking with penguins (15 minutes' drive)
18. Scuba diving in Simonstown (15 minutes' drive)
19. Marine experiences – whale watching (15 minutes' drive)
20. Kalk Bay – restaurants and boutique shops to explore (15 minutes' drive)
21. Kalkies – local restaurant in Kalk Bay – fabulous authentic fish and chips (15 minutes' drive)
22. Chapmans Peak – views, easy access to Hout Bay, explore Atlantic Coastline (20 minutes' drive)
23. Slangkop Lighthouse - tallest lighthouse in Cape Town (2 minutes' drive or 10 minutes' walk)
24. Noordhoek Farm Village – boutique shops, restaurants, art, deli, markets (15 minutes' drive)
25. Golf Courses – Clovelly Golf Course (15 minutes' drive)
26. Top restaurants – The Food Barn, Harbour House, Cape Point Vineyards, Black Marlin (15 minutes' drive)
27. Silvermine Dam and Nature Reserve (15 minutes' drive)
28. St. James and Dalebrook Tidal pools (15 minutes' drive)

ACTIVITIES AT THE LAST WORD LONG BEACH:

1. Seafood dinner included in the stay
2. In-room massages
3. Bicycles for use – no charge and no need to pre-book
4. Beach bats and balls
5. Swimming pool
6. Picnics on the beach
7. Afternoon teas and cakes
8. Private in room dining



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