



Coasteering Itinerary

07h00	: Pick-up and depart Cape Town
08h00	: Arrive at Rooi Els
	: Tea & Coffee, light breakfast, Safety Briefing
09h00	: Begin Coasteering
	: Full day trip, picnic lunch served along the way.
16h00	: End of Coasteering
16h30	: Depart
17h30	: Drop-off back in Cape Town

Please note: A shorter day is also available