

# **CAPE CELTIC WOMEN'S CHALLENGE 2011**

**7<sup>th</sup> –16<sup>th</sup> April 2011**

## **Introduction:**

**Join Louise and Jane for this epic adventure in Cape Town! Trip highlights:**



- **Hikes to Crystal Pools, Cape of Good Hope, Table Mountain & Elgin Valley**
- **Kayaking to Penguin Colony**
- **Shark Cage Diving**
- **Water skiing**
- **Quad biking**
- **Mountain Biking**
- **Wine tour and tasting**
- **Time for retail therapy**
- **Cape Town sightseeing including visit to Robben Island**
- **Spa and yoga at Celtic Manor**
- **Fabulous accommodation at the Celtic Manor**

**This is the ultimate adventure for your mind, body and soul!**

**FITNESS LEVEL REQUIRED: GOOD ALL ROUND FITNESS**

**Mountain biking and kayaking experience can be given via training**

**Table Mountain Hike requires some fitness training**



### **Day 1: Thursday 7th April 2011 (D)**

Our journey begins as we meet at 5.30 am at Dubai Airport Terminal 3 for our Emirates flight to Cape Town. **EK 770 departs Dubai at 08:35, arriving Cape Town at 16:25.**

We will be met at Cape Town International Airport by our ground handlers, who will assist us in our transfer to our home from home, Celtic Manor. Transfer time is approx. 45 mins.

After a long flight we will enjoy our Welcome drinks, check in to our rooms, and have a trip briefing then dinner at the Manor. (Dinner included)



**SPA**



**TYPICAL ROOM AT THE MANOR**

### **Day 2: Friday 8<sup>th</sup> April 2011 (B, L, D)**

After a restful sleep and a scrummy healthy breakfast at the Manor it's time to get into action and head for the Crystal Pools with our very own guide. It's a fabulous hike up to the pools where we can swim and rock climb in the great outdoors and complete a few challenges! Lunch will be al fresco in the beautiful scenery.

After a great day out in nature we head back to the Manor to shower and freshen up before heading out for dinner at "Spier" a unique African experience restaurant with dancing, live music and mouth watering food!

(Breakfast, lunch, dinner included)

### **Day 3: Saturday 9<sup>th</sup> April 2011 (B, L)**

It's time to get wet and up close and personal with the great white today! It's an early transfer to Ghansbaai for Shark Cage diving with a leading operator. Gansbaai is known as the shark capitol of the world so be prepared to see plenty of movement in the water!

Our guide for this breathtaking activity has been filmed swimming with sharks and the company's clientele list include many celebrities – Brad Pitt and Prince Harry & Prince William to name a few ! Breakfast and a briefing will be held at the centre then it's time to head out on the boat. Wet suits, bootees and masks will be provided. The cage itself will take up to 5 people so you will have one of your team mates beside you! Take your waterproof camera for this one as there will be opportunities to take lots of great pictures in and out of the cage! If you are not quite up to getting in the cage you can stay on the boat and take pictures – however we are sure once you see your team mates do it you will change your mind and give it a go!

After our high adrenaline time out on the water we head back to land. Time to dry off and do a quick change ready for the drive back. Lunch at Celtic Manor

Back at the Manor it's time to chill out, relax and enjoy some spa treatments at special discounted rates. Today you will also have the chance to still your mind and strengthen your body with Beryl Soal's Yoga session.

Tonight we dine out at a fabulous Italian Restaurant (at own cost)

(Breakfast, lunch included)



**Day 4: Sunday 10 April 2011 (B, L, D)**



Breakfast at the Manor then back out on the road to join our expert guide Brian Pickering, (a renowned Botanist) for an educational quad biking tour through Fynbos.

Picnic lunch in the mountains – the only way to dine!

This afternoon & evening will be spent at Moffam for some action on the river. Water skiing babes! For those of you new to water skiing you will be pleased to know that this session includes a lesson and within a very short space of time you will be up on your skis and flying across the water! A sunset river cruise on a barge with drinks and nibbles is the perfect way to take in more of the gorgeous scenery and a great lead up to the traditional South African Braai we tuck into back at the main lodge. A steady drive home to Celtic for a good nights sleep!



(Breakfast, lunch & Braai included)

### **Day 5: Monday 11 April 2011 (B)**

Good morning Celtic babes! Today we are up and about early for a short walk down to Bikini beach for BEACH BOOTCAMP! What a perfect way to start the day, by the ocean, in the fresh morning air, working every muscle in your body under the guidance and supervision of Marius Walters Oo Ya!

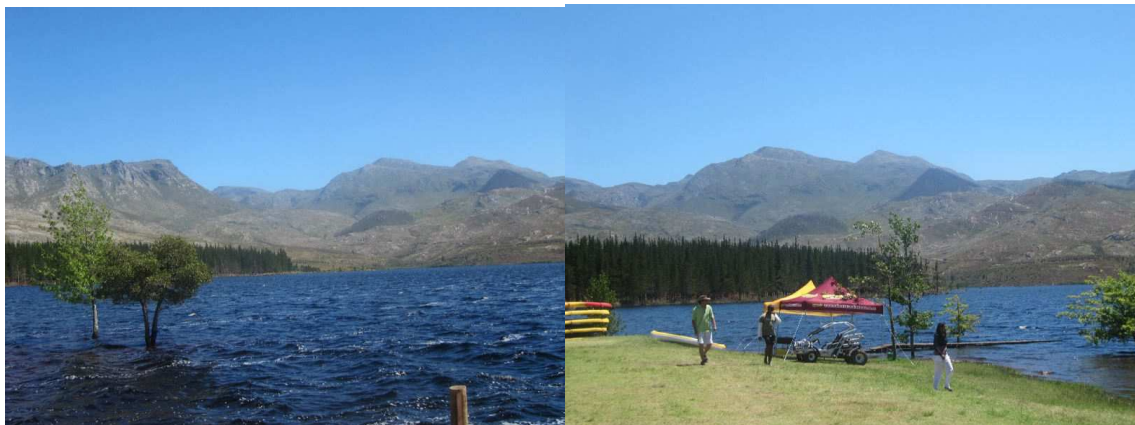
After our session on the beach we head back up for breakfast then it's a shower, change and departures for Capetown. First on the agenda is a morning tour of Robben Island. After this tour you are free at leisure for retail therapy at the Victoria & Albert waterfront! You could also take the Red Bus Tour of the City, it's a great way to see & learn more about Capetown (tour at own expense)

Lunch and dinner are at your own expense today – there are heaps of great places to choose from and you'll be amazed at how keen the prices are!

### **Day 6: Tuesday 12 April 2011 (B, L, D)**

Today we make an early start after breakfast and head to Elgin Country Club for a full day of guided activities. It's non stop fun and action – mountain biking trails, hiking, swimming in the waterfalls, kayaking and a fun treasure hunt. Prize giving, lunch and snacks are included. Dinner at Celtic Manor

(Breakfast, lunch & dinner included)



### **Day 7: Wednesday 13 April 2011 (B, L)**

After our day of action yesterday it's time to drop down a gear and enjoy a early morning yoga session with Beryl and spa treatments at your leisure. Lunch – at Celtic Manor

Today we get to meet Deb, an amazing and very "wine savvy" woman, who will be taking us on a fabulous wine tour around Franschoek Valley – vines galore to explore!

Dinner tonight is at our own expense and will be taken at the Harbour Lights restaurant just a short two minute drive from Celtic.

(Breakfast and lunch included)

**Day 8: Thursday 14 April 2011 (B.L.D)**

Good morning Mountain High babes! Today it's an early breakfast & morning departure for Table Mountain – Capetown's most famous mountain. This is a guided hike taking a well known route to the summit that is a perfect table top! Picnic lunch en route.



After a fantastic hike up and down the mountain we head back to the Manor to shower and dress for a wine tasting & cookery demo guaranteed to make your mouth water! Cheers and Bon Apetit!

(Breakfast, lunch, dinner included)



**Day 9: Friday 15 April 2011 (B, L.D)**

Mountain High goes ocean wide today as we head out for a brilliant Kayaking tour at Simon's Town! Take your camera for this trip as you will see lots of Penguins! To round off today's adventure we will hike to the Cape of Good Hope and time permitting have a swim. This is an area of natural beauty and stunning contrasting scenery, it is a national park that covers 7750 hectares and 40 kilometres of coastline. It's a picnic lunch today then back to Celtic for dinner.



(Breakfast, picnic lunch, dinner)

#### **Day 10: Saturday 16 April 2011 (B, L)**

Breakfast at Celtic then the morning at leisure. Time to pack , chill out, enjoy some more spa treatments , write your postcards, read a book, check over and share your pictures with the team , or for the real wine lovers an optional trip out to Stellenbosch ....the choice is yours !

At 15.00pm it's time to head back to the airport for our return flight back home. What an amazing 10 days we have had!

**EK771 Departs Cape Town 18:10 Arriving Dubai Sunday 17<sup>th</sup> April at 05:40**

**Participants from countries other than Dubai need to book their flights to fall in line with team departure & arrival times to avoid additional airport transfer costs.**

**TOTAL INVESTMENT FOR THIS ADVENTURE:**

**UAE Clients: AED: 11,900**

**Hong Kong Clients: USD: 3,300**

**TRIP LEADER: LOUISE HALMKAN**

**This trip is open to a maximum of 13 women and is guaranteed to run with 8 women.**

**For a trip booking form & further information email [jules@mountainhighme.com](mailto:jules@mountainhighme.com)**

**For clients in Dubai feel free to contact Louise, the trip leader for this challenge on 050 3596933**

**Or Lynn who heads the Mountain High office in Dubai on 050 694 1970**

**For clients in Hong Kong / Asia please call Julie on + 852 93144526**

**WHAT'S INCLUDED:**

- Accommodation at Celtic Manor Guest House on a twin share basis
- All meals, except those mentioned in the itinerary
- All ground transportation and transfers
- All activities as outlined in the trip notes, including entrance and participation costs
- All hire of any required equipment
- Guides as outlined in trip notes
- Jane Otton and Louise Halmkan as trip leaders
- Mountain High kit bag, bandana, Branded Polo shirt and Sports Shirt.

**WHAT'S EXCLUDED:**

- International flight to Capetown
- Dinner Day 3 Lunch and Dinner Day 5, Dinner day 7
- Additional Spa treatments selected – see website for details, <http://www.celticmanor.co.za>
- Any additional beverages
- Any personal shopping
- Any visa expenses

**PAYMENT:**

**UAE: 4000 AED deposit required on booking. 4000 AED by 7<sup>th</sup> February 2011 and 3900 Balance by 7<sup>th</sup> March 2011**

**HK: 1000 USD deposit required on booking. 1000 USD by 7<sup>th</sup> February 2011 and 1300 USD Balance by 7<sup>th</sup> March 2011**

**Payments by cash, cheque or bank transfer to account details on booking form.**

**PLEASE NOTE A 5% DISCOUNT WILL BE APPLIED FOR FULL PAYMENT BY 31<sup>st</sup> JANUARY 2011**

**If you are coming from another country other than Dubai, please send us your flight details to arrange meeting in Cape Town – ideally to coincide with the Dubai group so as to avoid additional airport transfers.**

**GENERAL INFO:****KIT LIST:**

Will be sent after booking and deposit received.

**INSURANCE: Recommended Chartis Travel Guard policy via Continental Insurance Brokers Tel- +9714 3353433**

**TIME**

Two hours ahead of Greenwich Mean Time, one hour ahead of Central European Time and seven hours ahead of Eastern Standard Time, USA.

**CLIMATE**

The climate is generally sunny and temperate, with average number of sunshine hours each day among the highest in the world. Winters are mild and clear. The Western Cape Province enjoys a Mediterranean-type climate (dry summer and winter rainfall, mostly in the form of short afternoon thunderstorms). As the country lies in the southern hemisphere, seasons are the reverse of those in the northern hemisphere. Cape Town in April is at the end of the summer season. Temperatures on average are between 13-22 C / 55-72 F. Rain showers are to be expected and an umbrella is recommended.

**CURRENCY**

South Africa's currency is the rand, which is divided into 100 cents. Current exchange rate is approx. 6.1 rand to 1 US \$. **Check the exchange rate closer to departure as currency rates do fluctuate**

**VACCINATIONS:**

**Your doctor will advise you on the latest advice regarding vaccinations. We recommend the regular travel jabs of Hep A and B, Polio, Tetanus, Cholera and Typhoid.**

**VISAS:**

**The following passport holders do not require a visa to visit South Africa: -** African Union Laissez Passer, Andorra, Argentina, Australia, Austria, Belgium Botswana, Brazil, Canada, Chile, Czech Republic, Denmark, Ecuador, Finland France, Germany, Greece, Iceland, Israel, Italy, Jamaica, Japan, Liechtenstein Luxemburg, Malta, Monaco, Netherlands, New Zealand, Norway, Paraguay Portugal, San Marino, Singapore, Spain, St Vincent & the Grenadines, Sweden Switzerland, United Kingdom of Great Britain and Northern Ireland, British Islands Bailiwick of Guernsey and Jersey, Isle of Man and Virgin Islands, Republic of Ireland, and British Overseas Territories

All other nationalities should seek advise from Embassy of the Republic of South Africa, Abu Dhabi, UAE. Tel: 02 447 3446 Email: [saemb@eim.ae](mailto:saemb@eim.ae)  
[www.southafrica.ae](http://www.southafrica.ae)

**For those of you in Hong Kong call: +852 25773279 or check out [www.dfa.gov.za](http://www.dfa.gov.za)**

**THIS IS AN AMAZING TRIP – BOOK NOW!!**

**[www.mountainhighme.com](http://www.mountainhighme.com)**