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# South Africa Sports Tour 2025

Sandringham School



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# South Africa

12 days / 10 nights







Four Match Days – Football, Netball & Basketball



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**Monday 7<sup>th</sup> April**

Meet at **London Heathrow Airport** and check in prior to your scheduled flight to Cape Town, South Africa via Frankfurt


**Lufthansa - LH0915** departing at **1730 hrs**

**Arrive Frankfurt at 2005 hrs**

**LH 576** departs Frankfurt **2215 hrs**

**Overnight: In Flight**

Transfer  T3

Gates 44-150 

Departure Lounge 

Premium Lounges

Shops & Bars 

Flights



## Tuesday 8<sup>th</sup> April

Arrive in Cape Town at **0930 hrs**.

Once you clear customs, transfer to Somerset West Shopping Mall where you will be able to pick up some lunch.

Continue onto **Stellenbosch** check into your hotel where you will be based for four nights.

Settle in before you head out to a local venue for a self led **Training Session Evening Meal** at your hotel (**included**)

**Overnight: Protea Hotel Stellenbosch, Bed & Breakfast**

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**Protea Stellenbosch**



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**Protea Stellenbosch**



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**Protea Stellenbosch**



**Wednesday 9<sup>th</sup> April**

**Morning – Kayamandi Township Tour & Lunch (included)**

**Afternoon - Matches 1 v New Orleans Secondary, Paarl**

Starting from approx. 1500 hrs

**Evening Meal provisionally at Bossa (included)**

**Overnight: Protea Hotel Stellenbosch, Bed & Breakfast**



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Kayamandi Township Tour



0860 142 142 | [www.westerncape.gov.za/cas](http://www.westerncape.gov.za/cas)

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**Football Matches**



**Thursday 10<sup>th</sup> April**

**AM Table Mountain**

Transfer to the V&A Waterfront, pick up your own lunch

**PM Matches 2 v Pinelands High School**

**Evening Meal** provisionally at **Thirsty Scarecrow**

**Overnight: Protea Stellenbosch Hotel, Bed & Breakfast**

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**Table Mountain**



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**Table Mountain**



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V&A Waterfront



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**Pinelands High School – Basketball Facilities**



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**Friday 11<sup>th</sup> April**

**Morning** - Transfer to Grabow and the **Cape Canopy Tour** where you will enjoy a Zipline Adventure in the Hottentots Holland Mountains – light lunch **(included)**

**Evening Meal** at your hotel **(included)**

**Overnight: Protea Stellenbosch Hotel, Bed & Breakfast**

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**Cape Canopy Tour**









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**Saturday 12<sup>th</sup> April**

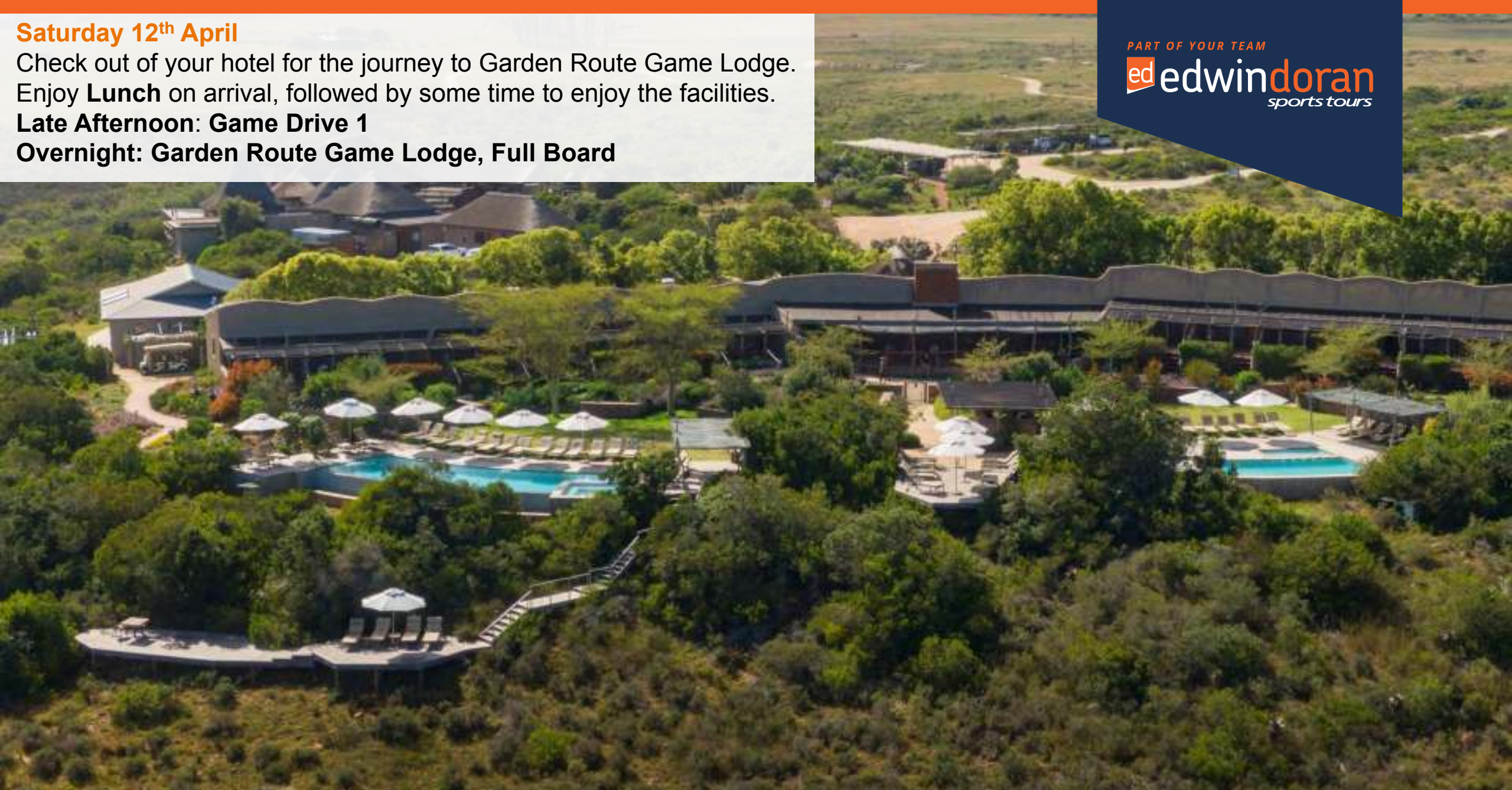
Check out of your hotel for the journey to Garden Route Game Lodge. Enjoy **Lunch** on arrival, followed by some time to enjoy the facilities.

**Late Afternoon: Game Drive 1**

**Overnight: Garden Route Game Lodge, Full Board**

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**Garden Route Game Lodge**





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**Garden Route Game Lodge – Game Drive**





**Garden Route Game Lodge – Game Drive**



**Sunday 13<sup>th</sup> April**

Enjoy a **Dawn Game Drive**, before you return to lodge for breakfast.

Check out of your accommodation and depart for Cape Town and the Sky Hotel for the final four nights.

**Evening Meal at your hotel (included)**

**Overnight: Sky Hotel, Bed & Breakfast**

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**Sky Hotel Reception**



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**Sky Hotel Rooms**



**Monday 14<sup>th</sup> April**

Spend the morning at the V&A Waterfront

**Afternoon Matches 3 v Grootte Schuur High School**

**Evening Meal at your hotel (included)**

**Overnight: Hotel Sky, Bed & Breakfast**

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**Breakfast Views from Sky Hotel – 25<sup>th</sup> floor**



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V&A Waterfront



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**Tuesday 15<sup>th</sup> April**

## **Cape Peninsula Tour**

Visit **Camps Bay**, Hout Bay where you will enjoy a **Seal Island**

Boat Trip then journey along Chapman's Peak Drive

Continue onto **Cape Point** before finishing with a visit to **Boulders Beach**

**Evening meal at GOLD (included)**

**Overnight: Sky Hotel, Bed & Breakfast**

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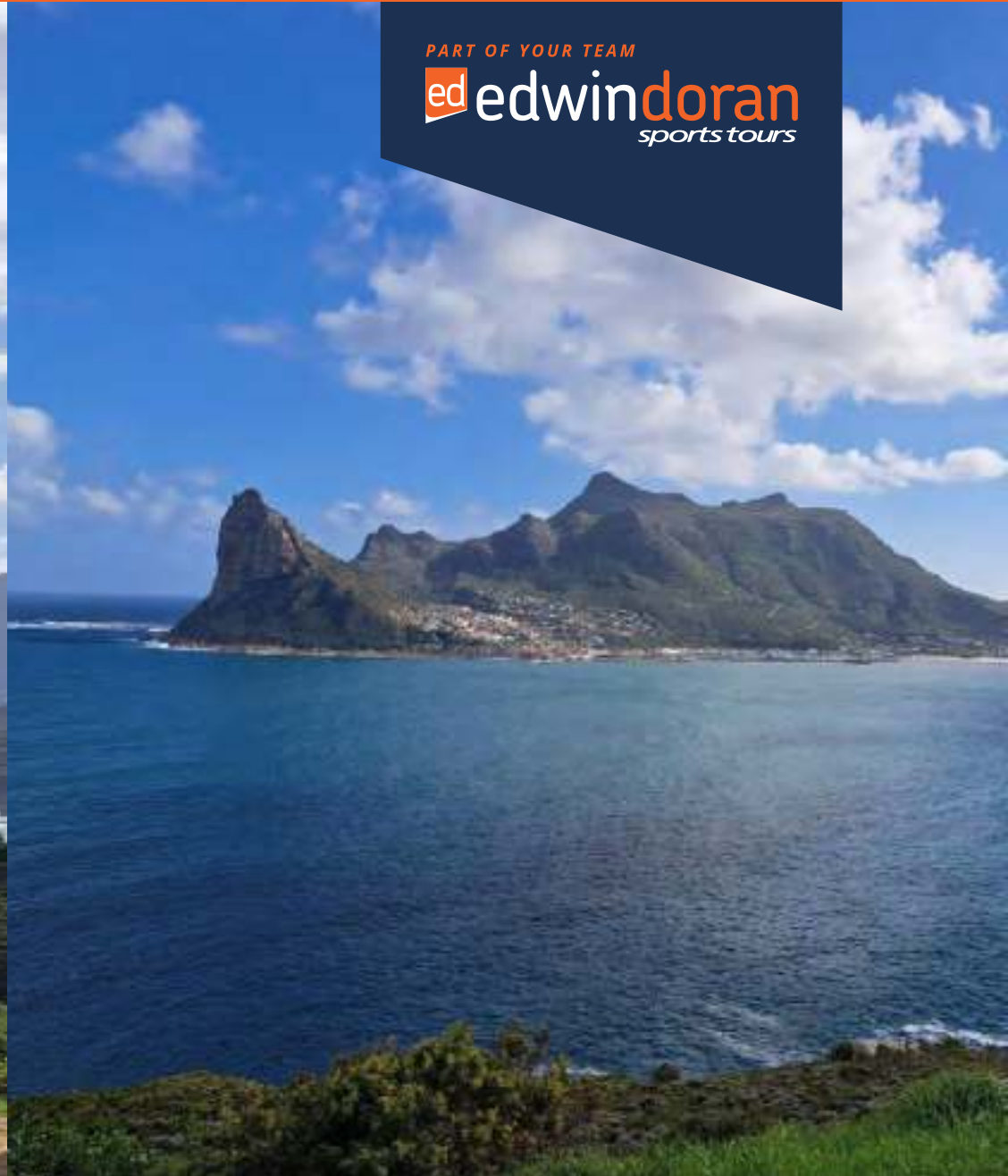


**Camps Bay**



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**Chapman's Peak Drive**



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**Wednesday 16<sup>th</sup> April**

**AM** Robben Island

Return to the V&A Waterfront, pick up your own lunch

**PM**

**Matches 4 v Wynberg Girls High School ( Girls)**

**Westerford High School (Boys)**

**Evening Meal at your hotel(included)**

**Overnight: Sky Hotel, Bed & Breakfast**

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**Robben Island**







**Thursday 17<sup>th</sup> April**

**10 AM** check out of your accommodation

Board your coaches and transfer to **Camps Bay** via **Lions Head**, where you will be able to spend some time on the beach.

**Approx 3pm** transfer to **Cape Town Airport** where you will check in for your flight

**LX8085** to **London City Airport** departing at **1900 hrs**

**Overnight: In Flight**

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**Say Goodbye to your driver**



**Friday 18<sup>th</sup> April**

Arrive **Zurich Airport** at **0620 hrs**,

Connect with your flight

**LX460** departing at **0810 hrs**

**London City Airport** at **0850 hrs**

Collect your bags and disperse for home

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**Arrive Home**



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**Luggage Allowance** – 23 kg pp plus Hand luggage ( which will be the Edwin Doran Backpack)

**Weather** it will be warm ( it is late summer in South Africa), but the Game Drive, Cape Canopy and the evening's can be chilly – need tracksuit/leggings for the Cape Canopy Tour

Bring a **Water Bottle** – tap water safe to drink being hydrated very important – after long haul flight, fixtures and the weather.

**Money** – small amount of cash and then suggest pre-paid contactless cards.

**Idea of costs** ( use R22 to the £1) Coke R50 , a lunch starting from R80 – R100

**Drinks** unless indicated are not included at mealtimes ( although we do ask for water to be provided)

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## SAFETY ON TOUR FIVE TOP TIPS

1. Do not leave personal belongings unattended.
2. Do not carry around in view, expensive items which may draw attention – iPod / Camera's / Have your phone in a back pocket
3. Use the safes in your hotels these are easy to use in rooms and at reception
4. Do not carry large amounts of cash. Currency cards are ideal and then a small amount of cash. South Africa is a very much like the UK with contactless payment options
5. Stay in groups of no less than 5

<https://www.capetown.travel/travelwise/safety-in-cape-town/>

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ANY QUESTIONS ?

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