



Activities in and around St Francis Bay

Top 13 Leisure Activities

1. St Francis Links Golf Course

Designed by Jack Nicklaus, St Francis Links is known for their terrain, greens and variation in length and direction. The greens have simply been placed on top of the sand and follow the natural flow of the landscape. All players will find that St Francis Links presents a stiff mental and physical test from the first shot.

Contact 042 200 4500

2. St Francis Golf Course

If golf is your passion and the reason for your visit, St Francis Golf Course will not disappoint. Enjoy a drink overlooking the 1st tee, with sweeping views of the course, you can play from dawn till dusk.

St Francis Golf Course is located on the secure St Francis Links Golf Estate in St Francis Bay which is situated midway between Port Elizabeth on the Sunshine Coast.

Contact +27 42 294 0028

2. Heritage Eco Center

Visitors are invited to explore the museum which depicts the natural wonders of the greater St Francis. The history of both St Francis Bay and Cape St Francis are well documented.

Contact 083 282 0017

The Centre is open every Wednesday between 14h30 and 16h30 and Saturdays between 10h30 and 12h30.

3. Cape St Francis Beach

Surfers are drawn to this part of the coast for the legendary waves, often joined by playful dolphins. Whales can be seen close to the shore during winter and spring. Some good fishing spots can be found off the rocks.

Enjoy a variety of water sports or simply relax in the summer sun.

Summer: October- March

Winter: April - September

4. Ocean Safari's

St Francis Safari's offers an array of coastal adventures ranging from Dolphin and Whale Watching to Sunset Cruises and Canal Cruises. Enjoy a relaxing cruise along one of the most spectacular coastlines of Southern Africa whilst learning about the rich history of the coast. View the abundant sea mammals; including birds and unique fish species.

Contact 082 569 3750



6. Cape St Francis Lighthouse

The Seal Point lighthouse at Cape St Francis was built in the late 1870s after many ships hit the reef along the shores and sank. It was one of the most difficult South African lighthouses to complete, taking two years to build. Initially the lighthouse used the power of 15 000 candles. Its upgraded system now boasts the power of nearly 3-million candles, flashing every five seconds.



The giant penguin you see at the lighthouse was a gift from Nelson Mandela Bay after the 2010 FIFA World Cup.

7. Nature Walks

Cape St Francis is home to no less than five beautiful nature reserves, Cape St Francis Nature Reserve, Seal Point Nature Reserve, Seal Bay Nature Reserve, St Francis Field Nature Reserve and Irma Booysen Flora Reserve.



These reserves offer a wide variety of walks suitable for all levels of fitness and experience. These walks, hikes and trails take you through natural coastal lands filled with indigenous plant and wild life. The area is recognized as one of only six Plant or Floral Kingdoms in the world.

8. Canal Cruises

St Francis is famous for its canals, so don't miss out on a leisurely cruise through the canals and up the Kromme River during your stay. Once the boat engines are turned off, you will be able to tune into the sounds of the wild birds chattering and squawking.



Contact Little Venice Adventures on 0834367234

9. Beer Tasting

Enjoy a relaxing beer tasting at St Francis Brewing Company. They offer a selection of premium craft beers with our own special brand to follow soon.



Wed-Sat: 12:30 am-10:00 pm

Contact 0632743743 for more information

10. Frogging Safari

Join us for a Frogging Safari, where armed with gum boots, head lights and our very own frogging enthusiast, Henry, you will be set to explore our local frog hot spots. Whilst mucking about in mud you get to catch these little hoppers, bag, identify and carefully release them back into the wild.



These Frog Safaris put amphibians, which are often overlooked, in the spotlight.

Contact Dune Ridge on + 27 (0) 42 294 1560

11. Penguin Sanctuary- Sancob

Situated at the Seal Point Lighthouse in Cape St Francis, Sancob is a marine bird rehabilitation centre which provides treatment and temporary care to injured, displaced or oiled marine birds.

The Rehabilitation Centre is designed in such a way that the public will always be able to view the penguins, whether through the big viewing windows or in the outside pen. Feeding times vary, but normally volunteers will feed them from 08:30 in the morning and from 15:30 in the afternoon.



12. Sunset of the Rocks

Those few and fortunate enough to have made their home in St Francis will certainly testify to the extraordinary westerly sunsets and equally invigorating easterly sunrises that are enjoyed from 'Sunset Rock' found in the Wild Side of Cape St Francis. It is with harmony of nature that makes St Francis extra special. Pack a bag with a wonderful picnic, some champagne and a blanket to fully enjoy all that mother nature has to offer.

Being only 10km from The Sands, its an absolute must before heading back to the hustle and bussle of city life.

13. Bird Watching

Cape St Francis and Seal Point are both rocky lookout points where you can see Cape Gannet and Terns diving for fish. White-breasted and Cape Cormorant can be seen fishing off-shore or basking on the rocks while Kelp Gull are continually on the hunt for anything they can scavenge.

The St Francis area serves as a resting point for seabirds, which have been blown off course. "Out of Range" water birds such as Slender-billed Prion, Red-tailed Tropic Bird, Lesser Frigate Bird, American Golden Plover and others have settled on our shores.

Travel along the gravel roads in the area where you will be pleasantly surprised by the birdlife in the fields, especially after the rain. Park alongside the road and look out for Blue Crane, Denham's Bustard, White Stork, Long-tailed Widowbird, Black-winged Lapwing, Larks, Pipits and Cisticolas, and if you are really lucky, White-bellied Korhaan. On the odd occasion you may find Common Moorhen, Red-knobbed Coot, Little Grebe, and a variety of ducks.



Activities at The Sands

Being right on the beach, The Sands offers some wonderful relaxing activities for you and your partner. Ask the front desk for more information!



The beach is only a few steps away, enjoy a day in the sun and sea.



Grab one of our mountain bikes and go on an adventure.



We offer a range of wine tastings in our Cellar.



Enjoy a sunset picnic on the warm sand with a glass of bubbly in hand.



Boogie and Paddle the day away with our boogie boards and Paddle Skies.



Spend the day by the pool enjoying a cocktail and some sun.

If you are looking for a massage treatment to end off your relaxing getaway, let us know and we can arrange a therapist. We also have an on-site Sauna available.

Shopping

Nomvula's Knitting Shop

This is a community based upliftment project that has grown. They create beautiful, soft, comfortable products. Nomvula's Knitters range in age from their mid-twenties to seventy years old and are mostly women, all supporting families, or extended families.

Morning Market

Every last Saturday of the month there is a wonderful market held in the middle of St Francis Bay.

Village Square Mall

Village Square offers a wide range of upmarket tenants and merchandisers, including books stores , interior design, jewellery, stationery and toy stores as well as banks, Post Office and boutiques. You'll find that everything at the Village Square is housed in a stylish setting with easy access to the centre via St Francis Drive and Lyme Road South, making it centrally located.



Sports and Adrenelin

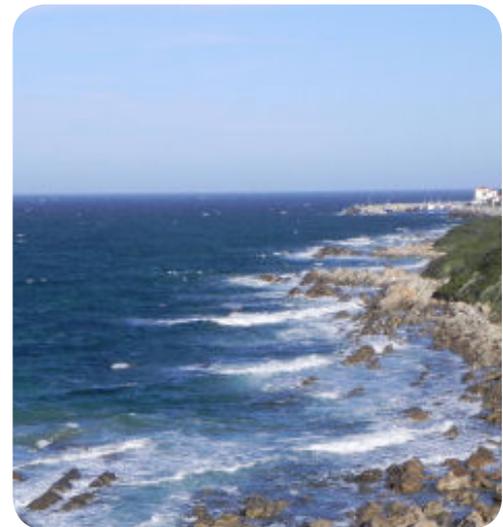
Two Harbours Walk

The 2 Harbour Walk starts from the Heritage Centre harbour and ends at the shoreline/coast to Port St Francis. This is a rocky, challenging walk but the magnificent views make it worthwhile.

Mountain Biking

St Francis has different moutain biking trails to enjoy. If you are not familiar with the area, pop into the tourism office to get a moutain biking trail map.

Ask reception for maps and information on the different trails.
We offer mountain bikes for our guests to use.



Surfing

St. Francis is known as one of the best surfing locations, SA Surf Camps have taught hundreds of people the art of surfing. The instructors have a solid history and credibility in the South African and the International Surfing Community. All of their surf lessons, surf classes, and surf camps include the use of quality surfboards, wetsuits and gear.

Contact SA Surf Camps on +27 (42) 298-0050 / +27 (79) 269-6842
admin@surfcampsouthafrica.co.za



Scuba Diving and Snorkeling

If you want to see more of the deep sea and marine life, then you will probably love scuba diving. Professional diving instructors in St. Francis offer various classes.

The rock pools on the wild side are ideal for snorkeling and have protected picnic spots between the rocks.

Contact Hans Verstrate on 0422970150 / info@oysterbaylodge.com



Fly Fishing

Fly fishing is an angling method in which an artificial “fly” is used to catch fish. The fly is cast using a fly rod, reel, and specialized weighted line.

Contact Ryan Walker on 083 661 6050

Windsurfing

St Francis Bay is a great area for any sport where you require wind, such as windsurfing. Children as young as 8 can take up the sport.

Contact Arno Seyfert / 082 502 8887



Water Sport Hiring

Little Venice Adventures in St Francis hires out various boats and canoes.

15HP SELF DRIVE BOATS – R400.00 FOR A HALF DAY
– R600.00 FOR A FULL DAY

Fits up to 4 adults

(All our 15HP self drive boats include 4 life jackets and a full tank of petrol)

DOUBLE INDIAN CANOES – R200.00 PER DAY

(All our double indian canoes include 2 life jackets and 2 paddles)

For Fishing/Sea Excursions please contact us on +27834367234 or info@
littleveniceadventures.co.za



Deep Sea Fishing

Deep sea fishing is a combination of Game and Bottom fishing. We find the fish and drop some bait to hook those big ones. Many reef species are good eating fish and a wide variety can be caught off our coast. This half day excursion is ideal for families, first time fishermen and people wanting a relaxed, fishing trip.

To book contact 082 569 3750



Squash and Tennis (own equipment needed)

The St Francis Bay Squash Club boasts two glass backed doubles squash courts. The Squash Club is open from Tuesday to Sunday between 15:00 and 19:00

Contact Peter Bridges on 082 468 2242

The St Francis Bay Tennis Club is on the corner of Assissi and St Francis Drive. Anybody is welcome to play, just collect the key at the Filling Station, where you pay R20 per player/hour and on social days R20 for the day's play

Contact Hilary Badger on 083 216 4744



We are here to help!

**If you are looking for a specific activity, contact reception.
The Sands 042 294 1888.**

Activities in Jeffreys Bay

Jeffreys Bay is home to the best right hand surf break in the world! International surfers flock to catch the legendary waves. It is a paradise of sunshine, aloes, dolphins, shells, perfect points & classic reefs. Surfers and others have found it hard to leave such an idyllic spot. After a day at the beach, pop into one of our popular factory shops.
Only 20 Min from The Sands!



Leisure

Shell Museum

Jeffreys Bay has always been known for its beautiful shells so it stands to reason that the town should have a Shell Museum.

The more than 600 shells species from across the world makes it one of the largest shell collections in South Africa, and attracts shell fanatics from all over the globe. Housed in glass cases is a huge variety of shells including the legendary cowrie, the rare paper nautilus, tiny baby jam tarts and a new species of cone.

Monday to Saturday from 09h00 to 16h00; Sundays from 09h00 to 13h00.
Contact the museum on +27 (0)42 293-1945



Surf Museum

The Quicksilver Store on Da Gama Road is home to the highly informative Jeffrey's Bay Surf Museum which tells the story of how surfing started in J-Bay and how the town has developed over the past 50 years.

Open Monday to Friday 09:00 – 17:00, Saturday 09:00 – 14:00 and Sunday 09:00 – 13:00

Contact the museum on +27 (0) 84 240 1741



Paradise Beach

Paradise Beach itself is a long sweep of white sand, onto which the warm blue of the Indian Ocean laps. This beach is perfect for water sports like kite boarding, windsurfing, surfing or jet-skiing. It is also great for swimming, tanning or just taking a leisurely stroll.

Making it the halfway point between the surfing hotspot of Jeffrey's Bay and the holiday retreat town of Cape St Francis.



Sports and Adrenalin

Skydiving

Live life and leap into the air from an altitude of 12 000 ft over the Jeffrey's Bay coastline, with spectacular views of the Indian Ocean. Free falling is the ultimate experience as you rush through the sky at a speed of 220 km/hour.

It takes 4 to 6 seconds until you really start smiling and enjoying the rush. 40 seconds later the canopy is opened around 5 000 ft, giving you a new outlook to life. This is all filmed by a third skydiver, a memory to treasure forever.

EP Skydivers operates from Paradise Beach, Jeffreys Bay each year from around 19th December to 2nd January.
Contact them on +27 (0)84 843-3236



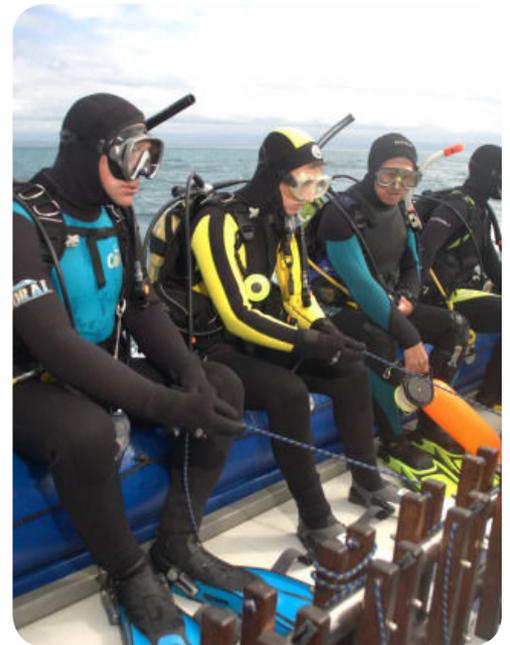
Diving and Snorkeling

The marine life of the Eastern Cape is fascinating and plentiful, granting scuba divers and snorkellers a unique peek into the diversity and abundance that exists below the water's surface. During the time between July and December, divers can even look forward to spotting a Humpback or Southern Right Whale as it makes its way along the South African coastline, often with their young following closely. To enjoy this spectacle from the surrounding waters, the whales' own habitat, is an experience that visitors will never forget.

Contact J'Bay Underwater Club on 072 7555 125

Supertubes and Dolphin Beach

Dolphin Beach is one of the few beaches in the country that has achieved Blue Flag status. Situated in the renowned surfing hotspot of Jeffrey's Bay, Dolphin Beach is where Supertubes are situated.



Sandboarding

Aston Bay in Marina Martinique has three levels of dunes available to try. Jeffreys Bay Sandboarding has experienced instructors on hand to assist where necessary.

You can start on the easy slopes until you get into the swing of things and slowly advance higher up the dunes for a more exhilarating ride. Boards are available for hire so all you need to do is arrive ready and able!

For bookings contact +27 (0)42 296-2974



Horse Riding

The serenity of a restful trot along the shore of the Indian Ocean or an adrenalin inducing gallop is a perfect way to take in the sight and smell of the beach.

The entire ride covers a distance of about 13 kilometres and takes between two and three hours to complete.

Monday to Sunday from 09h00 to 14h00
Contact Papiessfontein on +27 (0)79 299-8080



Ziplining

Jeffreys Bay's waterfall has long been a favourite among visitors to the small town. People regularly flock in droves to relax at this landmark, while the more adventurous jump off the cliff into the deep water below or get the adrenaline flowing by zipping across.

Contact Riki on +27 722 244 333



MTB Trails

A fairly new bike park, Impala Ranch is 1 000 hectares of incredible scenery that lives up to its name. There are plenty of impala, red hartebeest, bontebok, zebra, kudu, Nguni cattle, sheep a couple of ostriches, and the largest known cycad cluster in the Eastern Cape.

Don't expect tame gravel roads or jeep tracks, this custom designed single track runs through fynbos, old forest, alongside weathered rocks and boulders, up and down steep valley sides with plenty of jumps, hops and ramps to add excitement.

Some of the forest paths are rather technical, the path is only just wide enough to get through on single track. The uphill feel negligible, whilst the free-flowing downhills are fantastic.

Contact the Impala Ranch on +27 (0)82 440-3034



Shopping

Billabong South Africa

Billabong South Africa's retail and wholesale business headquarters is situated in the heart of the Da Gama Road Billabong Village.

The village is home to the famous Billabong Factory Shop, a country landmark and "must shop" destination for all new and regular visitors to J-Bay. The Billabong Factory Shop always has something for everybody at bargain prices all year round.



Country Feeling

The Country Feeling surf shop specializes in board riding. They carry an extensive range of Firewire surfboards and a large selection of PU boards which are all specially ordered from handpicked shapers and individually quality checked. They know which boards work, and stock them for you. They will also kit you out with the best fins, grips, leashes and wax.



QuikSilver

Quiksilver designs, produces, and distributes casual sportswear, footwear, winter sports apparel and equipment, they are famous for their T-shirts.

Quiksilver's merchandise is sold under numerous brand names, including Quiksilver, Roxy, Raisins, DC Shoes, Radio Fiji, Gotcha, Fidra, Hawk Clothing, Rossignol, Dynastar, Lange, Leilani, Lib Technologies, Gnu, and Bent Metal.



Billabong - Contact Details: Tel: 042 200 2672 Address: 1 a da Gama Rd, Jeffreys Bay

Country Feeling - Contact Details: Tel: 042 200 2611 Address: 19 Da Gama Rd, Jeffreys Bay

QuikSilver - Contact Details: Tel: 042 293 2203 Address: 24 Da Gama Street, Jeffreys Bay

Shopping

Scott Sports

Visit this locally owned and operated sports store for all your sporting and beach requirements. Scott Sports stock equipment for tennis, rugby, squash and cricket. Wide selection of running shoes or slides.

Silver For You

Balinese inspired gemstones and sterling silver jewellery, all handpicked with attention to detail and quality. Gifts, crystals, incense and shell jewellery all at affordable prices with expert and friendly service.

Tropical Traders

Importers, retailers and distributors of hand woven raffia bags, baskets and hats. Funky hand woven cotton cushions, slouch bags (bean bags) and throws. Also, a wide range of novelty recycled metal items, and unique hand embroidered cotton dresses for little girls.

Country Khaya

Bespoke African and Exotic home decor, jewellery, gifts and artwork. Everything in Country Khaya is handpicked by experienced designers and buyers who travel around looking for unique and exclusive pieces to bring to the showroom floor.

RVCA Factory Shop

RVCA's headquarters is situated in the surf village and close to their heart is their factory shop, where they discount apparel to the public. Look here for once-off samples and great prices on one of the worlds favorite fashion forward surf/art culture brands.

InStep

Locally handmade sheepskin boots and slippers which are synonymous with Jeffreys Bay's lifestyle. Handmade leather accessories and a wide selection of Croc's. Personal, friendly and professional service

Fountains Mall

The Fountains Mall offers so much more than just retail shopping to the tourists and residence of the area. The largest shopping mall within a 65 km radius, it is strategically based in the Fountains Estate just off the N2, entering Jeffreys Bay.

Shop to your hearts content at Fountains Mall. Drop the kids at Funky Frogs Play Centre and then make your way to the boutiques and lifestyle stores or go and see a movie at one of the cinemas.

Stores include Jewellers, boutiques, chain stores and a Woolworths for you to stock up on whatever you need for your holiday. There are plenty of Restaurants to choose from if you are feeling peckish - from fast foods to sit down fabulous!



Other Information



For more information, maps, directions and activities contact:

St Francis Tourism.

167 St Francis Dr, St Francis Bay, 6312
Contact: 042 294 0076

Jefferys Bay Tourism.

Shell Museum Complex
Da Gama Street
Contact: 042 293 2923