

7 outdoor adventure activities in Plett and Knysna

 By [Ruth Cooper](#)

17 Nov 2020

Now that the lockdown levels have eased and the travel ban to South Africa has lifted, both locals and overseas visitors can start planning their December holiday trips in the country.

Not surprisingly, there is a trend for travellers to look for nature-rich, outdoor activities that allow them to safely socially distance yet still get a decent change of scenery even if it is not too far from their home base.

Plettenberg Bay and Knysna along the popular Garden Route in the Western Cape are great holiday destinations for those looking for some outdoor adventures for the whole family.



Green light given for tourism to reopen in full, with health and hygiene protocols

12 Nov 2020



I happily embarked on a media trip courtesy of [Cape Summer Villas/The Bungalow](#), [Turbine Hotel](#) and [Ford South Africa](#) a few weeks ago to test run the adventure activities on offer. Here are my top seven adrenalin-filled and soul-soothing outdoor activities along the Garden Route.

Swim with Seals with Offshore Adventures in Plett

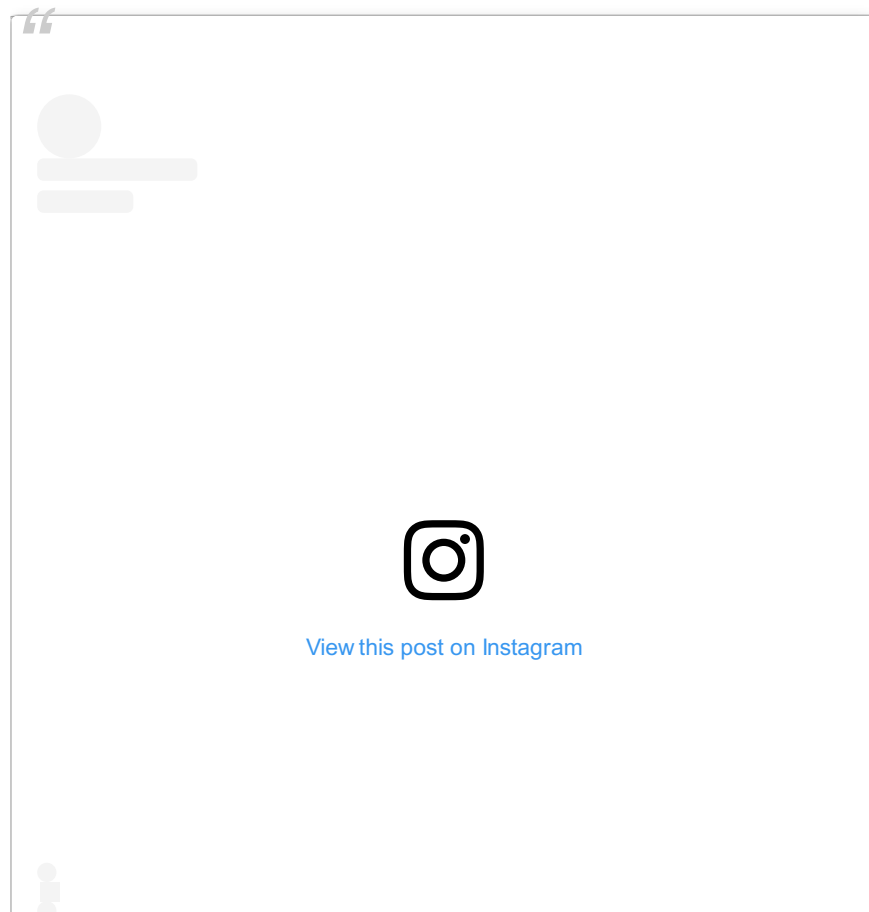
For a unique bucket list activity look no further than swimming with seals along the scenic coastline in Plett - the 'ultimate free diving marine safari'! Offshore Adventures charter divers out to a marine protected area in the Robberg Nature Reserve and home to approximately 6,000 Cape Fur Seals. The seals are super relaxed around people and frolic and flip right amongst divers. Wetsuits, flippers and snorkels are provided and the entire activity is about 90 minutes. Offshore Adventures also offers seal viewing cruises and jet ski rentals. More info [here](#).

Paddleboard with SUP Keurbooms River and Champagne cruise in Plett

SUP Keurbooms River and Champagne cruise combine a 4.5km boat ride, stand-up paddling and bubbles (sensibly in that order) along the banks of the beautiful Keurbooms River and sandy cove at Whiskey Creek. The scenery at this nature reserve is stunning and the river relatively flat and calm so perfect for SUP first-timers and kiddies, and if you happen to fall in all the more fun. All equipment and instructions are included. More info [here](#).

Hike the world-renowned Robberg Nature Reserve in Plett

The world-renowned Robberg Nature Reserve, a national monument and World Heritage Site, supplies some of the best hiking in the country. Enjoy inspiring landscapes and possible dolphin and whale sightings as you get your blood flowing and heart pumping along the dramatic yet challenging terrain. If looking for a challenge tackle the more strenuous circular 9km route or if looking for an easier hike rather attempt the 5.5km or 2km options. Good to note: Wild Cards get you free entry. More info [here](#).





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Ruth Cooper 28 Mar 2017



Zipline with Forest Adventures in Knysna

Thrill-seekers looking for a fix will find it at Forest Adventures' newest activity addition, Knysna Ziplines. Glide over treetops 200 metres above the Kranshoek Sanparks picnic site on the longest and highest zipline in the country. Knysna Ziplines is currently offering an opening special for South Africans. Take a peek at the adrenaline-filled action below! More info [here](#).

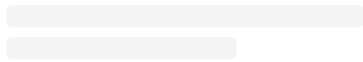
Hike the ancient Knysna Forest

If ziplining sounds like too much of a pulse racer a gentle stroll in the wonderfully lush and predominantly shade covered Knysna Forest might be more your speed. Admire lush ferns and giant Yellowwoods or take a dip in one of the waterfall pools along the way. This ancient forest is the largest in the country and offers a variety of walks - from 3km to 9km - including the beautiful Circles in the Forest hike; a perfect nature fix for all fitness levels and ages. Guided tours are also offered and access is free with a Wild Card. More info [here](#).





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Cycle around picturesque Knysna

Cycle tours around small towns are always such a good option to get the lay of the land if new to the area and Knysna is most definitely a bike-friendly town. The Turbine Water Club in the picturesque Thesen Island offers bike hire for up to eight hours. The terrain is predominantly flat and most of the route offers bicycle lanes so a great option for families and varying fitness levels. The Turbine Water Club also offers kayak and canoe hire around the Thesen Island canals. More info [here](#).

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Sunset cruise in Thesen Island

After a few days of strenuous pulse-racing adventure and activities, a relaxing sunset cruise along the scenic Knysna Lagoon in Thesen Island is recommended. Sip bubbles while you admire the cute Cape Cod-style buildings along the Thesen channels and the iconic Knysna Heads. The cruise lasts an hour and 30 minutes and takes you past Brenton-on-Lake before making a turn at the Heads and heading back to the Turbine Water Cub. More info [here](#).

[Cape Summer Villa's The Bungalow in Plettenberg Bay](#) and the [Turbine Boutique Hotel and Spa](#) in Knysna are great accommodation options to base oneself when exploring the Garden Route.



Enjoy laid-back yet luxurious beachside accommodation at The Bungalow in Plett

Ruth Cooper · 19 Nov 2020



ABOUT RUTH COOPER

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