

Five outdoor adventure activities in Cape Town



By [Ruth Cooper](#)

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Cape Town is not only a bucket list destination for its good looks, world-renowned wine and food, and bustling creativity; the city also offers a bevy of exciting and unusual adventure activities along its many coastlines and mountain passes.

With the prestigious World Travel Market Africa travel and tourism trade show descending on Cape Town shores from the 18-20 April 2018, we thought it best to share some of those top adventure activities for visiting delegates, speakers, and locals alike.



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World Travel Market Africa 10 Apr 2018



1. Take to the skies with a tandem paraglide

A paraglide is really the best way to see the Mother City from all her photogenic angles. Cape Town Tandem Paragliding flights launch off Signal Hill or Lion's Head and gently land on the Sea Point strip. Flights last anything from five to 30 minutes, depending on the wind conditions.



#Shotleft: Admire Cape Town from above

Ruth Cooper 3 Apr 2017



Cost: Tandem paragliding flight: R1,300 | Photos and video: R300

For more info go to www.paraglide.co.za



2. Take a scooter down Signal Hill

Imagine experiencing some of Cape Town's most famous hiking routes such as Signal Hill and Table Mountain, yet forgoing those calorie burning inclines. With Cape Town Scootours, you can enjoy the breathtaking views at speed as you freewheel down the decline on a non-motorised Monster Mountain® Scooter. There's no need to hike up as your friendly tour guide will drive you to the start point at the top and collect you once descended.

Cost: Driver ticket (10 years and up): R 550 | Passenger ticket (4-9 years): R 290

For more info go to scootours.co.za



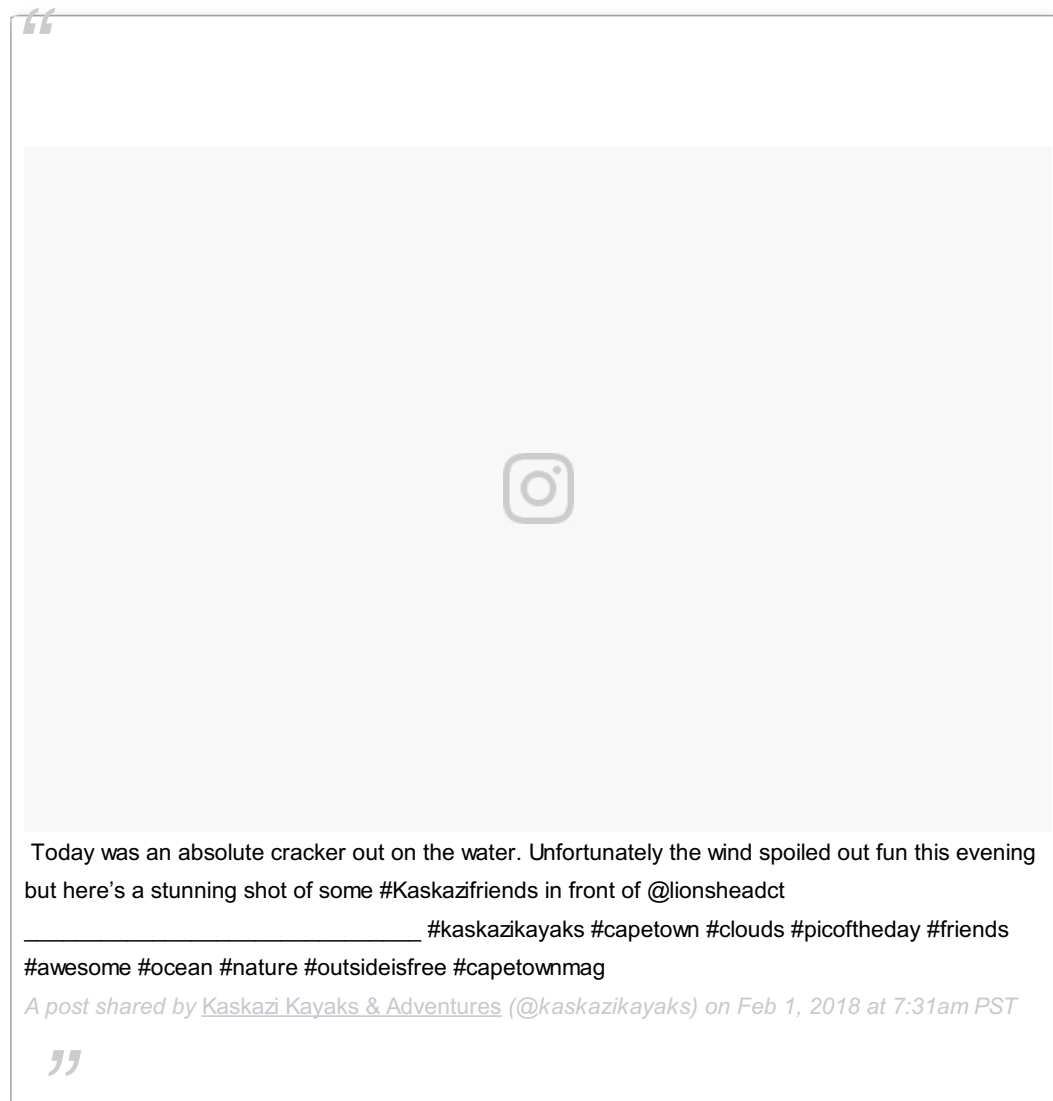
3. Navigate the coastline via a kayak tour

Kaskazi Kayaks and Adventures offers guided kayak tours along the scenic Granger Bay or Bantry Bay coastlines where

it's not uncommon to spot dolphins or whales. The tours follow a 3-5km journey and last two hours.

Cost: R400 per person

For more info go to: kayak.co.za



4. Take a ride with a sidecar

Take a scenic ride aboard Cape Sidecar Adventures' WW2 replica sidecars. They offer a variety of routes and lengths, which include a two-hour trip along the Atlantic seaboard and picturesque Chapman's Peak and full-day tours to the Winelands.

Cost: View the rates [here](#).

For more info go to: www.sidecars.co.za



5. Abseil down Table Mountain

For unforgettable views of the city bowl and Atlantic Seaboard, abseil 1,000 metres above sea level off Table Mountain. The abseil is about 45 minutes long and includes a short hike back to the top. If you're feeling energetic, hike from the bottom to the abseil take-off point at the top of Table Mountain or take the popular [revolving cable car](#).

Cost: R995 per person

For more info go to: abseilafrica.co.za



World Travel Market Africa is one of the leading travel and tourism trade shows in Africa taking place annually in Cape Town. For more info click [here](#).

ABOUT RUTH COOPER

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