

# A Kayak Cape Town experience

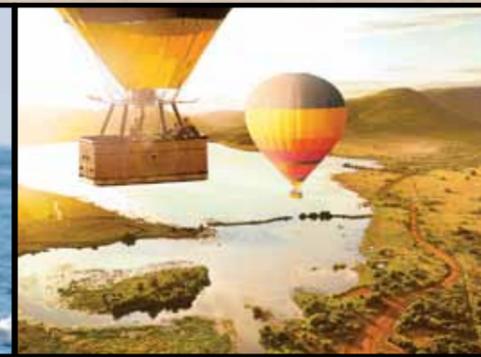
Text & Images: © Lara Potgieter



Text & Images © La Motte

## Paddling and pondering along the coast of Simon's Town

I do believe that there are two types of outdoor sports enthusiasts: those who enjoy the challenge and the adrenaline, and those who simply hope for a scenic ride.



# WELCOME TO SOUTH AFRICA

We welcome you with open arms and hearts and the warmest, widest of smiles! Come and experience our hospitality wherever you go and get in touch with our wide variety of fascinating cultures and local traditions. Experience our country's natural wonders and the rhythm and soul of Africa. Witness our regal wildlife and go on an unforgettable journey through our ancient and recent past.

You can now experience the best of South Africa AND contribute to the country and her people! This has been made possible through the introduction of the world's first Fair Trade Tourism certification programme. Fair Trade Tourism in South Africa (FTTSA) certifies tourism businesses such as hotels, activities and attractions - from backpackers to five-star lodges, township tours to whale watching cruises, adrenaline-filled activities to botanical gardens. The certification uses a set of standards linked to global Fair Trade criteria, combined with locally relevant issues.

A full list of FTTSA certified businesses is available at [www.fairtourismsa.org.za](http://www.fairtourismsa.org.za)



I fall into the latter group. I'll hike if the view at the top is good and the journey there isn't too strenuous. I don't mind adrenaline, as long I don't have to put in much effort to evoke it. I'd sooner jump off a mountain than climb to its peak.

My kayaking expedition with Kayak Cape Town in Simon's Town worked out splendidly. I took an active Andy with me and he enjoyed the physicality of paddling while I sat back and took in the scenery.

And what scenery there was! From the jolly little penguins hanging out on the rocks to the sudden flight of hundreds of cormorants and a lucky sighting of a nearby seal, the journey was filled with friends and fancies to keep me entertained while my partner worked on his biceps.

We were lucky enough to go out during perfect conditions, and I almost tipped the kayak a couple of times whilst leaning as far over the edge as possible to see if I could spot the urchins at the bottom of the crystal clear water. Luckily the kayaks are sturdy as Gibraltar and no casualties ensued (although we did receive a thorough safety demonstration that saw us equipped for just about anything short of a whale attack).

Our guide was patient and well-humoured, considering his reactions to the numerous occasions on which we almost tipped him out of his kayak.

By the end of the tour, both paddler and explorer were satisfied – active A felt that he had done a good workout and I had lots of lovely photos and stories.

Visit [www.kayakcapetown.co.za](http://www.kayakcapetown.co.za) to give it a try for yourself. 🇿🇦

