



THE GREAT AFRICAN SEAFOREST

Adventure

THE TRIP

OVERVIEW

Are you looking for an ocean and nature packed holiday?

Then come with on an Adventure with The Marine Diaries to Cape Town, South Africa; a trip which combines the most breath-taking aspects of both land and sea.

South Africa is home to hundreds of endemic species. On this trip, we will explore the rich marine biodiversity this unique country has to offer.

We've partnered with Cape RADD, a leading NGO based in Simons Town, to deliver this trip packed with scuba diving, citizen science, and learning.



10 Days / 9 Nights



18-27 September, 2024



Cape Town, South Africa



9 spaces



£3,575 per person

TRIP

Mission



MISSION

The Marine Diaries has launched ocean adventures with impact to continue our mission to connect people with the ocean.

Our intimate trips are curated and hosted by marine biologists, and we work with trusted operators who respect ocean wildlife. Each bespoke expedition will incorporate citizen science, education, and ocean-positive activities.

We welcome anyone** who wants to get their feet wet - whether you're an experienced explorer, diver, freediver, photographer, or just at the beginning of your ocean journey.

We can't wait for you to join us!

** Please remember to check specific trip requirements.

TRIP LEADERS



ARAGORNE LOMOND

Ara has been working with The Marine Diaries since 2021, and has been working behind the scenes to plan our adventures. She's travelled out to South Africa to meet Cape RADD and explore the local wildlife first-hand.



MIKE BARRON

Mike is a marine scientist, PADI diver instructor, and co-founder of Cape RADD. He is passionate about engaging ECOPs in marine conservation and science, as well as studying and protecting the rich marine biodiversity of South Africa.



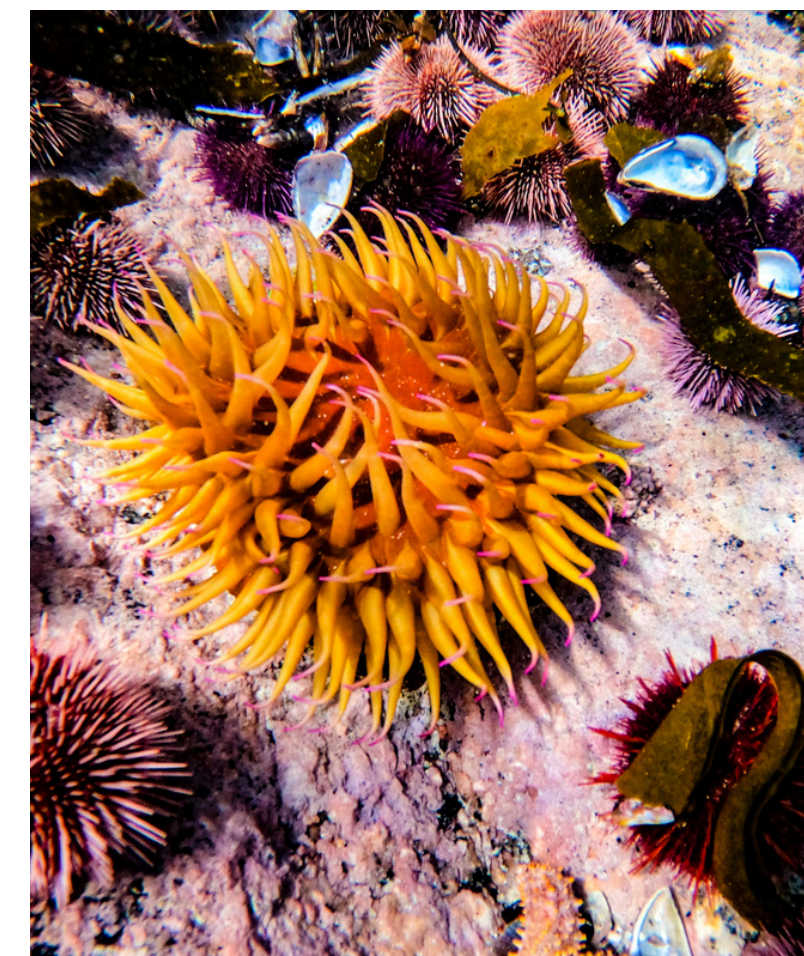
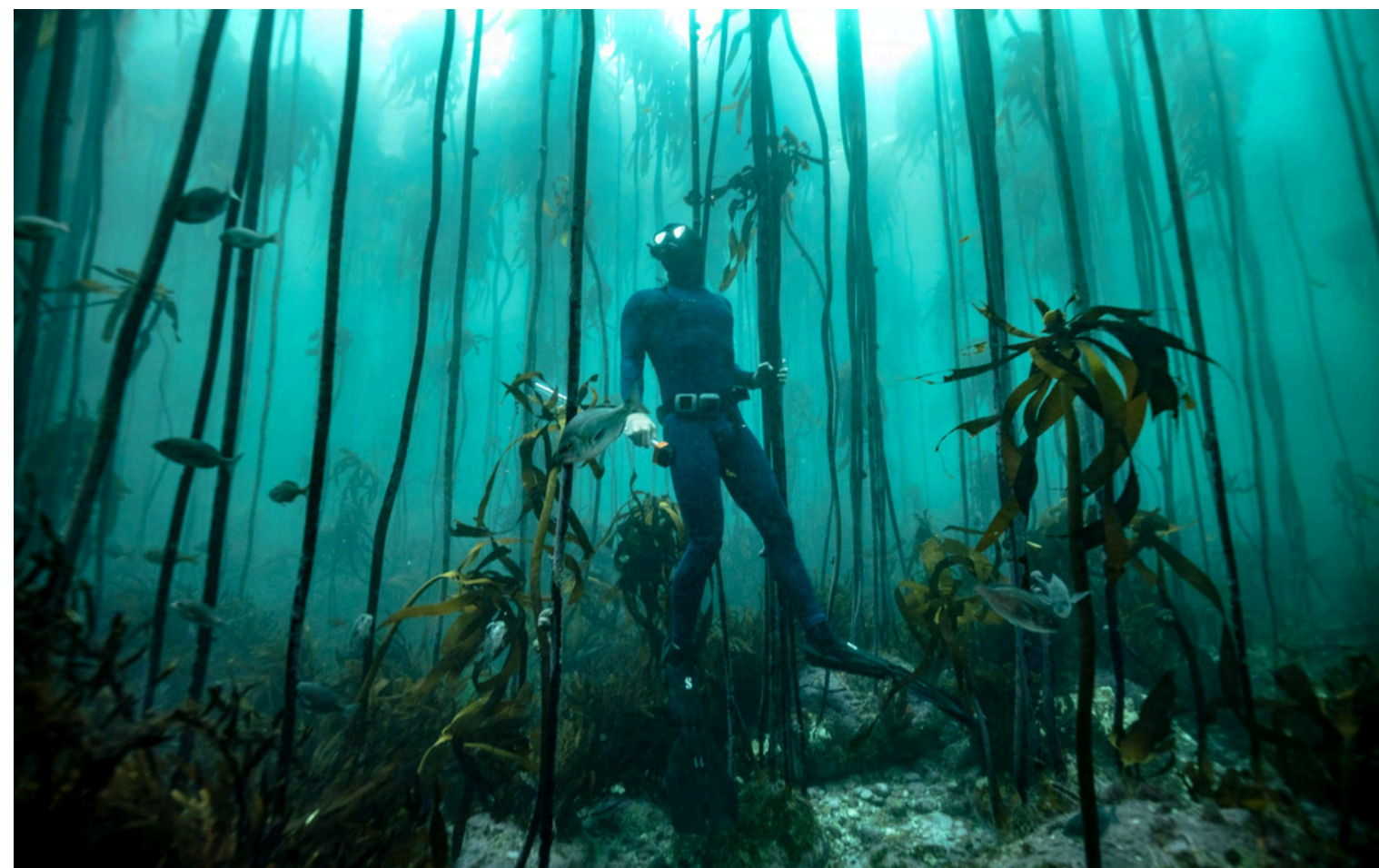
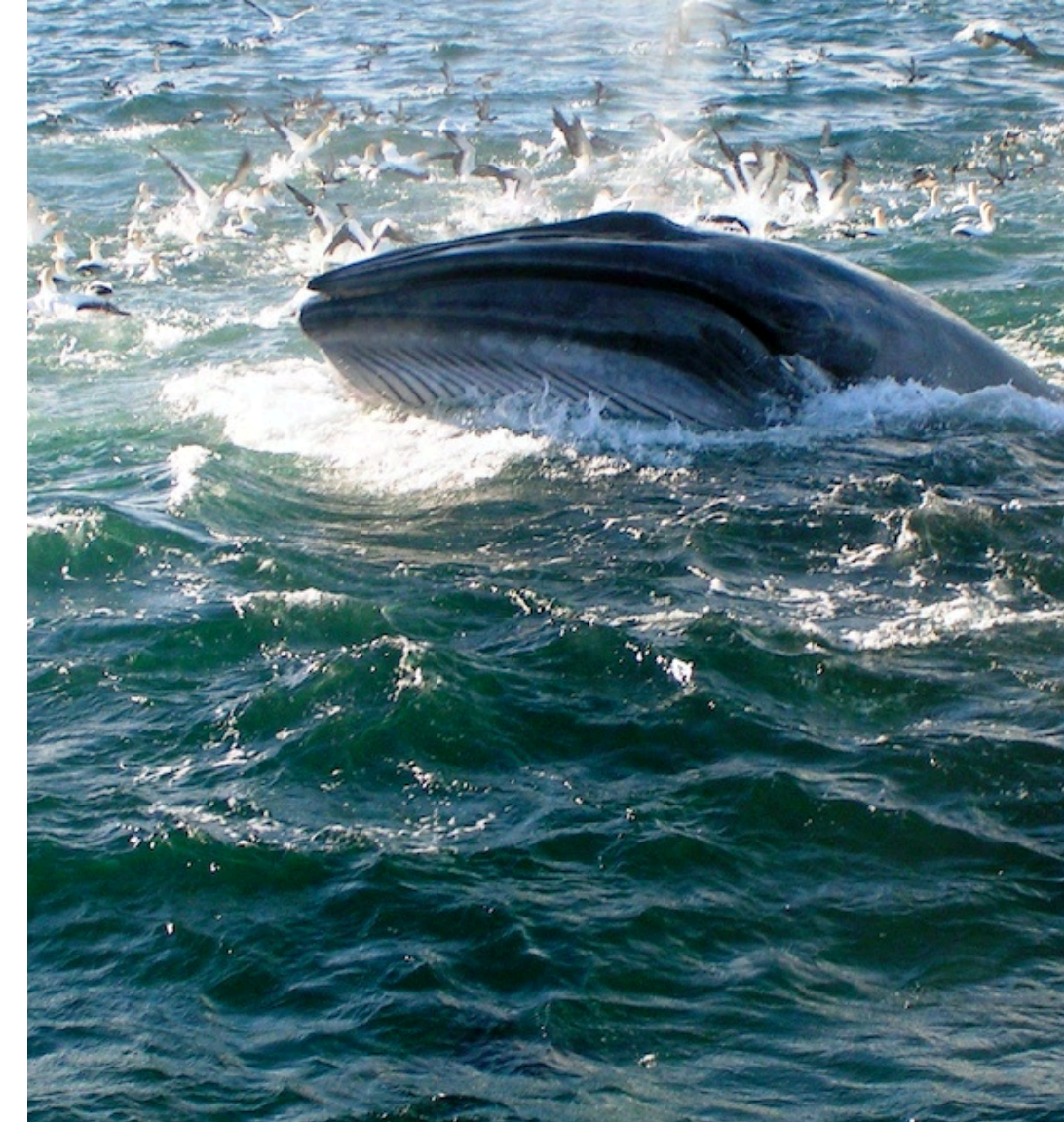
FALSE BAY

A MISSION BLUE HOPE SPOT

False Bay is a well-known hotspot for marine biodiversity, with dive sites ranging from giant bamboo kelp forests to rocky reefs, soft corals, and wrecks. The area is home to African penguins, cape fur seals, endemic cat sharks, and gulley sharks. Common visitors include dolphins and whales, such as the Southern Right whale and Bryde's whale.

In 2014, False Bay was designated as a Mission Blue 'Hope Spot' by the legendary Dr. Sylvia Earle, a world-renowned marine biologist and oceanographer. Hope Spots are special locations that are vital to the health of our ocean.

Cape RADD are one of False Bay's Hope Spot Champions, and in 2024, Dr. Earle paid them a visit - even joining for a dive in the magical kelp forest.



WHAT OUR GUESTS SAY

"Fabulous, adventurous, and FUN... So informative and educational. This was such a well organised trip that encompassed the many beautiful facets of Cape Town! The scuba diving was excellent, and Cape RADD was sensational. Rebecca from The Marine Diaries is such a positive force, well informed and did everything in her power to make this an unforgettable trip! I highly recommend booking the next South Africa Adventure!"

- Marlis

Magical. We dived in the Great African Seaforest, met penguins, seals, and shy sharks face-to-face, joined marine biologists in their research, understood from turtle conservationists the impact of ocean plastics, and even dissected a shark. It was fun, and I learnt a lot about the ocean. The Marine Diaries organised everything beautifully, and was super responsive to our wishes, the underwater visibility, and the weather. Rebecca was engaging, inspiring, bubbling with energy and fun. Deeply grateful for this experience.

- Stefan



ACCOMODATION

SIMON'S TOWN QUAYSIDE HOTEL

Our guests deserve the best, and the luxurious bed and breakfast-style Quayside Hotel certainly delivers. This 4-star location offers mountain and seaside views, and is conveniently located just a few minutes walk from the Cape RADD Hub.

Each guest or couple will have their own room with an en-suite bathroom.

Facilities include:

- Breakfast
- En-suite bathrooms, with toiletries.
- Room service
- Air-conditioning
- Free Wi-Fi
- TV
- Laundry facilities
- Free parking



DIVING CONDITIONS

This adventure includes cold-water diving (average water temperature around 15°C). While all necessary gear is provided to keep you warm, these conditions may be an adjustment for some divers.

Everyone will have an opportunity to find their comfort level through an acclimation dive, and we'll cater dives to the group's ability and experience level.

All dives will be in calm, shallow waters, so there's no need to feel nervous; this trip is beginner-friendly and Cape RADD's team of experienced divemasters and instructors will be guiding each dive.

Credit: Danel Wentzel



WHAT'S INCLUDED

- Airport transfers and transport for all activities.
- Accommodation (9 nights).
- Meals: breakfasts, lunches, two braais (welcome and farewell).
- All scuba and snorkel equipment, inc. tanks.
- Water activities: scuba dives, boat hire, and dive guides.
- Land activities: Entry fees for Boulders Beach, Cape Point, Two Oceans Aquarium, and wine tasting.
- Educational talks and workshops.
- Cape RADD t-shirt and 10% off any dive equipment purchase.



NOT INCLUDED

- Flights.
- Visa requirements.
- Dinner on day 2-8.
- Personal travel insurance and diving insurance.
- Extra diving equipment rental (dive computer, compass, specialised equipment).
- Out-of-hours airport transfer (£20 pp).
- Scuba refresher course (£125 pp).
- Optional night dive (£50 pp).
- Personal spending money and gratuities.
- Additional travel outside of trip itinerary (Uber is available).

RESTAURANTS

Based on guest feedback, dinner from day 2-8 has been left flexible so you can explore the local culinary diversity. Simon's Town is filled with affordable dining options.

SAVEUR

A European-style restaurant with a harbour side view.

FRAN'S PLACE

Sample traditional South Africa dishes like bobotie at this locally owned restaurant.

MINARI KOREAN KITCHEN

Offering Korean dishes, noodles and dim sum, as well as vegan and vegetarian options, Minari is a local favourite.

HARBOUR VIEW

Enjoy views of the harbour with local seafood or African wild game.



GIVING BACK



THE MARINE DIARIES

All profits will be reinvested into The Marine Diaries' work to give our ocean a voice and create lasting change.

CAPE RADD

This expedition will help Cape RADD continue their research, conservation, and education efforts.

CITIZEN SCIENCE

Any photos of sharks taken during the trip will be uploaded to 'Fin Spotter', a database of shark encounters. These population studies contribute to the understanding and conservation of sharks in False Bay.



Itinerary

** Itinerary is subject to change depending on weather conditions.

Credit: Danel Wentzel

DAY 1

ARRIVAL & WELCOME

Upon your arrival, a shuttle will be waiting for you at the airport. Enjoy the first glances of this beautiful country while you're transported to your accommodation in Simon's Town.

Unpack and relax!

Once you're all settled, join us for a welcome briefing and orientation in the Cape RADD Hub. You'll also meet Ara (your trip host), the Cape RADD team and have a tour of the base to orient yourself with our departure points for the week.

In the evening, we'll have a welcome braai - mingle, get to know your fellow trip buddies and enjoy the stunning sea view. Afterwards, feel free to rest for the night, or - for those already feeling the excitement - take a walk to Long Beach.



DAY 2

SHORE DIVES & PENGUINS

After breakfast, join Cape RADD's marine biologists to learn about the local marine life. Then we'll be diving right in with an easy shore dive to acclimatise and check kit. If you're a little rusty, take part in a refresher course offered by Cape RADD (extra cost).

In the afternoon we'll be checking out the colony of African penguins at the Boulders Beach. Relax, sunbathe, and explore the stunning scenery from the coastal boardwalk. You can even take a dip in the shallows with your new feathered friends.

In the evening, we'll celebrate our first day together at the local pub (optional). Enjoy a game of pool with a pint of African-made draught.



DAY 3

THE GREAT AFRICAN SEAFOREST & FIN SPOTTING

We kick off the day by exploring the Great African Seaforest! The giant kelp supports hundreds of species and spans over a thousand kilometres. Bonus: you may even find a movie star hidden among the kelp (the lead in 'My Octopus Teacher').

After lunch, join us for a Fin Spotter workshop, where you will learn how to spot and ID sharks.

We'll put your new-found skills to the test on a citizen science dive - where you'll help collect data on the sharks of False Bay. Will you spot the elusive puffadder and pyjama sharks?



Credit: Danel Wentzel

DAY 4

CAPE POINT NATURE RESERVE

We've carved out a whole day to explore the Cape Point Nature Reserve, which is full of dramatic cliffs, fantastic hiking trails, and deserted beaches.

We'll visit the iconic lighthouse and the southern-most point of the African continent: Cape Point. There will be options for hiking, exploring Cape of Good Hope, and taking a dip in one of the secluded beaches.

Keep an eye out for baboons, ostriches, antelope, and zebra. If you're lucky, you might even spot a Cape clawless otter! And take in the rich display of plant life - this reserve is worthy of any visitor's bucket list!

We'll relax and wind down with a movie in the evening (optional).



DAY 5

SCUBA DIVING & LOCAL AREA

We'll be heading out in the morning to explore more of False Bay's fantastic scuba diving spots - such as rocky reefs teeming with colour, and home to sponges, mussels, sea urchins, and sea anemones.

For the rest of the day, you'll have some free time to explore the local area or kick back and relax. Your host can recommend places to eat, shop, and explore.

If you'd like to travel further afield, you can grab an Uber to local destinations such as Fish Hoek, Muizenberg, or Hout Bay (for the famous Chapman's Peak drive).



Credit: Danel Wentzel

DAY 6

WINE TASTING

We'll begin the day with a presentation about The Marine Diaries, so you can learn more about our organisation, future goals, and what's in store for our next adventures!

We'll head out for more scuba diving, discovering some of the many shipwrecks found in False Bay.

In the afternoon, we'll sample some of South Africa's famous wines and enjoy a delicious dinner whilst looking out onto majestic mountains and rolling valleys. Take a stroll around the vineyards and learn more about wine making.



DAY 7

SCUBA DIVING & LOCAL AREA

We'll head to a different dive spot to meet playful fur seals. Catch them sunbathing on the rocks and playing amongst the swell in the underwater auditorium.

Spend the remainder of the day snorkelling in the harbour looking for shysharks, strolling along the nearby beaches, or checking out some of the local wares.

To finish the day, we'll hear from a local speaker about South Africa's culture and history.



DAY 8

SEALS & NIGHT DIVE

In the morning we'll be heading out for our final dive of the trip. So keep your eyes peeled for whales, seals, and penguins on our way to the dive spot and don't forget to bring your underwater camera!

Wind down with some free time in the afternoon. Why not take part in a harbour clean up hosted by The Marine Diaries? Learn about plastic pollution and snorkel around the harbour to help tackle this issue.

An optional night dive will be on offer in the evening. We highly recommend joining us for this unique experience! Come and observe the sleeping fish and animals which come to life at night such as pyjama and zebra sharks, and enchanting displays of cuttlefish and bioluminescent jellies.



DAY 9

2 OCEANS AQUARIUM & TABLE MOUNTAIN

In the morning, you'll be treated to an exclusive behind-the-scenes tour of the Two Oceans Aquarium to learn about the important conservation work being done.

Get a taste of the cape's Floral Kingdom by hiking up the world heritage site Table Mountain. The stunning view from the top will stake your breathe away.

For those eager to see the views without a difficult trek, take the cable car up and explore the easy walking routes around the top before rejoining the group.

Reminisce about your extraordinary memories from the trip at our farewell braai, and take some time to exchange photos and contact info with your new ocean friends.



DAY 10

DEPARTURE

Sadly, this will be our last day on the trip...

We'll head to a local cafe to enjoy a final breakfast together, and have one last chance to take in the calming coastline of Simons Town.

You'll have some free time to pick up some last minute postcards or gifts, and a shuttle will take you back to the airport for your return travel.

We hope to see you again soon!



An underwater scene with a school of small fish swimming in a blue, slightly hazy water. Tall, thin seagrass stalks are visible in the background, and some darker, leafy plants are in the foreground. The overall tone is serene and natural.

THE MARINE DIARIES

Adventures