

TEAM BUILDING OR COACHING TOUR

2 DAY / 1 NIGHT OR CUSTOM

Do your team building in beautiful natural environments with selected venues.

Working together with your team-leader or team coach, I put together an unforgettable tour that includes activities to keep the team engaged and gain new experiences about team work. The options for spectacular settings and activities are endless and will be selected to suit your specific preferences.



Example itinerary

Day	Arrive–Depart	Location and Activities
Day 1 - Fri	07h30-09h00	Embark coach to travel to scenic venue in Elgin fruit farm areas
	09h00-10h00	Meet and greet at venue with welcome by team leader. Enjoy welcoming coffee /tea and briefing on programme
	10h00-12h45	Coaching workshop
	13h00-13h45	Lunch
	14h00-16h30	Team building exercise - outdoor
	16h45-18h30	Tea is served during group networking session - Small Group networking and discussions on the terrace
	19h00-20h00	Dinner and break
Day 2 - Sat	20h30-22h00	Coaching workshop and lecture series - Client's custom materials covered Summing up the day with the coach
	07h30-08h30	Breakfast
	08h45-13h00	Morning session outdoor activities
	13h00-14h00	Lunch
	14h00-15h50	Final coaching session - a recap and summary of activities
	16h30	Embark coach for trip back to Cape Town

With a team building tour time evaluation is very important in order to achieve all the objectives set out. The itinerary will be designed to include all session times taking this into account. Other incentive tours can be designed to include more 'touring activities if required.



Elgin Valley - Get out of the city buzz - Enjoy peace and quiet

An hour's drive from Cape Town, Stellenbosch and Hermanus, you'll find the magical Elgin Valley - the land of the outdoors that visitors fall in love with! Ringed by mountains, its green rolling hills are a tapestry of orchards, vineyards and olive groves. Known for country living, fresh produce, elegant cool-climate wines and famous fruits – most notably apples and pears. Bike, hike, swim and embark on an adventure breathing in the country air. The valley boasts family-owned wineries and farms, gourmet restaurants, deli's, B&B's, gardens, outdoor adventures and farm stalls that occupy this magical valley.

HIGHLIGHTS

- Beautiful scenery
- Coaching sessions
- Set in suitable settings
- Fun team building activities

Team Building Activities

The goal of team building is to build trust between team members. Tasks are designed for improving group performance and allow team members to spend time together in a relaxing setting and informally discover better methods of communication. Activities can be indoors or outdoors and can involve extreme adventure or relaxing activities to assist teams in becoming cohesive units.

Recreational activities can include:

- River rafting
- Quad biking
- Paint-ball
- Hiking
- Challenges
- Abseiling
- Planetarium
- Mountain biking
- Meditation/Yoga
- Wine tasting
- Spa treatments

Many more options are available, please get in touch to discuss.

Includes

- Transport in Luxury vehicle
- Driver/guide ,fuel and tolls
- Accommodation DBB
- Water in vehicle at all times
- Pickup and return to agreed destination at your convenience anywhere in Cape Town

Excludes

- Meals & Refreshments not in itinerary above
- Any entrances or excursions not mentioned above
- Any accommodation not in itinerasy.
- Personal insurances



Tubing

Tackle the ultimate river tubing adventure in a place of abundant waters. Experience the breathtaking high mountains, deep gorges and rugged coastline, covered with tall indigenous forests and fynbos.



Quad Bike Excursions

Quad biking trails are led by a registered guide and operated on private lands and conservancy areas. Stringent safety regulations are enforced and safety equipment such as helmets and goggles are supplied.



Cheetah Sanctuary

Experience the excitement of a personal encounter with hand-raised cheetahs and cubs when available. The sanctuary take on the responsibility of hand-rearing cubs as ambassador cheetahs to promote the survival of free ranging cheetah.



Pulse Combat Games

A challenge to capture the enemy. This outdoor game played using harmless Infrared technology. Shoot in machine-gun mode up to 120m and launch grenades. Difficulty level can be selected and the rifles are pre-programmed with the game of your choice.



Paintball Combat Games

Eliminate opponents by hitting them with your paintball gun - the pellets containing paint! Rules - most commonly two opposing teams seeking to capture their opponent's flag and return it to their starting position - a game can last as long as time permits.



Ballooning

Ballooning offers a unique adventure in the beautiful surroundings. Balloon flights in Africa usually take place at sunrise, before thermal activity starts. Balloon flights depend on weather conditions Everyone onboard is welcome to help with rigging.



Cycling on a wine or fruit farm

Excellent mountain biking on easily accessible trails. Various routes are yours to choose from. Saddle up and crank off on a section of easy track meandering through the valley. Your ride with a wine tasting - preferably afterwards!



River rafting

In one word: exhilarating! Navigate a raging river, comprising of rapids and bends. Difficulty level vary from calm to impossibly hard to navigate. It offers adrenaline action but also scope for nature lovers to floating along lazily. River rafting is environment friendly.



Star gazing

This one of the brightest star gazing destinations due to clear, unpolluted skies and low levels of light in the surroundings. Observe and learn about the night skies - the awe inspiring mysteries of the stars, planets and distant galaxies.



Bungy jumping

Take the most adventurous bungy jump of a lifetime. Experience the highest commercially operated bungy jump in the world at a whopping 216m high! Bloukrans utilises pendulum bungy technology ensuring you the smoothest, most comfortable bungy jump possible.



Great White Shark Cage Diving/Viewing

An eye-to-eye encounter with a Great White Shark during shark cage diving is an adrenalin surging experience! Come face to face with these magnificent ocean predators when the shark cage is gently lowered into the water.



Spa treatments

A health spa vacation combines perfectly with team building at the spa of your choice. The possibilities are endless and we will assist you in choosing the ideal teambuilding and spa combination that will suit your specific needs.



'Braai'

The South African *braai* is a fervent national obsession and a weekend favourite past-time! Most typically, it includes 'boerewors', 'pap' and a delicious home-made sauce. Any excuse is used to celebrate with a braai.



Hiking

Hike on some of the Western Cape's best hikes, trails or walks. From easy strolls through the forest to more challenging climbs up mountains, there are so many great hiking routes in Cape Town and the surrounding areas. Let's go hiking!

Also: Various types of picnics, helicopter flips, mountain biking and more activities available.