

2020/2021

TONY COOK ADVENTURES

Please look at all four of our websites:

www.mountainbikingafrica.co.za

www.kitesurfingafrica.co.za

www.knysnaforesttours.co.za

www.tonycookadventures.co.za

All our guides are qualified with FGASA (Field Guide association of South Africa) registered with DEAT (Department of Environmental Affairs and Tourism) and are qualified in first- aid. We are also members of Knysna Tourism.

(NB. We reserve the right to change rates without prior notice.)

All tours depart from Thesen Island – next to Garden Route National Parks Head Office.

Departure Times: 9am and 2.30pm unless prior arrangements have been made.

Booking in advance is essential.

We supply all equipment and transport for individual bookings or groups of 8 pax or less.

NB: Transfers for group bookings of 8 or more guests are charged separately. Please enquire for discounted rates on group bookings.

Rates are based on min two guests. Single guests are welcome at an additional single supplement price. Contact us for more details.

Kitesurfing – Rates.

Kite Surfing:

All rates are per person.

Instruction/Lessons:

2 hour private lesson: 1 student - 1 instructor.

R900-00 per hour for private lessons. 2 hours. (R1800-00)

3 hour private lesson: 1 student - 1 instructor.

R800-00 per hour for private lessons 3 hours. (R2400-00)

5 hour full day lesson: 1 student – 1 instructor.

R750-00 per hour for private lessons. 5 hours. (R3750-00)

Group lessons: 2 students – 1 instructor.

R650-00/ per person per hour for group lessons of 2 pax. 2/3/5 hours.

Wing /Foil Lessons:

R750 per hour: 1 hour lessons, can be extended to 2 hours by requested.

Includes all equipment.

Kite rental:

Kite, board, harness, pump, leash. wetsuit.

R480-00 per hour. / 35 Euros

R950-00 half day. / 60 Euros (Half day is classified as anytime after 12pm.)

R1250-00 full day. / 80 Euros

Single items:

Kite only - R450-00 half day up to 12pm/R900-00 full day/ 65 Euros

Board Only - R250-00 per day / 20 Euros

Wetsuit Only - R150-00 per day / 10 Euros

- R100-00 half day/ 7 Euros

Harness Only - R150-00 per day / 10 Euros

Windsurfing Lessons

- As above R950-00 per person per hour.
- Private lesson. 1 student / 1 instructor.

Windsurf rental:

- Full rig - R1250-00 per day.
- Board Only - R680-00 per day.
- Sail Only - R680-00 per day.

- Multiple days rental : R950-00 per day.

Surfing lessons - Rates

R450-00 per person for group lessons for 2 hours. Includes board/wetsuit/instructor. Min 2 pax.

R750-00 for individual lessons. 2 hours one-on-one instruction.

SUP – Stand Up Paddle Boarding!!

(Rates include wetsuits for lessons only.)

SUP lessons and tours at R550 per person for 2 hours.
(Single/private lesson R750-00.)

Board rental only:
R250-00 per hour.
R350-00 2 hours.
R450-00 Half Day.
R550-00 Full Day.

**Enquire for long term rental rate.
Rate depends on number of days.**

Mountain Biking – Rates

Rates include bikes, helmets, water bottles, guide, transfers, and light refreshments.

Please enquire about corporate/school group rates!!
All MTB rates exclude permits payable direct to San Parks!

Permits payable to San Parks R53-00 per person international rates. R53-00 RSA ID required.

1 - Half-day trip – R650-00 per person. Includes light refreshments.
3 ½ hours. Excludes permits.

2 - Half day Garden Route Trail Park – R750-00 p/p includes permits and light refreshments. 4 hours.

3 - Full day Garden Route Trail Park – R950-00 p/p includes lunch and pump track! 6 hours

-If you have all your own equipment then a minimum “Guide only” rate of R1250-00 is charged for the first two guests plus R100-00 per person thereafter.

Bike Hire Only – R450-00 per day includes drop off and collection.

Single Supplement rate is R750-00. Excludes permit.

Single supplement rate for Trail park is R950-00 – Includes permit.

Knysna Forest Tours – Rates **(Excludes permits!!!)**

Permits: R162-00 per person International.

R42-00 per person Local

1 - Trail Running in the Knysna Forest.
Most popular distance is 9km, 12km, and 16km
R350-00 per person. Includes transfers. **Excludes permits.**

2 -Walks and Hikes:

Rates are based on a minimum of two guests. Singles are welcome subject to single supplement rates. Please enquire. (Normally R650-00)

2.1 - Very Easy, light exertion:
Half day walking/hiking tour – 3km Woodcutters Trails, 4km Kranshoek Trail, Millwood Mines 6.5km Circuit.

R550-00 per person for a 3-4-hour trip. Includes light refreshments and snacks.
Excludes permits.

2.2 - Light to Moderate exertion:

Half day walking/hiking tour – Elephant Trails, Woodcutters 9km Trail, Kranshoek 9km Trail, Goukamma Trail.

R550-00 per person for a 4- 5-hour trip. Includes light refreshments and snacks
Excludes permits.

2.2.1 – Moderate Exertion:

5-7 hour. Trip.

Robberg Nature Reserve.

(4-5 hours walking, lots to see, add 1.5 hours for photos and sightseeing, birds, seals, waves. etc.)

R650-00 per person. Includes transfers, guide, water bottles, light refreshments.
Excludes permits. (R50-00 per person – Cape Nature.)

2.3 - High Exertion:

Full day walking tour: George Peak

R950-00 per person for a 7-9-hour walk including lunch. (George Peak).

Excludes permits.

2.4 -Natures Valley Walk is an 8-9-hour round trip -

R950 per person includes light refreshments, packed lunch, and all transfers from Knysna to Natures Valley and return.

Excludes permits.

Single Supplement rate for single travelers:

R750-00 per person for all half day hikes.

Robberg @ R850-00 ,

George Peak/Natures valley @ R1200-00.

Knysna Forest Tours School Tours – Circles in a Forest.

Substantial discounts apply to school groups. Price on application – rates are quoted according to numbers of guests/students, meals required, refreshments, and if transport is required. Please email your request to arcent@mweb.co.za.

Tours the not-so-adventurous!!

Soft Adventure!!

Excludes San Parks permits:

R152- international

R28-Local.

R175-00 – Tsitsikamma/Storms River

1 - Big Tree Tour –

R495-00 per person. Includes light refreshments.

Duration 3 ½ hours.

2 – Tsitsikamma/Storms River Tour-

R1550-00 per person includes lunch, Tsitsikaama, Natures Valley, Storms River, Robberg.

Guided Canoe trips – Rates.

Excludes permits.

We supply canoes, paddles, life jackets, permits, entry to Goukamma Nature reserve, and transfers to Goukamma and return.

Half day canoe trip – R595-00 per person. Includes light refreshments

Duration –3-4 hours.

Single traveler: R750-00 + permit fee. Half day.

Full Day trip – R950-00 per person. Includes lunch. Min 2 pax.

Duration – 5-6 hours.

Guided Knysna Lagoon Sea Kayak:

We supply kayaks, life jackets, paddles, light refreshments. Trip departs from Bollard Bay on Leisure isle.

We use Wilderness Tsunami sit-in Sea Kayaks with rudder systems.

R580-00 per person. Includes light refreshments. 2 hours. (Min 2 pax)

R750-00 single supplement.

Sea Kayak Hire/Surf Ski hire:

Per day: R375-00 per single.

Per Day: R575-00 per double.

Includes drop off and collection Leisure Isle only.

Combination full day tours:

Excludes permits: R152 -00 international walking.

**R53-00 international cycling.
R36-00 local walking.
R53-00 local cycling.
R50-00 Goukamma/walk/canoe**

1 – Full day guided walking and canoe

Full day – Goukamma 9km or 4km walk + Goukamma River paddle.
R950-00 per person. Includes snacks, packed lunch, and transfers from Knysna to Goukamma. Excludes permits.

2 – Full day guided forest walk and lagoon kayak.

Full day – Woodcutters 3km/Terblans 6km Forest walk, followed by lunch at Leisure Isle Coffee Shop, followed by an afternoon kayak trip from Bollard bay on Knysna Lagoon.
R1250-00 Includes transfers and lunch.

3 – Full day guided mountain biking and canoe/Kayak

Full Day – 3 ½ hour mountain biking trip + 3-hour Goukamma River paddle/lagoon kayak. R1250-00 per person.
Includes snacks, packed lunch at Goukamma, all transfers from Knysna.

Single traveler rate for all the above is R1485-00.

**PLEASE NOTE: All prices subject to change without notice.
Thank you.**