

# SOUTH AFRICAN TOUR

## DAY 1

- Depart from Airport

## DAY 2

- Arrive at Cape Town International Airport
- Relax on beach (Tag rugby, volleyball etc)

## DAY 3

- After breakfast the team departs for Stellenbosch
- First team practice on University grounds – Speed and Agility
- Time at leisure to explore the streets of Stellenbosch
- After lunch, visit to ostrich and crocodile farm
- Visit famous ex-Springbok player on his wine farm and see how wine is bottled



## DAY 4

- After breakfast leave for Stormers training ground
- Team practice with Stormers (super 15) coaching staff
- Lunch
- Visit Newlands Rugby Stadium and South African rugby museum
- Gym session by Stormers coaching staff

## DAY 5

- After breakfast go for scenic drive along coast to the most southern tip of Africa, Cape Point
- Lunch
- First match of the tour.





## DAY 6

- Coaching session with World Cup winner, Brendan Venter
- After breakfast depart to hike the famous Table Mountain
- Lunch on top of Table Mountain
- Visit Victoria and Alfred Waterfront tourist attraction

## DAY 7

- After breakfast attend coaching session by Springbok 7'S
- Leave for game farm
- Game drive and traditional BBQ on farm



## DAY 8

- Breakfast in the bush while doing second game drive
- Target shooting
- Second match in afternoon against local team, followed by dinner

## DAY 9

- Early morning game drive
- Drive back to Cape Town
- Visit Stellenbosch University rugby pitches where 10 matches will be played simultaneously between residence hostels
- Discussion by professional on pre-season, diets, recovery etc.

## DAY 10

- After breakfast will attend full training day with Allan Zondagh



## DAY 11

- After breakfast attend a full training day with Allan Zondagh
- Visit olive and wine farm

## DAY 12

- After breakfast head to Hermanus to spot whales and dolphins
- Diving with sharks...
- Bbq on beach

## DAY 13

- After breakfast, attend training session with Super 15 consultant covering defense/wrestling/mauling etc.
- Lunch
- Visit to Newlands rugby stadium to attend Super 14 match of Stormers

## DAY 14

- After breakfast your team will hold a coaching session for township kids
- Match three in township against local team

## DAY 15

- Depart from Cape Town International Airport

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To arrange a tour for your club, contact us to see what we can offer.