



BenLawriesTravel

*Sample Tour: South Africa
Typical 11 Day Itinerary*

Rugby Tours

Tailor-Made



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An overseas Rugby Tour is an excellent team building exercise and provides great pre-season training. In close contact with our overseas agents, we can arrange fixtures with the right standard of opposition. Ben Lawries Travel has over 25 years of experience arranging Rugby Tours on a European and Worldwide basis. Detailed below is just one example.

South Africa: Rugby Tour – 11 days

The South Africans are passionate about their Rugby, and mixed with the culture, sunny climate and wildlife, a tour to this country will undoubtedly be a tour of a lifetime. Due to the relatively short travel time and minimal time difference, South Africa is an ideal long haul destination for Rugby tours.

Day 1 – Arrival Cape Town

Arrive Cape Town and transfer to your 3 star waterfront hotel where you shall be based for the duration of your stay in South Africa. Afternoon at leisure or alternatively take a training run along the sands at Camps Bay. *Overnight in Cape Town.*

Day 2 – Robben Island

After breakfast take a morning excursion to Robben Island, home to Nelson Mandela who was imprisoned there for many years along with other political prisoners. Now a living museum, the island is a must to visit in terms of history and an insight into South Africa's past.

After lunch enjoy a two hour training session arranged at a suitable venue. Kit hire included. *Overnight in Cape Town.*

Day 3 – Cape Town / 1st Match

Morning training session and 1st Match fixture against Langa Township or other suitable opposition. *Overnight in Cape Town.*

Day 4 – Table Mountain

An early morning tour to the cableway and ascend the famous Table Mountain. A guide will explain all that is unique to the area. A city tour will follow taking in the Malay Quarter and District Six where many Capetonians were forcibly removed during the Apartheid years. On to the SA Museum and then to Milnerton for spectacular views of Table Mountain. *Overnight in Cape Town.*

Day 5 – Training Session / 2nd Match

Morning training session and 2nd Match fixture against suitable opposition. *Overnight in Cape Town.*

Day 6 – Cape Point Excursion

A full day excursion to Cape Point. Travel along the Atlantic seaboard via Llandudno and onwards to Hout Bay where there is a Seal Island boat trip. Take a further coastal drive to Cape Point where the Atlantic and Indian Oceans meet. Lunch in a local restaurant and afterwards visit the large penguin colony at Boulders Beach and finally visit the renowned Kirstenbosch Botanical Gardens. *Overnight in Cape Town.*

Day 7 – Training Session / 3rd Match

Morning training session and 3rd Match fixture against suitable opposition. *Overnight in Cape Town.*

Day 8 – Training Session

Training session at a local venue. The remainder of the day at leisure. *Overnight in Cape Town.*

Day 9 – Training Session / 4th Match

Morning training session and Match 4 fixture against suitable opposition.

Day 10 – Whale Watching

An early morning departure to Hermanus, Walker Bay to watch the whales who are known to come as close as 50 metres from the shore. Watch their tail lobbing and courtship rituals. Visit the Harbour Museum before returning to Cape Town via the spectacular coastal drive via Gordon's Bay. *Overnight in Cape Town.*

Day 11 – Depart Cape Town

Day at leisure for some last minute shopping. Afternoon transfer to Cape Town airport for your homeward flight to the UK.

Guide price £1,470 per person including flights ex Edinburgh based on 10 nights bed and breakfast in 3 star hotel accommodation. Destination coach transfers and excursions included as detailed above.

The above itinerary is for illustration purposes only. All tours are tailor made to the requirements of the individual client.

Other suggested Rugby Tours

Ireland – 4 nights B&B from £375 per person.

Australia – 12 nights B&B from £1,449 per person.

