

# Travel Itinerary

3 night Wild Coast Hotel-Hopper Hike  
AD Active Experiences



## At a glance...

- 1 night Morgan Bay Hotel (or Mitford) - Full board basis & hiking activities
- 1 night Haga Haga Hotel - Full board basis & hiking activities
- 1 night Crawfords Beach Lodge - Full board basis

## Day 1: Morgan Bay

**Transfer from the East London Airport to Morgan Bay (1h30 by road). Alternatively arrive under your own arrangements at the Crawfords Beach Lodge in Cintsa, and transfer (1h30 by road) to Morgan Bay, where the trail begins.**

**Check in at the Morgan Bay for your first night.**

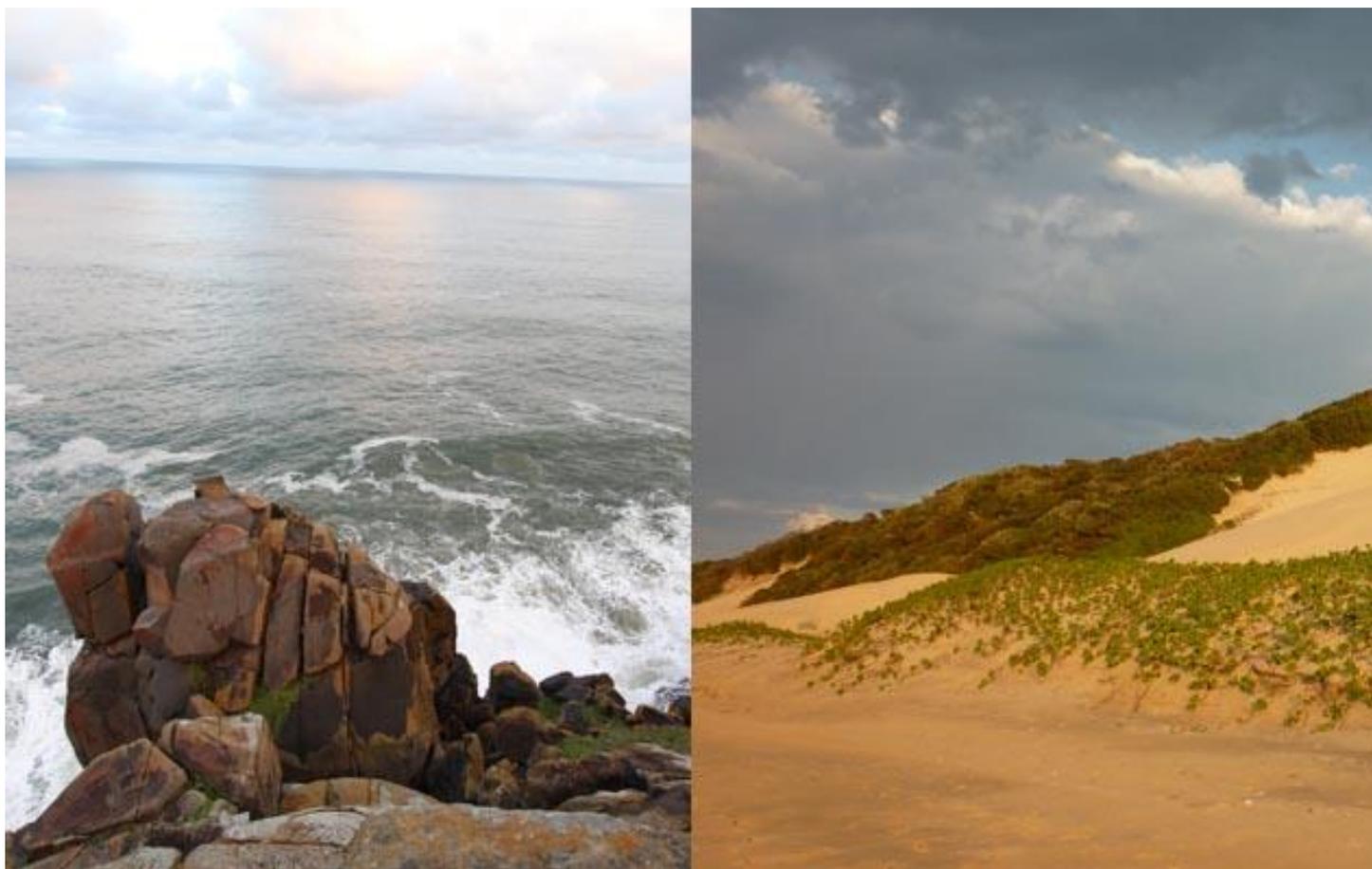
The Morgan Bay Hotel boasts comfortable family-style accommodation in a stunning location, just metres from the sea. 34 rooms of varied configurations are tastefully furnished for guest convenience. Enjoy meals in the dining hall, sundowners in the pub with its panoramic sea-views or some down time in the quiet lounge. When it's time to take a break from the sun and salty air, perhaps have a rejuvenating treatment in the spa.



This is a landscape of dramatic, rugged cliffs and endless stretches of sandy beaches. Stroll along the coastline this afternoon, or take advantage of the range of fun activities in the area such as horse-riding, river cruises and rock climbing.

### **Dinner at Morgan Bay Hotel.**

Overnight Morgan Bay Hotel, on a full board basis.



## Day 2: Morgan Bay - Haga

---

**After breakfast, we set off at a comfortable pace.** The impressive Morgan Bay Cliffs jut out of the ocean to a height of 57 metre as the trail goes along the top of this rocky doleritic headland and down to Double Mouth Reserve. Depending on the time of year and tide, a potential river crossing awaits at the Quko River just beyond Double Mouth. It is a generally a blind estuary (i.e. not open to the ocean) during autumn and winter, but still good to be prepared for a waist deep crossing if there has been a *lot* of rain prior. After crossing the Quko River, the trail makes its way to the famous Treasure or Bead Beach. The promontory ahead is Black Rock, the graveyard of several ships. Cornelian beads and Chinese blue and white Ming porcelain shards may be found in the shingle and grass lining the rocky shore. **We stop for a picnic lunch en route.** After hiking along 'shell beach' you will pass some Marsh strand before coming up to Haga Haga where we check in at the **Haga Haga Hotel for an afternoon at leisure.**

This warmly welcoming family-run hotel, offers tranquil, affordable accommodation in a beautiful setting. Located 60 kms north of East London, it nestles between rolling green hills and the sea, at the mouth of the Haga-Haga River. Furnished for comfort, 11 en-suite rooms enjoy breath-taking sea-views and have twin or double rooms, en-suite bathrooms and balconies from which to appreciate the vistas. Guests are kept well-entertained with in- and out-door games, boating and incredible shell-collecting along the beaches. Cool off swimming in the river, sea and craggy rock pools.



Perhaps enjoy a sundowner at the pub, before dinner at the restaurant.

**Distance: 14 kms (Point to point Hike)**

Overnight Haga Haga Hotel, on a full board basis.

## Day 3: Haga - Crawfords

---

**A fortifying breakfast sees us on our way.** Today is a particularly spectacular hike day. From Haga Haga you will run along an exposed wavecut platform with small gullies and rock pools to explore before reaching the waterfall at Rooiwal and the long beach of Cape Henderson. After Bosbokstrand, it is sandy beach all the way home, flanked by high vegetated dunes. **Soak in the atmosphere with leisurely swims to cool off and a packed lunch en-route**

**At the end of our sunny hike, comes the promise of an ice-cold beer, when we check in at Crawfords Beach Lodge.**

Set in the magnificent Chintsa Bay, Crawfords offers friendly staff, fun activities, delicious meals and a tranquil beachfront stay. 20 well-appointed rooms consist of double or twin beds, en-suite bathrooms and private sea-facing balconies. Delicious home-made meals are served in the main dining room, overlooking the sea. Socialise in the lounge and bar, wander around the palm-shaded gardens, take a dip in the pool or play some tennis. Optional activities include surfing, canoeing, fishing, and horse-riding, or perhaps unwind with a relaxing massage treatment in the spa.



**Dinner at Crawfords Lodge.**

**Distance: 16 kms (Point to point Hike)**

Overnight Crawfords Beach Hotel, on a dinner, bed and breakfast basis.

## Day 4: Haga - Depart

---

**After breakfast, depart Crawfords Lodge.**

### Inclusions

- 3 nights hotel accommodation: Morgan Bay Hotel (or Mitford), Haga Haga & Crawfords
- Breakfast, packed lunches & dinners (Dinner on arrival to breakfast on departure)
- Transfers included: East London/Morgan Bay (1h30 by road) & Crawfords/East London (1 hour by road)
- Fully-supported with daily luggage transfers (lodge to lodge)
- Hiking guide

### Exclusions

- Drinks
- Personal Medical / Travel Insurances