

5 ways to enjoy Cape Town's oceans

Cape Town is undoubtedly one of the best beach cities in the world. With several Blue Flag beaches along the coast, it's been voted a top city to visit over and over again. However, even though it is a stunning city to travel to and a trip here is certainly good for your social media clout, not everyone is keen on spending a day in the sand at the beach. Some people would like to enjoy the ocean without having to necessarily swim in it.



Here are five ways to enjoy the waters of Cape Town.

Stand-up paddle boarding

Stand-up paddleboarding (or SUPing as many call it) has become more mainstream over the last few years and is a fun and unique ocean experience. In the Mother City, this water experience can be enjoyed on the canals of the V&A Waterfront or, if you plan to visit during the summer months, you can find board and paddle rentals on Clifton 4th Beach. Surf Emporium in Muizenberg is an accredited SUP school for those who wish to have lessons. They will even take you to Zandvlei up the road for some flat water lessons and for some great views too!

Shark cage diving

If you're more of an adrenaline junkie and you're keen to get up close with an apex predator, then shark cage diving is for you. Marine Dynamics up the coast in Gansbaai is known to offer a top-quality shark cage diving experience while promoting ecotourism, research, conservation and outreach projects. With this experience, guests can enjoy various shark sightings, including, hopefully, a great white shark too.

Water bicycles

In the quaint little town of Simon's Town in False Bay, there are several ocean adventures on offer, including riding the waves on a bicycle. From a water bike, visitors can take in the stunning views of False Bay as well as encounter some of the friendly ocean animals that live in that neck of the woods or water. These bikes are non-motorised so if you're ready for a pedal, this is for you. It's an activity that couples or a group can enjoy together. And, don't worry, the bikes don't emit emissions nor do they pollute the oceans that you ride on. It's an eco-friendly way to enjoy the waters of Cape Town.

Surfing

Of course, surfing needs to make the list! Cape Town has a massive surf culture and there are great surfing conditions almost any time of the year. Whether you're looking for point breaks, beach breaks or giant reef breaks, the Mother City has options galore for everyone. If you've never been on a surfboard in your entire life, but you are keen to try, there are several top surf schools around Cape Town. Next Gen Surf School in Muizenberg is perhaps one of the most popular ones and is a good starting point for those wanting some surf lessons.

Kayaking around Cape Town

Kayaking offers a great way to experience the ocean and its inhabitants up close while enjoying some spectacular views of the city. Various kayaking tours can be booked that will take up around Cape Town. From Boulders Beach near Simon's Town to a sunset cruise around the Atlantic Seaboard along Mouille Point, Sea Point and Clifton, there is a kayaking experience for all to enjoy in Cape Town.

So, if you're not interested in lying on the beach in the sand or you're just looking for new ways to enjoy the ocean, know that Cape Town has a ton of different ocean adventures for the whole family to enjoy. CapeXtreme's kayaking tour will take you past the SA Navy harbour and to Boulders Beach to say 'hi' to the penguins.

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