Coot club

STANFORD, SOUTH AFRICA

2027 Activity Sheet

At Coot Club, a spirit of adventure runs through each day. From the stillness of the lagoon to the wild edges of the coastline, there are endless ways to explore and play. A selection of experiences is included in your stay, with further adventures available on the property and beyond for those inspired to venture further.



Included in Your Stay

Our Adventure and Connection Guides are on hand to help plan your adventures. They circulate at breakfast and dinner and will advise on the weather and availability and help you make the most of your time at Coot Club. All activities can be planned during your stay, so there's no need to book in advance.

Kayaking & Stand-Up Paddleboarding (SUPs)

Take a kayak or paddleboard onto the lagoon and enjoy the peaceful surroundings. Lifejackets are provided for safety, and all equipment is complimentary.

Fat Bikes and Mountain Bikes

Cycle through picturesque trails around Coot Club and take in the natural beauty of the Walker Bay Nature Reserve. Bicycles are available for all guests to use at their leisure.

Hiking Trails

Explore diverse trails around Coot Club, suitable for all fitness levels. Whether you're after a light walk or a more challenging hike, there's something for everyone.

Fynbos Conservation Walk

Start your day with a guided educational walk through the Fynbos. Walks take place daily (weather dependent). The walks offer a wonderful introduction to the rich biodiversity and natural beauty of Coot Club and its surrounds. Book your spot with one of our Guides.







Sailboats

Sail away on the sparkling lagoon, powered by the wind in your sails. Our Hobie Cat offers a thrilling way to explore the water. Each trip is accompanied by one of our Adventure Guides, so you simply relax and soak in the adventure – no prior sailing experience needed. This activity is weather dependent.

Yoga on the deck

Start your day with gentle movement and stillness on our yoga deck, surrounded by panoramic mountain views. Morning yoga sessions are suitable for all levels, especially beginners. For those looking to deepen their practice, private sessions can be arranged with our instructors. Mats and props provided.

Available Offerings:

- Morning Hatha Yoga (Beginner level – Free of charge)
- Private Yoga Sessions: R250 per person

Class Types Available: Restorative/Yin Yoga, Guided Meditation, Intermediate & Advanced Hatha/ Vinyasa Yoga

Archery and Target Shooting

Test your aim at our archery and air rifle range. Guests can book daily lessons to learn proper technique and safety, while enjoying some friendly target-shooting fun under guide supervision. Includes all equipment and safety gear.

Duration: 45 minutes
Booking: Onsite through your Adventure Guide







Activities Available at an Extra Cost

Whether you're seeking that adrenaline surge or a moment of tranquil pampering, we offer a variety of additional activities – like thrilling adventures or relaxing massages – available at an extra cost. All can be arranged on site through your Guides and are subject to weather and availability.

Quad Bike Tour

Explore scenic landscapes with an hour-long guided quad bike tour. Kids under 16 can join as passengers, making it a great family-friendly activity. No previous experience required.

Duration: 1 hour
Price: R900 per adult | R480 per child (8 – 15 years)
Quads Available: 4

Beach Excursion

Take a leisurely drive through the Walker Bay Nature Reserve to Die Plaat Beach. Enjoy a sandboarding session on some of the large dunes and a scenic walk along the shoreline. Look out for the Whales (when in season) visible from the shore. End your trip with drinks and light snacks. Ponchos are available if the weather turns.

Duration: 2.5 hours
Availability: Morning and afternoon trips daily.
Price: R550 per adult | R320 per child (Price includes Park Charges)
Includes: Guide with expert knowledge, sandboards, drinks and snacks.







Watersports

Experience the calm waters behind one of our ski boats - perfect for water skiing, wakeboarding, knee boarding or an exhilarating tubing session. Suitable for all experience levels, with our guides on hand to provide basic instruction for beginners.

Duration: 45 minutes per session
Price: R1,500 per session
Capacity: 5 guests plus the skipper
Includes: Wakeboarding, skiing, tubing, all gear and instruction
Subject to weather and availability.

Sundowner Boat Cruise

Enjoy a relaxing cruise on the lagoon as the sun sets behind the mountains. Take in the golden views with a drink in hand and light snacks on board — the perfect way to end your day at Coot Club.

Duration: 1 hour
Price: R2,200 per trip
Capacity: Up to 8 guests
Includes: Drinks and light snacks
Subject to weather and availability

In-Room Massage and Reflexology

Enjoy a relaxing massage in the comfort of your room. Katherine and Shayla, our Connection Guides, offer a range of soothing treatments designed to help you unwind and reconnect, using carefully selected natural oils. Reflexology sessions are also available, using pressure point foot massage techniques to promote relaxation and restore balance.

Massage & Reflexology Options:

- Full Body Massage (90 min): R1,500
- Full Body Massage (60 min): R1,100
- Back & Neck Massage (45 min): R850
- Reflexology (60 min): R850
- Kids Back & Head Massage (30 min): R450

Opening Times 9:00 AM – 6:00 PM (Monday to Sunday)
Booking: Through your Adventure Guide or Reception.





On the Water

Explore a range of ocean and river experiences around Hermanus, Gansbaai, and Stanford. From whale watching and marine safaris to tranquil river cruises, each adventure offers a unique way to experience the natural beauty of the Overberg. These activities can be booked on-site and are operated by our trusted local partners. Subject to availability, weather conditions and seasonal price changes.

Whale & Marine Big Five Cruise with Marine Dynamics

Join Marine Dynamics for a spectacular eco-cruise in Walker Bay to spot the Marine Big 5: Southern Right Whales (June–November), Bryde's Whales, Humpbacks, Sharks, Dolphins, Seals and Penguins.

Duration: 2 – 3 hours
Travel Time: 45 minutes
Rate: R2,460 per adult | R1,810 per child (u/12) | u/5 free
Private Charter: R43,470 (1–6 guests) | +R5,150 pp (max 20 guests)
Conservation Fee: R200 per person

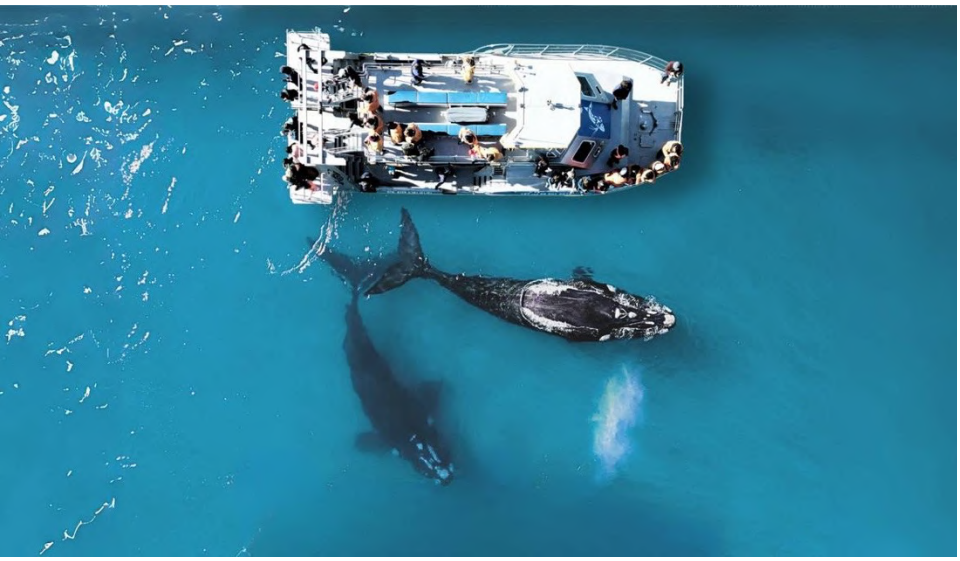
Includes: coffee, tea and muffins on arrival; warm soup and bread after the trip; fresh water on board; life jackets, wet-weather gear and blankets; free visit to the African Penguin & Seabird Sanctuary
Booking: Directly at +27 (0)82 380 3405 or reservations@marinedynamicstravel.com or via the Clubhouse

River Cruises

African Queen River Cruise
Embark on a two-and-a-half-hour eco-friendly journey aboard the African Queen, a double-decker riverboat.
Rate: R295 per person (Minimum 6 passengers) | Private Charters from R6,500

Lady Stanford River Cruise
Set sail on the Lady Stanford, a spacious eco-friendly riverboat that comfortably accommodates up to 26 passengers.

Duration: 2 hours
Enquire for latest rate





Further Afield

Explore the best of Hermanus, Gansbaai, and Stanford with unforgettable experiences like Guided Fat Biking and the Penguin and Seabird Sanctuary. Our team at the Clubhouse will gladly assist with bookings and recommendations. All rates are subject to change.

River Gate Eatery

The Eatery is your one-stop-shop for decadent cakes, seasonal lunches and freshly brewed coffee. Cozy up next to the fire in the winter months or opt for a table overlooking the gardens when the sun is shining. Say hello to the alpacas, donkeys, cows, chickens and turkeys.

Available: Saturdays and Sundays
Booking: Directly at +27 (0)64 785 7454

Penguins and Seabird Sanctuary

Visit the Dyer Island Conservation Trust's rehabilitation center for marine birds, located in Kleinbaai near Gansbaai. The sanctuary is open all day, with daily penguin feeding at 3 PM.

Opening Times: 9:00 AM – 4:00 PM
Travel Time: 45 minutes
Entrance is free, and donations are welcome.

Padel in Stanford

Experience one of the world's fastest-growing sports at OhPadel Club in Stanford (27 Kleine Street). The club features indoor, all-weather courts, equipment rentals, and a lively local atmosphere — perfect for families, couples, or groups of friends.

Opening Hours:
Mon–Sun 7:00 AM – 9:00 PM

Pricing varies depending on time slot duration, enquire for latest at time of booking

Extras:
Racket rental available
Balls and accessories available in the on-site Pro Shop

Booking: Through the Clubhouse (Coot Club will make all bookings on guests' behalf)
Travel Time: 15 minutes
Notes: Indoor courts — weather independent; transport can be arranged through Coot Club

Guided Fat Biking

Discover the Walker Bay dunes on a guided fat biking adventure with FatbikeTours SA, departing from De Kelders.

Duration: 1 hour 30 minutes
Travel Time: 30 minutes
Rate: R1,400 per adult (12+) | R850 per child (8–11)
Booking: Direct at +27 (0) 79 514 8386

Stanford Village

The charming village of Stanford is perfect for a leisurely stroll, offering delightful tea spots, cozy lunch options, and a Saturday morning fresh produce market featuring local treats. From September to January, enjoy the lively food and drinks festival with live music on the last Friday of each month.

Wandelpad Hiking Trail

Explore the scenic Wandelpad trail as it winds through the heart of Stanford Village. This easy-to-follow path offers tranquil river views, birdwatching opportunities, and an immersive experience in nature. Perfect for all ages, it's an ideal way to take in the charm of this historic village.

Duration: Approximately 1 hour
Difficulty: Easy

Restaurants

Madré

A family-friendly venue serving stylish comfort food in a tranquil farm setting.

Open:
Wed, 9:00 AM – 4:00 PM, Thurs & Sun, 8:00 AM – 3:00 PM
Fri & Sat, 8:00 AM – 8:00 PM

Contact: +27 (0) 82 901 4254

Oumeul Bakery

A cozy spot offering freshly baked breads, pastries, and a selection of light meals. Perfect for breakfast, brunch, or a quick coffee break.

Open: Daily, 6:30 AM – 5:30 PM

Contact: +27 (0) 28 341 0101

La Trattoria

An intimate Italian eatery offering authentic dishes such as handmade pasta, wood-fired pizzas, and delectable desserts, paired with carefully selected wines. Closed for winter break June – August.

Open:
Lunch, Thurs – Sunday 12:30 – 15:00
Dinner, Daily (except Tuesdays) 18:30 – 22:00

Contact: +27 (0) 28 341 0123

Wineries

Springfontein Winery

A local gem offering tastings, light bites at the Wine Bar, and fine dining during the summer months.

Open: Daily, 11:00 AM – 9:00 PM

Stanford Hills

This estate offers tastings, scenic views, hiking trails, and horse riding. The Tasting Room restaurant serves fresh, inventive dishes of exceptional quality.

Open: Daily, 8:00 AM – 5:00 PM

Walker Bay Estate & Birkenhead Brewery

Experience wine and beer tastings alongside a modern à la carte menu of South African favorites.

Open: Daily, 10:00 AM – 5:00 PM