

RISE IN THE BIRTHPLACE OF NELSON MANDELA

EASTERN CAPE INCENTIVE FACT BOOK



NATIONAL CONVENTION BUREAU

Addo Elephant National Park





EASTERN CAPE PROVINCE

The dramatic scenery of the Eastern Cape was the background to the formative years of many of South Africa's struggle heroes, such as Nelson Mandela, Govan Mbeki and Robert Sobukwe. With a rich history that spans many chapters in South Africa's heritage, from the mighty Xhosa chieftains to the turbulent days of colonialism, the trekkers and to the fight against apartheid, it is also a province known for wild adventure experiences and exciting sightseeing opportunities. With a coastline that stretches over 800km and with large tracts of unspoilt wilderness, the Eastern Cape is known as a "Big 7"* wildlife destination. It is here that your delegates can enjoy both bush and beach experiences, as well as the laid-back cosmopolitan atmosphere of Nelson Mandela Bay (Port Elizabeth) and Buffalo City (East London). From the pristine beaches of the Wild Coast, to the plains of Addo Elephant National Park, and the highest bungee jump from a bridge in the world at Bloukrans Bridge, the Eastern Cape is an excellent incentive and team-building destination.



KEY ATTRACTIONS AND INSPIRING ACTIVITIES:

- **TAKE A BIG 7* SAFARI:** One of the few places in the world where you can see the Big 5 (lion, leopard, rhino, buffalo and elephant) plus whales and great white sharks. Delegates will be blown away by the opportunity of a game drive in one of the wilderness reserves, followed by a marine adventure looking out for huge creatures of the deep.
- **THE VALLEY OF DESOLATION:** For something completely different, have your group take a 4x4 trip into the incredible valleys and sheer cliffs of the Valley of Desolation. Part of the Camdeboo National Park and operated by SANParks, there a number of outdoor activities on offer, including hiking and birding in spectacular scenery.
- **BUNGEE:** For team-building opportunities, your more adventurous delegates may want to bungee jump off Bloukrans Bridge. For those who prefer 'soft adventure', there are walking tours onto the bridge for perfect photo opportunities.
- **HORSE-RIDING AT ADDO:** You won't miss an elephant sighting if you book your delegates to enjoy a horse-riding adventure at Addo Elephant National Park. The vast national park has over 450 elephants and is an ecological gem in the area. You can also enjoy hiking trails, 4x4 trails and marine eco-adventures.
- **LEARN TO SURF IN J-BAY:** Jeffreys Bay is known as the surfing capital of South Africa. As a result, there are some surf schools in the area just waiting to teach your delegates a thing or two about getting onto a board and heading out into the ocean. While no-one has any great expectations for beginners, it's a fun activity and a great team-building opportunity.
- **LEARN ABOUT TRADITIONAL XHOSA CULTURE:** In the Eastern Cape, your delegates will have the opportunity to explore traditional Xhosa culture – learn about cultural practises and enjoy the singing and dancing and marriage customs when visiting one of the authentic cultural villages in the province.
- **FOLLOW IN THE FOOTSTEPS OF MADIBA:** Nelson Rohlhlahla Mandela was born in the village of Qunu in the rural Eastern Cape, yet there are many places in the province where visitors can follow his life's journey and the journey of other struggle heroes such as Oliver Tambo, Walter Sisulu, Chris Hani and Steve Biko. Organise a tour for your delegates to be inspired by the incredible landscapes that formed his childhood memories as you follow his journey across the Eastern Cape.
- **TAKE A TOWNSHIP TOUR:** Experience life in the townships on the outskirts of East London and Port Elizabeth, enjoy spending some time with the local folk – buy a few homemade objects, and enjoy the local music and perhaps taste some local beer at a tavern and eat marogo at a nearby restaurant.
- **MAGNIFICENT BEACHES:** From the numerous Blue Flag beaches in Port Elizabeth to the exquisite stretches of unspoilt sand along the Wild Coast, the Eastern Cape is home to some of the finest beaches in the country.
- **THE ADVENTURE PROVINCE:** If your delegates love an adrenalin rush, then look no further than the Eastern Cape, also known as 'the Adventure Province'. With abseiling, surfing, kayaking, paragliding, hiking, deep-sea diving and a host of soft and extreme adventures, there are no dull moments in this part of the world.



EASTERN CAPE: PORT ELIZABETH

Rise with the spirit of the Friendly City

Your delegates will find so much to see and do in the 'friendly city' of Port Elizabeth. The Nelson Mandela Bay Metropolitan District links the city of Port Elizabeth with the industrial inland towns of Uitenhage, Despatch and Colchester. From exploring the beautiful beaches that surround the city to feasting on exquisite seafood with a view of the ocean to the wonderful museums, nearby golf courses and all the fun on offer at the Boardwalk Entertainment Complex, there really is so much on offer for the delegate who enjoys a variety of attractions and activities as part of their overall experience of a city. Another highlight is that Nelson Mandela Bay experiences excellent weather all year round, with mild winters and long, warm summers.

Accessibility

Situated along the shores of Algoa Bay, Port Elizabeth is easily accessible from the major urban centres via Port Elizabeth International Airport. The airport is regularly serviced by local and national airlines.

From Johannesburg's OR Tambo International Airport and Cape Town International Airport, there are connections around the globe. International flight connections include:

- North America: Washington, New York
 - South America: Buenos Aires, Sao Paolo
 - Asia: Bangkok, Beijing, Hong Kong, Mumbai, Singapore
 - Australia: Perth, Sydney
 - Africa: All major cities
- Europe: Amsterdam, Frankfurt, Istanbul, London, Luxembourg, Madrid, Munich, Paris, Zurich
 - Middle East: Abu Dhabi, Cairo, Dubai, Jeddah

Port Elizabeth is also accessible via highways from both Cape Town and Johannesburg. A road journey from Johannesburg to Port Elizabeth will take about 10-11 hours and from Cape Town to Port Elizabeth it is about 8-9 hours.

Where to stay

There are over 2 289 graded hotel rooms in and around Port Elizabeth, from luxury boutique hotels to top-class city hotels, bed-and-breakfasts and exquisite private game lodges in the surrounding areas.

The Boardwalk Hotel is a popular choice in the city, as is the Radisson Blu and the Protea Hotel Marine. The Bushman Sands Hotel and Golf Course is a popular choice (especially with golfers, as the name suggests). If your delegates are looking for something a bit different, they might want to stay at the African Pride Pumba Private Game Reserve for a bush experience. Further afield (about an hour and a half from Port Elizabeth) is the award-winning Shamwari Game Reserve, with a number of lodges and camps on offer.

Summerstrand Dunes Boardwalk – Port Elizabeth



Exceptional incentive activities

- **A CRUISE TO THE ST CROIX ISLAND MARINE RESERVE:** Is a highlight for visitors to Port Elizabeth. This is home to the largest breeding colony of African penguins – there are over 20 000 of them. Bottlenose dolphins are also often spotted from the boats, and sea birds, shipwrecks and Cape fur seals will probably all make an appearance.
- **THE RED LOCATION MUSEUM:** Is an award-winning museum where visitors can explore the struggle for freedom, situated on the site of the city's first black township. It is definitely worth a visit for some insight into the past.
- **THE IBHAYI SUNSHINE SAUNTER:** Is a circular self-drive route that highlights the gorgeous western seaboard of Port Elizabeth. Visit lush countryside and stop off for tea as you view the whales and the dolphins. There are places to picnic, rock pools and coves, all worth exploring – perfect for delegates who wish to self-drive.
- **FOR FANTASTIC WILDLIFE EXPERIENCES:** Both the Kragga Kamma Game Park and Seaview Game and Lion Park are situated close by, giving delegates the chance to interact with creatures of the wild.
- **ADDO ELEPHANT BACK SAFARIS:** Guests get to ride on the back of an elephant (with a guide) so you can enjoy the scenery from an altogether different viewpoint.
- **WALKING TOUR OF PORT ELIZABETH:** With its rich history and variety of attractions, delegates can enjoy a walking tour of the city – stopping off at the Campanile (commemorating the 1 820 settlers), Donkin Reserve, Vuyisile Mini Square, Fort Frederick and South End Museum.
- **HUMEWOOD GOLF COURSE:** Is one of the finest courses in the country and golf-loving delegates may want to enjoy the course that spans 18 holes and is 6 390 metres long. There is a well-appointed clubhouse with a fantastic view of the ocean.



EASTERN CAPE: EAST LONDON

Rise with the spirit of Buffalo City

East London (or Buffalo City) is the only river port in South Africa and has a laid-back charm all of its own. There is a lot to explore and experience around the city – from the famous East London Museum (and its fantastic coelacanth display) to a number of choice galleries and architectural landmarks, as well as some very fine beaches and entertainment venues. For nature lovers, there is lots to do in the city and surrounding areas, and there are some excellent golf courses in the region. For entertainment, there are lots of restaurants and pubs, and several places to enjoy the relaxed vibes of this coastal town.

Accessibility

East London is easily accessible from the major urban centres via East London Airport. The airport is regularly serviced by local and national airlines.

From Johannesburg's OR International Tambo Airport and Cape Town International Airport, there are connections around the globe. International flight connections include:

- Europe: Amsterdam, Frankfurt, Istanbul, London, Luxembourg, Madrid, Munich, Paris, Zurich
- Middle East: Abu Dhabi, Cairo, Dubai, Jeddah
- North America: Washington, New York

- South America: Buenos Aires, Sao Paolo
- Asia: Bangkok, Beijing, Hong Kong, Mumbai, Singapore
- Australia: Perth, Sydney
- Africa: All major cities

East London is also accessible via highways from both Cape Town and Johannesburg. A journey from Johannesburg to East London will take about 9-10, while a drive from Cape Town will take 11-12 hours.

Where to stay

There are many excellent hotels in this growing city. When it comes to graded establishments, there are 2 109 hotel rooms to choose from:

- 29 five-star rooms
- 716 four-star rooms
- 1 364 three-star rooms

For business-type hotels, you might want to consider the Premier Hotel King David, Premier Hotel Regent or the Premier Hotel East London ICC – all very convenient and perfectly good city hotels, with all the amenities. There is also the Blue Lagoon Hotel and Conference Centre, and Southern Sun Hemingways to consider. For a country experience, you can opt for the Quarry Lake Inn, and for a brush of the bushveld, there is Mpongo Private Game Reserve. A number of boutique hotels and guesthouses are also on offer.



Exceptional incentive activities

XHOSA CULTURAL EXPERIENCE:

Delegates will enjoy a Xhosa Cultural Tour where they will get to learn more about the Xhosa people and interact with the local community by visiting a traditional village and experiencing the many facets of Xhosa culture. A half-day or full-day tour is very interactive and includes singing and dancing, local storytelling, shared traditional meals and the opportunity to buy local arts and crafts.

ECO-ADVENTURES: The Eastern Cape is a fantastic destination for team-building and East London is a great place to start your group's eco-adventure journey. The experiences can be made up of various activities (depending on the group), ranging from learning to surf to snorkeling, fishing, sand-boarding and even abseiling. Packages can be tailor made for the group, depending on levels of fitness and time available.

CITY TOUR: Visitors to East London can't go back home without exploring the main attractions of the city, including the East London Museum, which houses an incredible large natural science collection (including the world's only dodo egg). The installations include a world-renowned collection of Nguni beading and traditional Xhosa artifacts and artworks. Don't miss the maritime displays, including a model of the coelacanth (an ancient fish species that was considered to be extinct until an East London fisherman caught one in 1938). There is also Gately House, built in 1878 and the residence of the first mayor, John Gately; the magnificent architecture of

City Hall (1897); the Edwardian-style Ann Bryant art gallery; as well as the Multicultural Memorial and German Settler Monument and the fascinating Calgary Transport Museum.

NAHOON POINT NATURE RESERVE:

A network of boardwalks connects pathways at the Nahoon Point Nature Reserve, designed specifically to protect the delicate sand dunes. It is in Bat's Cave that the 'oldest footprints in the world' were located, and you'll find the whole story in the educational centre. The meandering boardwalks could be a great opportunity for a 'treasure hunt' of sorts, and delegates could celebrate with coffee and cake at Footprints Café, with its significant sea views.

TOWNSHIP FUN: Delegates will enjoy a township experience when visiting East London. The township tours are interactive and visitors can explore a local herbal shop, and perhaps even buy a few remedies as well as visit the taxi rank and enjoy local beer at a township shebeen. Jazz evenings can also be arranged. There are a number of historically significant townships close to East London, including Mdantsane and Duncan Village.

GONUBIE NATURE RESERVE: Take a day trip to the Gonubie Nature Reserve, known for over 130 bird species. Fantastic walks are available in the indigenous forests and coastal areas and the facilities are excellent. This is a good place to experience nature without being too far from East London. Delegates may enjoy a packed picnic with some local delicacies for lunch.



CRUISING: There are various options for cruising in and around East London and this is always a popular option whether you would like to send your participants on a sea cruise around the city or on a river cruise. Sundowners and snacks are generally provided as part of the deal and can provide an option for relaxing networking at the end of a long day.

WILD COAST WALKING TRAILS: Among the highlights of the region are the walking trails along the exquisite Wild Coast. The length and luxury of these trails can vary depending on the group's or the delegate's needs. Local guides accompany you on these trails, telling stories of the region and the various points of attraction as they go along. Porters are also available to carry gear to make the excursion more comfortable.

HORSE RIDING AT CINTSA: When it comes to exploring the wild beauty of the area, a horse-riding safari in scenic

Cintsa is a great option for incentive travellers. This pristine part of the world offers some of the province's finest beaches and groups can vary from beginners to more experienced riders. Take in the exquisite scenery of the area and dine on fine seafood at one of the local eateries.

IN THE FOOTSTEPS OF OUR STRUGGLE HEROES: For delegates who enjoy history, the Eastern Cape and East London have so much on offer. Historical tours that follow the life and times of Nelson Mandela can be arranged, including Qunu and Mthatha. One can also experience the incredible life of Steve Biko by exploring the Amatole region from East London to Alice or by visiting the Steve Biko Garden of Remembrance, Biko House and the new Steve Biko Centre at Ginsberg.

THE TIME TO RISE IS NOW. JOIN US.

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Hole in the Wall – Eastern Cape

