

Saturday 29 July

Meet at London Heathrow three hours prior to your 18:30 flight to Cape Town via Frankfurt. You will be met by an Edwin Doran representative to assist with check in. Your flight will land in Frankfurt at 21:05 before your connection departs at 22:15 for Cape Town.

Overnight: In Flight

Sunday 30 July

Upon arrival transfer to Cape Town this morning at 09:55 and check in to the **Garden Court Nelson Mandela Boulevard** hotel where you will be based for the next two nights. This afternoon, transfer for a **Training Session**. Return to your hotel and enjoy the evening at leisure.

Overnight: Garden Court Nelson Mandela Boulevard, Bed & Breakfast

Monday 31 July

This morning included for you is a visit the most iconic landmark in South Africa - Table Mountain where you will enjoy a cable car ride to the summit to witness some fantastic views across Cape Town, Table Bay, Robben Island and more. This afternoon, play in your first fixtures on tour:

Matches 1: Local Netball Sides v. Gordon's School

Spend some time after the game socialising with your opponents before returning to your hotel in the evening.

Included Excursion: Table Mountain

Overnight: Garden Court Nelson Mandela Boulevard, Bed & Breakfast

Tuesday 1 August

Today, check out of your hotel and included for you is a visit to the beautiful **Boulders Beach** is one of Cape Town's most visited beaches and the only place in the world where you get close to African Penguin.

Later, make your way to the **Goedgedacht Trust** where you will check on for one night on a full board basis. This afternoon, you will play netball fixtures against sides from the Trust:

Matches 2: Local Netball Sides v. Gordon's School

Relax this evening at the Trust.

Included Excursions: Boulders Beach

Overnight: Goegedacht Trust

Wednesday 2 August

Today you will spend the day at the **Goegedacht Trust**, who focus on helping rural children and youth in the West Coast and Boland Towns to break free from the cycle of generational poverty. The Path Onto Prosperity or "POP" program seeks to transform rural communities, by offering the next generation of children the opportunity to become healthy, self-confident and educated young people. You will take part in POP activities such as assisting the Kindergarten, the after school club and undertaking some sports coaching. A Lunch is also included.

Later, check in at **Hotel Sky** for the remaining five nights on tour on a bed & breakfast basis.

Included Excursion: POP Activities at the Goegedacht Trust

Overnight: Hotel Sky, Bed & Breakfast

Thursday 3 August

Today enjoy the morning at leisure, where you may be able to watch a World Cup game (Tickets not included).

Overnight: Hotel Sky, Bed & Breakfast

Friday 4 August

Today you have a free day, where you may be able to watch a World Cup match (Tickets not included). This afternoon, visit one of the best sunset spots in Cape Town, **Camps Bay**. Backed by a row of palm trees, explore the bank of fashionable restaurants and coffee shops that overlook the beach. If you are feeling brave you can dip your toes into the cold Atlantic Ocean.

Included Excursion: Camps Bay

Overnight: Hotel Sky, Bed & Breakfast

Saturday 5 August

Today included for you is a Cape Point Excursion, enjoy a scenic drive from Cape Town to Cape Point with stops along the way. Explore the lighthouse at Cape Point and take a photo at the Cape of Good Hope sign. Later, meet your final fixture opponents on tour:

Matches 3: Local Netball Sides v. Gordon's School

Spend time socialising with your opponents before returning to your hotel for the evening.

Included Excursion: Cape Point Tour

Overnight: Hotel Sky, Bed & Breakfast

Sunday 6 August

Today, spend the day at leisure. You may be able to watch the World Cup Final (Tickets not included). Later, you may wish to enjoy your final evening on tour at the V&A Waterfront.

Overnight: Hotel Sky, Bed & Breakfast

Monday 7 August

Today spend your final free time picking up some last minute souvenirs and taking in the views of Cape Town. At an agreed time, make your way to Cape Town Airport for your 17:45 overnight flight back to London via Frankfurt.

Overnight: In flight

Tuesday 8 August

Arrive at Frankfurt at 05:30 before catching your connecting flight to London Heathrow at 07:00. Arrive at London Heathrow at 07:40 where you will collect your luggage and disperse for home.