

5 adventure activities along the Garden Route

By [Tatum-Lee Louw](#)

17 Jul 2018

Are you planning a road trip to South Africa's Garden Route and wondering what you can get up to while you're there? From Mossel Bay to the Storms River, the Garden Route is full of adventure.

The Garden Route of South Africa is a 300km stretch of the South West Coast, extending from Mossel Bay in the Western Cape to the Storms River in the Eastern Cape. Mossel Bay is known as a harbour town and happens to be one of the biggest attractions in the Garden Route. The name 'Garden Route' is derived from the natural ecological diversity found in the area. Travellers from all over the world flock to the Garden Route to witness its beauty for themselves, all year round.



Image by Norrad Tours

We've listed five activities for adventure seekers travelling to the Garden Route.

Kayaking along the Garden Route

The coastline between Mossel Bay and the Storms River stretches for over 200km. The craggy cliffs, soft beaches, gentle inland waters and endless ocean create the ideal playground for any canoeist or kayaker. Kayaking along the Garden Route is a thrilling experience and allows for some one on one time in nature as well.



Johannes Holzapfel

Image by Johannes Holzapfel

The Otter African Trail Run

The Otter Trail is one of the most popular trails in South Africa and is considered to be amongst the best in the world. Participants run a challenging technical trail route via the Tsitsikamma Section of the Garden Route National Park. Every year, the trail starts in the alternate direction. The route remains the same but features different climbs to explore the most scenic views. This year the event takes place on 17 October.



Image by Trail Running

Surfing at the iconic Jeffreys Bay

Jeffreys Bay, fondly called 'J-bay' is any surfers paradise. The town hosts prestigious surfing events and the surfing community can be found on the J-bay coast, throughout the year. Despite the many developments taking place around Jeffreys Bay, it's coast remains untouched. Beachgoers love to soak up the sun and enjoy the lively atmosphere on the shore. For amateurs and professional surfers, J-bay is a must.



Image by Norrad Surfing

The Storms River

The Storms River is serene and alive with adventure. Travellers may enjoy a range of water-sporting activities on the river mouth. This includes abseiling, snorkelling, and black-water tubing. For the adrenalin junkies, bungee-jumping from one of the world's highest platforms, the Bloukrans bridge, is a must.



Image by Audley Adventures

Route 62

Route 62 links Cape Town and Port Elizabeth and is the ideal road trip route for exploring some of South Africa's hidden gems. Travellers may explore the longest wine route in the world, nestled along the banks of the Breede River and travel through the Little Karoo. All of the towns along Route 62 are rich in history, biodiversity, and culture. Travellers are

encouraged to meet the locals on their way.



Eight noteworthy stops along Route 62

Ruth Cooper 17 Aug 2017



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