

## **BAY to BAY**

**Preamble** - a short easy walk from St Francis Bay to Cape St Francis Resort at Seal Point, half on walkways and the rest on footpaths or beach. Included: shuttle/guide/refreshment

**Detailed Description:** Accompanied by a guide, depart from CSF Resort by shuttle for Granny's Pool at the old harbour in St Francis Bay. A gentle stroll along the *Two Harbours* walkway at the edge of the sparkling Indian Ocean will lead you to the picturesque working harbour of Port St Francis. Look out for dolphins and whales, cormorants and gulls and if you are very lucky, you may spot the shy and rare Cape Clawless Otter. A brief stop at Port St Francis will allow you to experience the commercial harbour famous for its chokka (calamari) and line fish. Tea and coffee will also be served. The walk continues along an established pathway and showcases the Mediterranean architecture unique to the seaside village of Santereme. At Boulder Bay, you now enter the Sharks Point Nature Area and the going is a little rougher, following a winding foot path just above the Littoral Zone. As one approaches Sharks Point, beautiful vistas of Seal Point and its famous lighthouse are seen. This is a rugged and wind-swept point well known for ship wrecks and home to *Carcharodon carcharias*, the *Great White Shark*. When yellow tail enter the bay, one may also be lucky to see Mako sharks breaching as they hunt for their supper. The path now heads toward Seal Point and passes along the rocky coastline. You will pass a number of ancient *Strandloper* middens, consisting of piles of shells left by these nomadic peoples in their summer hunting expeditions to the coast. Stop at Shelly Beach and take the time to study the beautiful shells that give this unique beach its name. The sweep of a magnificent beach now greets the walker, an area well known as a breeding ground for the Black Oyster Catcher, a Red Data species. In 2007, the Editor of Getaway magazine rated this beach as one of the best in South Africa. The trail ends back at the Resort.

### **Essentials**

Bathing costume (if the weather is fair)/sun block/hat/water/light walking shoes (or even slops/sandals).

**Length:** App. 7,5 km

**Duration:** App. 3 hrs

**Degree of Difficulty:** Easy

