

# WOESKUS

*Going Places*

**KNEELO**  
GATHERING  
APRIL 2017

Adventure  
Packages  
with  
**AZUL**

*Surf's up!*

# EXPLORE





# Adventure Packages



14 seater Quantum Bus

- \* Airport transfers
- \* Wedding Transport
- \* Stag/Hen Parties
- \* Events
- \* Festivals



Cape Town Events

- \* Redbull King of the Air
- \* Downwind Dash



Shark Cage Diving Trips



Snorkel with Seals



Quad Biking on Dunes



Sandboarding on Dunes



Tandem Skydiving



Zipline Adventures



Griqua Indigenous Adventure Hiking Trail



Horse Riding on the Beach



Adventure Rubber Duck on the Langebaan Lagoon



Sunset Cruising



Kite Surfing



Yoga/Pilates on SUP Retreat Packages



!Kwa ttu Mountain Bike Trails



Wind Surfing at Elandsbay



Kayak to Penguin Islands at Paternoster

STANDARD FULL DAY PACKAGES ALSO AVAILABLE. ALL PACKAGES SPECIALLY TAILORED TO YOUR FITNESS LEVEL AND PREFERENCE. INCLUDES WINE, HISTORICAL, NATURE AND WEST COAST FLOWER SEASON TOURS IN AUG/SEPT.



# AZUL

[www.azulcoastaltours.com](http://www.azulcoastaltours.com)



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# Alegria

Restaurant on the Beach

Mysteriously tucked into the Bay.

A secluded and romantic restaurant right on the seafront in St Helena Bay



A plate is a chef's canvas that can be used to display a number of creations. Food has become more than something to be consumed, but also an art form. Our Head Chef Creates Many Beautiful, Delicious & Succulent Dishes.

Our friendly, loving & caring attendants will deliver top-notch service to your table whether it's a family dinner, work discussing lunch, birthday party or any other event. Each dish is lovingly prepared, plated & served.



Contact: Ronel 082 926 9960 | [alegria.sthelenabay@gmail.com](mailto:alegria.sthelenabay@gmail.com) | George 082 9228 014

# OFFSHORE Backpackers



Offshore Backpackers is located on the outskirts of Elands Bay (on the South) overlooking the Verlorenvlei. They are a small family run establishment with a laid back and welcoming atmosphere. A typical traditional South African hospitality with a flexible

approach to make everything as easy as possible to allow you to relax and enjoy your time with them. Communal kitchen with all the necessary facilities, braai facilities, fridges & freezers to store your meat. Communal entertainment area with a pool table and bar.

ELANDS BAY SOUTH | [hello@offshorebackpackers](mailto:hello@offshorebackpackers) | Karin 083 252 4326



# LIVE Life

EAGLE'S NEST ACCOMMODATION



## EAGLE'S NEST

Lambert's Bay accommodation, Eagle's Nest Guest House, offers panoramic views of the Atlantic Ocean and is practically on the beach. This idyllic house with multiple units is the perfect place to relax and unwind, while experiencing the true beauty of the West Coast in South Africa. Offering two large units with 3 bedrooms each and three single-bedroom flatlets, Eagle's Nest is the perfect accommodation for a break away for you and/or your family, no matter how large or small.



**Downstairs unit** boasts an incredible sea view with a beautiful patio area, garden and direct access to the beach. 3 Bedrooms sleeping 8 individuals in total. The unit has one en suite bedroom and one separate, spacious, full bathroom. Open-plan kitchen, living room and dining area all opening onto the lawn/beach with an inside and outside braai, DSTV and wifi.

**Upstairs unit** is the largest of our units and offers beautiful panoramic views of the Lambert's Bay beach and ocean from the full-length balcony. 3 double bedrooms sleeping 6 individuals and full bathroom amenities. Large living area, kitchen, dining room, inside braai, large balcony with outside braai and an incredible ocean view, DSTV and wifi.



# West Coast Luxury Tents

There are three luxury lodge tents, Fork South, Middle Fork and Fork North. The tents are located in the bush behind a sand dune, 500 meters walk to a 40 km long unspoiled sandy beach. These double-bedded tents basically offer the same accommodation and amenities as a luxury chalet. It includes electricity, fully equipped kitchenette, fridge with freezer, scullery and a complete en-suite bathroom. All tents sleep a maximum of two people. Each tent has its own private braai area equipped with the necessary utensils. Braai wood is available.



## Fork South

Luxury tent with private en-suite bathroom. Fully equipped with fridge stove and catering utensils. Small kitchenette & a private braai area for each tent. The main tent sleeps two in a double bed. A lone standing thatched unit next to main tent under which a loose standing tent is pitched. The adjoining tent sleeps 2 in single beds. Smaller tent shares bathroom with main tent.

## Middle Fork

Luxury tent with private en-suite bathroom. Fully equipped with fridge, stove and catering utensils. Small kitchenette and a private braai area for each tent. The tent sleeps two people in a double bed.

## Fork North

Luxury tent with private en-suite bathroom. Fully equipped with fridge, stove and catering utensils. Small kitchenette and a private braai area for each tent. The tent sleeps two people in a double bed.



Luxury West Coast beach, self-catering tents. Private access to the unspoiled beach. This facility is on a private beach front farm with no access for the public.

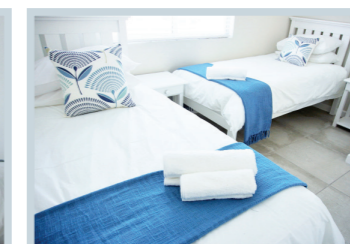
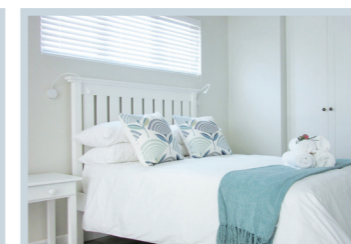


# Fork West HOLIDAY APARTMENTS



Accommodation in a superbly designed space with a distinctive blend of sophisticated elegance and casual comfort, in the North side of Elands Bay, just walking distance from the beach.

Eight self catering units offer luxury in an unsurpassed setting. All the units are designed to enhance the view of the mountain and the sea, each with casual opulence, luxurious furnishings and maximum comfort.



**If you want that extra GLAM  
West Coast Luxury Tents  
is for you!**



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**HOW DO YOU KNOW WHAT SIZE SURFBOARD TO GET**

Enjoy surfing! As a general rule of thumb, the right surfboard for an intermediate surfer is usually one palm higher than his height. If you ride small-to-medium sized waves, you can pick a longboard of a funboard/malibu.

**HOW THICK SHOULD MY SURFBOARD BE**

The beginner is going to want to look for something that has a lot of volume and stability. For most, the perfect starter surfboard is going to be something somewhere around 7-8 foot in length, at least 55.88cm wide and around 7.62cm thick.

**WHAT IS A FUNBOARD SURFING**

Funboards- Surfboards designed for beginners from 0 to advanced surfers searching for a smooth & fun surfing . The beginner boards are shaped to provide length, stability, easy paddling and take-off whilst remaining fluid and agile. Catch more waves and maximize surf practice time without frustration.



**SELECTING THE PERFECT SURFBOARD**

Whatever you are a beginner, intermediate or expert surfer, choosing the right board for your abilities and the conditions is crucial to having a successful, fun surfing experience.

The intermediate to expert surfer is generally going to have a pretty good idea about what they need to take out in any given wave type or conditions. The novice surfer, however, probably doesn't have this knowledge yet and may not realize what they need.

There is no surfboard that is perfect for one person on all types of waves or conditions. If you are going to be surfing on a regular basis, it's a good idea to build yourself a quiver of different boards of all shapes and sizes.

If you're starting out, you're probably only going to need one good beginner surfboard. However, in no time, you're going to advance enough to refine your surfboard choice to ensure you avoid surfing the wrong board.

There are several factors you must consider when choosing the right surfboard for any given day.

First and foremost, your skill level as a surfer. Are you a beginner, an intermediate or an expert surfer? There's no point surfing a high performance shortboard if you can't stand up.

Next would be your fitness level. Even at advanced levels of surfing, if you are not particularly fit, you may need to consider a board with a little more volume to maximize your wave count and session length.

Your size – your height and weight – which will help determine how much volume you would need for a style of board.

And finally, the type of waves you will be surfing. Are they going to be fast and hollow or soft, slow and crumbly? Different waves are going to need different boards.

All these factors are going to play a role in your surfing performance. While you may already consider each of these things at one time or another make sure you revisit these ideas when selecting your next surfboard for your dream quiver.



# KNEELO

Gathering  
April 2017

A group of kneeboard surfers (or Kneelos as they like to be called) had a sort of annual 'Gathering' over the Workers Day week, here in Elands Bay.

Based at the Witmosselpot, they travelled and enjoyed the multiple of quality waves up and down the coast.

At an informal function, Gigs Celliers who is the international star of the group, was welcoming everyone and gave a 3 minute history of the sport and its influence on the better known 'stand up' version of surfing. Then he sprung his surprise and called up two of the elders in the sport, Paddy Laroque and Lawrence Atkinson. There he presented them with their old boards from 1983. Somewhere and somehow he'd spirited these iconic boards out of the mist of history. Better let them tell you what happened.

Paddy  
"Gobsmacked!

Absolutely gobsmacked.

What confuses me is 'Why did I ever get rid of that board?' And how did Gigs find these boards?

That's 1984 . . . 33 years ago!"  
"Oh, and that's Gigs' absolute commitment to the sport. That he would find the boards, remember who's they were and their full history, buy them, hoard them and produce them on a special occasion."

"I now wonder what else has he got hidden away?"

Lawrence  
"I just had a silly smile on my face and everyone else in the room disappeared. I walked in a daze over to one of my favourite and most memorable boards ever. The 'LA board'. What was it doing here?"

"One year after Simon Anderson invented the thruster surfboard I was into my second iteration – and there it was in front of me. Again."

**By Lawrence Atkinson**



The nonstanding versions of surfing were more popular during the sport's dark decades in the 19th century, when Western-borne disease, religion and politics decimated the number of surfers in Hawaii and other Pacific island groups. (All three surfers in "Sandwich Islanders Playing in the Surf," a 1841 drawing, are riding

on their knees.) Stand-up riding then became synonymous with surfing during the sport's early 20th-century renaissance; while kneeboarding was undoubtedly a part of the surf scene, it was all but unmentioned as a surfing subcategory until the late '50s, and didn't gain any real popularity until the mid-'60s.



Kneeboarders often say they chose their version of the sport over stand-up surfing because of the increased sensation of speed that comes from riding closer to the water surface. In decades past, kneeboards were more maneuverable by far than regular boards, were easier to fit into tight sections on the wave.



# ANGELLA CREAMER

