

DESTINATION SUNSHINE COAST

Enjoy Tourism Month with us



150km of pristine coastline



4 Internationally Acclaimed Blue Flag Beaches



Home to 10 Rivers



Surrounded by wildlife & malaria-free Big 5 Reserves



The most sunshine hours in South Africa



Exciting outdoor adventures



Over 400 Bird Species

Brian Hendry



Yours to Explore

THE VERY BEST OF BEACH AND BUSH

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Port Alfred / Bathurst Office

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Enjoy the very best of Beach and Bush on the splendid Sunshine Coast. Follow Route 72 from Nanaga in the west and wind your way through dairy, chicory and pineapple farms, past spectacular dune fields at Woody Cape and ancient coastal forests at Alexandria to pristine tidal rivers and magnificent unspoilt beaches on the Sunshine Coast.

The malaria free valley bushveld is unique to the Eastern Cape, and supports more species animals, birds and insects per cubic metre than any other. There are several big 5 game reserves to choose from including the "Big 7" Greater Addo Elephant National Park. Over 400 recorded species of birds make this area a Birders Paradise.

Other attractions include a full variety of water sports on our pristine beaches and magnificent rivers. Scenic golf courses, historical trails, a variety of eco-walks and hikes, culinary delights, impressive art galleries, and friendly locals.

Plan an unhurried journey. Spend a night or two, stop for a meal, visit artist's studios, book a game drive, hiking or a canoe trail, play or just relax and soak up the sunshine.



GREAT OUTDOORS



ART AND CULTURE

WATERS MEETING NATURE RESERVE TRAILS



QUIN

Maureen Quin

- Master Sculptor -
Decades of Sculptural Excellence



Quin Sculpture garden in Alexandria Eastern Cape boasts a collection of more than 100 sculptures, paintings and sketches on view. Renowned Artist, Maureen Quinn developed the garden into a place of beauty in which a magnitude of birds could nest in trees and shrubs, and with many of her sculptures exhibited on plinths, forming a synergy between art and nature.

A gallery was added on to her studio to house her unique collection of sculptures, paintings and sketches. Since then this has become her spiritual and inspirational home and it is here that her artistic talent has reached fulfillment in the creation of some of her most magnificent sculptures.

In the well-appointed gallery, her collection of sculptures include the thought provoking "Hunt Series" displayed in a specially designed gallery, the "Ballet Series" and the "Interaction Series" of sculptures, while in adjoining gallery her pencil and charcoal sketches are on view.

Quin Sculpture Garden : 5 Suid Str, Alexandria, Eastern Cape
+27 (0) 82 770 8000 : +27 (0) 46 6530121 (Tel & Fax)

Opening hours :
Mon – Fri: 9am – 4 30pm;
Sat: 9am – 1pm
Saturday afternoon and Sunday
by prior arrangement only.

A nominal entry fee is charged.



All trails well marked by colour coded footprints - 4 Easy, moderate and strenuous trails. Trails can be done separately or as one complete trail. Picnic and braai areas.

GREEN TRAIL 3KM
RED TRAIL 3.5KM
ORANGE TRAIL 5KM
BLUE TRAIL 9KM
WHOLE CIRCUIT - 29.5KM



LOCATION:

Waters Meeting Nature Reserve

4km from Bathurst
36km from Grahamstown
30km from Port Alfred
GPS 33.534026 26.799919

FAUNA & FLORA

Rock Dassie
Blue Duiker
Otters
Kudu
Waterbuck
Bushpig

Abundant Bird Species : Coastal Thicket



Photos: Brett Smith

SUNSHINE COAST TOURISM

EASTERN CAPE



yours to explore

67 Minutes Pictures of Tourism



@kentonbushmanstourism

Kenton-on-Sea  *Yours to explore* - Photo: Andrew Pearce



@portalfredtourism

Port Alfred  *Yours to explore* - Photo: Simon Pamphilon



We launched the Sunshine Coast 67 Minutes Campaign on Mandela Day.

The aim was to grow our Instagram pages by inviting the public to submit their best photos of the area and to showcase our magnificence. The people's choice receiving the most number of likes will have a donation of R670 made to Child Welfare offices in Kenton and Port Alfred respectively.

A huge thank you to everyone who submitted photographs. We received an overwhelming response.

Andrew Pearce's beautiful sunset over Kwaaihoek and Simon Pamphilon's view over the Small Boat Harbour and Kowie River were the winners!

R670 will be donated to both Kenton and Port Alfred Child Welfare in the winners' names.

Thank You!



UPCOMING EVENTS

SEPTEMBER

1	KENTON	SILVERLEAF CENTRE WORKSHOP - PALM READING
1	BATHURST	DARTS NIGHT @ BATHURST ARMS
2	PORT ALFRED	MEDOLINO FARMERS MARKET
3	BATHURST	KARAOKE @ BATHURST ARMS
4	PORT ALFRED	VAN DER RIET FESTIVAL
4	PORT ALFRED	NICHE JULIE BAKER LIVE
4	KENTON	SILVERLEAF CENTRE WORKSHOP - COLOUR THERAPY
5	BATHURST	FARMERS MARKET
8	BATHURST	DARTS NIGHT @ BATHURST ARMS
10	BATHURST	KARAOKE @ BATHURST ARMS
11	SALEM	FARMERS MARKET
11	PORT ALFRED	MUD, SWEAT AND BEERS RIVER FISHING COMP @ SKI BOAT CLUB
11	PORT ALFRED	PORT ALFRED HIGH COLOUR RUN
15	BATHURST	FARMERS MARKET
15	BATHURST	DARTS NIGHT @ BATHURST ARMS
17	BATHURST	KARAOKE @ BATHURST ARMS
19	BATHURST	FARMERS MARKET
22	BATHURST	DARTS NIGHT @ BATHURST ARMS
23 - 25	PORT ALFRED	UNIVERSITY BOAT RACES
24	KENTON	SILVERLEAF CENTRE WORKSHOP - PHOTO BOOKS
24	BATHURST	KARAOKE @ BATHURST ARMS
24 - 26	BATHURST	BATHURST WELLNESS WEEKEND
24 - 26	PORT ALFRED	NOMATO TOWNSHIP EXPERIENCE
25	PORT ALFRED	BOAT RACE FINAL - SKI BOAT CLUB DECK
25	SALEM	FARMERS MARKET
26	BATHURST	FARMERS MARKET
29	BATHURST	DARTS NIGHT @ BATHURST ARMS
30	PORT ALFRED	MEDOLINO FARMERS MARKET

OCTOBER

1 - 5	PORT ALFRED	AMANZI CHALLENGE
4	PORT ALFRED	MEDOLINO FARMERS MARKET

Bathurst Wellness Weekend : 24—26 September 2021

www.wellnessbathurst.owlsperch.co.za

Central Bookings Ruth Gipson 082 755 6037 or email Ruth.GipsopnR@gmail.com

Date & Time	Talks (all talks max 15 People) : @ St John's Lodge	Price
Fri 24th 14:00	Edible & Medicinal weeds : Ethnobotanist Finn Rautenbach	R50pp
15:00	Tea and Refreshments, St John's team	R20pp
15:30	Mandalas all around. Make your own – mini workshop. Naomi Balcomb	R250pp(Max 10)
Sat 25th 9:00—12:30	The Transformation Game. A fun way to gain insight into your issue. Maya Stricker, Owl's Perch (min 4- max 8 People)	R100pp
10:30	Tea and refreshments break mid session. St John's team	R20pp
14:30—16:30	Red Tent Women's Gathering: using an ancient tradition to develop women's wisdom and health. Lunar Lionesses Cindy de Wet Steyn & Shona Mason	R100pp
15:30pm	Tea and refreshments break mid session. St John's team	R20pp
Sun 26th 9:30	Gentle Yoga class : Candy Dell	R65pp
10:30	Tea and refreshments break mid session. St John's team	R20pp
11:00	The healing power of Crystals. Cindy de Wet Steyn	R50pp

Time	Free Mini Talks + Demos : Just off Centre in the Tent : - just pop in (seating is limited)
9:00	Transcendental Meditation: from stress relief to self-actualisation – Marion Whitehead
9:30	Planetary wellness: Reducing landfill. Candy Andriolakis, Leafline Reusable Sanitary Products and Nappies
10:00	Bemer demo: find your frequency, help your body heal: & Access bars therapy to unlock your brain's potential – Ruth Gipson, Featherlight Touch Therapies
10:30	Planetary wellness: tips for sustainable living- Jo Styles Worthington-Smith, Jo Soap
11:00	Rife Resonator demo – Maya Stricker, Owl's Perch
12:00	Developing women's wisdom and health: Red Tent Gatherings - Cindy + Shona of Lunar Lionesses
9:00 to 12:00	Wellness Mini Market in the garden

Fri/Sat/Sun	Details	Venue
6:30 – 8:00 Fri, Sat & Sun	Village Birding and nature walk with FGASA guide Tim Cockcroft – R100pp	Meet outside the Pig & Whistle
8:30 – 9:00	Qi gong in the garden – free, just pop in	Just Off Centre
9:00	Pilates class with Lisa Came of Inspired Motion, R75pp Special mother & daughter combo , R100	The Pig & Whistle
10:30 Fri & Sat	Info Session: How Transcendental Meditation busts stress, reduces anxiety and develops higher states of consciousness - free	443 Nautilus Rd, Bathurst
3:00	Belly Dancing class in the garden on Friday and Saturday – Twan Fella - R100pp 1.5hr	Just Off Centre
2:30 Saturday	Medicinal and edible weeds – guided walk on the farm with Ethnobotanist Finn Rautenbach: R60pp for 1.5 hrs	Finn's farm in Bathurst
3:00 Saturday	St John's Church: open talk on the Church's history and a cemetery walkabout. Donations gratefully received.	St John's Church, Donkin Terrace
10:30 Sunday	Introduction to Maharishi Ayurveda – Lecture 1 of 8 video lecture course with international experts, facilitated by Marion Whitehead (balance to be completed online). R900	443 Nautilus Rd, Bathurst
9:30– 15:30	Patrick Smith's labyrinth and fantasy garden, Gillander Rd R40 per adult, R20 per child under 14 years	341 Gillander Road
10 and 16:00	Labyrinth, short nature walk and sanctuary : open-day guided event at this renowned spa	St Francis Health Center max. 15 ppl - booking essential