



Mantis St Helena

SAMPLE ITINERARY: DIVING

Saturday Day 1

- 13:15 St Helena Airport**
Arrive at St Helena Airport and transfer to hotel (Banking/Money Exchange services are available at the airport)
- 14:00 Mantis St Helena**
Check-in at Mantis St Helena, then explore Jamestown at your leisure
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp)

Sunday Day 2

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 09:30 Introduction to Diving on St Helena, followed by Dive 1 (Long Ledge)**
The wharf steps where the boat departs, is just a few minutes walk from the hotel
Dives from £30 pp. Equipment hire is available at an extra cost
Dive 2 (the wreck of the Papanui in James Bay)
- 13:00 Lunch**
Traditional 'Saint' or British Sunday lunch is available at Mantis St Helena (from £15 pp)
- 14:00 Mantis recommends a Half Day General Island Tour** with Aaron's Adventure Tours, taking in all the prominent attractions and scenery (from £30 pp)
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp) or we can recommend an alternative restaurant (from £15 pp)

Monday Day 3

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- Dive 3 (Lighter Rock)**
Diver 4 (Red Island)
- 13:00 Lunch**
Dine at Mantis St Helena or choose from one of the sandwich shops or cafes in Jamestown
- Free Afternoon:** Explore the Museum, Arts & Crafts Souvenir Shop and enjoy St Helena coffee at the seafront coffee shop
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp) or we can recommend an alternative restaurant (from £15 pp)

Tuesday Day 4

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- Dive 4 (Bennet's Point)**
Dive 5 (Horse Pasture Point)
- 13:00 Lunch**
Dine at Mantis St Helena or Mantis recommended Anne's Place Restaurant (from £10 pp)
- 14:00 Mantis recommends: Hike Diana's Peak**
A moderate hike through the cloud forest along the island's central ridge and highest point. A guide from the St Helena National Trust is available (from £20 pp)
- 18:00 Dinner**
Sundowners and dinner at Rosie's Restaurant and Bar (approx. £25 pp)

Wednesday Day 5

- 07:00 Breakfast**
Breakfast at Mantis St Helena
Dive 7 (Sugar Loaf Point)
Dive 8 (Buttermilk Point)
- 13:00 Lunch**
Dine at Mantis St Helena or Mantis recommended The Inkwell (from £10 pp)
Free Afternoon: Explore the Museum, Arts & Crafts Souvenir Shop and enjoy St Helena coffee at the seafront coffee shop
- 19:30 Dinner**
Dinner at Mantis St Helena (from £20 pp)

Thursday Day 6

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 09:15 Dive 9 (Egg Island or Torm Ledge—and the chance to snorkel with Whale sharks, seasonal December to April)**
- 12:00** Packed lunch provided by Mantis as you explore such options as: the Coffee Plantation (from £5 pp), the St Helena Distillery, play 9 holes of Golf (from £15 pp), and Napoleon's residence 'Longwood' House (£10 pp)
- 19:00 Dinner**
5 course dinner with wine pairing at Mantis St Helena (£40 pp)

Friday Day 7

- 7:00 Breakfast**
Breakfast at Mantis St Helena
- 08:30 Dive 10 (Wreck of the Frontier at Lemon Valley)**
- 13:00 Lunch**
Dine at Mantis St Helena
Free Afternoon: Explore the Museum, Arts & Crafts Souvenir Shop and enjoy St Helena coffee at the seafront coffee shop
- 19:00 Dinner**
Farewell dinner on the terrace at Mantis St Helena (from £20 pp)
Optional: Let your hair down at Donny's Bar and the Mule Yard

Saturday Day 8

- 06:00 Last chance to climb Jacob's Ladder's 699 steps**
- 07:00 Breakfast**
Mantis St Helena
- 09:30 Free Morning: Explore the Museum / Enjoy St Helena coffee at the seafront coffee shop**
- 10:30 Check out**
- 11:30 Depart Mantis St Helena**
- 14:15 Depart St Helena**

2018 Estimated Package Total

Single Traveller (Including *accommodation, transfers and flights from Johannesburg International Airport) - £2700
Sharing Traveller (Including *accommodation, transfers and flights from Johannesburg International Airport) - £4500 (total for 2 travellers)



*Estimated rates include 1 x overnight stay in Johannesburg, return flights to St Helena from Johannesburg International Airport and itinerary listed above
Subject to change and availability

[Let us assist you in arranging your:](#)

Reservations for your activities, excursions and dining experiences in St Helena