



Mantis St Helena

SAMPLE ITINERARY: GENERAL

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 Boat Trip**
See the local pod of 400+ pantropical dolphins, swim with Whale sharks (seasonal Dec-Apr) or watch Humpbacks (seasonal June - Oct). Mantis recommends Enchanted Isle, Into the Blue or Sub Tropic Adventures (from £30 pp)
- 13:00 Lunch**
Traditional 'Saint' or British Sunday lunch is available at Mantis St Helena (from £15 pp)
- 14:00 Free Afternoon**
Mantis recommends a short, easy hike to Mundens overlooking Jamestown or James Bay
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp) or we can recommend an alternative restaurant

Monday

Day 3

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 09:00 All Day General Tour** with Aaron's Adventure Tours or Magma Way Tours, taking in all the prominent attractions and scenery, including the Boer, East India Company and Slave Legacies (from £45 pp, duration 8 hours). 4 x 4 tours are also available. A packed lunch is included in this tour.
OR
Choose a **Half Day Island Tour** option (from £30 pp, duration 4 hours)
- 14:00 Historical Town Walk** with local legend Mr Basil George through Jamestown (from £10 pp, duration 2.5 hours)
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp) or Mantis recommends Anne's Place restaurant (from £15 pp)

Tuesday

Day 4

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 09:30** Explore the **Museum and Archives**, just a few minutes from the hotel
- 10:30 Plantation House Tour**
Guided tour of the Governor's residence with tea and cake in the library—meet 187 year old **Jonathan**, the 187 year old giant tortoise (£10 pp)
- 13:00 Lunch**
Enjoy a Mantis picnic lunch at Carson's looking down on stunning scenery in Sandy Bay (from £10 pp)
- 14:30 Coffee Plantation Visit**
Follow the process of the 200 year old Arabica bean, one of the world's most sought after coffees (from £5 pp)
- 15:30 Distillery Visit**
Try and buy Tungi Spirit (pron Toon-Chi), Midnight Mist coffee liqueur, White Lion Rum, locally made wine, brandy and more
- 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

09:00 Lot's Wife Ponds Hike

A moderate to challenging coastal hike with natural swimming pools at the end of the walk (duration 5 hours). A guide from the St Helena National

15:00 Free Afternoon**19:30 Dinner**

Dinner at Mantis St Helena (from £20 pp) or Mantis recommends Bertrands Cottage (from £20 pp)

Thursday Day 6**07:00 Breakfast****09:00 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)

ORChoose from 9 holes on the **'world's most remote golf course'** (from £15 pp)OR a morning learning local crafts, such as **lace making or flax weaving** (from £10 pp)

OR visit Longwood House, Napoleon's residence, now a world class museum (admission £10 pp, audio guide available £2 pp)

13:00 Lunch

Dine at Mantis St Helena or Mantis recommended Pub Paradise at Longwood (near the golf course)

14:00 Free AfternoonChoose a **Conservation Tour** that includes the endemic Wirebird and tree planting at the Millennium Forest (from £20 pp)OR a **Birdwatching Tour**—terrestrial or marine options available (from £20 pp, with a guide)**19:00 Dinner**

5 course dinner with wine pairing at Mantis St Helena (£40 pp)

Friday Day 7**07:00 Breakfast**

Mantis St Helena

08:30 Shipwreck Snorkel

Experience a dazzling array of marine life on the wreck of the Papanui in James Bay. Mantis recommends Into the Blue or Sub Tropic Adventures. Equipment is provided (from £20 pp)

13:00 Lunch

Dine at Mantis St Helena or Mantis recommended The Inkwell (from £10 pp)

14:00 Military History and Fortifications Tour including East India Company, Boer Prisoner and Slave Legacies (from £15 pp).

Mantis recommends Greenwagon Tours and Mr Robert Peters' 'History on Wheels' tour

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, Arts & Crafts Souvenir Shop and 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

Transport for all your activities, excursions and dining experiences