

Mantis St Helena

SAMPLE ITINERARY: HISTORY & HERITAGE

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 (approx. £20 pp)

Sunday

Day 2

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 09:30 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.
- Lunch**
A packed lunch will be provided by Mantis St Helena
- 19:00 Dinner**
Dinner at Mantis St Helena (from £20 pp) or we can recommend A Home Hosted Meal at Richard's Lodge, where guests can learn to cook 'Saint' cuisine (from £25 pp)

Monday

Day 3

- 07:00 Breakfast**
Breakfast at Mantis St Helena
- 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)
- 12:00 Lunch**
Dine at Mantis St Helena or Mantis recommended the Sandwich Bar in the Market (from £5 pp)
- 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 **Jonathan**, the 187 year old giant tortoise (£10 pp)
- 13:00 Lunch**
Enjoy a Mantis picnic lunch at Cason'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** Visit the **Briars Pavilion**, Napoleon's first residence; then on to Longwood House, where the emperor spent most of his time in exile and died in
- 13:00 Lunch**
Enjoy a picnic lunch in the beautiful gardens of Longwood House, ending with Vin de Constance, Napoleon's favourite tippie (picnic options from
- 16:00 Napoleon's Tomb**
A short walk to the tranquil setting of Sane Valley, where Napoleon's tomb lies.
- 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**
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 Trust is available (from £20 pp) and a packed lunch from Mantis is available (from £5 pp)
OR
Choose 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)
- 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 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**
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