

THE GUST SPOT GUIDE
SUMMER 2008 PART ONE:



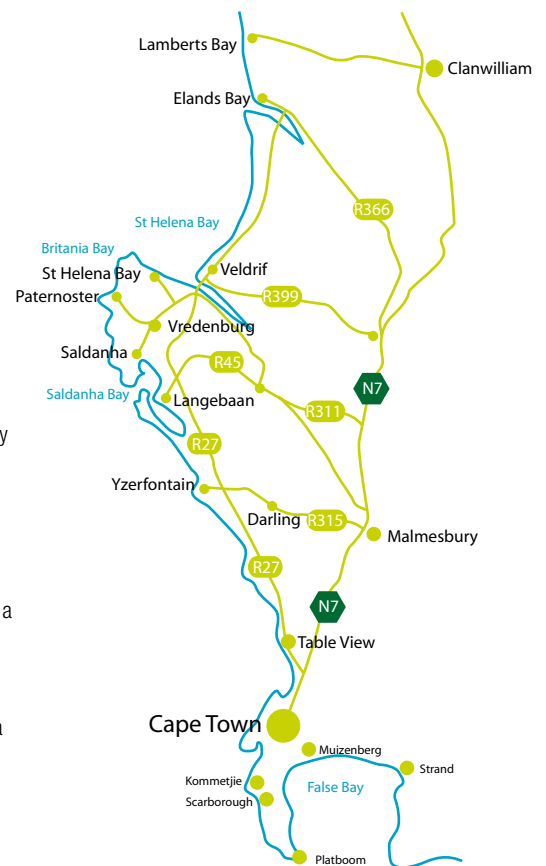
This guide will provide you with all the popular kitesurfing and windsurfing spots as an easy reference guide for planning your weekends and holidays. Part one includes the West Coast as well as the Cape Peninsula, and issue by issue, we'll cover our beautiful country South Africa. In addition, we have made recommendations for cool places to stay and hot spots to enjoy the sunsets and a good night out!

West Coast

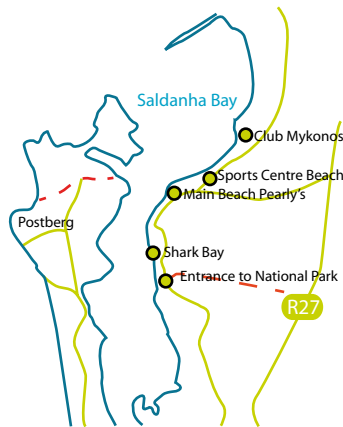
- REGION_** Langebaan
- Spot_** Main Beach Pearly's
- How to get there_** Turn down Bree Stree and proceed to the end. The parking lot is the best place to start from.
- Conditions_** Flat to Choppy water
- Level_** Beginner to advanced
- Best Wind_** South, South East, South West, West, North West, North
- Heads Up_** This beach has a strong tidal flow and has regulations as to where you can kite. Please read the signs.

Gust Recommended Restaurants and Accommodation_
Driftwoods restaurant and bar, Farmhouse Hotel and Restaurant, Kaktus – for Friday night entertainment, Cape Sports Center, Windchasers Kite School and Accommodation

- REGION_** Langebaan
- Spot_** Shark Bay
- How to get there_** When you are in Langebaan, take the main road towards the reserve. There will be a gravel road where you can park and a short walk to the beach.
- Conditions_** Flat, Warm Water
- Level_** All
- Heads Up_** There is a wind free zone to the far right of the beach at the rocky area. If you are a beginner, rather walk your kite up left as far as you can. Stay out of the long grass (Snakes) and be careful of stray Ostriches.



Langebaan



REGION_ Langebaan
Spot_ Friday Island/Cape Sports Centre Beach
How to get there_ Follow signs as you enter Langebaan. Turn right at the 2nd 4 Way Stop Street & follow the signs to Friday Island.

Conditions_ Flat water with Waves
Level_ Advanced
Best Wind_ SE, S, W, SW, N, NW
Heads Up_ The winds are normally offshore, so do not go out here unless you can ride to a high standard. Also be aware of windsurfers entering and exiting the water. Please raise your kite when they approach.

REGION_ Yzerfontein
Spot_ Main Beach
How to get there_ 50km from Cape Town. Follow the R27. You will see the turn off to your right after Grotto Bay and Jakkalsfontein

Conditions_ Wave-riding, Freestyle
Level_ Intermediate to advanced
Best Wind_ South East, NW, N
Heads Up_ A great spot for when Cape Town is blown out. The beach goes on for miles, so kite further away from town to get away from the GUSTS!

Gust Recommended Restaurants and Accommodation_
 Beaches Restaurant

REGION_ Veldrif
Spot_ The River
How to get there_ Veldriff River is tidal and only works when the tide is either coming in on a NW or in on a SE. You can gain entry at the Small Craft boat launch just past Port Owen.

Conditions_ Speed sailing
Level_ Advanced
Best Wind_ NW, SE
Heads Up_ The River is narrow and has fixed objects in place. Be aware of boats and fishermen

Gust Recommended Restaurants and Accommodation_
 Laaiplek

REGION_ Elands Bay
Spot_ Elands Bay
How to get there_ From Veldrif, take the signs to Elands Bay +-2.5hrs driving from Cape Town

Conditions_ Wave-riding
Level_ Advanced
Best Wind_ South West
Heads Up_ A big wave destination with cold water and shallow reefs (mussel beds!) Stay clear of surfers!

Gust Recommended Restaurants and Accommodation_
 Elands Bay Hotel - camping available

REGION_ Paternoster
Spot_ Main Beach
How to get there_ Follow signs to Paternoster off of the R27. (After turning for Langebaan) Park near Fish Market.

Conditions_ Speed, Wave
Level_ Advanced
Best Wind_ South West, SE
Heads Up_ This spot is extremely gusty and offshore. Many a kite has been lost to the seas, be prepared to swim...

Gust Recommended Restaurants and Accommodation_
 The Hotel – a must for those wanting to experience the real West Coast.

Cape Town

REGION_ Table Bay
Spot_ Sunset Beach
How to get there_ If you are heading away from Cape Town along the R27, turn to the beach at the Engen garage.
Conditions_ Wave-riding, Free-riding
Level_ Intermediate to advanced
Best Wind_ South and South East
Heads Up_ Quite gusty in the launching area. Get onto the water as quickly as possible.

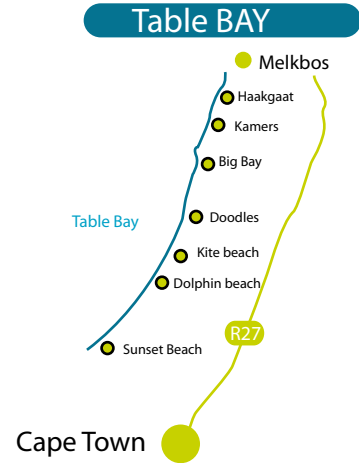
REGION_ Table Bay
Spot_ Dolphin Beach
How to get there_ Right in front of the Dolphin Beach hotel.
Conditions_ Wave-riding Free-riding, Freestyle
Level_ All
Best Wind_ South and South East
Heads Up_ Lay out your lines perpendicular to the shore.

REGION_ Table Bay
Spot_ Kite Beach
Conditions_ Wave-riding, Free-riding, Freestyle
Level_ All
Gust Recommended Restaurants and Accommodation_
 Doodles Restaurant and Bar

REGION_ Table Bay
Spot_ Big Bay
How to get there_ Further along the R27, head out past Table View. You will see the new developments going on.
Conditions_ Wave-riding, Free-riding, Freestyle
Level_ All
Best Wind_ South East
Heads Up_ Good spot when the wind gets nuclear and other beaches blown out.

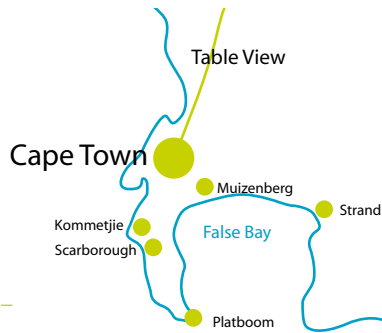
REGION_ Table Bay
Spot_ Kamers
Conditions_ Wave-riding
Level_ Advanced
Best Wind_ South East
Heads Up_ Off shore wind conditions

REGION_ Table Bay
Spot_ Haakgaat
How to get there_ Head along the beach road from Big Bay to Melkbos. You will see the sign.
Conditions_ Wave-riding
Level_ Advanced
Best Wind_ South East
Heads Up_ Gnarly shorebreak and rocks



South Peninsula

REGION_ Muizenberg
Spot_ Muizenberg
Conditions_ Wave-riding, Free-riding, Freestyle
Level_ All
Best Wind_ South and South East
Gust Recommended Restaurants and Accommodation_
 The Kite Corner



REGION_ Kommetjie
Spot_ Longbeach
Conditions_ Wave-riding
Best Wind_ North West

REGION_ Scarborough
Spot_ Witsands
How to get there_ Take the M3 over Oukaapse Weg, take a right at the Sun Valley four way stop to Scarborough, then turn left at Ocean View
Conditions_ Wave-riding
Level_ Advanced
Best Wind_ North West, South East
Heads Up_ Take note of the new footpath thanks to Andre.
Gust Recommended Restaurants and Accommodation_
 Jeremy's Guest House, Scarborough

REGION_ Cape Point
Spot_ Platboom
How to get there_ When you are in the nature reserve, take the Cape of Good Hope turn off.
Conditions_ Wave-riding
Level_ Advanced
Best Wind_ South, South East
Heads Up_ Rocks and reef – you must know your story!
Gust Recommended Restaurants and Accommodation_
 Cape Point Nature Reserve



NEXT ISSUE PART TWO: STRAND AND THE GARDEN ROUTE

