What activities are on offer in the Overberg, and where will I find them?

4x4 trails and quad biking – all over
Bird-watching – all over, Stanford has over 220 species of birds www.birding-africa.com
Boating – Hermanus lagoon/yacht club, Theewaterkloof Dam, Villiersdorp
Caving – Gansbaai, De Kelders, Agulhas
Fishing – all over
Gambling – Caledon Casino
Golf – Arabella, Kleinmond, Kleinbaai, Hermanus, Swellendam, Elgin, Caledon, Riviersonderend
Hiking – Many places
Horse Riding – Most Towns
Mountain Biking/Cycling – Most towns
Paragliding – Most towns offer Paragliding
River Rafting, Canoeing – Swellendam, Kleinmond
Rock Climbing - Kleinmond
Spas – Caledon Hotel and Spa, Arabella Hotel and Spa
Sand-boarding – Betty's Bay
Scuba Diving – Hermanus, Gansbaai, Witsand
Shark Diving – Gansbaai
Shopping – No prominent shopping malls in the Overberg, but you will find shops in the towns.
Surfing - Kogel Bay, Pringle Bay, Hangklip, Betty's Bay, Kleinmond, Hardebaai, Onrus, Hermanus, De Kelders, Gansbaai, Pearly Beach,Cape Infanta
Swimming – Swimming in all the coastal towns, and also in rivers and dams of inland towns.
Whale Watching – Hermanus and the Walker Bay coastline
Wine Tasting – Barrydale, Hermanus, Botriver, Elgin Valley, Villiersdorp