

2-Day Coastal Wellness Retreat



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Curated by locals,
loved by visitors.

Kommetjie

CAPE POINT. KALK BAY

Sometimes the best reset isn't about doing more. It's about moving slower, breathing deeper, and letting the coastline do the work.

This two-day retreat is designed as a gentle immersion into the Deep South's natural rhythm. From barefoot beach walks and yoga to wild coastal landscapes, nourishing food, and quiet moments of perspective, this itinerary invites you to soften, recalibrate, and reconnect, without pressure or rigid structure.

There's space built in. There's room to linger.

And if the day unfolds differently than planned, that's part of the experience.

At a glance

- Day 1:** Grounding, movement, nature immersion, and deep rest.
- Day 2:** Easy morning, ocean air, and a nostalgic coastal train journey.
- Pace:** Slow, flexible, intuitive.
- Focus:** Wellness, nature, local food, and coastal calm.
- Location:** Kommetjie, Cape Point, Kalk Bay, Simon's Town, Muizenberg.

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Day One

A GENTLE START

Early wake up

07:30: Espresso Kommetjie

An easy, familiar beginning — no decision fatigue, just good coffee and a soft start.

Morning yoga

08:30: Soul Space Yoga Studio

Softer, intuitive, flowing and restorative.

Beach walk + optional dip

10:00: Long Beach, Kommetjie

Bare feet on sand, wide skies overhead.

A short cold-water dip if the sea calls - always optional.

Light refuel

11:30: Foragers Deli - The Village Hub

Hydration and nourishment - simple, fresh, and easy to digest.

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Day One

MIDDAY NATURE LOOP

Scenic drive

12:30: Cape Point Nature Reserve

This is the expansive heart of the day. Let the landscape set the pace.

Coastal stop

13:00: Choose based on energy, not FOMO!

- Buffels Bay: tidal pool swimming and relaxed picnic vibes.
 - Olifantsbos: wild, quiet, and deeply grounding.
 - Venus Pool: only in calm conditions and with confidence.
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Lighthouse pause

15:30: Slangkop Lighthouse

A short stop with a long view - perspective without effort.

Afternoon recovery

16:30: Well Being Studio - Imhoff Farm

A farm style wellness studio that offers a range of holistic therapies and teaching techniques.



Day One

EVENING WIND-DOWN

Dinner (keep it easy, coastal)

18:30: Dinner Options

Kommetjie

- Blue Water Café - ocean views
- Kommetjie Fish & Chips - casual & comforting
- The Green Room - best burgers in the village

Kalk Bay

- Satori - on street dining
- Brass Bell - sea front dining
- Olympia Café - casual café food

Glencairn

- Dixies Restuarant - legendary mussels

Sweet ending

20:30: The Cone Collection

Grab a Gelato and have a slow conversation.

Where we're staying

21:30: Last Word Long Beach, Kommetjie

Beachfront boutique hotel with direct access to Long Beach.

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Day Two

EASY MORNING & COASTAL FLOW

Morning reset

08:30: Fish Hoek Beach

Gentle beach walk or swim at Fish Hoek Beach.

Fuel up

10:00: Salt, Kalk Bay

Coffee and breakfast with perfect on street and coastal views.

Optional coastal train ride

11:30: Simon's Town to Muizenberg

A nostalgic, slow-moving journey along one of the most scenic rail lines in the world. Sit by the window, feel the ocean pass by, and let the movement settle the body. Return by train or continue exploring Kalk Bay and St James at your own pace.

Relaxed departure

16:00: Head home rested, grounded, and slightly more ocean-soaked than when you arrived.



Final THOUGHT

This is not a checklist retreat.

It's an invitation.

An invitation to slow down, reconnect with the coastline, and let small, simple moments do their work.

Kommetjie and the Deep South have a way of holding you, quietly, naturally, without asking anything in return.

Come as you are. Leave lighter.

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Locals Know
Best. Join the
Lineup!

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