

# Join the Sardine Run

**INCREDIBLE  
ADVENTURES**



An incredible ocean adventure off South Africa's Wild Coast.

# 2025/2026 Sardine Run Dates

June 21-29    June 29-July 7    July 7-15

Every year, the world's greatest marine migration takes place off the South African Wild Coast. Millions of sardines follow the cold winter currents north toward the warm Indian Ocean, bringing with them thousands of predators: dolphins, sharks, whales, seals and marine birds. Join the Sardine Run for an incredible adventure in South Africa.



*No Dive Experience Required*

Location: Coffee Bay – Port Edward, Eastern Cape, South Africa

Cost: \$4095 per person sharing (\$350 single supplement)

Duration: 9 Days, 8 nights with up to 7 days on water

A large school of fish, possibly sardines or anchovies, swimming in clear blue water. The fish are densely packed and move in a coordinated pattern, creating a shimmering effect. The water is a deep, clear blue, and the overall scene is bright and vibrant.

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**See sharks, dolphins, whales, seals  
and birds.**

# Typical Sardine Run Itinerary

## Day One

Arrive at Durban International Airport prior to 12 Noon. (We suggest arriving in South Africa a day earlier, to provide time to adjust to local time and can provide a hotel suggestion upon request.) Met by SEAL Expeditions representative and transported to dive location in the Eastern Cape. Orientation.

## Days Two -Eight

6:45 am – Continental or packed breakfast

7:00 am – Microlight aircraft launches and begins recon

7:30 am – SEAL Teams launch

11:00 am –Light lunch and refreshments available on boats

1:30 pm - Approximate time back on shore, depending on action and weather

4:00 pm - Join group for optional afternoon activity

7:00 pm - Three course dinner, next day planning and good times – SEAL style

## Day Nine

8:00 am - Transfer back to Durban International Airport (Your flight should depart no earlier than 3 pm.)

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# Sardine Run Adventure Pricing Info



## \$4295 Price Includes:

- Shared Accommodations at Myboti River Lodge (single supplement - add \$500)
- Breakfast, lunch and dinner on the Sardine Run
- Guide Services
- Diving/Snorkeling - up to 7 days on water (alternate activities for bad-weather days)
- Air Support – dedicated microlight helps to alert group to action on the water
- Microlight flight (weather permitting)
- Dive air, tanks & weight belts
- Alternate activities, including horse riding, trail hiking and cultural activities
- Scheduled transfers to and from Durban International Airport (KSIA)

## Not included in price:

- Travel to and from Durban, South Africa
- Mandatory dive travel insurance
- Dive equipment – BCD, regulator, mask, fins, snorkel
- Alcohol and soft drinks
- Excess baggage penalties and transportation
- Gratuities – at guest discretion

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Photo Randy Ogersby



# Sardine Run FAQ



**Do I need to be a certified diver?** No. Roughly 75% of the diving is done on snorkel. Action can also be observed from the boat.

**If I want to scuba dive, what are the requirements?** You must be an Advanced Diver with verified experience. You will be required to present your dive card and logbook to SEAL Expeditions for review.

**What is the water temperature and visibility in June/July?** The water is typically 59-70 F / 15-21 C and visibility can range from 6-60 ft / 2 – 20 m. For safety, we don't enter the water unless there is at least 15 ft visibility. We recommend a 7 mm wetsuit with hood, boots and gloves.

**Are there any health requirements?** You should be in reasonably good health and have , or be up-to-date on recommended vaccinations before arriving in South Africa. The Sardine Run is an active adventure and can be physically challenging. While it is not required that you be physically fit, the more fit you are, the more you'll enjoy the adventure.



**What is the weather in June/July?** These are winter months in South Africa. Pack for rain, but expect generally dry weather and a temperature range of 59-75 F / 15-24 C.

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## Sardine Run FAQ - continued

**What is the diving like?** Because we are looking for activity that is moving, we spend most of the day at sea. When we find activity - sardines, whales, dolphins, sharks, etc. - a decision is made as to whether snorkeling or diving is most appropriate for the particular opportunity. (About 75% of the dive action is on snorkel.) Often the action is quite far out to sea and in deep waters, where it is not possible to drop down to the ocean floor. As a result, most dives are done in mid-water, as the bottom is often far too deep for sport divers. Dives on average are of a fairly short duration as the action moves past quite quickly. Often it is a matter of being in the water for 5 or 10 minutes and then quickly back on the boat to follow the activity and then jump in again. The activity, as a whole, is considered strenuous. When it's determined it's best to snorkel, divers are dropped in front of the "activity" and wait on the surface for the activity to reach and pass them. The emphasis of the trip is on the surface activity and being right in the action with all the sardines, dolphins, sharks, birds etc. This adventure isn't for the faint hearted!

**What kind of boats are used?** SEAL runs several 8 metre twin-engine dive boats - each fitted to accommodate 12 divers. We typically limit the number to 8 divers per boat + 2 SEAL staff, for everyone's comfort.

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The Sardine Run is operated by our great friends at SEAL Expeditions.

# Join the Sardine Run

Call 1-800-644-7382 or 1-941-346-2603 Today

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