



SARDINE RUN 2024



In the late 90's, I joined the initial sardine-run expeditions with scientists and filmmakers, and this started my love for the world's greatest marine migration. I hope to share this adventure with you.



In 2024, I am working with my trusted operation companies Blue Wilderness Adventures and Go Dive to explore and discover on the annual Sardine Run. We are heading to the small coastal resort of Cintsa. From here we will launch our 2024 Sardine Run Season

EXPEDITION DATES

Arrivals and departures occur each Sunday. You will be transferred to and from East London airport incl. in your package.

Please complete the linked form to submit your arrival and departure details to Blue Wilderness

[Submit details](#)

TRIP	ARRIVAL	DEPARTURE
Exped 1	12th May	19th May
Exped 2	19th May	26th May
Exped 3	26th May	2nd June
Exped 4	2nd June	9th June
Exped 5	9th June	16th June
Exped 6	16th June	23rd June



YOUR ACCOMM



Adventurers join Blue Wilderness on the Sardine Run will stay at Crawfords Beach Lodge, Cintsa

Crawfords offers private beachside luxury only meters from our dedicated launch site. this lodge offers unparalleled comfort to enjoy between expeditions to sea



**View
Accommodation**

YOUR CATERING



Catering is built around the hotel restaurant's glorious early morning and evening buffet meals. This is designed to be a time to discuss the day and a fun social event for the team.



Lunches offer an array of energy-filled snacks, healthy sandwiches and drinks to allow the team to power through the daily expeditions at sea

YOUR GUIDES



Fiona Ayerst

Underwater photographer

Fiona Fiona Ayerst is a underwater and wildlife photographer based in South Africa notable for. She has swum with many species of shark, photographed them, including the Great white shark, Tiger shark and the massive but tamer whale shark. Her images have won awards in numerous photo competitions.



Elton Polly

Ocean Naturalist

Elton is one of South Africa's true men of the ocean, spending his life exploring the ocean of the Southern Cape. Elton guides Sardine Run adventurers with unparalleled enthusiasm and expertise on South African oceans.

YOUR EQUIPMENT



GoDive provides freediving and snorkelling equipment for all our guests on the Sardine Run. During the annual sardine run, we transport our entire operation to Cintsa, South Africa. It helps us significantly to have detailed information on your equipment requirements, beforehand.

If you wish to SCUBA dive on the Sardine run, you are able to rent SCUBA kit upon request.

Please note: GoDive provides standard sized wetsuits and vests from XS to XXL. If your body size falls outside of this range, we ask that you provide your own soft SCUBA equipment

**Submit your
Requirements**



THE TRIP

A Sardine Run day trip is a full day expedition from 8h30 to 15h30. Times presented are approximations

Time	Action	Notes
07h00	Breakfast	Buffet breakfast at crawfords with briefing for the day
08h30	Morning launch	Surf launch at Cintsa beach - 3hr search for baitballs
09h00	Morning Sardine Run	Hunt for bait ball for approximately 3 hours
12h00	Lunch	1hr rest and lunch break on boat
13h00	Afternoon Sardine Run	Hunt for bait ball for approximatly 3 hours
15h30	Beaching	Return to land for de-kit and cleanup
19h00	Dinner	Buffet dinner and debrief

MEMBER



SARDINE RUN
PROFESSIONAL ASSOCIATION

CODE OF CONDUCT

My operation partners
- Blue Wilderness and
GoDive area members
of the Sardine Run
Professionals
Association. As
members, we adhere
to a code of conduct
regarding our Sardine
Run operations.

**Read our
Code of Conduct**



CLOTHING

Daily Sardine Run expeditions range from 5 to 7 hours in duration. Most of this time, you will be wearing a full wetsuit (5-7mm) but maintaining your core body temperature is vital.

Personal clothing to take to sea daily includes:

1. Waterproof jacket
2. Warm beanie
3. Peaked cap
4. Sunglasses
5. Sunscreen
6. Gloves
7. Towel

