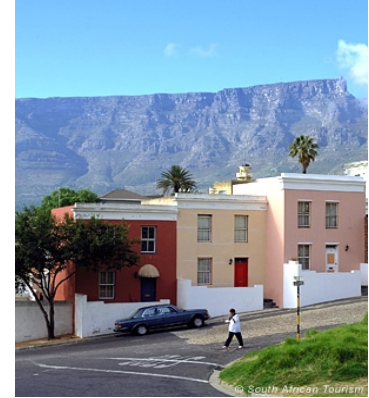


## Cape Town, Winelands and Adventure (Small Group)



### Overview

This trip commences in Cape Town one of the world's most beautiful cities, with a cosmopolitan atmosphere, a lively music scene, some excellent bars and restaurants and stunning beaches. We take a trip to Robben Island and to the top of Table Mountain. Our trip to the Cape Peninsula involves kayaking to see a large colony of African Penguins.

Less than an hour's drive from Cape Town we visit the Winelands: this area has stunning scenery: vast mountains towering over pretty vineyards with Dutch-architectural homesteads, and we cycle a wine route to visit a number of vineyards for essential tastings.

Along the Garden Route, the spectacular scenery is renowned: from June to November, Southern Right Whales can be seen from the shore, and we visit a spectacular cave system, take a boat trip along the Garden Route in the hope of seeing dolphins, seals and whales, take walks and a thrilling treetop canopy ride in spectacular indigenous forest and spend time at a monkey and elephant Sanctuary.

There is an option to extend the trip with a 2 night safari on a private game reserve.

### DAY 1

Overnight flight from London to Cape Town.

### DAY 2 Arrival & Table Mountain

Arrive Cape Town and transfer to the Winchester Mansions Hotel for 3 nights in a classic twin en-suite room on a bed and breakfast basis.

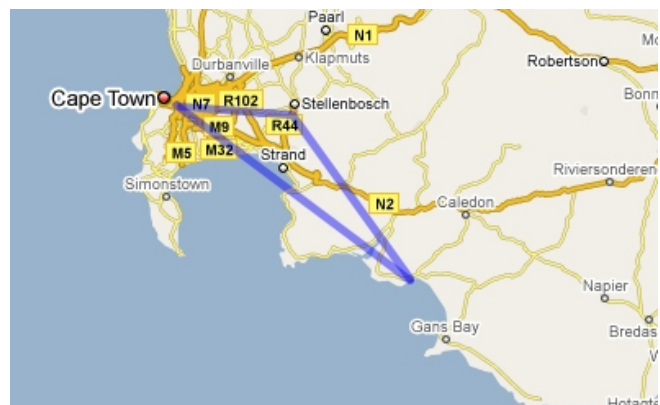
After checking in, we take a revolving cable car to the summit of Table Mountain from where there are staggering views of the city, the bay and the Peninsula Table Mountain.

Cape Town is a vibrant, cosmopolitan city offering outdoor activities, a lively music scene and a host of trendy bars and restaurants. This afternoon is free: you may choose to wander round the trendy V&A Waterfront, where there is usually live music and plenty of bars and restaurants. Alternatively, visit the Botanical Gardens or the sobering District Six museum.

*Situated on Cape Town's Platinum mile and overlooking the Atlantic Ocean, Winchester Mansions is an exclusive, privately-owned 4 star hotel in Cape Town with a spectacular beachfront location, stylish elegance and personalised service. The hotel is conveniently situated close to the V&A Waterfront as well as Cape Town's sights. **Meals:** None included.*

### DAY 3 Robben Island

This morning, we depart from Cape Town's Victoria & Alfred Waterfront by ferry for a 25-minute trip across Table Bay to Robben Island.



This World Heritage Site and South Africa's most revered national monument was a prison for some 450 years - for convicts, slaves, exiled Eastern princes, lepers, the insane and those punished for resisting oppressive rule - among them, Nelson Mandela. The tour, led by guides (some of whom were once inmates) includes a visit to the Prison Block and the infamous Limestone Quarry, where prisoners once toiled, as well as a drive around the island.

This afternoon is free for browsing craft markets, taking a wander round Bo-Kaap (the city's Muslim quarter) or relaxing at the V&A Waterfront. We will provide clients with a list of recommended restaurants in the city. **Meals:** Breakfast included.

### DAY 4 Full Day Peninsula Trip with Sea Kayaking

This morning, we drive to Simonstown, where we meet up with a sea-kayaking guide for a safety briefing and gear up for a couple of hour's easy paddling in twin kayaks along the False Bay coast. We paddle to Boulders beach where a colony of African Penguins

## Cape Town, Winelands and Adventure



live and have an opportunity to view them from the ocean as they swim around this quaint little cove.

After lunch at a local seafood restaurant, we drive to the tip of the Cape Peninsula and walk to the lighthouse at Cape Point with its beautiful views overlooking False Bay. Our route back takes us along Chapman's Peak Drive - 600m above the ocean and one of the world's most breathtaking coastal passes. From June to November, Southern Right Whales can be seen offshore from the road. **Meals:** Breakfast and lunch included.

### DAY 5 Full Day Winelands with Cycling

This morning we leave Cape Town for the Cape's winelands which today we will explore on the Winelands Mountain Bike Trail. We pick up our bikes in Stellenbosch and head for Simonsig Estate and an (optional) tasting of their famous Cap Classique ("Champagne-style") wine, the Kaapse Vonkel. We cycle on towards the mountains, with further wine tastings at various estates. The area is rightly famous for high quality dry white and red wines from noble grape varieties, and the tour visits an interesting mix of historic estates and contemporary wineries.

After lunch, we explore Stellenbosch town and its beautiful examples of Cape Dutch architecture, the university, shops and galleries. There may be an opportunity for further wine tastings, before departing for hotel in Stellenbosch.

Later in the afternoon we check into D' Ouwe Werf Hotel & Spa in Stellenbosch for a one night stay in a standard twin room on a bed & breakfast basis. **Meals:** Breakfast and lunch included.

### DAY 6 Stellenbosch to Oudtshoorn

This morning we head to Oudtshoorn along Route 62 through breathtaking mountain passes and intensively cultivated valleys, beautifully preserved 18<sup>th</sup> century towns and wine estates.

Book at [www.nativeescapes.com](http://www.nativeescapes.com)

Oudtshoorn is known as The Feather Capital of the World, due to the large number of Ostrich farms in the area. This afternoon, we visit the magnificent Cango Caves - a 20 million year old cave system.

Tonight, we stay at Rosenhof Country House, a 5 star country homestead with an excellent restaurant, pool and spa treatment facilities. **Meal Arrangements:** Breakfast and Lunch included.

### DAY 7 Overland Knysna incl lunch

This morning we visit an Ostrich farm to learn more about these fascinating flightless birds. We then travel over the Outeniqua Mountains to George and along the Garden Route to Knysna.



## Cape Town, Winelands and Adventure



This afternoon is free to explore Knysna – the waterfront is full of shops, cafes and restaurants. Alternatively, take a boat cruise out on the lagoon, or rent a canoe or bicycle to explore the area.

Our accommodation for the next 4 nights is at either Knysna Quays Hotel or Knysna Hollow Country Estate, both with pool, restaurant and cosy bar. Knysna has an excellent choice of restaurants: oysters are the name of the game here, but fresh seafood – and actually anything else – can be found. Find your way to the waterfront area and choose from a range of restaurants overlooking the harbour. Sunset cruises depart from Knysna's waterfront around the lagoon (not included). **Meal Arrangements:** Breakfast and Lunch included.

### DAY 8 - Knysna

Today we head into the Tsitsikamma National Park where we experience a thrilling trip through the treetop canopy in a harness on cable spans! After lunch, we journey down the old Storms River pass, where we have an opportunity to experience the indigenous forest from the comfort of a specially designed vehicle following the elephant trail down to the water.

Tsitsikamma National Park is a spectacular area with indigenous forest, deep river gorges and waterfalls backed by mountains. There are many wonderful short walks in the reserve – including one over the suspension bridge. **Meal Arrangements:** Breakfast and Lunch included.

### DAY 9 Knysna

This morning we board an ocean safari from Plettenberg Bay, home to the largest concentration of marine mammals in the world, and we may expect to see dolphins, whales (during the winter months) and Cape Fur seals. We enjoy lunch in a local restaurant featuring the seafood of the region, then enjoy a hike down the Robberg

Peninsula.

The Robberg Nature & Marine Reserve is a 4km-long peninsula with a rugged coastline and a fabulous 11km circular walk – watch out for marine life along the way. **Meal Arrangements:** Breakfast and Lunch included.

### DAY 10 Knysna

Today, we visit Monkeyland, one of the best attractions in the area, where over 200 primates live on a 12 hectare sanctuary which helps rehabilitate wild monkeys that have been in zoos or private homes. The guided walking safari through a dense forest and across a 120m long rope bridge is a fun and educational way to find out about these primates.

After lunch, we visit Knysna Elephant Park. For many years, elephants roamed freely in large numbers in their natural forest habitat around Knysna, but due to conservational failure, numbers dwindled from over 400 to just 3. The Knysna Elephant Park was developed to bring elephants back to Knysna, and to give them a natural environment in which to thrive. **Meal Arrangements:** Breakfast and Lunch included.

### Day 11 Knysna to Port Elizabeth (by 12h00)

This morning we transfer you to Port Elizabeth Airport for your return flight to London via Cape Town. **Meal Arrangements:** Breakfast included.

### DAY 12 Arrive UK

**For prices please call Native Escapes on 020 8977 7034 or see [www.nativescapes.com](http://www.nativescapes.com)**



## Cape Town, Winelands and Adventure



### General Information

#### Visas

Visas are NOT required by UK citizens for South Africa. (Note that all nationalities travelling to South Africa must have 2 consecutive blank pages in their passport which lie side by side when the passport is open. Passports must also be valid for at least six months from the date of entry to South Africa. Passengers travelling to South Africa with passports that do not comply with these requirements could be refused entry.

Note: Passport and visa requirements are liable to change at short notice. Travellers are advised to check their entry requirements with their embassy or consulate.

#### Health

The World Health Organisation ([www.who.int/en/](http://www.who.int/en/)) recommends that all travellers are inoculated against diphtheria, tetanus, measles, mumps, rubella and polio as well as for hepatitis B.

Hepatitis A, malaria and typhoid are also recommended by the Centres for Disease Control & Prevention ([www.cdc.gov](http://www.cdc.gov)) for travel in South Africa. All travellers should seek advice from their local GP or travel clinic for up to date advice on vaccinations and different malarial options.

#### Insurance

Travel insurance is compulsory for all bookings. Guests on group departures must take their policy documents with them on the trip as the guide will ask to see this at the start. The documentation must state in writing that you are the named policyholder and that the cover is valid for the period of travel. The policy document must also indicate that medical expenses and emergency repatriation cover is included and a 24 hour contact telephone number for the insurance company must be shown on the documentation in case of emergency. Guests unable to provide all this information at the start of the trip will be asked to purchase a

policy prior to joining the trip.

#### Electricity supply

220v, 3pin South African plug. Adaptors are required to charge cameras, etc.

#### Money

Currency is the South African Rand. There will be ATM's en route for guests to withdraw money.

#### What to bring

Binoculars, torch, walking shoes, swimming gear, plenty of high factor sunscreen, sunhat, insect repellent, camera, a day pack. Warm clothing is recommended for evenings, and a waterproof jacket. Lightweight clothing is recommended for the day. Avoid brightly coloured clothing for game viewing.

