



*Welcome to Cape Town!*

*Day 1*

*After greeting you at Cape Town Airport we head to your accommodation for your first evening in South Africa, The Backpack & Africa Travel Centre in CT –see images below. <http://www.backpackers.co.za>*



*Depending on flight times you may have the opportunity to visit Robben Island, home to Nelson Mandela for so many years in Table Bay. Here you can visit the cell he stayed in and have a tour from a previous inmate. Alternatively you can visit the beautiful Waterfront and have a coffee whilst admiring the amazing view of Table Mountain.*

## Day 2

Today we leave by coach and drive over to **Storms River** loaded with our bikes and trailer. After booking into The Storms River Village Lodge & Flashpackers, a beautiful Lodge which is nestled in lovely gardens with magnificent mountain backdrops, we change in to our cycling gear and then set up the bikes for everyone ready for the warm up leg of the cycling adventure. - <http://www.stormsrivervillagelodge.com>

The unique holiday begins with a tour to the Storms River mouth and the “**Big Tree**” in the indigenous Tsitsikamma Forest. Any change in the set up of your bikes etc are sorted out here before the serious riding begins tomorrow! (30km, 20 miles tar)



*Storms River Village Lodge & Flashpackers + Storms River Mouth*

## Day 3

Our first full cycling leg takes us along the wooded plateau of the Tsitsikamma Forest before we descend into a deep valley comprising lush indigenous forest. This area is known as Nature's Valley and boasts one of the most beautiful beaches in South Africa. Back on the plateau, we cycle through the seaside resort of Plettenberg Bay where we have lunch at Moby Dick's (62kms) before continuing our journey through to the town of Knysna. The town is known for its “Knysna Heads”, two massive rocks guarding the entrance to the Knysna lagoon. We lodge near here at ‘Peace of Eden traveler's lodge.’ (98 km, 65 miles tar) <http://www.peaceofeden.co.za>



*Peace of Eden & Plettenberg Bay*

## Day 4

We pass over the gently sloped Outeniqua Pass continuing along the Indian Ocean where we break for lunch at Victoria Bay before continuing on to the coastal town of Mossel Baai (Mussel Bay), the first landing place of Bartholmeu Diaz after rounding the Cape of Good Hope in 1485. A Padrao (Portuguese marker) marks the spot along with the 'Post Office Tree' used by sailors to leave their letters for home for ships passing the other way. We lodge in a converted railway carriage called 'the Santos Express' for a unique experience of staying on a real train only 30 metres from the sea with wonderful views from your window! <http://www.santosexpress.co.za>

(115 km, 70 miles)



*The Outeniqua Pass & Santos Express*

## Day 5

Heading north takes us from the evergreen coast into the semi arid Klein Karoo. We will arrive in Oudtshoorn, which is known as the "ostrich capital", after climbing the Robinson pass(500m) en route. We have a picnic at the top before we descend down and **visit Safari Ostrich farm** before we take over the 'Karoo Soul travel lodge' for the night! This Tudor mansion on more than 4000m<sup>2</sup> is a piece of magic. It has it all. <http://www.karoosoul.com/>

(90 km, 55 miles)



*Karoo Soul Travel Lodge*

## Day 6 - Easier Day!

We are collected from Oudtshoorn and transported via the R62 towards Cape Town along the magnificent Swartberg Mountains - after  $\pm$  50 km we reach Calitzdorp, the port wine capital of SA, where we take in **a port tasting**. Over the Huisrivier pass (655m) and continuing along the World's longest wine route we lunch at the quaint village of Barrydale at the Dung Beetle Back packers. Over the magnificent Tradouws mountain pass we reach Swellendam, the third oldest town in South Africa named after its founder, Governor Swellengrebel in 1739. Now we head along the N2 over Sir Lowery's Pass onto the R310 where we disembark and enjoy a lovely cycle along the False Bay coast to Simon's Town where we stay for the night.

<http://www.capepax.co.za/>

(34km, 21miles)

PLUS 22mile/35km extension available through Constantia Wine Valley if required.



Swellendam & accommodation for Day 6 at Simon's Town Backpackers

## Day 7

From our lodgings in Simon's Town we start cycling along the Indian Ocean south to look at **a penguin colony in Boulders** after the historic Naval Base at Simon's Town. We head into **Cape Point Nature Reserve** to the south western point of Africa. Through Scarborough and Misty Cliffs we find our way back to Cape Town along the Atlantic coast northwards with the famous Chapman's Peak Drive being ascended. Back to Cape Town for a well earned rest. <http://www.backpackers.co.za>

(104km, 65 miles)

(The above attracts over 35,000 cyclists from all over the world every March who take part in the extremely popular Argus Cycle Tour, the World's largest timed cycling event)



*Boulders Beach where you can visit the penguins & Chapman's Peak Drive*



*Cape Point also visited on Day 7*

*After a good days cycling, it's back to where it all began for 2 nights at The Backpack & African Travel centre for a well deserved sleep.*

*Day 8*

*The final day consists of a guided **city center walk including castle entry then a hike up Table Mountain with the cable car down. What a way to finish!***



*(15km Walk(9 miles) and 1086m(3,563 ft) of Climbing.)*

***TOUR COMPLETE 560km / 350 miles plus walk and hike above. Well done!!***