

## South Africa: Cape Town & the Garden Route

### Bike Vacation Only

Experience the full complexity and diversity of an astonishing country on our bike tour through South Africa. You'll touch its controversial history on a township tour—as well as its contemporary culture on visits to an ostrich farm, a wine estate, and a local home. Venture to the top of Table Mountain by cable car. Ogle at dramatic landscapes of sandstone mountains, flower-filled valleys, semi-arid plains, and a teeming lagoon on carefully crafted cycling routes. Journey along the Garden Route, admiring the forests, cliffs, and coastline that have made it famous. Visit a penguin colony. Explore a little pocket of France in the middle of its celebrated wine country. And end each exhilarating day in charming accommodations that reflect the true character of each amazing destination. Daily Mileage: 7-31 miles



### Cultural Highlights

- Float to the top of Table Mountain by cable car, and marvel at the dazzling views.

- Join a guided tour of a local township, for an up-close view of post-apartheid South Africa.
- Sample South African wine and learn about local wine culture during a private tasting.
- Encounter local wildlife, including a visit to an African penguin colony and tour of an ostrich farm.
- Contrast the many facets of South Africa's landscape, from wild coastline and lush vineyards to semi-arid plains and the world-famous Garden Route.

## What to Expect

This tour offers a combination of easy terrain mixed with moderate hills. The VBT van support shuttle is always available for those who would like assistance. This tour is good for beginner to experienced cyclists.

**Tour Duration:** 10 Days

**Average Daily Mileage:** 7 - 31

**Average Cycling Time:** 01:15 - 03:30

**Group size:** 20 max

## Climate Information

### Average High/Low Temperature (°F)

Jan 77°/63°, Feb 78°/63°, Mar 76°/60°, Apr 72°/56°, Oct 69°/54°, Nov 72°/58°, Dec 75°/61°

### Average Rainfall (in.)

Jan 0.6, Feb 0.6, Mar 0.8, Apr 1.6, Oct 0.1, Nov 0, Dec 0.7

## DAY 1: Arrive in Cape Town/ VBT Bicycle Vacation Begins

Upon arrival in Cape Town, you will need to make your own arrangements for transportation from the airport to our hotel. A metered taxi will cost approximately R400 (USD \$38) and will take about 30 minutes to cover 13 miles. Please contact the hotel to advise the staff of any travel delays or changes, and they will pass your message to your VBT trip leaders. The remainder of the day is yours to explore Cape Town at leisure, using VBT's city information as your guide.

Today's Ride Choice:

Non-biking day: Explore Cape Town

Accommodation: More Quarters, Cape Town

## **DAY 2: Cable-car ride to summit of Table Mountain / Cycle along Table Mountain / Kirstenbosch Botanical Gardens / Langa township / Welcome dinner**

After breakfast, shuttle to the Table Mountain Cableway, where you'll be lifted to the top of Table Mountain—Cape Town's iconic, flat-topped mountain—and admire magnificent views of the Cape Peninsula. Once back down the cableway, continue to Tafelberg Road, perched high above the city. After a safety briefing, orientation, and bike-fitting session with your trip leaders, you'll embark on a warm-up ride along the base of Table Mountain. The ride offers some rolling terrain. As you pedal, you'll be treated to spectacular views of Table Bay and the Cape Town "City Bowl."

This afternoon, you'll enjoy a closer look at South Africa's fascinating flora during a short included visit to the world-famous Kirstenbosch Botanical Gardens. Nestled in the foothills of Table Mountain, the garden showcases the staggering diversity of South Africa's indigenous plants, many of which can be found nowhere else on Earth. Marvel at the endless varieties of *fynbos* on display, a distinct floral kingdom of hardy flowering shrubs found almost exclusively in the Western Cape, including the pointy-pedaled King Protea, South Africa's national flower. Enjoy a picnic lunch on the grounds..

You'll also visit the townships this afternoon for a walking tour in Langa, one of Cape Town's oldest townships. Here you will learn, from a local guide, about some of the challenges that many South Africans face in post-apartheid South Africa, as well as about the Xhosa culture. This fascinating window into life in the townships is quite eye-opening. As you'll see, the vibrant streets are full of life and color.

Tonight, gather for a welcome reception, where you'll learn more about what it's like to eat local food and experience true African vibes.

Accommodation: More Quarters, Cape Town

Included Meals: Lunch, Dinner

## **DAY 3: Cape Peninsula Tour / Cycle in Cape Point Nature Reserve**

This morning, you'll shuttle (approximately 45 minutes) to Simonstown, where you'll be treated to sweeping views of False Bay. Then, visit the African Penguin Colony at Boulders Beach, a unique conservation effort in an urban area.

Afterward, shuttle to the Cape Point section of Table Mountain National Park, where you'll drive along rolling roads blanketed by pristine *fynbos*. Your ride takes you out of the National Park to the small community of Scarborough. Here, relax and refuel with a hearty lunch at The Whole Earth Café.

In the afternoon, cycle farther to enjoy the wild Atlantic coastline of Scarborough and Misty Cliffs. This stunning section of coast features azure oceans, big waves, surfers, and kite boarders. Travel back to our hotel in the late afternoon to relax.

This evening is free for you to try one of the local restaurants in Cape Town. Your leaders will help with recommendations.

Today's Ride Choices:

*Morning*

Cape Point to Scarborough: 19 km (12 miles)

*Afternoon*

Scarborough to Kommetjie: 8 km (5 miles)

What to Expect: Pedal over gentle terrain with a few climbs on the southern Cape Peninsula. Your ride starts just inside the Reserve, from where you ride all the way to lunch in Scarborough. After lunch, start with a section along the coast before a steady climb and steeper incline to Kommetjie.

Cumulative Distance Range: 19-27 kms (12-17 miles)

Accommodation: More Quarters, Cape Town

Included Meals: Lunch

## **DAY 4: Cycle Franschhoek Winelands / Wine tasting at local vineyard**

Nestled between towering mountains in the beautiful Cape winelands lies today's destination, the magnificent Franschhoek Valley. After breakfast, travel (approximately 1 hour) to Franschhoek, long known as the "French Corner," with many of the settlers naming their new farms after the areas in France from which they emigrated. Founded in 1688 by French Huguenot refugees, the town's farms soon became known for producing stellar wines, a reputation that continues to this day. You'll discover why as you cycle through the wine valley, admiring the town's arresting French flair and lush, fertile landscapes. Your ride takes you to a private estate for a wine tasting and lunch.

After lunch, choose to pop into some of the many boutique shops and art galleries, or enjoy the facilities at your home for the evening, Le Franschhoek Hotel and Spa.

Dinner tonight is at a local restaurant.

Today's Ride Choice:

### *Morning*

Franschhoek Valley: 22 km (14 miles)

**What to Expect:** Your morning route starts from the Boschendal Estate and heads into Franschhoek. Cycle past beautiful wine estates and horse farms with the Groot Drakenstein Mountains as your backdrop. Cross the Berg River and pass wine estates such as L'Ormarins and La Motte. Cycle through the historical town of Franschhoek where Bastille Day is still celebrated.

Cumulative Distance Range: 22 km (14 miles)

Accommodation: Le Franschhoek Hotel and Spa, Franschhoek

Included Meals: Lunch, Dinner

## **DAY 5: View Karoo scenery and mountain passes en route to Oudtshoorn / Local Oudtshoorn ride / Ostrich tour**

After breakfast, board the bus and journey inland to Oudtshoorn (approximately 5-6 hours). En route, stop to browse some village shops in Barrydale and enjoy a hearty lunch in Ladismith. You'll be traveling along scenic Route 62 through the Little Karoo, a sprawling, semi-arid region known for its wildflower-filled valleys and majestic sandstone mountains.

Later this afternoon, arrive at your accommodations near Oudtshoorn, a charming, Victorian-flavored town nestled in the foothills of the Swartberg Mountains. Once you're settled, set off on a short leg-stretching ride exploring this beautiful area and its ostrich farms. Afterwards join Bartel, the owner, on a tour of his ostrich farm, learning all about these fascinating birds.

Dinner is at the lodge this evening.

Today's Ride Choice:

### *Afternoon*

Oudtshoorn Loop: 32 km (19 miles)

**What to Expect:** The ride options will take you past ostrich farms, old farmhouses, barns, and scenery typical of the Little Karoo. This ride also offers the chance to enjoy the peace and quiet of the Karoo, a semi-desert region.

Cumulative Distance Range: 32 km (19 miles)

Accommodation: La Plume, Oudtshoorn

Included Meals: Lunch, Dinner

## DAY 6: Ride through Meiringspoort

This morning, shuttle (approximately 45 minutes) to the village of De Rust, where you will start and end your ride through picturesque Meiringspoort. This is a stunning ride, set in a riverbed flanked by the twisting sandstone formations of the Cape Fold Mountains. It is home to the klipspringer, black eagle, and grey rhebuck. In the "Poort," you have many opportunities to admire the Cape Fold Mountain formations as you pedal through the gorge. Turn back at Klaarstroom: the hamlet with all-in-one "Boerediens" (farmers' service), which includes a post office, gas station, and shop.

Upon your return to De Rust, enjoy a hearty lunch. Then head back to our lodge and relax on the lovely grounds.

For dinner tonight, you'll enjoy a traditional South African braai, or barbeque, at your lodge.

Today's Ride Choice:

*Morning*

De Rust to Klaarstroom: 24 km (14 miles)

Klaarstroom to De Rust: 24 km (14 miles)

What to Expect: Start cycling from De Rust village through Meiringspoort and out the other side to Klaarstroom on the N12. Today's ride is mostly flat and includes an optional stroll up to the Meiringspoort waterfall and even a swim in the mermaid pool. Those wishing a longer ride can turn back and do it all again, cruising back to the village of De Rust for lunch.

Cumulative Distance Range: 24-48 km (14-18 miles)

Accommodation: La Plume, Oudtshoorn

Included Meals: Lunch, Dinner

## DAY 7: Ride Knysna Lagoon / Drive along the Garden Route / Home-hosted dinner

This morning, you'll travel to the scenic coastal town of Knysna, (approximately 2 hours). The drive bridges the divide between the semi-arid landscape of the Little Karoo and the lush, coastal Garden Route. You'll leave Oudtshoorn and travel down the Outeniqua Pass, through George, and along the celebrated Garden Route, a truly spectacular stretch of coastline bordering the Indian Ocean. As you pass through the towns of Wilderness, Sedgfield, and Knysna, you'll encounter a diverse landscape ranging from

densely forested hills to craggy cliffs and secluded coves.

Your ride today starts at a viewpoint overlooking the bay and explores the town of Knysna. Begin on the outskirts and follow a bike path along the Knysna Lagoon into and through town, onto These Island, and finish at the mouth of the lagoon, Knysna's East Head. You'll enjoy lunch here.

After lunch, you can either shuttle to the hotel or ride back along the lagoon. Check in and settle into your new accommodations.

This evening, you'll learn more about what it's like to live in South Africa when you join a local family in their home for a memorable home-cooked dinner.

Today's Ride Choices:

*Morning*

Knysna to The Heads: 24 km (15 miles)

*Afternoon*

The Heads to Knysna: 16 km (10 miles)

What to Expect: From the viewpoint above Belvidere, ride along almost the entire inner edge of the lagoon, right past the Knysna Waterfront and on to the East Head of the lagoon, where it meets the ocean. This ride takes in the heart of Knysna itself, plus some spectacular scenery of this quite unique lagoon, surrounded by steep mountains. After the initial downhill, the ride is flat. Those who desire a longer ride can continue back to the hotel after lunch.

Cumulative Distance Range: 16-40 km (10-25 miles)

Accommodation: Knysna Hollow Country Estate, Knysna

Alternate: The Turbine Boutique Hotel and Spa, Knysna

Included Meals: Lunch, Dinner

## **DAY 8: Ride from Rheenendal to Buffels Bay / Picnic lunch at the seaside**

After breakfast, you'll shuttle (approximately 30 minutes) to Rheenendal, just outside of Knysna. Begin your ride here, cycling through rolling farmland and indigenous rainforest, past the historic scene of an old goldmine, and finishing up with a very scenic downhill cruise into Buffels Bay, taking in the views of the Goukamma River estuary and the Indian Ocean.

After a seaside picnic lunch at Buffels Bay, and maybe a dip in the Indian Ocean, you'll shuttle

(approximately 30 minutes) back to the lodge in Knysna for a relaxing afternoon overlooking the lagoon from the awesome gardens of your hotel.

If you wish to do more cycling, you may ride back from Buffels Bay to the railway station you passed on your way in.

Dinner is on your own tonight. You might want to try the local pub, or shuttle into Knysna and explore its waterfront.

Today's Ride Choices:

*Morning*

Rheenendal to Buffels Bays: 25 km (15 miles)

*Afternoon*

Buffels Bay to Knysna: 16 km (10 miles)

What to Expect: Today's ride starts from a small rural town called Rheenendal. The support vehicle will drive you to the top of the ride, so you are able to see the route before mounting your bike. The ride takes you through undulating farmlands past a few interesting craft businesses, such as the Porcupine crafts, which make hand-printed fabrics. A few hills might make this ride a bit challenging, but the reward comes on the second half of ride, after you have crossed the N2 highway. The ride down to the coast is mostly downhill with a few gentle climbs. Spectacular views of the river mouth and the ocean await you as you sweep down the hill to Buffels Bay. The afternoon ride takes you back along the way you came to the railway station.

Cumulative Distance Range: 25 km (15 miles)

Accommodation: Knysna Hollow Country Estate, Knysna

Alternate: The Turbine Boutique Hotel and Spa, Knysna

Included Meals: Lunch

## **DAY 9: Nature's Valley & Bloukrans Pass Cycle / Lunch in Tsitsikamma National Park / Farewell dinner**

After breakfast, shuttle (approximately 60 minutes) to Craggs to start your ride. Pedal along quiet roads this morning, riding the old road through Nature's Valley Pass and Bloukrans Pass, amid lush indigenous Afro-Montane forest. Experience the peace and quiet of these stunning forest-lined passes, and listen for the call of the knysna loerie (the "Bird of Eden"). Celebrate your final ride with lunch in Tsitsikamma National Park overlooking the Indian Ocean. Shuttle back to your accommodations (approximately 1 hour 40 minutes), with some late-afternoon free time. Perhaps you'll go for a swim or dig into that book as you



laze on your shaded patio.

Celebrate your South African sojourn tonight during a festive farewell dinner at your lodge.

Today's Ride Choice:

*Morning*

Nature's Valley to Bloukrans Pass: 52 km (32 miles)

Nature's Valley to Bloukrans Pass with Shuttle: 33 km (20 miles)

What to Expect: Today's epic ride drops down through beautiful indigenous afro-montane forests past the scenic resort village of Nature's Valley. Cyclists ready for a big climb can continue to cycle after crossing the Groot River. The rest can board the vehicle to shuttle up the hill, then continue cycling on to the Bloukrans Pass. Here, you may take a long descent into the river valley and another long climb out again, if you wish.

Please note that the Bloukrans road has been officially closed to motor traffic for a while, so that cyclists can enjoy the pristine beauty of the forests with no traffic. As there is no backup vehicle on this section, cyclists need to commit to the full climb out before heading down. Also, be aware that, due to flood and erosion damage, there are some potholes.

Those who shuttle around Bloukrans can rejoin the ride at the other side of the Bloukrans Pass. From here, enjoy open undulating roads past Coldstream, a small forestry village, and then go on to the Tsitsikamma coast, where the ride ends.

Cumulative Distance Range: 33-52 km (20-32 miles)

Hotel: Knysna Hollow Country Estate

Alternate: The Turbine Boutique Hotel and Spa, Knysna

Included Meals: Lunch, Dinner

## **DAY 10: VBT Bicycle Vacation ends / Travel to George / Departure or begin your Post-Trip Extension**

After an included breakfast, travel by minibus (approximately one hour) to the airport in George for your flight home.

Please note: VBT recommends scheduling your departing flight for 2:00 p.m. or later; if your flight leaves earlier than 2:00 p.m., you must make your own arrangements (at your own expense) to travel to the airport from the hotel.

Included Meals: Breakfast