

The Cape - Winelands and Walks

Trip Code: WCA

Version:



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Walk through the beautiful winelands of the Western Cape
- Wine tasting and visits to the vineyards of Stellenbosch, Montagu and Barrydale
- The opportunity to see African Penguin, Southern Right Whale and Cape Mountain Zebra
- Walk up Table Mountain, Cape Point and the Cape of Good Hope

AT A GLANCE

- 8 day walks
- Wine tasting & sightseeing
- Join at Cape Town

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

South African wine lands are world famous, and rightly so. The wine is outstanding, the sun shines and the landscape is beautiful. This marvellous holiday combines several wine and brandy tasting sessions with short walks through vineyards, hill tops with panoramic views and stunning coastal paths. We stay in comfortable small guesthouses and hotels chosen for their historical character and locations. We start our trip in the heart of the winelands, Stellenbosch. The pretty, crisp white, gabled Dutch architecture dotted in the lush vineyards is beautiful. We will explore the photogenic town, sample the local wines and enjoy walks through vineyards before carrying on to Montagu over the Franschoek Pass to walk in the Mont Rochellen Nature Reserve.

In Barrydale we can taste the famous brandy, of the same name, before making our way to the coast to see if we can spot (seasonal) the Southern Right Whale from our base in Hermanus. The 'Garden Route' from here back to Cape Town is full of cliffs, beaches, walks, good coffee and excellent wines! The Cape peninsula brings us wildlife in the form of African Penguins and possible Cape Zebra, as we wind our way on foot to Cape Point and the Cape of Good Hope. Bathed in sunshine the panoramic views of the ocean and the coastal mountains are awesome. Our holiday finale is the walk up Table Mountain, followed by some time in Cape Town to appreciate the culture, food and wine of this cosmopolitan city. If you are looking for a charming walking holiday in the sunshine, enjoying some wine and food then this is the perfect choice.

Is this holiday for you?

The essence of the holiday is to enjoy the walks and the wine, as well as the culture and food of South Africa. The trails that we follow are undulating or reasonably flat – except of course Table Mountain. They are well-marked and sometimes stony. Our accommodation has been handpicked to ensure comfort in small, well-appointed hotels and guesthouses. We have included three wine tasting sessions and one brandy tasting, with associated visits to the cellars and vineyards. South Africa has a lovely Mediterranean climate and because of the time zone jet lag is not usually a problem flying to and from the UK.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival and departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- 3 wine tasting and 1 brandy cellar/tasting visit
- All activities and excursions mentioned except where specified as optional

What's not Included

- Travel insurance
- Visas (if applicable)
- Meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the group hotel in Stellenbosch.

A single timed transfer from Cape Town to the group hotel is provided in the late morning of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single timed transfer to Cape Town for flights departing in the early evening.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts and 1 lunch are included. This gives you plenty of opportunity to choose your own meals for the majority of the holiday. There is ample choice of a variety of foods..and wines!

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Breakfast is usually cereals and yoghurt, with coffee, tea, toast and the occasional cooked breakfast. Lunches are taken in a local restaurant, or sometimes we have a picnic, purchased from the accommodation or from a local store. Dinners menu's usually have a variety of choices and can include potjies (traditional stews), braais (barbecue), pastas, pizzas, and meats such as springbok and ostrich. Vegetables and vegetarian options are also plentiful. As to be expected next to the coast there will be a high proportion of sea food on certain menus as well. There will also be plenty of choice of wines to go with any dish that you choose.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

On our 2 nights in Stellenbosch we stay at a well presented guesthouse with light airy rooms, gardens, swimming pool and with sweeping views over the surrounding landscape. This manor house dates back to 1756 and is beautifully converted into this country-style guesthouse. It is nestled in the heart of the winelands.

The one night that we have in Montague we stay in an art deco country hotel. It is a very comfortable small hotel with a lovely garden and a swimming pool. Many of the rooms have views over the Montagu winelands.

In Barrydale our guesthouse is one of the oldest historical buildings dating from 1800 when it was a local general traders store. It has comfortable rooms, and quirky living spaces and outdoor areas for a coffee under the vines and rambling roses.

In Hermanus our hotel for 2 nights is on the sea cliffs, and if we are lucky we might even be able to spot whales right from the hotel!

Simonstown, next to the penguins at boulders beach gives us the opportunity to spend 1 night at the quay, seeing the little yachts coming and going in False Bay. The views are great. The hotel has an appropriate nautical theme, and is located on the waters edge. The rooms are furnished in a modern fashion.

Our hotel in Cape Town for 3 nights has an excellent local begin situated in Victoria & Alfred Waterfront area. It is well appointed and has a small dip pool and outdoor seating along the canal.

Please note this is an example of the hotels used on this trip and they may change according to availability. All accommodation is en-suite. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. Additionally there is a driver for the vehicle.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

We estimate that a total of around £400 per person (or equivalent in euros/dollars) should be allowed for personal spending. This amount should also be sufficient to cover meals which are not included, miscellaneous expenses, including any departure tax, tips to local staff. If you are intending to buy expensive souvenirs or undertake any optional activities or excursions, you should budget accordingly (credit cards can be useful in this respect). You can choose to take your money in pounds Sterling, Dollars, Euros or in South African Rand. There will be the opportunity to change money into local currency on arrival at Cape Town Airport. Additionally, you will be able to get currency from bank ATMs in the towns that we will visit.

Optional Activities:

All prices are approximate and are subject to change without notice. All optional activities taken outside the KE holiday are at your own risk.

- Robben Island tour: R360 per person. Pre-booking is advisable. [Robben Island Tours](#)
- Whale watching in Hermanus (Jun-Dec): R900 per person (joining a boat with other tourists)

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

South Africa Indemnity Form

As a member of the South African Tourism Service Association, our ground agent in South Africa may require you to complete an indemnity form at the start of your holiday, which you will need your insurance details for. As a client of KE Adventure Travel, your rights under the Package Travel and Linked Travel Arrangement Regulations (2018) are unaffected and KE Adventure Travel will remain liable for the actions of our suppliers.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Visa South Africa

UK and USA passport holders do not require a visa for short stays. You must have 2 blank pages in your passport.

Rules on **travelling with children under 18 years** have been relaxed. Visa exempt children entering South Africa only need passports, and not birth certificates as previously required. This applies if the child is travelling with both parents, one parent or an adult who is not a biological parent, and school groups. There are some different requirements for unaccompanied children, and children who do not have UK passports or visa exempt passports. For full details please see the FCDO website.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specifically require any vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

Yellow Fever

A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission.

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in South Africa is the South African Rand.

Climate

Cape Town has a Mediterranean-style climate with lovely warm and dry summers from November - February and cool winters from May-August. The average temperature in Cape Town is a delightful 17 degrees Celsius. In summer we have cloudless skies and 13-14 hours of sunshine per day. Autumn and spring are cooler with a slightly higher chance of being overcast or even the odd rainy day. However even in winter there are many sunny days which feel like a European Spring day. Altogether it is a very pleasant climate.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Walking boots
- Casual shoes / Sandals
- Socks & underwear
- Long lightweight trekking trousers
- Lightweight waterproof jacket & trousers
- T-shirts
- Casual shirts with sleeves
- Thermal base layer top
- Fleece jacket or warm jumper
- Daypack 20-25 litres
- Dry bags to keep contents of day pack dry
- Headtorch and spare batteries
- Sunhat with wide brim
- Sunglasses
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries (biodegradable soap is preferred)
- Antibacterial handwash
- Insect repellent
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, re-hydration salts (Dioralite), anti-nausea tablets and antihistamine cream/tablets.

The following items are optional:

- Travel clothes
- Binoculars

- Light cotton dress or sarong
- Shorts
- Spare laces
- Swimwear
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Please be aware that in the Southern African the winter months, June-September, the nights can be cold in some places. You may wish to take a hat and gloves, and an additional jacket during this period.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Cape Town. Airport transfers are provided on arrival.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cape Town.

Outbound flights will depart from the UK in the evening, arriving in the morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart Cape Town in the evening of the last day of the itinerary, and arriving in the UK the following morning.

Why Choose KE

Why KE?

This KE itinerary flies in and out of Cape Town, allowing for good prices on international flights which are direct from London. Concentrating on a small area you can focus your energy on walking and enjoy the country, rather than spend several days on long drives. We include 3 wine tasting visits and 1 visit to a brandy cellar.

Please Note This document was downloaded on 17/08/2025 and the trip is subject to change