

# The Cape - Winelands and Walks

Trip Code: WCA

Version: WCA The Cape - Winelands and Walks



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

- 10 Breakfasts
- 6 nights Guesthouse
- 4 nights Hotel

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# 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 3 wine tasting sessions and 1 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 from the UK.

# Itinerary

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## DAY 1

### Arrive Cape Town. Drive to Stellenbosch in the heart of the Winelands, short afternoon walk.

Your holiday starts at Cape Town Airport. Here you will be met by your guide and transferred to Stellenbosch. Landing into Cape Town in the morning can be beautiful if you have clear skies and give you a great impression of this town surrounded by beaches and mountains. Our transfer to Stellenbosch is less than an hour and we check into our accommodation. After some lunch and a shower we set off on an introductory walk around the town and surrounds which are dominated by Cape Wineland vineyards. The wide, oak-lined streets are a pretty setting for cafes, little boutiques and art galleries. White gabled Dutch colonial architecture amidst the rolling verdant vineyards, add to the quaint feeling of the place. We enjoy some good food and wine, and settle into our accommodation for the next two nights.

Drive time 1 hr



**Accommodation**  
Guesthouse



**Time**  
2 - 3 hrs walking

## DAY 2

### Stellenbosch - Wineland walks and wine tasting.

A short 15min transfer this morning takes us to the Jonkershoek Nature Reserve. This rugged area is rich in animal and birdlife and forms part of the Boland Mountains. It is home to the leopard, honey badger and baboon, and although we are unlikely to see these species there are numerous colourful birds that we will see. It is a valuable conservation area, especially for the mountain fynbos. We take one of the many walking trails and head up to a beautiful waterfall. Swimming is possible in the pools. Returning back to the vehicle we drive to a vineyard estate, probably the Lanzerac Wine Estate, where we have a tasting. They have an excellent variety of wine here. We can have some lunch here before heading back to Stellenbosch. We stop at Guardian Peak Wine Estate for our second tasting of the day. Again the farm is located in peaceful surroundings.

Meals: **B**



**Accommodation**  
Guesthouse



**Time**  
3 hrs walking

**DAY 3****Franschoek, short walk in Mt Rochelle reserve, wine tasting in Leipzig, drive to Montagu.**

Leaving Stellenbosch we make our way east to Montagu via Franschoek. We have time to walk through town, and have a coffee before driving up to Franschoek Pass. At the top of the pass we enjoy a walk on The Winelands Trail, in the Mont Rochelle Nature Reserve. This circular walk has fine views of the Winelands and all the way to Table Mountain. After our walk and fresh air we travel to the Leipzig Winery for a platter style lunch, wine tasting and a cellar tour. Later in the afternoon we transfer the rest of the way to Montagu and check into our central located comfortable hotel. We can have dinner at the hotel or we can visit one of the nearby local restaurants.

Drive time 3 hrs

Meals: **B L**



**Accommodation**  
Hotel



**Time**  
2 hrs walking

**DAY 4****Walk the Cogmanskloof Hiking Trail and drive Route 62 to Barrydale.**

We have an early start this morning, as we walk through Montagu to the start the Cogmanskloof Hiking Trail. It begins with a steep section before becoming easier and reaching the Cogman's summit (690m). Along the route there are beautiful views of Montagu and the surrounding ravines and mountains. The rock formations are stunning and depending on the time of year our path will be lined with pretty wild flowers such as aloes, sewejaartjies and ericas. It's a perfect morning walk. We are back in Montagu for lunch. We then continue our journey with a drive along Route 62, through further vineyards to Barrydale. Here we visit the famous Barrydale cellars and participate in some Brandy tasting, which is arguably the best brandy in the world. We overnight here in Barrydale, a small rural village.

Drive time 1 hr

Meals: **B**



**Accommodation**  
Guesthouse



**Time**  
1 hr walking

**DAY 5****Tradouw Pass, visit the Drostdy Museum in Swellendam, drive to Hermanus.**

Leaving Barrydale we drive over the Tradouw Pass, a fantastic road along the side of a gorge and then descend to the rolling hills beyond. We stop at the town of Swellendam and we have a walking tour through this lovely town full of colonial Dutch architecture. We visit the Drostdy Museum which shows

how the first colonial settlers lived, in a beautiful preserved house, full of artefacts. After maybe a coffee and cake in town we head off to the coast and the famous town of Hermanus. There is a large choice of eatery's in Hermanus, and we choose a suitable one for our lunch before we head off for our coastal cliff walk. It is stunning here, the ocean is immense and the waves crash dramatically on the cliffs. In good weather our short walk is unbeatable. We arrive at the glorious white sandy Grotto Beach, and have an opportunity for a swim if conditions allow. We return the same route, and in the season (Jul-Nov) there is a high probability of seeing whales out to sea. Our hotel is well located for whale watching and town. Drive time 3hrs

Meals: **B**



**Accommodation**  
Hotel



**Time**  
2 - 3 hrs walking

## DAY 6

### Hermanus. Optional whale watching during the season.

Hermanus is arguably one of the best places in the world to see whales. The Southern Right Whale arrives in late June off the coast here to breed. They stay till around November, with peak sightings being September to November. There are plenty of options for whale watching tours, including boats and even kayaking. All these are payable locally. This is a free day to enjoy the town, beach and whales. Our guide will be available to take us on a walk in Femkloof nature reserve in the afternoon if we wish.

Meals: **B**



**Accommodation**  
Hotel

## DAY 7

### Simonstown - Boulders Beach Penguin Colony.

A leisurely start to the day before setting off on our drive along the stunning coastal Clarens Drive to Gordons Bay. We will stop along the way at Betty's Bay to stretch our legs and enjoy a good coffee. We continue to Simonstown, arriving for a late lunch. This afternoon we are in for a real treat as we visit the penguin colony on Boulders Beach. These African Penguins are adorable, and have featured in almost every wildlife penguin TV documentary - and they are truly, much better in real life. We overnight in a hotel right by the beach.

Meals: **B**



**Accommodation**  
Hotel



**Time**  
1 - 2 hrs walking

**DAY 8****Cape Point Nature Reserve, walk along the Hoerrikwaggo Trail at Cape Point and the Cape of Good Hope.**

Heading south along the Cape Peninsula, we make our way to Cape Point and the Cape of Good Hope. This magnificent area is covered in endemic fynbos and home to picturesque bays, beaches, rolling green hills and valleys offering awe inspiring views with dizzy heights and magnificent panoramas over the ocean. Here the rugged rocks and sheer cliffs drop from 200m into the sea and is an area of rich and varied flora and fauna including baboon, zebra and 250 species of birds. At Cape Point we walk to the lighthouse, originally built in 1859 to help sailors navigate the treacherous waters. It's a special place and on a clear day the views are magnificent. The trail that we follow is the first section of the Hoerrikwaggo Trail. We walk along the board walk to Cape of Good Hope where we meet our vehicle and return to Cape Town.

Meals: **B**



**Accommodation**  
Guesthouse



**Time**  
5 hrs walking

**DAY 9****Walk up Table Mountain, Cape Town.**

Table Mountain is one of the world's most iconic mountains. We walk to the top on the last day of the Hoerrikwaggo Trail (of which we did the first day yesterday). We transfer to the start of the trail at Orange Kloof, via Camps Bay and Hout Bay. The trail then ascends the back of the mountain up the Disa Gorge, passing the pools of Hell's gate to the cable car station. The views are splendid along the whole route and from the top we see Cape Town and the coast in all its glory. We descend via the cable car and transfer back into town. We have the rest of the afternoon free.

Meals: **B**



**Accommodation**  
Guesthouse



**Time**  
5 hrs walking

**DAY 10****Cape Town and Kirstenbosch Botanical Gardens.**

This city has so much to offer that an additional day here at the end of our journey is essential. There are many excursions available, which are bookable and payable locally. However some excursions, such as Robben Island should be prebooked as they do fill up. We can take a boat out to Robben Island and visit this famous prison. In the afternoon the guide will take us to Kirstenbosch botanical gardens, where we can walk for a couple of hours. Tonight our guide will choose a suitable restaurant for dinner with the

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group, and we enjoy a celebratory meal, with maybe some fine South African wines.

Meals: **B**



**Accommodation**  
Guesthouse

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## DAY 11

**Departure date. A single timed transfer to Cape Town Airport is provided.**

Your holiday ends after breakfast at the group hotel in Cape Town. A single timed airport transfer is provided.

Meals: **B**

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# Holiday Information

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## 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

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing 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 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 diet 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.

## 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## 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

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.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. 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. 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. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## 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](https://www.travelaware.gov.uk)' 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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://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](https://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 direct 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.

## 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.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## 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

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 17/05/2024 and the trip is subject to change