



50-Plus Programme Itinerary 2023

Overview

	Morning	Afternoon
Sunday	Arrival in Cape Town	
Monday	School	City Orientation
Tuesday	School	Table Mountain
Wednesday	School	Groot Constantia Wine Experience
Thursday	School	Garden Route Tour
Friday	Garden Route Tour	
Saturday	Garden Route Tour	
Sunday	Garden Route Tour	
Monday	School	Free
Tuesday	School	Bo-Kaap Walking Tour
Wednesday	School	Cecilia Forest to Kirstenbosch Hike
Thursday	School	Half Day Cape Point
Friday	Free	Township Dinner (evening)
Saturday	Departure	

Detailed Itinerary

MONDAY: City Orientation

13h00

Join us for a brief City Orientation. Your guide will take you around the City to show you some important places and explain to you how to get around.

Included: Transport; **Excluded:** Food, drinks

TUESDAY: Table Mountain

13h00

Today we offer a free transfer to explore Cape Town's most iconic landmark. Hike up or take the cable car and have something to eat at the top, explore the mountain or just relax while you take in the beautiful panoramic view of the city.

Included: Transport, Cable Car; **Excluded:** food and drinks



WEDNESDAY: Groot Constantia Wine Experience

13h00

Today we visit the oldest wine farm in South Africa, Groot Constantia. Go on a cellar tour and taste some of the award-winning wines produced here.

Included: Transport & Guide, cellar tour and wine tasting / **Excluded:** Food, Water

THURSDAY to SUNDAY: 4 Day Garden Route and Safari

Included: Accommodation (3Star), 3 dinners, 3 breakfasts, Transport, Tour Guide, Cango Caves, 4x4 Safari Game Drive, TsiTsikamma National Park, River Canoeing (weather dependant).

Excluded: Personal Items, Elephant Experience, Any optional activities, Lunches + Drinks, Bungy Jump.

Thursday

Depart Cape Town and drive down the longest wine route in the world, Route 62 towards Oudtshoorn where we'll stay tonight with a delicious ostrich steak braai (BBQ) for dinner.

Friday

After breakfast we head to the World famous Cango Caves. We'll join a guided adventure or standard tour through the magnificent twisting and turning cave system of the Swartberg. In the afternoon we'll do some canoeing in Wilderness before we reach our overnight destination in Sedgefield.

Saturday

Enjoy breakfast at a local farmers market before we follow the road through SA's favourite town, Knysna on route to Bloukrans Bungy jump and the Tsitsikamma area. We visit the beautiful Tsitsikamma National Park where we go for a walk in the forest.

Sunday

After breakfast we head for the Garden Route Game Lodge for a 2.5 hour safari to enjoy the African bush. After lunch we will make our way back to Cape Town with arrival early evening.

TUESDAY: Bo-Kaap Walking Tour

13h00

In the heart of Cape Town City the Bo-Kaap or the Malay Quarter, captures the spirit and culture of a community known as the Cape Malays. The Cape Malays, or Cape Muslim community, has largely contributed to the making of the City's cultural melting pot.

Included: Transport, guide & walking tour; **Excluded:** Food & Drinks



WEDNESDAY: Cecilia Forest to Kirstenbosch Hike

13h00

Venture into Cecelia Forest and discover some of the beautiful nature scenes Cape Town has to offer. We start in Cecilia forest and enjoy a +/- 2.5 hour hike to Kirstenbosch Botanical Gardens with an experienced guide. *Moderate fitness level required*

Included: Transport, guide; **Excluded:** Drinks and extras

THURSDAY: Half Day Cape Point

12h50

We visit the Cape of Good Hope where we take a walk to the Light-house and enjoy the views of False Bay. We then make our way to Simons Town where we will visit an African Penguin Colony before we head back to Cape Town.

Included: Transport, guide, Cape Point entrance fee, Simons Town Wills Walkway

Excluded: Food, drinks, Boulders Beach entrance and extras.

FRIDAY: Township Dinner

18h00

Dinner in a township hosts a cultural tour to a township nearby, including a traditional African Meal, dancers, a choir, transport and music. It is an opportunity for visitors to gain a better understanding of the lifestyle and culture of the residents.

Included: Transport, guide, dinner and entertainment; **Excluded:** Drinks and extras