



exodus

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Trip Notes

CYCLING THE CAPE & WINELANDS

Trip code:	MZC
Country:	South Africa
Amended:	March 2010
Edition No:	ER - 4 - 2010
Valid from:	18 Mar 2010 - 31 Dec 2010

Our circular route spends as much time out of the bus as possible whilst still retaining that classic road tour feel as we make our way steadily around this fantastic region.

IS THIS TRIP FOR YOU?

HIGHLIGHTS

- Cape Town & Table Mountain
- Cape of Good Hope, home to a myriad of flora and fauna including jackass penguins, cape zebra, springbok, antelope and baboons
- Stellenbosch, Franschhoek & vineyards
- Spectacular Tradouws Pass and Langeberg Mountains
- Cape Agulhus – the southern most point of Africa
- The Whale Coast – between Hermanus and Gordon's Bay. A rugged coastline of cliffs and sandy bays and the best place to view the many whales who use the bay to mate and calf (in season)

SUMMARY



Escape to the open roads of South Africa's favourite province, on this classic cycling tour.

Widely recognized as one of the most beautiful places in the world, Cape Town, the surrounding countryside and beaches provide a stunning backdrop for this tour. In addition to Table Mountain and the world-famous wine estates of Stellenbosch, the wild coastline and rugged interior provide some classic rides. Stunning scenery, a rich cultural history and unique flora, and some unusual wildlife encounters in the form of jackass penguins, plains game and whales (in season) make this a rewarding destination to discover by bicycle.

Cycling Conditions

This trip is classified Road and graded B. Please see the introductory pages of the cycling brochure for more important information on classification and grading. 10 days cycling, average 55km/day, 100% vehicle support.

All of the roads used are of good quality tarmac except the occasional stretch of dirt road in the wine district and at Cape Agulhas. We recommend using a strong, good quality Hybrid/MTB bicycle fitted with road/slick tyres.

Cycle Safety

You should be aware that cycling of all kinds has its dangers and that accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake. Please note that helmets must be worn when riding off-road on all our cycling holidays, they are also highly recommended on road trips.

If you have any queries about the difficulty of the trip please do not hesitate to call us.

British Travel Awards 2009

Exodus Highly Commended in the Small Tour Operator of the Year category.



JOINING THE TRIP

For those starting in London

Duration: 14 days. Depart London Friday, return Thursday.

Itinerary start

The group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

Flights from London

We normally use the scheduled services of **South African Airways** (depending on availability). As flight timings and schedules change regularly, we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

UK Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports that are more flexible and convenient than if booked separately. Please contact our sales team for details.



Exodus Travels Ltd

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Please note that if booking your regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum connecting time, but baggage handling at Heathrow is known to be subject to delays.

Airport Transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus has booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office if you are unsure whether or not a transfer is included.

For those joining the tour in Cape Town

Duration: 12 days. Start Saturday (day 1 of below itinerary), end Wednesday (day 12 of itinerary).

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Clients travelling on land only arrangements will be asked to make their own way to the start point (see above), details of how to reach the start point are given in the Final Joining Instructions. If you require airport transfers, please see **Airport Transfers** section below.

Airport Transfers

Transfers are arranged to coincide with the arrival time of the group flight. If you arrive before the group flight, you may (by prior arrangement only) be able to join the group transfer. If you do not take this transfer, you must make your own way to the joining point.

If you would like us to organise a private transfer for you, the cost is £25 for one person, £35 for two people and or £45 for three people, and is payable before departure. Please ensure that you provide us with all relevant information at least 2 weeks before departure. Please note that the cost of a taxi is likely to be about £30, should you decide to make your way independently.

LAND ONLY ITINERARY

Please note the group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

The entries in **bold** at the end of each day indicates the type of accommodation normally used (see accommodation section overleaf for key to codes) and meals included (B=Breakfast, L=Lunch, D=Dinner).

Day 1 (Day 2 ex-London) Start Cape Town. The day is free for relaxing, shopping, catching a few rays of sunshine or exploring the endless opportunities for activities in and around the city. Your guide will be on hand to advise and assist, but here are a few recommended options: a cable car ride up Table Mountain for the fantastic view over Cape Town and the coastal regions; a visit to the world famous Kirstenbosch Botanical Gardens or a half-day trip to the infamous Robben Island, the prison where Nelson Mandela and other members of the ANC served their long sentences (this trip can be done on day 12 depending on the weather on table mountain). **CH**

Day 2 (Day 3 ex-London) This morning we cycle from our lodge on a short orientation tour through the city bowl and then onto Bloubergstrand - it's from here that the iconic pictures of Cape Town with the backdrop of Table Mountain are taken. After taking the obligatory photos, we're off on a short transfer into the centre of the winelands. In the afternoon we cycle over Hellshoogte' (Hell's Heights) and then freewheel the rest of the way to Franschhoek stopping at the famous Boschendal vineyards along the way for a well-earned drink. Cycle 50km. We spend the next two nights in Franschhoek. **SH (B,L,D)**

Day 3 (Day 4 ex-London) In the morning we cycle through Franschhoek and up the Franschhoek pass for some of the most breathtaking views of this region, before enjoying a fast descent back into town. French Huguenot refugees under the patronage of the Dutch originally settled the town, and their descendants still maintain an excellent museum, tracing their history back to their expulsion from France in 1685. After a full cooked brunch we head out to Stellenbosch, the second oldest town in South Africa, where we sample some of the finest wines that it's 29 cellars have to offer. We use

the minibus to travel to the different wine farms in this region. Cycle 20 km. **SH (B,L,D)**

Day 4 (Day 5 ex-London) Today we head east, transferring (140km) through the fertile Breede river valley, passing old settlements verdant with vines and fruit trees and seasonal blossoms. We transfer into Montague and after a short coffee break at a local Route 62 shop, we get onto the bikes for the rest of the day. From here the landscape changes to the semi-arid desert of the Great Karoo, a huge ancient plateau making up almost a third of South Africa's landmass and littered with remains of Neolithic and ancient Bushman cultures. We cycle a scenic back road traversing a more fertile region known as the Little Karoo, a short climb brings us to the Tradouws plateau before arriving in Barrydale, our base for the night. This quiet old Dutch village is in a fertile valley surrounded by a colourful mix of vines, fruits and wild flowers (in season). Time allowing we will visit a local co-op cellar and have an opportunity to taste their produce, of which the local Chardonnay is well respected for its unique taste. Cycle 65 km. **SH (B,L,D)**

Day 5 (Day 6 ex-London) After breakfast a short climb takes us up and over the spectacular Tradouws pass. Near the top of the pass is the remains of a prison camp once home to the convicts that constructed the pass in 1873. From here the route is mainly downhill through the Langeberge Mountains to the small town of Suurbraak. Built by the London Missionary Society in 1812 many of the buildings have been restored and now the town has the feel of a living museum. Moving on we reach our base for the night - Swellendam. From here we drive to the Bontebok National Park. This park boasts some rare antelope as well as mountain zebra and some endangered crane species. The park has two 2km self guided nature trails, which can be explored independently. Cycle 45km. **SH (B,L,D)**

Day 6 (Day 7 ex-London) A short transfer (40km) brings us into the Overburg district, and we cycle through the cultivated farmlands of the Western Cape. The road gently rolls through neat wheat fields and remote fishing villages facing the Indian Ocean, arriving at Cape Agulhas. This is the southernmost point of Africa, and South Africa's newest National Park, encompassing a large area of wetlands and coastline and extending some kilometres out to the sea. Whales and other sea life that frequent the warm waters of the Indian Ocean enjoy the protection within its boundaries. It also provides a home to thousands of sea birds and seals that can be seen along the rugged beaches. Weather permitting we spend some time on the Arniston beach before cycling back to Bredarsdorp, our overnight spot. Cycle 60km. **SH (B,L,D)**

Day 7 (Day 8 ex-London) This morning we cycle from Bredarsdorp to the town of Napier, after a short stop and a chance to sample the local fish cakes, we transfer to the Akkedisberg pass and from here we cycle the very scenic mountain pass into Standford. After a visit to the Birkenhead brewery, with a chance to sample the local beer, we transfer to the town of Hermanus. Famous for the very close sightings of the Southern Right Whale, which come into the secluded bay to mate and calf each year from July through to December, it's a great place to relax. In the afternoon we cycle from one of the local viewpoints of Walkersbay along the Hermanus coastal road to our accommodation offering the best chance to spot Whales, in season. Cycle 55 km. **SH (B,L)**

Day 8 (Day 9 ex-London) We have a free day today to rest those legs in Hermanus. In the 1920's the town was known as a place to convalesce and was being recommended from as far a field as London. Grand hotels were built and its reputation as a holiday resort was established. Nowadays it still manages a delightful balance between the two industries of fishing and tourism. In addition to this the World Wildlife Foundation recognises Hermanus as among the 12 best places in the world for whale watching. **SH (B)**

Day 9 (Day 10 ex-London) Today we cycle the Whale Coast, from Hermaus to Gordon's Bay. The road follows the rugged coastline passing through fishing villages with dramatic views over False Bay and the Cape of Good Hope. Along the route there is a good chance that our efforts will be encouraged by the numerous troops of Cape Baboon. Today is the longest cycle day, but those preferring a shorter ride can catch a lift in the support bus for part of the day. We transfer at the end of the day from Gordon's Bay to Noordhoek. Cycle 90km. **SH (B,L,D)**

Day 10 (Day 11 ex-London) After breakfast, a short 30km transfer brings us to the Cape Point Nature Reserve. We then do the walk from the Cape of Good Hope to the old light house at Cape Point. From here we cycle through the Cape Point Nature Reserve and then along the very scenic

coastal road to the historic village of Simons Town, downhill for most of the way, with panoramic views over False Bay. After a rest stop and lunch at Boulders Beach we visit the local penguin colony. We then continue our cycle along the coastal road to Fishhoek and onto our overnight accommodation. Cycle 40-50km. **CH (B)**

Day 11 (Day 12 ex-London) The cycle today follows part of the annual Cape Argus route, one of the largest cycling events of the world, and is arguably the most scenic route that South Africa has to offer. We complete our circuit by cycling from Noordhoek over the redhill pass along an old navy road to Scarborough and then all along the Atlantic coast via the stunning Chapman's Peak drive into Hout Bay. After lunch in Houtbay we cycle up Suikerbos ridge past Llandudno and then on to Cape Town via Camp's Bay and the 12 apostles all the way to the Waterfront. We celebrate the end of the cycling at one of the many venues at the Waterfront before transferring a short distance to our lodge. Evening at leisure. Cycle 80km. **CH (B)**

Day 12 (Day 13 ex-London) The day is free for last minute shopping, catching a few last rays of sunshine or the half-day trip to Robben Island. There's also the opportunity to take a surfing lesson, paraglide, jet ski or simply relax and enjoy the Cape's famous white beaches. End Cape Town. **(B)**

The group return flight to London is a night time flight arriving home the following day.

WEATHER

The best time to see the carpets of wild flowers and fruit blossoms is in the spring (August & September). In the summer months the South Easterly wind can blow up to 70km/h at least a few times a month. This helps to cool things off, but can be a little tiring if cycling into it. Our programme is flexible enough to accommodate any major changes in weather, and yet still make it enjoyable.

RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Awards for our work on Responsible Tourism

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

2002. BA Tourism for Tomorrow Awards: Highly Commended.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel.

We use the services of a local leader and driver.

PRACTICAL INFORMATION

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit.

British passport holders and most European and Commonwealth Passport holders can obtain visas on arrival in South Africa for no charge. Please note that all travellers to South Africa are required to have a minimum of 2

blank consecutive pages in their passport i.e. a left hand page and a right hand page to enable an entry visa to be issued.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For UK residents, Exodus recommends the visa agency Travcour for obtaining your visas. They can be contacted on 020 7223 5295 or www.travcour.com

Vaccinations and Health

We recommend: Typhoid, Tetanus, Meningitis, Hepatitis A and Polio.

Malaria is not a problem in Cape Town or the surrounding area but if you are visiting other parts of South Africa before or after your trip we strongly recommend malaria tablets, particularly in the summer months (October to April).

Please consult your doctor or vaccination centre for up-to-date information.

Insurance

It is a condition of joining this trip that you must be insured against medical and personal accident risks.

Local Time is GMT + 1hr in summer or 2hrs in winter.

Group, Staff and Support

The trip is led by an experienced and knowledgeable cycling guide and driver.

Minimum group size is 6, maximum 14.

The minimum age of clients on this trip is 16 years. Please note that children aged 16 or 17 years of age must be accompanied by (and share accommodation with) a parent or legal guardian.

ACCOMMODATION

Accommodation

We indicate in the itinerary what type of accommodation is provided on each day. The descriptions below are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

Single Accommodation - £350 that must be booked and paid for in advance.

Extra Accommodation

Extra accommodation before or after the trip is available in Cape Town. The price, subject to confirmation at the time of booking and a £5 booking fee will apply. This should be paid to Exodus or your agent before travel.

CH Comfortable Hotel, Lodge or Gite – twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

SH Standard Hotel, Lodge or Gite – no-frills hotel, usually with twin rooms and en suite facilities. Service and amenities are generally adequate.

FOOD & TRANSPORT

Food

All breakfasts, 7 lunches and 6 dinners are included. All meals included are prepared by the guide (except breakfast at the hotel). Below is a rough idea of what the meals will consist of:

Breakfast: Continental breakfasts with fresh fruit and the occasional fried breakfast.

Lunch: Fresh salads, cold meats, cheese, bread, condiments, fruit.

Evening meal: Biggest meal of the day, stews, pasta, curry, local cuisine. Vegetarians easily catered for.

Please be aware that we need at least two week's notice to deal with special dietary requirements (e.g. vegetarian or allergies.) For this reason if you did not indicate these on your booking form please advise the Exodus office as soon as possible.

The tour leaders do all the shopping and meal planning for each group. Each tour has a cool box for cold drinks. We will supply the following drinks: fruit squash served with breakfast and tea or coffee served with breakfast and dinner. All other beverages will be at your own expense.



Transport

To transfer to our cycle rides we use 7, 12 or 14 seater minivans. All have comfortable seating and are good quality up to date vehicles.

Our bicycles are carried on a trailer.

Your drivers and guide are at your disposal during the day, to take you on the planned routing, and make any necessary route changes as necessary.

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. As of 1st January 2008, Exodus no longer use 'local payments' to cover part of the cost of the holiday. While some of the headline prices seem higher, we have not added any extra costs into the total price, apart from the local payment and any standard annual fluctuation in price.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus offers the best balance between value for money and operational quality.

Currency Information

Sterling Travellers Cheques (£) or Cash are recommended. Credit Cards can be used in major shops and restaurants but will not be accepted at curio stalls and small shops.

Travellers Cheques can be cashed at banks in major towns, but access is very limited on this trip. We suggest that you bring cash. Please bear in mind, however, that due to the nature of the tour, it would be better to bring sufficient funds with you for the duration of the trip.

The unit of currency in South Africa is the Rand, which is divided into 100 cents. Approx 13 Rand = £1.

Extra Expenses and Spending Money

It is recommended that you allow at least £8 per day for incidentals.

Plus at least £15 for dinners and £10 for lunches not provided.

Optional excursions (approximate, depending on group sizes)

Table Mountain cable car – R160

Seal Island cruise – R65

Abseiling Cape Town – R695

Kirstenbosch Botanical Gardens – R35

Township Tour (Cape Town) – R350

Robben Island – R200 per adult. If you would like to book this excursion then please advise the Exodus office at least 4 weeks before travel. We will take all names and the tickets will then be payable locally – this is to avoid disappointment as it is a popular tour. Once you have signed up then we cannot accept cancellations. Refunds will only be issued if we are refunded by the ticket office for adverse weather conditions etc.

There will also be shopping opportunities at the end of the tour at the V & A Waterfront. There are also plenty of places to buy local wines en route. Please note that prices can vary and are beyond our control.

Tipping (leader and local staff)

Tipping is expected but not compulsory in South Africa. Most porters, waiters and local guides rely on tipping as part of their wages. However the quality of service determines the amount, if at all, you would like to give. It is standard practice to tip 10 %.

Tipping your leader is obviously entirely optional but we recommend approximately £2-3 per person per day.

WHAT TO TAKE

Bike Hire Options

Local bike hire: Trek 4500 mountain bikes - £130. 'In-country' bike hire should be arranged at the time of booking, and the cost will be added to your invoice. Please note that in a few locations, there are a limited amount of bikes available locally, and very occasionally late bookers may be required to bring a bike from the UK (either a UK hire bike, or their own).

Bike hire from the UK*: Our UK bike hire fleet are all Specialized Rockhopper 'Comp' mountain bikes with 27 gears, front-suspension, V-

brakes and fitted with road or off-road tyres as required. For the duration of this trip the price is: £125, this includes a London airport drop-off and pick-up.

Please note that the bike forms part of your total baggage allowance, and we are not liable for an extra charges the airline may apply.

Bringing your own bike*: Plenty of people choose to bring their own bikes on our trips. If you wish to bring your own bike, please note that we cannot guarantee against small scratches and paintwork damage involved in the loading and unloading from support vehicles.

For more detailed information on bringing a bike from the UK (hired from Exodus, or your own), Information Sheet MBX will be sent to you on booking. This can also be found on our website at:

www.exodus.co.uk/assets/pdf/MBX.pdf

Essential Equipment and Clothing

This should be read in conjunction with our 'What to Pack' section in the General Information booklet (sent on booking).

You will need the following essential items:

Personal Safety Equipment:

On all Exodus cycling holidays you are required to bring the following personal items, which we view as crucial for the health and safety of our clients:

- A helmet, eye-protection (sunglasses), cycling gloves and water bottles or hydration system (e.g. camelbak).

We also recommend:

- Padded cycling shorts (with loose 'over-shorts' where recommended), breathable clothing, and a lightweight waterproof / windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances.
- Most people want to carry certain items with them during the day while cycling, for this we recommend a large bum-bag or small close-fitting daysack.
- Warm fleece, sun cream, sunhat and a supply of your favourite energy bars or drink powder.
- Extra bike bits.

You may also like to bring your own saddle (excluding the seat post), over gel cover to fit to the hire bikes. We encourage this, if it is your preference.

If you are bringing your own bike please see document 'Flying with a Bike' (MBX) for a list of the usual spares and tools required.

Baggage and baggage allowance

Exodus kitbags are available for purchase at £25, which includes postage, packaging and VAT. Please note that they are only available to UK residents.

Please check the baggage allowance on your tickets.

Reading List

Long Walk to Freedom - Nelson Mandela

The Mind of South Africa - Alistair Sparks

The Covenant - James Mitchener

For novels, try the writings of Nobel Prize winner Nadine Gordimer or Booker Prize novelist John Coetzee.

Guide Books

South Africa Eyewitness Guide - Dorling Kindersley - 2007

South Africa Handbook - Fodors - 2006

South Africa - Footprint - 2006

South Africa - Lonely Planet - 2006

South Africa - Rough Guide - 2005

South Africa - Insight Guide - 2005

Maps

Cape Town & Garden Route - Rough Guide

South Africa - Insight Guide

These can normally be bought from Stanfords (travel books and map specialists). 12-14 Long Acre, London, WC2E 9LP. Tel: 020 7836 1321. Website: www.stanfords.co.uk

departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

IMPORTANT INFORMATION FOR ALL CLIENTS

Please note that Exodus operate a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Anytime that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before

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HOW TO BOOK YOUR TRIP

- 1. Check availability** Go online to check availability, or contact us by phone or email.
- 2. Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.
- 3. Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

