

Welcome to Cape Town !



Day 1

*After meeting your tour guide/driver we take you into the center of Cape Town to the Backpacker and Africa Travel Center for your overnight stay. Depending on your flight arrival times we have the options of doing a **city tour or hike up Table Mountain.***

<http://www.backpackers.co.za/>

Day 2

*We take the bikes on the trailer and drive over to Storms River Village Lodge and Flash packers. After booking into these lodgings situated on the foothills of the Tsitsikamma Mountain Range, we change into our cycling gear and then head to the **Storms River mouth for the walk** and the **“Big Tree”** in the indigenous Tsitsikamma Forest. Any problems with the bikes/clothing etc are sorted out here before the serious riding begins tomorrow! www.stormsrivervillagelodge.com
(30km, 19 miles)*



Storms River Mouth

Day 3

Our first cycling leg takes us along the wooded plateau of the Forest before we descend into a deep valley comprising lush indigenous forest. This area is known as Nature's Valley and boasts one of the most beautiful beaches in South Africa. Back on the plateau, we cycle through the seaside resort of Plettenberg Bay on to the town of Knysna. The town is known for its "Knysna Heads", two massive rocks guarding the entrance to the Knysna lagoon. We lodge near here at 'The Peace of Eden Lodge' (140 km, 87miles) www.peaceofeden.co.za

Day 4

The gently sloped Outeniqua Pass (800m) takes us from the evergreen coast into the semi arid Klein Karoo. We arrive in Oudtshoorn, which is known as the 'ostrich capital'. We then head out towards the famous Meiringspoort pass which cuts through the Swartberg Mountains climbing to the top .We then descend back to Oudtshoorn where we check into the Karoo Soul Travel Lodge for the night. (140 km, 87 miles) www.karoosoul.com



The Outeniqua Pass

Day 5 Big Day!

From Oudtshoorn we travel via R62 towards Cape Town along the magnificent Swartberg Mountains - after ± 50 km we reach Calitzdorp, the port wine capital of SA, then over the Huisrivier pass (655m) on to Ladismith. Situated against the dramatic backdrop of the 2000 m peak of the Tower kop, we cycle right through the deserted scenery of the Little Karoo, onto Barrydale for the night at the Dung Beetle back packers. (250 km, 155 miles)

If you feel this is too long we can use the vehicle to shorten the route here?!

Day 6

*Onto the picturesque little village of Montagu with its beautiful Cape Dutch houses. We then cross the beautiful Kogmanskloof gorge with its impressively folded sandstone layers before cycling through the vineyards on the way to Bonnievale . We are accommodated in a wine farm just outside Robertson (Nuy Vallei) and are **invited for wine tasting**. (115 km, 71m) www.nuyvallei.co.za*



Nuy Valley

Day 7

Following the impressive Hex River Mountains, we cycle through the Breede River Valley on the way to Worcester, home to the famous KWV Brandy Distillery. Passing wine estates and via Michell's pass (490 m) we reach our guesthouse in Tulbagh where we stay in the Cape Dutch Quarters backpackers style. www.capedutchquarter.co.za (120 km, 75m)

Day 8

Through the picturesque Nuwekloof pass and the town of Gouda, we cycle up to the top of the pass (600m). The natural pools in the river make ideal cool-off spots. From the pass, we enjoy unique views across the Cape wine lands before a long descent takes us into Malmesbury. On to the R315 into Yzerfontein for the night, the gateway to the West Coast National Park, where we stay near the beach. (100km, 62 miles)

Day 9

*After admiring the 16 mile beach at Yzerfontein we head towards the **Langebaan Lagoon** and cycle through the wonderful park and on to the quaint fishing village of Paternoster where we spend the evening.
(90km, 56m)*



Langebaan Lagoon

Day 10

*From Paternoster we follow the shipwrecked coast North towards to Lambert's bay via Elansbaai admiring the UNESCO Biosphere as we go with thousands of indigenous flowers and plants en route. We overnight for the last time on the Atlantic here
(150km, 93m)*

Day 11

From Lambert's Bay we head inland to Clanwilliam where we take in the dam and have lunch on a barge restaurant before we load the bikes and shuttle for Cape Town, for many the most beautiful city in the world. We are accommodated in our comfortable backpackers close to city and waterfront as before.

Day 12

Depending on day 1 we can do the city centre tour / hike up Table Mountain or you can take a day out for yourselves to relax before our Argus Style route tomorrow.

Day 13 Argus Style Tour

*From your lodgings we start cycling along the Atlantic Ocean south onto Hout Bay and over the famous Chapman's Peak Drive. We cross over to False Bay and the Indian Ocean to stop to look at **a penguin colony in Boulders** on the way. Via the historic Naval Base at Simon's Town we head onto **Cape Point**; through Scarborough and Misty Cliffs we find our way back to Cape Town along the Atlantic coast northwards with the Chapman's Peak Drive being ascended in the opposite direction. Back to your lodgings for a well earned rest. (150km, 93miles)*



Cape Point

TOUR COMPLETE -1350 km, 835 miles.

Well done!!

Day 14

Depending on your return flight times you can visit Nelson Mandela's prison cell on Robben Island. We transfer you to Cape Town International Airport, where sadly this exciting tour ends.