



## **Cycle Lab Tours – Cycle the Western Cape 12 days & 12 nights Tour**

This tour is designed to give you a taste and flavor of the beautiful scenery and people of the Western Cape. The tour takes place throughout the whole year, however the recommended time is September – May, before the rainy season start! Minimum group of 5 riders is required for the tour to be hosted. The tour can also be customized to your personal needs and requirements!

Please contact [tours@cyclelab.com](mailto:tours@cyclelab.com) for pricing and booking of tours.

### **Tour Itinerary**

**Day 1:** Arrival of guests with airport transfer to hotel. Welcoming and checking-in at your hotel situated close to the Victoria & Alfred Waterfront. Lunch at the hotel restaurant. In the afternoon, a short cycling spin to familiarize yourself with the bikes. Welcoming dinner at The Grand Café & Beach Restaurant.

**Day 2:** Boat trip to Robben Island, world heritage site (weather permitting). *Optional: lunch at the famous V&A Waterfront.* Cycling outride in the afternoon to Blouberg Strand, a long white sandy beach on the Atlantic Ocean with a spectacular view of the Table Mountain.  
(Total cycling distance for the day: up to 50km)

**Day 3:** Scenic bike ride to Signal Hill, Lions Head and Table Mountain, followed by a cable car ride to the top of Table Mountain (weather permitting). *Optional: lunch at the Table Mountain's restaurant.* The rest of the afternoon spent at leisure on Camps Bay, one of South Africa's famous blue flag beaches.  
(Total cycling distance for the day: up to 40km)

**Day 4:** Cycling along the Atlantic seaboard to the Noordhoek Village Farm, passing through Houtbay fisherman's village & Chapman's Peak. *Optional: Cruise to the Seal Island & Shipwrecks (weather permitting).* Portage to Cape of Good Hope/Cape Point for more cycling in the Nature Reserve and a picnic lunch on the beautiful beaches in the area. Overnight in Simons Town.  
(Total cycling distance for the day: up to 60km)

**Day 5:** Early morning cycling outride from Simons Town to Muizenberg, passing through Fish Hoek and Kalk Bay, small fisherman towns in Cape Town. The Boulders Penguin sanctuary will be visited in the afternoon with the opportunity to spoil yourself with seafood platters for dinner at local restaurants in Simons Town.  
(Total cycling distance for the day up: to 50km)

**Day 6:** Exploring the Silvermine and Tokai Forest, nestled along the back slopes of Table Mountain, with spectacular views of the peninsula during the course of the morning on your bike. Finishing at the Kirstenbosch Botanical Gardens for lunch (*optional*). In the afternoon visit to a local township, Khyalitsha, to see how the local people and the kids participate in sporting activities after school. Overnight in Stellenbosch.  
(Total cycling for the day up: to 50km).

**Day 7:** Cycling outride in Stellenbosch, visiting the Jonkershoek Nature Reserve in the Hottentots-Holland Mountains with its beautiful species of Protea and Erika, part of the Floral kingdom of the Cape. Visits to various wine farms including a Wine & Chocolate tasting at the Waterford Wine Estate. Dinner will be enjoyed

at Moyo restaurant which offers lively outdoor entertainment and brings the taste of Africa to you in tree-top tables or stylish tents.

(Total cycling distance for the day: up to 60km)

**Day 8:** Depart on bicycles from Stellenbosch to the historical town of Franschhoek. Portage to Swellendam for lunch (*optional*), and then cycling along the Overberg roads towards Montague, known as the gateway to the Klein Karoo and a village with a soul. Overnight in Montague.

(Total cycling distance for the day up to 70km)

**Day 9:** Visit the African Game Lodge outside Montague for a short cycle outride in the reserve. *Optional: game drive in the reserve or visit the cheetah sanctuary.* Portage to Arniston via Bonnievale, known as The Valley of Cheese and Wine. In the afternoon explore the beauty of the sky blue waters of Arniston beach as well as an opportunity to visit nearby caves (Optional and tide dependant). Overnight in Arniston.

(Total cycling distance 30km in the game reserve)

**Day 10:** Depart to Cape Agulhas on bicycles, the most southern point of South Africa. *Optional: cycling in the direction of Hermanus, or portage.* Overnight in Hermanus.

(Total cycling distance for the day: up to 70km)

**Day 11:** Cycling in and around Hermanus, known as a Southern Right Whale hotspot in South Africa, and exploring the coastline, wine farms and mountains. *Optional: whale watching trip – weather permitting.* Overnight in Hermanus.

(Total cycling distance for the day: up to 50km)

**Day 12:** Depart back to Cape Town. Portage to Kleinmond where you will hop on your bicycle to ride along the coastline up to Somerset West. A final dinner will be held at the Africa Café Restaurant in the City of Cape Town, with a real South African style feast. Overnight in Cape Town for early morning departure.

(Total cycling distance for the day up: to 40km)