

5 days mountain biking in Cape Town

Experience the mountain trails and vineyard paths the way they were meant to be discovered, by bike. Enjoy the splendours of Cape Town and the surrounding vineyards with trails for the intermediate to advanced rider and the option to tailor trails for all abilities.

With days spent in the heart of Cape Town and in the tranquil surrounding vineyards you get to see all that Cape Town has to offer and discover the mountains and the stunning views over Cape Town and the Southern Ocean.



Trip Details

Length 4 nights / 5 days

Start / Finish Cape Town (flights to Cape Town)

Activity Level For everybody in good and active physical health.

Cost Custom trip starting from £1,270 (includes accommodation in hotel and meals as noted in itinerary, experienced local guide, transfers in the area as per itinerary plus VAT). Excludes international flights.

**This is just a sample itinerary which can be modified to meet your particular requirements, taking into account how long you wish to stay, where you would like to stay and your level of fitness.*

*It may vary based on weather conditions, fitness levels, abilities of participants, availability of accommodation **and/or the recommendations of your guide.***

The Healthy Holiday Company Ltd. Studio 8, 160 Barlby Road, London W10 6BD. **Tel 0845 458 0723**

Day 1 Arrive in Cape Town, South Africa

Arrive in the beautiful city of Cape Town. On arrival you will be met by your personal cycling hosts and escorted to your guesthouse in the city where you spend 2 nights. After freshening up and a light lunch, we take our bikes to the Tokai forest for a short, exciting ride to test the systems and get our legs ready for our holiday ahead! Enjoy the evening at your leisure.

Day 2 Table Mountain and Devil's Peak

Be sure to enjoy a hearty breakfast this morning as today we cycle along the slopes of the famous Table Mountain and Devil's Peak. Expect about a 3-4 hour ride today, enjoying a light packed lunch along the way... overlooking this magnificent city!

Day 3 Tokai Forest

This morning your guides will collect you from the guesthouse and take you to the Tokai Forest. We enjoy a 4-5 hour ride up the forest tracks and along to and through the Silvermine nature Reserve. A packed lunch can be enjoyed perhaps alongside the Silvermine dam and if it's a good, hot day, enjoy a quick dip in the refreshing water!

After your cycle you will be transferred to the vineyards town of Stellenbosch where you'll spend the next 2 nights and days exploring the vineyards by bike!

Day 4 Overberg Region

Today you'll be collected at the guesthouse after breakfast and transferred about an hour and half to the Overberg region. Here we explore the mountain trails with their magnificent views over the ocean and Fynbos-rich mountains. Overnight in Stellenbosch at leisure.

Day 5 Jonkershoek Nature Reserve

Time permitting; today we enjoy a fabulous 2-3 hour ride in the Jonkershoek Nature Reserve just on the outskirts of Stellenbosch. After your ride, return to the guesthouse for a refreshing shower and change before enjoying a light lunch and then heading to the airport in time for your flight home.

Our team can be contacted on 0845 458 0723 (international callers: +44 208 968 0501) and would be very happy to discuss any aspect of your holiday with you.

Alternatively, please email simon@thehealthyholidaycompany.com

We promise to look after you every step of the way!

The Healthy Holiday Company is ATOL protected by the Civil Aviation Authority.

Our ATOL number is 6142

Always make sure that you are financially protected, whatever your holiday.



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