



# ADVENTURE ASSOCIATES

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## CAPE TOWN, SOUTH AFRICA: CULTURAL AND NATURAL HISTORY

Known as "the fairest Cape in the entire world," South Africa's Mother City is a sophisticated city with plenty to see and do: Excellent cuisine, waterfront accommodations, and shopping opportunities abound. Cape Town, which faces north across Table Bay, has thrived from its birth, first as a Dutch settlement in 1652 when Jan van Ribeeck established it as a supply station for ships of the Dutch East India Company, and later, under the British as a port supplying ships with food and fresh water from the perennial mountain streams. Take a coastal drive to the Cape of Good Hope, stopping at viewpoints along the way to see Devil's Peak, Lion's Head, Table Mountain and the Twelve Apostles. Explore the Cape Point Nature Reserve, which is host to approximately half of the 2,700 species of indigenous plants contained in the Cape Peninsula. Enjoy an afternoon in the 1,383 acres of Kirstenbosch Botanical Gardens, arguably one of the most beautiful gardens in the world. Discover the internationally acclaimed vineyards and wineries of the Western Cape and explore the university town of Stellenbosch, the oldest town in South Africa after Cape Town. Weather-dependent, travel by cable car to the top of Table Mountain, the icon of Cape Town's skyline, and join an optional tour of UNESCO World Heritage Site: Robben Island. This fascinating look at a bustling city full of history and culture will surely be a highlight of your African Adventures.

**Trip Dates: Year Round Departures**

**Land Costs: Call or Write for Quotes**

### DAY 1

This morning you will connect with your flight from Maun, Botswana to Cape Town, South Africa's "Mother City". The provincial capital, Cape Town, is a sophisticated city with plenty to see and do: The Victoria and Alfred Waterfront area is where delightful buildings of the Cape Dutch and Victorian-era architecture have been restored as shops, restaurants, museums and pubs, and the busy water traffic of the docks goes on unabated. The Aquarium is within easy walking distance from

your hotel and well worth a visit. For shopping, there is a larger shopping plaza and numerous fine shops. Cape Town, which faces north across Table Bay, has thrived from its birth, first as a Dutch settlement in 1652 when Jan van Ribeeck established it as a supply station for ships of the Dutch East India Company, and later, under the British as a port supplying ships with food and fresh water from the perennial mountain streams. Known as "the fairest Cape in the entire world," South Africa's Mother City is charming and friendly and continuously welcomes visitors from all corners of the globe. Upon arrival, you will be met and escorted to your accommodation located in the Victoria & Alfred Waterfront, regarded as one of the most popular tourism developments in the world. Enjoy fine cuisine either on the terrace overlooking the sparkling pool, or more elegantly in the hotel restaurant. (B)

## **DAY 2**

After breakfast, board your comfortable motor coach for a breathtaking coastal drive to the Cape of Good Hope, surrounded by spectacular mountains, rugged shorelines, and the blue sea. Passing quaint seaside towns, enjoy the views or even indulge in a bit of shopping. Optionally explore the Cape Point Nature Reserve, host to approximately half of the 2,700 species of indigenous plants contained in the Cape Peninsula. At Olifants Bay, look for oystercatchers, and enjoy some superb birding. Enjoy lunch at a local restaurant, and continue to Boulders Beach where the African (Jackass) Penguins can be seen – also known as the Black-footed Penguins. Enjoy a delightful walk on a specially built platform onto the little sheltered beach where they nest among the rocks, and "waddle" into and out of the sea. Your day draws to a close at Kirstenbosch Botanical Gardens which covers an area of 1,383 acres, 148 of which are cultivated; the remainder is a natural flora reserve. Birds of all sorts can be seen here as well – Dusky and Paradise Flycatchers, sunbirds, Klaas's cuckoos, bulbuls, pigeons, brilliant green and red Cape Sugarbirds (which pollinate the flowers), guinea fowls, and the Cape Batis. Return to Cape Town in the evening, where you have another chance to discover one of the numerous restaurants that Cape Town has to offer. Overnight at Cape Town hotel. (B, L)

## **DAYS 3**

Today you will venture off on a full day expedition to the wine lands region situated below the spectacular Boland Mountains only 50 minutes from the city. Discover the internationally acclaimed vineyards of the Western Cape. Enjoy a visit to Franschhoek with its lovely antique shops and gardens, nestled in the "Valley of the Huguenots" where the French first settled in 1688. All the wine estates you will be visiting in the region offer tastings and cellar tours, and you will enjoy lunch in one of them. This afternoon, explore the university town of Stellenbosch, the oldest town in South Africa after Cape Town. Oak-lined streets next to water furrows compliment the many fine examples of elegant Cape Dutch, Victorian and Georgian architecture - all part of this unique "Town of Oaks". Overnight at Cape Town Hotel. (B, L)

## **DAY 4**

After breakfast, get a feel of what Cape Town is all about by taking the cable car to the top of Table Mountain (3,563 feet), the signature of this city, easily one of

the most recognizable mountains. This tour is very dependent on wind factor, as well as the clouds. Many times a cloud covers this flat-topped mountain and is affectionately called a white tablecloth by the locals. For nature lovers, the birding is awesome, and the wild flowers include agapanthus, watsonias and red nerines that poke out from rock crevices amid a scrub of ericas and gnarled proteas. Cute guinea pig-like creatures known as rock hyraxes (genetically, the closest living relatives to elephants) scuttle everywhere. The afternoon offers the chance to visit the informal settlement of New Rest – a colony area of Guguletu. Your African guide, who lives in the township, will accompany you as you visit the crèche and community center. See how the local community has reached out to reshape their township, with the advice and input from the tour company and the University of Cape Town. Against all odds, township life prevails and conditions improve, but the transition is slow and hard. It is bleak evidence to the injustices of the past and the enormous challenges to the peoples of the New South Africa in the coming years. Overnight at Cape Town hotel. (B,L)

**Optional visit to Robben Island:** An option is offered, at additional cost, to visit one of the most symbolically significant and moving sights in South Africa, Robben Island. You will reach the Island by taking a short boat ride. For nearly 400 years, Robben Island was a place of banishment, exile, isolation and imprisonment. It was here that rulers sent those they regarded as political troublemakers, social outcasts and the unwanted of society. During the apartheid years, Robben Island became internationally known for its institutional brutality. The duty of those who ran the Island and its prison was to isolate opponents of apartheid and to crush their morale. Some freedom fighters, including former President Nelson Mandela, spent more than a quarter of a century in prison for their beliefs. In 1997 Robben Island became a National Museum and National Monument. The Museum is a dynamic institution, which runs educational programs for schools, youths and adults, facilitates tourism development, conducts ongoing research related to the Island and fulfills an archiving function. It was listed as a World Heritage Site by UNESCO in 1999. Tours are conducted by former prisoners of Robben Island, who bring to life this South African heritage, which speaks of heroic endurance and triumph of the human spirit in the face of enormous hardship and adversity.

## DAY 5

The day is at your own leisure to relax or take advantage of the excellent shopping opportunities nearby. Later today, you will be transferred to the airport for your overnight flight back to the USA. (B, Meals Aloft)

NOTE: This itinerary sequence is correct at the time of writing, but is subject to change.

Land Costs	Deposit	In-country Flight(s)	Trip Dates	Group Size	Difficulty	Activities
Call or write for quote	Entire fee due upon extension	1 Included	Year round departures	Min. 5	No Experience Needed	Wildlife, Cultural Exchange, Lodges

**Conservation Note:**

In keeping with our mission to provide exciting, educational, and fun-filled experiences that nurture and directly support the diverse wildlife and cultures we visit around the world, a percentage of all profits go to support conservation and wildlife researchers performing their critical work in the field. By traveling with Adventure Associates' partners, you are supporting travel as a tool for building the mutual respect, awareness and understanding that are vital to preserving this planet for future generations.

**A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully**

**Included in your Trip Fee:** Flights within southern Africa as specified; Superior accommodations throughout at Cape Town hotel; Roundtrip transfer of passengers between airports and hotels; meals as indicated in itinerary (B=Breakfast, L=Lunch, D=Dinner); All applicable hotel/lodge gratuities and taxes; All park or garden entry fees.

**Not Included in your Trip Fee:** Round-trip airfare from USA (quoted separately); U.S. and foreign airport taxes; Passport and visa fees and service charges for obtaining visas (no visas are required for South Africa); Excess baggage charges levied by airlines; Meals and beverages not included on itinerary; Gratuities to driver/guides and other conveyance attendants; Laundry and other items of a personal nature; Travel/medical/evacuation insurance; Cost for anything not specifically mentioned in the listing above.

**Transportation/Flight Arrangements:** Upon your registration, Adventure Associates will work closely with you on your individual flight plans. Certain programmed activities are dependant on flight schedule - you should verify your flight itinerary with Adventure Associates **before** purchase.

**What are the accommodations like:** All rooms have private facilities, and all rates are based on double occupancy. Most rooms are twin-bedded, but king-size beds are occasionally available and should be requested in advance. Accommodations listed in this itinerary are correct at time of writing, but on rare occasions can change for similar lodging.

**Single Supplement:** Single accommodations are not guaranteed, but will be provided at additional cost if available. The single-room supplement pays for privacy, not better accommodations. For passengers who are traveling alone and wish to share a room with another tour member, we will do our best to provide a roommate. However, if this is not possible, you will be required to pay the single room supplement prior to your departure from the USA.

**How to Register:** If you do not have an application form, please contact Adventure Associates for a complete registration packet. Complete the application form and return it to our office along with the appropriate payment. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation.

**Payment Schedule:** We accept Visa, MC, Am Ex or personal check payments  
\$500 deposit due at time of registration  
Final payment due four months prior to departure

**Cancellation & Refund Policy**

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

- Days Prior to Departure (trip destination)
- 90 or more ..... \$200
- 60 to 89 ..... \$300
- 45 to 59 ..... 50% fee
- 1 to 44 ..... 100% fee

Itineraries are subject to change.

No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our

cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.



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