



**Please Note:** confirmed short & day excursions are subject to a cancellation fee\* • All trips are led by qualified highly experienced guides. Bike & Saddle's equipment is top quality • All tours are fully supported, includes all equipment (bikes, helmets, water bottles, etc) Prices and itineraries are subject to change without notice • **Call us for more information or visit [www.bikeandsaddle.com](http://www.bikeandsaddle.com)**

**CONTACT** for a complete list of trips, visit [www.bikeandsaddle.com/trips](http://www.bikeandsaddle.com/trips)  
Email: [trips@bikeandsaddle.com](mailto:trips@bikeandsaddle.com) Telephone: 021 813 6433 or Text: 072 805 3452

**BIKE & SADDLE**  
Africa's Leading Eco-Active Travel Company



**TRIPS CAN BE TAILORED TO INDIVIDUAL OR GROUP NEEDS – TALK TO US**

**BIKE & SADDLE CAPE CYCLE TRIPS - for the complete list, VISIT [WWW.BIKEANDSADDLE.COM/TRIPS](http://WWW.BIKEANDSADDLE.COM/TRIPS)**

**IMAGINE A BETTER WAY TO TRAVEL**

Bike & Saddle Signature Eco-Active Excursions:  
Cape and Surroundings | JULY 2011

**Cape Town @ Night / by Day | 3 Hour City Cycle | Daily R680 pp**

Early evening cycle through vibrant Cape Town with sundowners

**Theme:** Culture & Heritage, Scenic, Canapés & Bubbly

**Highlights:** Atlantic Seaboard, Cape Town Stadium, Fan Mile, De Waterkant, Greenmarket Square, St. Georges Cathedral, Company Gardens, Long Street, Bo-Kaap, Sunset Canapés & Sparkling wine.

**Difficulty rating:** Easy, Leisure cycling for the whole family (children 7 and older). 10km

**Times:** Departs 5pm, returns 7.30pm for Canapés & Bubbly

**Where:** V&A Waterfront. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/9>



**On Darwin's Trail | 3-4 hour Scenic Peninsula Cycle R680 pp**

Near sunrise or sunset cycle along the Atlantic coastline

**Theme:** Sunrise or Sunset, Scenic, Natural Heritage

**Highlights:** Shimmering Atlantic Seaboard, Darwin's Trail, beautiful beaches, hidden coves and jagged peaks (Twelve Apostles)

**Difficulty rating:** Leisure cycling for the whole family (children 7 and older). 10 to 20km

**Times:** Departure times vary slightly, mornings & afternoons (6am to 8am; 3pm to 5pm)

**Where:** V&A Waterfront or Camps Bay. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/30>



**Velokhaya Township Cycle Tour | Half Day R880 pp**

Township tour with our specialist local guide & hosts

**Theme:** Scenic & Nature, Township Life, Culture & People, Arts & Crafts

**Highlights:** Township BMX Oval, Informal Settlement, Arts & Crafts, Local Cuisine.

**Difficulty rating:** Easy, Leisure cycling for the whole family (children 7 and older). 15km

**Times:** Departs 8.00am. Or 1pm. 24 Hour Advance Booking Essential.

**Where:** V&A Waterfront or Camps Bay. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/35>



**Chapman's Peak & Bo-Kaap | Full Day Cycle & Walk R1790 pp**

Full day cycle through some of the most stunning landscapes imaginable.

**Theme:** Scenic, Trails, Beach, Ocean, Nature, Mountain Passes

**Highlights:** Signal Hill, Atlantic Seaboard, Hout Bay Beach, Chapman's Peak, Cape Point, Boulders & The Penguin Colony. Enquire about variations that include wine stop, trail riding, etc.

**Difficulty rating:** Fast cycling, both road and trails for the fitter cyclist. (no Children) 35 to 65km

**Times:** Departs 8am. Times may vary according to season. 24 Hour Advance Booking Essential.

**Where:** V&A Waterfront or Camps Bay. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/3>



**Winelands Cycle | Full Day or Half Day from R1499 pp**

Cycle through vineyards, get behind the scenes, taste some of SA's best wines.

**Theme:** Wine Tasting, Scenic, Mountain Passes, Food & Wine Pairing, Meet The People

**Highlights:** Choose between award winning estates in the Constantia Valley, Paarl Valley, Wellington Stellenbosch and Franschoek. Either a full day or half day (from R899) with tastings & lunch included.

**Difficulty rating:** Moderately Easy, Leisure cycling for the whole family. (children 7 and older) 15-35km

**Times:** Departs 8.00am. Or 1pm. 24 Hour Advance Booking Essential.

**Where:** V&A Waterfront or Camps Bay. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/29>



**Cycle Safari - The Wild Ride | Full Day Cycle from R1899 pp**

Full day cycle through a Private Wildlife Reserve, just outside of Cape Town.

**Theme:** Scenic, Trails, Wildlife, Conservation, Rehabilitation Center, Mountain Passes

**Highlights:** Du Toits Kloof Mountains, Unique Klein Karoo, Zebra, Wildebeest, Eland, Gemsbok, Ostrich, Springbok and many more animals, gourmet lunch, etc.

**Difficulty rating:** Moderately Easy, Leisure cycling for the whole family. (children 7 and older) 20km

**Times:** Departs 8am. Times may vary according to season. 24 Hour Advance Booking Essential.

**Where:** V&A Waterfront or Camps Bay. Enquire about our Door-to-Door service.

**Details:** <http://www.bikeandsaddle.com/trips/view/33>



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