



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**

CONTACT for a complete list of trips, visit www.bikeandsaddle.com/trips
 Email: trips@bikeandsaddle.com Telephone: 021 813 6433 or 072 805 3452

BIKE & SADDLE

Africa's Leading Eco-Active Travel Company



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

IMAGINE A BETTER WAY TO TRAVEL

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

Cape Town @ Night | 3 Hour 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.



City Tour by Electric Bike | 5 Hour Cycle | Daily

R850 pp

Early evening cycle - see more, go further - Pedal lightly and accelerate quickly

Theme: Culture & Heritage, Scenic, Electric bikes

Highlights: Atlantic Seaboard, Cape Town Stadium, Fan Mile, De Waterkant & Cape Quarter, Greenmarket Square, St. Georges Cathedral, Company Gardens, Long Street, Bo-Kaap, Signal Hill

Difficulty rating: Easy, Leisure cycling for the Mom & Dad (no children). 20+ km

Times: Departs 3pm. Returns at 8pm. 24 Hour Advance Booking Essential.

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



Darwin's Trail Scenic Cycle | 3 to 4 hrs

R680 pp

Near sunrise or sunset cycle along the Atlantic coastline

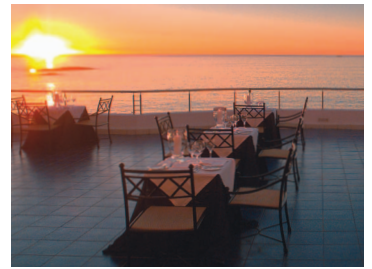
Theme: Sunrise or Sunset, Scenic, Natural Heritage

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.



Township Cycle Tour | Half Day

R880 pp

Combination of Scenic Peninsula & Township tour with our specialist local guide

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

Highlights: Township Traditional African Healer, Farm Village, Chapman's Peak, Gourmet Lunch.

Difficulty rating: Easy, Leisure cycling for the whole family (children 7 and older). 25km

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.



Fairest of the Cape Peninsula | Full Day Cycle

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.



Winelands Cycle | Full Day or Half Day

from R1498 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.



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