

BIKE & SADDLE

Africa's Leading Eco-Active Travel Company



HIGHLIGHTS OF THIS TOUR

- Signal Hill
- Atlantic Seaboard
- Camps Bay Beach
- Chapman's Peak Mountain Pass
- Cape of Good Hope Nature Reserve
- Penguins at Boulders Beach
- Hout Bay and Kalk Bay

OUR CONTACT DETAILS

SOUTH AFRICA

+27 21 813 6433 (Tel)
+27 72 805 3452 (Mobile)
+27 86 520 2216 (Fax)

INTERNATIONAL

+49 6421 3796 768 (GERMANY)
+1 240 764 4733 (USA)

trips@bikeandsaddle.com

FAIREST CAPE PENINSULA TOUR

Explore the charming Cape Peninsula by bicycle

TYPE OF TOUR: Day trip

DURATION: Full day trip

DIFFICULTY LEVEL: 1/3

INCLUDED IN THIS TOUR

- Road bicycle and safety equipment
- Certified Tour guide
- Handlebar bag where guests can place their belongings
- All meals, refreshments and beverages
- Excellent and varied sites and points of interest
- Back-up vehicle
- Entrance Fee to Cape of Good Hope Nature Reserve

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FAIREST CAPE PENINSULA TOUR

DETAILED ITINERARY



We hop onto the Bike and Saddle shuttle bus for a 20-minute drive to our cycle starting point: just north of Lion's Head, a towering Precambrian rock outcrop, aptly named Signal Hill, with superb views of the City, Robben Island and the azure Atlantic Ocean. At this point you will have been paired with a bike, ready to

start your first cycle leg of the day. Lion's Head peaks at 669 metres (2,195 ft) above sea level. The peak forms part of a dramatic backdrop to the city and is part of the Table Mountain National Park. In the 17th century the peak was known as Leeuwen Kop (Lion's Head) by the Dutch, and Signal Hill was known as Leeuwen Staart (Lion's Tail), as the shape resembles a crouching lion or a sphinx. The English in the 17th Century called the peak Sugar Loaf.

As you descend from Signal Hill rounding the foot of Lion's Head, Table Mountain greets you in all her glory. You continue onward down Kloofnek, taking in spectacular views of the city before making our way down the mountainside to the seaside suburbs of Clifton and Camps Bay, a haven for bronzed beachgoers. From Camps Bay, we make our way along the stunning Atlantic Seaboard, through the village of Bakoven, nestled at the foot of the famous Twelve Apostles. We stop off at the pristine Oudekraal Nature Reserve for a well-deserved spread of snacks and beverages.

After our short break at Oudekraal, we continue cycling to the trailhead for our Chapman's Peak ride. The route takes you along the Atlantic seaboard from Oudekraal towards and past Llandudno to the historic fishing village of Hout Bay. Chapman's Peak Drive hugs the near-vertical face of the mountain from Hout Bay to Noordhoek. Hacked out of the face of the mountain between 1915 and 1922, the road was at the time regarded as a major feat of engineering. Precariously positioned on steep mountain slopes exposed to the full force of the coastal elements, the road has often had to be closed (since it was opened in 1922). This is the highlight of the day's cycling and the panoramic views will stay with you for a long while to come, as will the gourmet picnic lunch we have prepared. In the afternoon, we enjoy a guided hike to the



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top lighthouse at Cape Point which stands head and shoulders above everything else. It was too often covered in cloud to be effective and is now merely a relic with a new lighthouse having been built in the reserve. For the more active, we also offer a guided hike (or cycle) from Cape Point to the Cape of Good Hope, a phenomenal

1-hour stroll which showcases the unsurpassed beauty of this hidden gem at the southern tip of Africa. The nature reserve is home to baboons, zebra, eland, bontebok, ostrich and an abundance of bird and plant species, many of them endemic to the Cape Floral Kingdom. We break at the beautiful Dias Beach and continue onwards to the southwesternmost point in Africa, as the wind blows past us unruffled and the sun shines unabated - we are at the mercy of the elements. It is something rather special.

After the biking and hiking adventure of a lifetime, you are transferred back to the hotel or residence of your choice in Cape Town, having experienced the many sights and sounds of Cape Point and the Table Mountain National Park in a unique and eco-friendly manner.

