

# BIKE & SADDLE

Africa's Leading Eco-Active Travel Company



## HIGHLIGHTS OF THIS TOUR

- V&A Waterfront
- Camps Bay Beach
- Company Gardens
- Bo-Kaap
- Cape peninsula
- Cape Town Stadium
- Green Point Park

## OUR CONTACT DETAILS

### SOUTH AFRICA

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### INTERNATIONAL

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[trips@bikeandsaddle.com](mailto:trips@bikeandsaddle.com)

## HALF DAY CAPE TOWN SUNRISE/SUNSET

*Seaside cycle and city streets:  
explore both sides of Cape Town!*

TYPE OF TOUR: 1/2 Day Tour

RIDING TIME: Aprox. 3.5 hours

DIFFICULTY LEVEL: 1/3

### INCLUDED IN THIS TOUR

- Road bicycle and safety equipment
- Certified Tour guide
- Water bottle
- Handlebar bag where guests can place their belongings
- Sparkling wine & gourmet canapes at the end of tour

[www.bikeandsaddle.com](http://www.bikeandsaddle.com)

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## HALF DAYCAPE TOWN SUNRISE/ SUNSET

### DETAILED ITINERARY



We start at the V&A Waterfront, cycling past Noble Square and other historic monuments. We meander through the historic harbour from the Marina Pier alongside the Atlantic Ocean as the sea breeze fills the air. We follow Beach Road as waves lap up on the shore, visiting the newly completed Cape Town Stadium and the picturesque Green Point Urban Park, before stopping off at the Green Point Light House, the oldest working lighthouse in the country.



Our journey continues along the seafront, making our way onto the Sea Point Promenade. We ride through Bantry Bay, past Clifton beaches and continue onto Maidens Cove beach, where we take in the magnificent views of the Twelve Apostles Mountain Range. We ride alongside the bustling Camps Bay promenade and silky, white sand beach and cycle beneath the mighty Lion's Head and Signal Hill, making our way back into the city.

We meander through the buzzing Somerset Road with its bars and brasseries, before cycling along cobbled streets in the delightful De Waterkant Village, the pink heart of the city. Next we explore the historical Company Gardens, initially established as a trading stopover by Jan van Riebeeck and the Dutch East India Company.



Soak up the bars and cafes on Long Street, heart of the city's nightlife with its throng of clubs and street vendors, hustle and bustle not to mention the iconic Victorian architecture.

We climb up into the historic Malay quarter of the Bo-Kaap (Upper Cape), home to Cape Town's Moslem community, with its colourful houses leading up to the mountain outpost of Signal Hill. We circle our way along the cobbled streets past mosques, including the oldest mosque in South Africa, as the smell of Malay curry fills the air. We slowly return to the Waterfront Marina, with wonderful views across the historic harbour. We enjoy a glass of sparkling wine (or orange juice) complimented by gourmet canapés at the famous Bascule Bar within the five-star Cape Grace Hotel.