## 50-Plus Programme

### Itinerary 2022

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Arrival in Cape Town</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>School</td>
<td>City Orientation</td>
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<tr>
<td>Tuesday</td>
<td>School</td>
<td>Table Mountain</td>
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<tr>
<td>Wednesday</td>
<td>School</td>
<td>Groot Constantia Wine Experience</td>
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<tr>
<td>Thursday</td>
<td>School</td>
<td>Garden Route Tour</td>
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<td>Monday</td>
<td>Free</td>
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<tr>
<td>Tuesday</td>
<td>School</td>
<td>Bo-Kaap Walking Tour</td>
</tr>
<tr>
<td>Wednesday</td>
<td>School</td>
<td>Robben Island</td>
</tr>
<tr>
<td>Thursday</td>
<td>School</td>
<td>Half Day Cape Point</td>
</tr>
<tr>
<td>Friday</td>
<td>Garden Route Tour</td>
<td>Township Dinner (evening)</td>
</tr>
<tr>
<td>Saturday</td>
<td>Departure</td>
<td></td>
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</tbody>
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### MONDAY: City Orientation

**13h40 – Newlands School / 14h00 – City Centre**

Join us today for a brief city orientation. Your guide will take you around the city and your accommodation to show you some important places and explain to you how to get around.

*Included:* transport; *Excluded:* food, drinks

### TUESDAY: Table Mountain

**13h40 – Newlands School / 14h00 – City Centre**

Today we offer a free transfer to Cape Town’s most iconic landmark. Hike up or take the cable car and have something to eat at the top, explore the mountain or just relax while you take in the beautiful panoramic view of the city.

*Included:* transport, cable car; *Excluded:* food and drinks

### WEDNESDAY: Groot Constantia Wine Experience

**13h00 – City Centre School / 13h20 - Newlands**

Today we visit the oldest wine farm in South Africa, Groot Constantia. Go on a cellar tour and taste some of the award-winning wines produced here.

*Included:* transport & guide, cellar tour and wine tasting; *Excluded:* food, water
50-Plus Programme
Itinerary 2022

THURSDAY to SUNDAY: 4 Day Garden Route and Safari

Thursday 10h40 Newlands School
Depart Cape Town and drive down the longest wine route in SA, Route 62, towards Outshoorn where we’ll stay in tonight with a delicious ostrich steak braai (BBQ) for dinner.

Friday
After breakfast, we head to the world famous Cango Caves. We’ll join a guided adventure or standard tour through the magnificent twisting, turning cave system of the Swartberg. We then follow the road through SA’s favourite town, Knysna. We’ll stop here for lunch and to explore the village before heading to Bloukrans Bungy jump on our way to the Tsitsikamma area.

Saturday
This morning it is off to the beautiful Tsitsikamma National Park where we go for a short walk in the forest.
In the afternoon, we’ll do some canoeing on the Wilderness lagoon before we reach our overnight destination in Wilderness.

Sunday
After breakfast, we head for the Garden Route Game Lodge for a 2.5-hour safari to enjoy the African bush.
After lunch, we will make our way back to Cape Town with arrival early evening.
**Included:** accommodation (3 star), transport, guide, Cango Caves, 4x4 Safari, Elephant Sanctuary, 3 dinners, 3 breakfasts; **Excluded:** drinks, lunch, any optional extras, items of a personal nature.

TUESDAY: Bo-Kaap Walking Tour
13h00 – Newlands School / 13h20 – City Centre
In the heart of Cape Town City, the Bo-Kaap, or the Malay Quarter, captures the spirit and culture of a community known as the Cape Malays. The Cape Malays, or Cape Muslim community, has largely contributed to the making of the City's cultural melting pot. Explore the streets of the Bo-Kaap on a walking tour, learn more about the history of this community and get the opportunity to take some beautiful pictures of the colourful houses.
**Included:** transport, guide & walking tour; **Excluded:** food & drinks
50-Plus Programme
Itinerary 2022

WEDNESDAY: Robben Island
13h30 Newlands / 13h00 City
We then make our way to the V&A Waterfront from where we jump on a boat to visit Robben Island where Nelson Mandela spent 18 Years in prison.
*Included:* transport, entrance to Robben Island; *Excluded:* drinks and extras

THURSDAY: Half Day Cape Point
12h50 – City School / 13h10 – Newlands School
We visit the Cape of Good Hope where we take a walk to the Light House and enjoy the views of False Bay. We then make our way to Simon’s Town where we will visit an African Penguin Colony before making our way back to your accommodation.
*Included:* transport, guide, Cape Point Boulders Beach entrance fee; *Excluded:* food, drinks and extras.

FRIDAY: Township Dinner
18h30 Newlands / 18h50 City
Dinner in a township hosts a cultural tour to a township nearby, including a traditional African meal, dancers, a choir, transport and music. It is an opportunity for visitors to gain a better understanding of the lifestyle and culture of the residents.
*Included:* transport, guide, dinner and entertainment; *Excluded:* drinks and extras