50-Plus Programme Itinerary 2020

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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

THURSDAY to SUNDAY: 4 Day Garden Route and Safari
12h40 City Centre School / Newlands School
Thursday
Depart Cape Town 12h40 and drive down the longest wine route in SA, Route 62 towards Oudtshoorn 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 (3Star), 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
15h30 – Newlands School / 15h50 – 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 street of 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
WEDNESDAY: Cecilia Forest to Kirstenbosch Hike
13h30 Newlands / 13h00 City
Venture into Cecelia Forest and discover some of the beautiful nature scenes Cape Town has to offer. We start in Cecilia forest and enjoy a 2.5 hour hike to Kirstenbosch Gardens with an experienced guide. *Moderate fitness level required*
**Included:** Transport, guide; **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 Simons Town where we will visit an African Penguin Colony before
**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