

Trip Dossier for South Africa – Garden Route & Cape Town

Trip Code: FSGR Issue date: 23 Jan 2008 Valid from: 01 January 2008

Days 1 to 2 Fly overnight to Johannesburg and transfer to Eastern Cape and Addo Elephant Park

You depart from London and fly via Johannesburg to Port Elizabeth. The Eastern Cape is an area of stunning diversity ranging from the lush, evergreen Tsitsikamma Forest to the rugged Baviaanskloof Wilderness Area, the arid Great Karoo and the spectacular coastline, a paradise for water sports. You will be met at Port Elizabeth airport and transferred directly to Addo Elephant National Park. The Park supports about 200 elephants and it's fascinating to watch the elephants silently emerging from a dense tangle of creepers and trees as they steer their young to the waterholes. They are notoriously difficult to see and so when they do appear it is often startlingly close to where you are. You may also see the rest of the Big Five (lion, leopard, black rhino and Cape buffalo). The Great White Shark and the seasonal Southern Right Whale in the Park's marine section, complete the Big Seven! **Chalet with swimming pool (self catering)**

Days 3 to 4 Tsitsikamma National Park

After breakfast you begin your trip along South Africa's Garden Route and travel down the coast to the glorious indigenous Tsitsikamma Forest. Deep gorges and lush vegetation hug the rugged coastline of cliffs and sandy beaches. Here is an abundance of indigenous flora, ancient yellowwood trees and magnificent fynbos plants, as well as prolific birdlife. Tsitsikamma National Park is situated on the Hilltop where the Storms River and the Indian Ocean meet in a turbulent crashing of surf. There are plenty of adventure activities (optional) for you and your children to try including the Swinging Bridge, a Canopy Safari through the tree tops, white-water rafting on the Storms river, or you can just relax and enjoy the beautiful scenery. **Chalet with swimming pool (self catering)**

Days 5 to 6 Knysna River Club

Leave Tsitsikamma National Park and it is a short hop to Knysna, a rather charming historic town set on a lagoon, surrounded by hilly forests that tumble down to the water. The lagoon, which is a protected marine reserve, is guarded from the ocean by a pair of sentinels known as the 'Heads'. You stay two nights at Knysna River Club in log chalets set among shady trees on the edge of the lagoon. There's a fantastic choice of optional activities such as bungy jumping, a trip to the Knysna Featherbed Nature reserve, a visit to the Oyster Factory, and dolphin and whale watching tours. In the afternoons discover the joys of the town's many art galleries, craft shops and coffee bars. **Chalet with swimming pool (room only)**

Day 7 Oudsthoorn

You leave the coast and drive through George to Oudsthoorn, known as the Feather Capital of the world on account of its local native, the ostrich. These extraordinary birds, which you will see running across the landscape, gave rise to two ostrich feather booms in the late 19th century as fashionable ladies insisted on ostrich feathers in their hats and boas. Feathers were sold for more than their weight in gold. Nowadays they are raised for their low-cholesterol meat! You stay in a working ostrich, alfalfa and vineyard farm, situated outside Oudsthoorn, in the beautiful Olifants River Valley with spectacular views of the Swartberg Mountains. In the afternoon visit one of the Ostrich Farms and perhaps ride an ostrich (optional) and then go underground into the famous Cango Caves to cool down as it gets very hot in the Klein Karoo desert region. These caves are a series of dripstone caverns that open into vast halls of towering stalagmite formations. **Guesthouse with swimming pool (breakfast)**

Day 8 Winelands to Cape Town

Today you take Route 62, the wine route known for its dramatic scenery as it meanders through the Klein Karoo with majestic mountains, passes, rivers, vineyards and orchards. The elegant little town of Calitzdorp is renowned for its port. Then at Montagu the Breede River Valley merges with the Robertson and Worcester Wine Valleys, which produce some of South African's finest wines and brandies. There is a chance to stop at the Fairview Wine Estates in the heart of the Paarl wine district where you can taste some wine and try some cheese. As you arrive in Cape Town you will immediately be awed by the stunning beauty of this city, dominated by Table Mountain with the Atlantic Ocean on one flank and the Indian Ocean bathing the coves on its eastern side. The distinctive Cape Dutch gabled colonial architecture in Constantia sits alongside Muslim minarets and English Victorian terraces. Contemporary redevelopments of its harbours and waterfront offer thriving shopping and eating areas. You stay in Hout Bay, under the shadow of Table Mountain and conveniently located for the beach and waterfront, and city centre. **Hotel with swimming pool (breakfast)**

Day 9 to 10 The Wonders of Cape Town

On your first day in Cape Town there will be an orientation tour of the city of Cape Town. Highlights include Castle of Good Hope, District Six Museum, Freedom Square (where Mandela appeared for the first time after being released from prison),



SA Museum, Company Gardens, St Georges Cathedral, Greenmarket Square and Table Mountain (weather permitting) otherwise Signal Hill. In the afternoon you take a boat trip to Robben Island. The evening can be spent at the V&A Waterfront.

On your second day you will take a morning drive to Gansbaai to watch the whiteshark operations. Partake in cage dive with the sharks if you have the nerves (optional). In the afternoon take an orientation tour of Hermanus and Whalewatching in Walker Bay. Hermanus is the best landbased whalewatching area in the world. Drive from Hermanus via the beautiful Coastal St Clarence drive. Visit Somerset beach, Gordons bay and Harold Porter botanical gardens.
Hotel with swimming pool (breakfast)

Day 11 Transfer to Airport

Today is at leisure to explore Cape Town. Some options to consider this morning are a visit to Sea Point, Clifton Beach and Camps Bay; maybe take a boat trip to Seal Island; alternatively go down to Cape Point to the Cape of Good Hope Nature Reserve. Then you bid farewell to South Africa and drive to Cape Town International Airport to board your overnight return flight to London.

Day 12 Arrive London

Two-tour combination: Kruger & Coast plus Garden Route & Cape Town

You can extend your stay in South Africa by combining this tour with our 'Kruger & Coast' trip. Please see our separate Trip Dossier for a fuller description. Outline itinerary given below.

Days 1 to 2 Fly overnight to Johannesburg. Trip to Soweto Township and Gold Reef City. Hotel with swimming pool (breakfast). **Days 3 to 4** Hazyview & Blyde River Drive across the Highveld to Hazyview. Visit God's Window, Blyde River Canyon and Moholoholo Wildlife Rehabilitation Centre. Lodge with swimming pool (breakfast). **Days 5 to 6** Kruger National Park Game drives in Kruger National Park in the morning and afternoon, with the possibility of a further drive at sunrise or sunset (optional). On your second day your rest camp lies on the banks of the Sabie River Bungalow (breakfast, lunch and dinner) **Day 7** Swaziland Drive into Swaziland to the Mlilwane Wildlife Sanctuary. Optional riding and mountain biking. In the evening you are entertained by tribal dancers. Traditional Hut with swimming pool (self catering). **Day 8** Hluhluwe-Imfolzi Reserve Leaving Swaziland you cross back into South Africa and through Kwa-Zulu Natal to Hluhluwe-Imfolozi Park in the heart of Zululand, Africa's oldest game park. Optional walking safaris. Bungalow (breakfast). **Day 9 to 11** St Lucia & the coast Visit Cape Vidal, optional excursions to see hippos and crocodiles or whales and turtles. Hotel with swimming pool (breakfast). **Day 12** Transfer to Durban, Fly to Port Elizabeth & transfer to Addo Elephant for game viewing. Chalet with swimming pool. **Days 13 to 14** Tsitsikamma National Park. At leisure in Tsitsikamma National Park, optional wild water rafting trip on the Storm River. Chalet with swimming pool. **Day 15 to 16** Knysna River Club. Optional Activities include Bungy jumping, a trip on the Knysna Featherbed and a visit to the Oyster Factory, as well as dolphin and whale watching tours. Chalet with swimming pool. **Day 17** Oudsthoorn, Feather Capital of the World, visit to Ostrich Farms and Cango Caves. Guesthouse with swimming pool. **Day 18** Winelands to Cape Town via the winelands of the Western Cape. Hotel with swimming pool. **Days 19 to 20** In Cape Town. Orientation tour of the city of Cape Town, Gansbaai to watch the whiteshark operations, cage dive with the sharks (own account). Orientation tour of Hermanus and Whalewatching. Hotel with swimming pool. **Day 21** Fly to London. **Day 22** Arrive London

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets. Each itinerary is planned many months in advance. Consequently there are factors over which we have no control and which could make changes necessary. We will always endeavour to keep you informed of any such changes in advance.



Optional Extras

Knysna – Bungy Jumping	£56.00
– Dolphin and whale watching (two hours)	£37.00
– Oyster Factory (according to consumption – A la carte menu)	
– Featherbed Nature Reserve (including lunch)	£22.50
Johannesburg Township & gold Reef City Tour	£70.00
Kruger Sunset or Sunrise Drive	£8.50 - £10.00
Swaziland – Game Drive	£9.00
– Sunrise Drive	£10.00
– Guided Walking/Driving/Cycling Tour per hour	£3.00
– Children's horse ride	£1.00
– Adult horse ride	£7.00
Hluhluwe – Walking safari	£11.00
Cape Vidal – entrance per day	£2.50
– Hippo and Crocodile Tour	£9.00
– Whale & Turtle Tour	£42.00

Please note these prices are a guideline only and are subject to change.

Is this right for your family? A varied itinerary with an emphasis on the natural world – mountains, wildlife, forests, coast and marine life. Accommodation is comfortable and mostly organized on a self-catering basis. Some activities are included, others not, to give you more choice. This area is malaria-free. Transfers by road are usually in 14- or 22-seater buses.

Climate Cape Town and the Garden Route are favoured with a Mediterranean-style climate with pleasantly warm dry summers and cool winters. Cape Town is washed by the cool Benguela current and so the water temperature is quite cold on the Atlantic coast. Along the Garden Route humid sea-winds from the Indian Ocean bring rain from April to September.

Average monthly climate in Cape Town

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	26	26	25	22	19	18	17	18	18	21	23	24
Min °C	16	16	14	12	9	8	7	8	9	11	13	14
Rainfall (mm)	15	8	18	48	79	84	89	66	43	31	18	10

Accommodation is in hotels, guesthouses and chalets, mostly self catering on the Garden Route & Cape Town trip. If you do the extension tour to the Kruger & Coast you also stay one night in a traditional hut, and two nights in a bungalow, and meals are included as indicated in the itinerary above.

Food and Drink Meals are included as per the itinerary. Much of the food in South Africa is international in nature. However there are local favourites which include *Boerekos*. This "farm food" stems from the Boer settlers and is characterised by hearty meals with a lot of meat. *Potjiekos* is lamb or any other meat, stewed for hours with lots of vegetables in a round cast-iron pot on three legs over a fire. And of course there is the ubiquitous *braai*, a form of barbeque loved by all South Africans. Beer is the preferred drink but South African wine is increasingly popular and relatively cheap. Please remember to drink plenty of bottled water during your trip.

Currency The South African currency is the Rand (R). At the time of writing (Jan 2008) £1 = 13.83R. Banks and ATMs can be found nearly everywhere, except the most remote villages where you will need cash. Travellers' cheques are widely accepted. It is a good idea to carry your money and cards securely in a money belt or something similar under your clothes.



Local Costs

A small bottle of mineral water (500ml)	£0.90
A large bottle of mineral water (1 litre)	£1.65
A can of coke (soft drinks)	£0.75
A carton or bottle of fruit juice	£1.00
A bottle of beer	£1.00
A light lunch time snack – sandwich for example	£2.50
A two course meal* - excluding drinks	£5.00
A three course meal* - excluding drinks	£10.00

*Based on a mid range tourist restaurant.

Tipping is a recognised part of life and although at your discretion you will be expected to reward service. Please remember that all tips should be a way for individuals to thank staff for good service. As a guideline expect to tip 10 to 15% in restaurants and taxis, and leave something in your room for the hotel staff.

Language The predominant language in South Africa is English although there are ten other official languages including Afrikaans which you will certainly encounter on road signs and official forms. The other nine languages are African which are split into four groupings.

Time South Africa is s GMT +2 hours

Safety Although you are unlikely to encounter problems in the well policed tourist areas it is wise to take sensible precautions: in the evenings don't go for walk through parks or along the beach; don't enter townships; keep your handbag closed when walking through markets or shopping malls; don't stop if someone suspicious indicates they need help in case it is a trap. If out on your own, travel with your mobile switched on, if possible.

Packing List Please refer to our separate "packing list"



Clothing & Equipment List for South Africa – Garden Route & Cape Town

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The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend. It is a good idea to wear muted colours while on safari as bright colours can be seen by animals and birds from a long way off.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Walking Shoes	1 pair		Soft-sided bag 50 – 80 litres	
Trainers or Strong Sandals	1 pair – all purpose wear		Lightweight Daypack – 25 litres	
Socks	4+		A variety of plastic bags	
Waterproof Jacket	1 lightweight		Sunglasses	
T-Shirts	3 +		Personal First Aid Kit	
Long Trousers or Skirt	2 +		Large Water Bottle	
Short Trousers	2		Insect Repellent with high DEET content	
Long Sleeve Shirt	2+		Torch and Batteries	
Track Suit Bottoms or Similar	Optional		Camera, Film and Accessories	
Sunhat / Baseball cap	Essential (styled to shade face, ears and neck)		Reading Material	
Warm jacket	1		Washing & Shaving Kit - wet wipes are refreshing	
Thin Fleece or Sweatshirt	1		Towel or Sarong	
Warm hat, scarf and gloves	Woolly or fleece (July - Sep)		Guide Book & map	
Swim Wear	1		Loo Kit (in small bag) loo paper/tissues	

ITEM	Check	ITEM	Check
Passport/ Visa		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Tooth Paste/Floss	
Cash Cards/Visa		Small Calculator	
Insurance Documents		Sweets and Snacks for the journey	
Trip Information and Itinerary		Cold Water Detergent	
Money Security Belt/Pouch		Biodegradable Soap	
Spectacles/Contact Lenses		Binoculars – optional	
Sunscreen – lots of it		Notebook/Diary/Pen	
Moisturising Cream & Lip salve – not in hand luggage		Small presents for local kids – biros, balloons, books	
Scissor/Mirror/Nail Clippers – not in hand luggage		Small toys and books for your children	

For details regarding hand luggage restrictions please visit www.baa.com

