

West Coast Cycle Day Tour

OVERVIEW

Where sheltered islands host thousands of seabirds, and the azure waters of the bordering Langebaan Lagoon's brooding salt marshes are home to vast concentrations of migrant waders and fascinating marine wildlife. Head west for an adventure into the coastal regions of the western biosphere. The surrounding Strandveld blooms with a tapestry of multi-hued flowers in Spring, scattered watering holes and rustic bush smouldering and bouldering against the Atlantic marine wetlands into an oasis of open flat plains, low level gradual hills and rock inclinations creating a fascinating unique experience of the Cape. Enjoy a scenic cycle (Seeberg mountain biking green trail 13/17km) through expansive views leading through quiet country roads lined through vast fynbos marshes and beautiful rugged Strandveld landscapes dotted with antelope species and natural sites.

Afterwards enjoy a 2 course meal at the charming historical Geelbek Restaurant for traditional heart-warming dishes, deserts and drinks. Time permitting wander for a short stroll to one of the four bird hides located in the Park for viewings of some of the many bird species found in this area, such as Flamingo, Ostrich and Black Harriers. Bird hides can be found at Geelbek (two), the Abrahamskraal Waterhole and below the Seeberg Lookout Point.

DAY ITINERARY

07h30 - 09h30 | Cape Town - West Coast National Park

Your guide will arrive promptly to meet and collect you at your lodging location and thereafter depart on a scenic drive to the West Coast National Park. Refreshments and photographic stops on route.

09h30 - 10h00 | Langebaan : Bicycle Collection Point

Before entering the national park. Guest will collect and choose a mountain bicycle to suit their riding style. For comfort and safety bicycles are pre-serviced, equipped with safety gear and adjusted before usage by a local bicycle shop.

10h00 – 12h00 | West Coast National Park - Seeberg MTB Trail (13km/17km)

Cycle through the beautiful Seeberg mountain bike trails consisting of a 13km or extendable 17km ride in the West Coast National Park. fauna, flora, coastal vegetation, approximately 2 hours custom to your pace. Refreshment stops on route with bottled water, fruit snacks and photographic stops along the route.

12h00 – 14h00 | Geelbeck Restaurant

After return from the cycle trail, bicycles are racked and a short meander is made to the Geelbeck Restaurant for a wholesome 2 course meal of gourmet dishes, drinks and desserts.

14h00 - 15h00 | Birdwatching

After lunch is enjoyed. Stroll along the walking trails in search of one of the bird hides for scenic views and birdwatching over the lagoon before departing.

15h00 - 17h00 | West Coast National Park - Cape Town

Return drive to your lodge or further travel arrangements.

End of tour

Day tour	
Included	
<ul style="list-style-type: none"> ✓ Transportation in an air-conditioned vehicle ✓ Bottled mineral iced water & fruit snack refreshments ✓ Mountain bike trail, rental & helmet ✓ English tour guide ✓ 2 Course meal at the Geelbeck Restaurant ✓ Birdwatching ✓ Park fees, taxes and levies 	
Departure & Return Location	Cape Town and surrounding regions (Please specify your pick up and drop off location)
Departure Time:	08h00
Return Time:	15h00
Price per person (USD)	



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2 Pax	\$225
3 Pax	\$185
4 Pax	\$165
5 - 8 Pax	\$155

Please note:

- No single supplement additional charge for single travellers (1 Pax)
- For groups larger than 8+ please enquire for special discount rates

Excludes

- ❖ Additional drinks
- ❖ Purchases
- ❖ Gratuities

What to bring

- Daypack for personal items
- Cycling gear or comfortable clothing, long tights with trainer tops
- Closed trainers or hiking runners
- Mosquito insect repellent spray or lotion