

Cape Point Cycle Day Tour

OVERVIEW

Where the Cape Floral Kingdom meets the fury of the ocean. A rugged mountainous coastline divides a cool Antarctic on the west with a warm current on the east, verging into a unique landscape of natural coastal scenery. The whole landscape is wild. Whales, dolphins, orca, seals, penguins and sharks abound the sea while the land's fascinating biodiversity in plant and bird species characterise the plateau region. Strand fynbos and mountain cliffs dotted with animals such as ostrich, bontebok, zebra, baboons, tortoises and snakes.

Discover the hidden highlights of the cape's beautiful peninsula on a scenic cycle tour to the southernmost nature reserve in Africa. Beginning with a ride into an escarpment along rare fynbos vegetation along the Jonkerdams mountain bike trail leading into Redhill. Comprising of peaceful jeep tracks, red soiled trail and compact gravel sand. Cycle further down the peninsula into the Cape of Good Hope Nature reserve, undulating roads into the coastline for a stop at Buffel's Bay Beach. Take a dip in the tidal pools, refresh and relax over a picnic lunch as views of rock cliffs and sandy beach spread out across the horizon. From here continue for a coastal walk on a hiking trail (Antoniesgat). The walk takes you close to the rugged ocean line where powerful waves pound the peninsula with a number of caves and tunnels to explore en-route. The views over the bay, towards the mountains, and of course up towards the Cape Point lighthouse make this one of the region's most enjoyable short trails and an intriguing hike to reach Cape Point finale

DAY ITINERARY

07h30 – 08h30 | Cape Town – Cape Peninsula

Your guide will arrive promptly to meet and collect you at your lodging location and thereafter depart on a scenic drive to begin your cycle starting at the Jonkersdam mountain bike trail to Redhill (1 hour)

08h30 - 10h30 | Jonkersdam – Redhill MTB Trail (10km)

Cycle for 10km through mixed terrains, dams and natural fynbos. The area offers tranquil nature often isolated with scenic ocean views passing Lewis & Kleinplass dams, rocky outcrops and strandveld. Refreshments and photographic stops on route.

10h30 – 12h30 | Redhill – Cape of Good Hope Nature Reserve (20km)

Continue cycling through the beautiful quiet undulating roads from Redhill winding down the Cape Peninsula for 20km peaceful ride along the escarpment to reach the southernmost nature reserve in Africa. Here cycle onwards through diverse fynbos vegetation to Buffels Bay Beach

12h30 – 14h00 | Buffel's Bay Picnic Lunch

Enjoy a healthy 2 course picnic lunch prepared by your guide whilst relaxing and taking in the breath-taking views overlooking the ocean and tidal pools (swimming permitting)

14h00 - 16h00 | Antoniesgat Hiking Trail (3.5km)

After lunch is enjoyed. Continue to reach Cape Point with a leisurely hike on the Antoniesgat Trail - One of several caves and tunnel formations created from the consistent lapping of pounding waves. Creating a serene seclusion with excellent views out over False Bay, the Hottentots Holland Mountains just across the sea, Vasco da Gama peak and the Cape Point lighthouse

Optional – Time permitting take the Lighthouse Keepers trail (2km) once reaching the upper funicular station. A fascinating perspective of the old Cape Point lighthouse which towers many metres above a sheer cliff face, and it walks you through historical bunkers and beautiful fynbos until the path runs out, at what certainly feels like the very tip of Africa.

16h00 - 18h00 | Cape Point – Cape Town

Return scenic drive through Hout Bay & Chapman's Peak to your lodging location or further travel arrangements. (Approx. 2 hours)

End of tour

Day tour	
Included	
<ul style="list-style-type: none"> ✓ Transportation in an air-conditioned vehicle + backup driver ✓ Bottled mineral iced water & fruit snack refreshments ✓ Mountain bike rental & helmet ✓ English tour guide ✓ 2 course gourmet picnic lunch at Buffel's Bay ✓ Antoniesgat Trail ✓ Park fees, permits, taxes and levies 	
Departure & Return Location	Cape Town and surrounding regions (Please specify your pick up and drop off location)
Departure Time:	07h30

Return Time:	18h00
Price per person (USD)	
2 Pax	\$235
3 Pax	\$215
4 Pax	\$205
5 - 8 Pax	\$185

Please note:

- \$60 single supplement additional charge for single travellers (1Pax)
- 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
- Light sweater
- Closed trainers or hiking runners
- Mosquito insect repellent spray
- Sun lotion