

**ULTIMATE CAPE TOWN  
WEEKEND TRIP**

## WEEKEND OVERVIEW

You cannot come all the way to Southern Africa and not spend a few days in Cape Town, the best city in the world! Known as “The Gateway to Africa”, Cape Town is a coming-together of cultures, cuisines and landscapes.

No one can really overstate the case for visiting Cape Town. The surrounding mountain ranges, including the in your face Table Mountain that rises dramatically from the ground, the pristine white beaches lapped by the crystal clear glittering seas and the cool urban edge that offers excellent art galleries, hip bars, world-rated restaurants and design-savvy shops.

You will also always be in awe at how close to nature you constantly are. Whether it’s spotting zebras and wildebeest grazing on the slopes of Table Mountain, watching whales breach from a restaurant overlooking False Bay, being pestered by cavorting baboons near Cape Point or watching the penguins waddle at Boulders Beach.

On Sunday you will join the Cape Point Tour, which has been specifically designed for those travellers that have the desire to see, taste, learn and experience something different from the norm.

Join us for a scenic drive around the Cape Peninsula where we showcase the beautiful sights and sounds of one of the most beautiful places in the world. You will get to see and stop off at many of the famous points and landmarks around the city, including; Camps Bay, Houts Bay, Chapmans Peak, Cape Point, Cape of Good Hope, Boulders Beach, Boyes Drive and Constantia!

Along the way we will walk the cobbled streets and taste the food of the Bokaap, hike from the fabled Cape Of Good Hope to The Cape Point

Lighthouse, see penguins at Boulders Beach, enjoy a meal with the locals in Kalk Bay Harbour and end the day off by tasting some of the best wine The Cape has to offer.

The weekend trip is the perfect blend of structured guided tours and free independent travel. You’ll have plenty of time to explore Cape Town at your own pace and with so much on offer there will be many things for you and your new friends to choose from. Spend the day topping up your tan at Camps Bay, trek up Table Mountain, go shopping at the V&A Waterfront or head off the beaten track.

The Ultimate Cape Town weekend trip is available to everyone volunteering on one of our programmes in South Africa, Namibia and Zimbabwe. Further information on how the trip will fit around your volunteering programme can be found further on in this document under Transport. If you are still unsure then please simply get in touch.

Please note, this weekend trip is coordinated externally from The Mighty Roar programme. A representative for the TMR team will be on hand to help with all of your plans and to provide the airport pickup and planned tours.

With so much to see and do, you won’t find a more fun filled trip on offer anywhere else! Each weekend trip starts on a Saturday and finishes on Monday, costing just **£239 per person**.

The following are included within this fee:

- Airport pickup in Cape Town
- Accommodation
- A full day guided tour



## START DATES

The Ultimate Cape Town weekend trip starts on every Saturday of the year. You are more than to take part at the start, end or even during the middle of your volunteering trip – please get in touch to work out the best itinerary.

## BOOKING YOUR PLACE

You can simply add the weekend trip when applying for any of our programmes in South Africa, Namibia or Zimbabwe under 'Optional Extras'.

If you have already signed up for one of our volunteer programmes and would like to add the weekend trip, you can simply request this within your My Trip account.

**Places on our weekend trips are non-refundable and non-transferable between volunteers.**

## ITINERARY

### DAY 1 – ARRIVAL AND EXPLORING

You are welcome to land into Cape Town at any point on Saturday and our local co-ordinator will be waiting to pick you up.

You will make the short journey over to your accommodation that is conveniently located in the heart of Long Street.

The rest of the day will be free for you to explore the area and with many famous sites and activities nearby you are truly spoiled for choice!

If you are arriving later in the evening then you can still enjoy the rest of the day! Long Street is filled with many trendy bars and restaurants and is the biggest tourist hotspot in the whole city. Drop your belongings off and embrace this lively street.

### DAY 2 – CAPE PENNINSULA TOUR

You'll be up early today as you head off on our guided tour. You will be picked up from the hostel between 7 and 8am and you'll quickly make some new great friends! We will start with a leisurely stroll along the cobbled streets and brightly coloured houses of the Bokaap where you will get to sample some of the local traditional snacks.

After this, we will quickly stop off at the exclusive seaside suburbs of Clifton and Camps Bay – somewhere you may wish to return to tomorrow!

We then carry on along Victoria drive, through Hout Bay and along the scenic Chapman's Peak Drive eventually arriving at The Cape of Good Hope Nature Reserve. We shall alight the minibus and head off on a 40 minute hike from the most south west tip of Africa, Cape of Good Hope to the Cape Point Lighthouse.

Afterwards we start driving north to Boulders Beach where you can view the resident penguin colony from the boardwalk. Should you wish, you will have the opportunity to enter the park to view them even closer (optional extra; entrance R170).

By this stage you would have built up quite an appetite so we will stop for a traditional Cape lunch of fish 'n chips in the old Kalk Bay harbour - where the local fishing community goes back generations.

After everyone has had their fill, we stop briefly at the Shark Spotter, entrusted by the local surfers of Muizenberg to look out for Great White Sharks.

We then travel through the lush Constantia Valley to the oldest wine farm outside of Europe for a relaxing end of the day wine tasting



experience (optional extra; from R85). You will also learn about the history of farming in the Cape in beautiful surroundings. After such an action packed day, you will be dropped back at the hostel around 4/5pm.

The rest of the evening is free for you to relax and again enjoy everything Long Street has to offer.

### DAY 3 – FREE TIME

The whole of Monday is free for you to do what you wish. We're sure by now that you have made many new friends so you can either plan a day with them or head off on your own to do some exploring.

There is so much on offer in this beautiful city, so you are guaranteed a day that you will never forget! If that's relaxing and taking in the sun at the famous Camps Bay beach, climbing or taking the lift up to the top of Table Mountain or shopping at the V&A Waterfront, the time will pass very quickly!

The return airport transfer is not included but you can easily organise this with the hotel you are staying in, with the TMR representative or simply get an Uber as and when you are ready.

### ACCOMMODATION

You will be staying within a very popular hostel located right in the heart of the city, on the world famous Long Street. There are many restaurants, bars and activities right on your doorstep and is the perfect place to call home for your time here.

Everything you will need can be found within a close proximity and is a great spot for meeting many other solo travellers and new friends! This

is a very safe neighbourhood, with many tourists visiting all year round.

### MEALS

No meals are included within the weekend trip fee and will need to be sourced and paid for by yourself. There is a wide mixture of great restaurants on your doorstep catering for all budgets, so you will be spoilt for choice.

### TRANSPORT

Your airport pickup (in Cape Town) is included as well as the full days transport during the tour on Sunday.

As the weekend trip is available to all volunteers across multiple programmes and destinations we have included a rough guide for the best practices below.

**South Africa Amakhala & Shamwari** – Best to book for your first weekend in South Africa so you can then fly onto the programme for the standard start date to save on fees. You will need to book a domestic flight from Port Elizabeth to Cape Town, this is NOT included as part of the trip fee.

**South Africa Marine Conservation** - Best to book for your last weekend in South Africa so you can then fly directly home from Cape Town. You will need to book a domestic flight from George to Cape Town.

**South Africa Dogs, Teaching, Childcare & Medical** – Best to book for your first full weekend in South Africa. You will be picked up from the volunteer accommodation.

**South Africa Primate Sanctuary** - Best to book for your last weekend in South Africa so you can then fly directly home from Cape Town. You will



need to book a domestic flight from Johannesburg to Cape Town.

**Namibia Wildlife Sanctuary** – Best to book for the weekend before your programme start date. You will then fly from Cape Town to Windhoek on your programme start date – being the Monday.

**Namibia Lifeline Clinic** - Best to book for your programme end date for Namibia (your last Saturday) and you can then fly straight from Windhoek to Cape Town.

**Zimbabwe Elephant & Rhino Sanctuary** – Best to book for the weekend before your programme start date. You will then fly from Cape Town to Harare on your programme start date – being the Monday.

**Zimbabwe Victoria Falls Conservation** - Best to book for your programme end date for Zimbabwe (your last Saturday) and you can then fly straight from Victoria Falls to Cape Town.

