



**SOUTH AFRICA
EXPERIENCE CAPE TOWN**

WEEKEND OVERVIEW

You cannot come all the way to South 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 Saturday you will join the Peninsula 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.

If your flight itinerary includes a stop in Cape Town, then grab the opportunity to spend 3 days and 2 nights in this amazing city. Please note that there are many flights including a stopover in Cape Town and we can help arrange your travel itinerary – just get in touch.

This trip is open to all TMR volunteers and we will arrange your airport transfers, accommodation and tour. Please note though, that this is a chance for some independent travel and a member of our team will not accompany you.

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 Friday and finishes on Sunday, costing just **£149 per person**.

The following are included within this fee:

- Return airport transfers
- Accommodation in the heart of Cape Town
- A full days guided tour
- Some meals

START DATES

This amazing stopover trip runs **every Friday** throughout the year. You are more than



welcome to take part at the start, end or even during the middle of your volunteering trip.

BOOKING YOUR PLACE

You can simply add this stopover trip when applying for all programmes in South Africa under 'Optional Extras'.

If you've already signed up for one of our volunteer programmes and would like to add this trip, please email us.

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 Friday 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 spoilt 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 PENINSULA 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 Houts Bay and along the scenic Chapmans 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 Sunday 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!

Our local co-ordinator will take you back to the airport for your onwards journey.

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

Only lunch during the tour on Saturday is included within the weekend price. All other meals 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 and drop off is included as well as private transport during the tour on Saturday.

If you are needing any other transport during your time here then the hostel will be able to help arrange this for you.

