

## 5 day Cape Town Adventure Break ASA1603



### PLEASE NOTE!

Subject to minimum 2 passengers

Subject to availability & weather conditions

### DEPARTS

Daily

### DURATION

5 days/4 nights

### INCLUDES

4 Breakfasts, 2 lunches, all transportation, all equipment, professional instructors/guides, and permits.

### EXCLUDES

Table Mountain Cableway ticket (option)

### VALIDITY

Rates valid 01 December 2007 to 31 August 2008

### ITINERARY

#### DAY 1

Transfer from Cape Town airport to hotel. Remainder of day at leisure to explore Cape Town. Opportunity for optional Day Excursion (for own account). Overnight Cape Town.

#### DAY 2

After breakfast, visit penguins at Boulders Beach, then enjoy leisurely cycle in the Cape Nature Reserve (visiting Cape Point and Cape of Good Hope). Lunch and wine tasting at Groot Constantia and Constantia Uitsig, the oldest Cape wine farms. Overnight Cape Town. [BL]

#### DAY 3



**Escape 4 Africa Travel Pty (Ltd.)**  
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Full day Sandboard and Quad biking. Learn the art of gliding down sand dunes at speed. Day is split between human endeavour and man made machine! Bring thick socks (shin height), sun glasses, sunscreen, hat and camera. Overnight Cape Town. [BL]

#### **DAY 4**

Discover Table Mountain. Mountain bike the Double Descent route on the lower slopes. Thereafter walk up or take Cableway (for own account), for controlled 112 meter abseil from top of Table Mountain. No climbing experience necessary. Bring shoes, sunscreen, camera & light jacket. Overnight Cape Town. [B]

#### **DAY 5**

Day at leisure until transfer to Cape Town airport. [B]



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