

## 7 day Cape Town Adventure Break ASA1604



### PLEASE NOTE!

Subject to minimum 2 passengers

Subject to availability & weather conditions

### DEPARTS

Daily

### DURATION

7 days/6 nights

### INCLUDES

6 Breakfasts, 4 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, enjoy full day exploring, hiking and trekking on Table Mountain. Bring sun block, sunglasses, comfortable clothing, walking shoes, 2 litres of water and camera. Overnight Cape Town. [B]

#### DAY 3



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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 4**

Travel to Big Bay, ideal West Coast surf location. Conditions provide surfers of all abilities to get in some great hanging time, and guaranteed to be standing by the end of the day! Bring swimming costume, towel, hat, sun block and camera. Overnight Cape Town. [BL]

#### **DAY 5**

Morning mountain biking in Tokai Forest. More experienced riders follow spectacular and challenging single track! Afternoon horse riding on beach. Bring shoes, sunscreen and camera. Overnight Cape Town. [BL]

#### **DAY 6**

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! Includes all equipment, professional instructors, permits, lunch and transportation. Bring thick socks (shin height), sunglasses, sunscreen, hat and camera. Overnight Cape Town. [BL]

#### **DAY 7**

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



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