

Woman only Cycle Tour | Garden Route | Little Karoo

Starting Point
George
Western Cape Province
South Africa

Last Review: Thursday, 11th March 2021



Your Itinerary and abbreviations:

KM = distance cycled by bike, AM = altitude climbed by bike, B/L/D/W = meals included (Breakfast/ Lunch/ Dinner)

Day 1 Arrival on The Garden Route – George

Meet your guide at the airport and do a short transfer to Plettenberg Bay. After your bike setup and final preparations, you can spend the afternoon down at the beach. Plettenberg Bay is known its pure white stretch of beach and the Robberg Peninsula. If time allows you can walk the Robberg Peninsula and visit the seal colony. (optional extra) Tonight's dinner is included and we frequent a great fish restaurant and get a rundown of the days to come. **(D)**

Day 2 Plettenberg Bay to Knysna

We depart our accommodation by bike and head inland at first on tarmac then gravel as we head towards the Knysna forest, known for the last remaining elephants around the Diepwalle forest station. Today's ride has a few climbs which offer spectacular views over the surrounding forestry area. The last downhill will be exhilarating as you head your way to the Knysna Lagoon. Tonight's accommodation is in a comfortable but interesting guest house. **(B/L) ± 80km/1400m**

Day 3 Phantoms and the road to George

We leave the lagoon town by bike and start the well known Seven Passes Road as we head inland and cycle along the foot of the Outeniqua mountains. Our first pass is the Phantom Pass, named after a rare butterfly found in the forest. Our hilly route takes us past lush dairy farms and spectacular scenery before we pop out in George, the administrative centre for the Garden Route. Tonight's accommodation is a comfortable guest house. **(B/L) ± 80km/1600m**

Day 4 Crossing the Outeniqua Mountains and the Cango Caves

Today we leave the coastal green belt and head over the Montagu Pass (built 1844) and into the dry and arid Little Karoo. Some of the stonework bordering the pass is still original as well as The Old Toll House. The toll was 2 pence per wheel and one penny for each pulling animal. The downhill is short and fast before we head towards the ostrich capital using country roads of undulating nature with the Swartberg Mountains as our backdrop. We load the bikes at some point and transfer by vehicle to visit the Cango Caves. Your guided tour is an hour and highlights the dripstone formations in a vast network of caverns and chambers. Tonight's accommodation is a lovely guest house out in the country with an excellent kitchen.

(B/L) ± 62km/980m

Day 5 Ostrich - The Swartberg and a Port Wine Capital

After breakfast, we do a short transfer in our support vehicle and visit an ostrich farm. Here you learn all about these fascinating birds and their economic importance during a 45min walking tour of the property. We start our cycle route from the farm and follow a country road heading into town. Passing tobacco drying sheds, onion plantations and more curious ostrich. Leaving Oudtshoorn we follow an old concrete road that runs parallel to the Olifant's River. The Little Karoo is no less beautiful than the green forests along the Garden Route. Come see for yourselves. Tonight's accommodation is in the port wine capital called Calitzdorp. **(B/L) ± 90km/350m**

Day 6 The Rooiberg Pass

Suggest an early start as today gets rough and tough but worth the effort. You climb the infamous Rooiberg Pass, this 11km climb will offer spectacular views over the surrounding Little Karoo and the majestic Swartberg range in the background. The downhill will need to be watched as the underground can be loose gravel. We spend two nights in a lodge tucked away from the outside world. **(B/L) ± 43km/915m**

Day 7 Relax and day off

Today is relaxing and chill at the pool. You have worked hard to get here and the road is still long. This lovely thatch-roofed lodge has an immaculate green lawn and a large swimming pool. During the early morning hours, it could be you get woken by the noise of zebra eating the grass outside your chalet, you can spot giraffe and a few other animal types on occasion. Tonight we have a relaxed BBQ or as we South Africans call it, a braai. **(B/D)**

Day 8 Rooiberg to Riversdale

Rolling hills await us after breakfast. We leave the lodge by bike and the day's ride will test you with the Garcia Pass but also the long and dusty terrain. Tonight's accommodation is a comfortable guest house with a 5-star kitchen. **(B/L) ± 75km/940m**

Day 9 Riversdale to Swellendam

We leave our comforts by bike and head towards Swellendam via Heidelberg. The route generally climbs with some tough hills and spectacular views. The downhill from Heartbreak Hill is a blast and offers great views of the Langeberg Mountains before we hit tarmac and cycle through the little village of Suurbraak. We load our bikes here and transfer into Swellendam, the third oldest town in the Cape. Tonight's accommodation is a comfortable guest house. **(B/L) ± 80km/1500m**

Day 10 Swellendam to Franschhoek – Entering the Cape

We do a short transfer (30min) after breakfast to the start of our cycle. Another day of rolling picturesque countryside awaits us as we cycle through the Cape's largest grain-growing region. At certain times of the year our national bird, the blue crane can be seen in the fields. We end our cycle in the village of Greyton, and enjoy the peace and tranquillity before we transfer into Franschhoek and spend the night in a comfortable guest house. The rest of the day is free to take in the atmosphere and visit the many galleries and bistros and sample the wine. **(B/L) ± 35km/370m**

Day 11 Stellenbosch

We transfer from Franschhoek to Jonkershoek Nature Reserve just outside of Stellenbosch and spend some time exploring the valley and views. Your cycle ends at the accommodation. Once showered and all spruced up, there is no better time to explore the old town. The vibrant bistros, bars, galleries and shops will keep you entertained for hours. You, of course, can also visit some of the wine estates in the area. We spend one night in a comfortable guest house. **(B/L) ± 20km/200m**

Day 12 The Cape of Storms – penguins and Chapmans Peak

We leave Stellenbosch with our vehicle and travel to the most South Western tip of Africa, but first, we stop at Boulders, the penguin colony. You get to cycle in the Cape of Good Hope reserve and have your picture taken at this iconic point. We then do a short transfer to the start of arguably one of the most scenic coastal roads in the world and cycle Chapman's Peak to end the day at the beach in Hout Bay. Don't forget your costumes. We transfer to our accommodation in the heart of Cape Town where you spend two nights. **(B/L) +-50km/480m & 10km/300m**

Day 13 Table Mountain and the waterfront

After breakfast, you have a few options for the day. If the weather is favourable then a trip up Table Mountain is a must and not to be missed (optional) we then do a walking orientation tour of the city and take in the sights and sounds of this metropolis. The afternoon is free to explore the waterfront with the many restaurants, shops, and street musicians. Our last dinner together is **"African" (B/D)**

Day 14 Departure

All good things have to end. It was a pleasure having you on tour with us and we hope to see you again soon. Your guide will take you to the airport for your departure home. **(B)**

Tour Prices (ZAR)

Valid for 31st Jan 2020 - 31st Dec 2020	Group Size 6 - 8	Per Person 36000.00	Single Supplement 5000.00
<i>Available on request</i>			
Item Giant Hardtail 29er		Per Person 6300.00	

Tour Schedules

No Fixed Departure Dates for this tour.

14 DAYS - THE HIGHLIGHTS

- * 10 days of awesome scenic cycling.
- * Experience the vibrant South African culture, fauna & flora during this environmentally-friendly form of travel, not just from the window of a vehicle.
- * Experience a typical South Africa braai (BBQ) on your deserved rest day.
- * Wine tasting and window shopping in Franschhoek and Stellenbosch.
- * The penguin colony at Boulders and the Cape of Good Hope.
- * Stand on top of Table Mountain, explore the V&A waterfront and the city on foot.

DIFFICULTY LEVEL

This tour is suited for the medium strength cyclist. The terrain has a few awesome passes. The closer you get to the Cape, the terrain starts undulating through the countryside.

INCLUDED IN TOUR PACKAGE

- * Constant vehicle support and transportation of baggage.
- * Qualified guide and driver.
- * All entrance fees according to tour itinerary.
- * 13 nights accommodation in 3 – 4 star on bed and breakfast basis.
- * 3 dinners – one of which a South African braai.
- * 10 Lunches – either lunch packs, picnics or farm stalls.
- * Water and trail snacks on the cycling days.
- * And most importantly – FUN.

NOT INCLUDED

- * Flights to and from South Africa or any inland flights.
- * Travel insurance.
- * Any meals not mentioned in the tour itinerary.
- * Drinks of a personal nature.
- * Tips and gratuities.
- * Mountain bike hire.

IS THIS GIRLS ONLY TRIP FOR YOU?

- * Do you like cycling from one accommodation to the next, spending more time on your bike and less time in a vehicle, then this tour is for you.
- * Exploring country roads, experiencing true off the beaten track hospitality.
- * Spectacular views, mountain passes and charming hospitality.
- * Cycling between 35 and 90 km per day on mainly gravel roads.

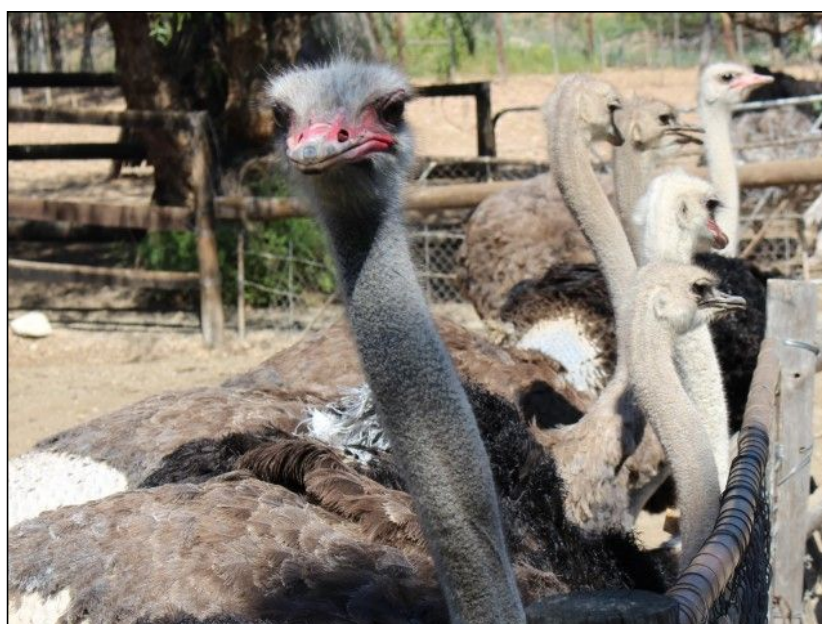
If you answered yes to any of these then think about contacting one of our friendly travel consultants.

TOUR PRICES AND DATES

- * Prices are based on per person sharing (double room)
- * The offer is valid for a group size of 6 – 8 guests.
- * Prices are subject to the availability of selected accommodation.



Little Karoo Aloe



Who me ?



Bubbly tasting



Ladies on tour having fun



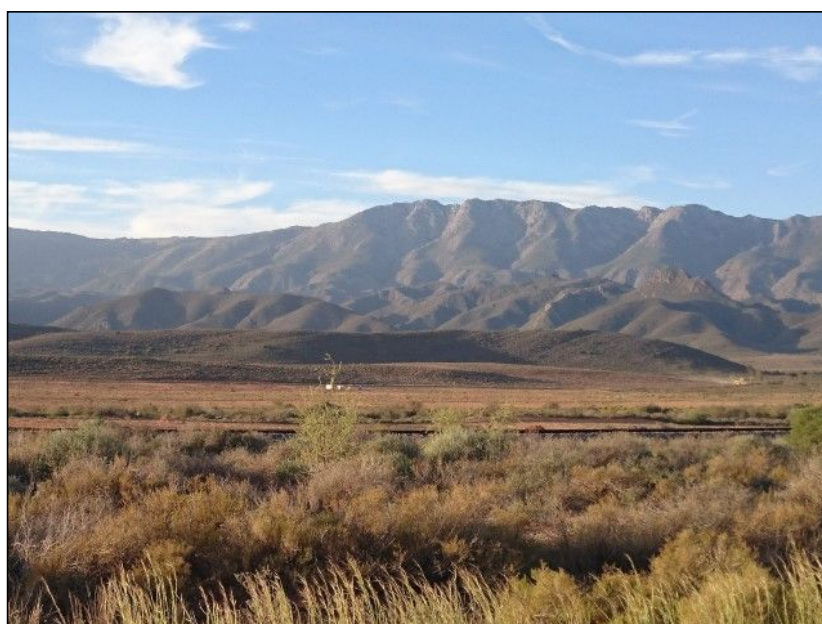
Cape Town waterfront



Penguins at Boulders



Karoo farm stall for lunch



Typical Karoo landscape



The little things count



Stellenbosch culture



Garden Route