

Cycle the Cape Peninsula

Starting Point
Muizenberg
Western Cape Province
South Africa

Last Review: Sunday, 26th April 2020



Your Itinerary and abbreviations:

KM = distance cycled by bike, AM = altitude climbed by bike

After being collected at your hotel and met your driver/guide, we do a 45minute transfer to the start of this venture - **Muizenberg**, known for its white beaches and the surfing hotspot in the Cape. En route, we pass the Groote Schuur Hospital where Dr. Christian Barnard did the world's first open-heart surgery, The University of Cape Town, Mostert's Mill and **Constantia**, the first wine farm established in the Cape.

Last-minute bike set up in the parking area of Surfers Corner in Muizenberg and then were off.....constantly following the Atlantic coastline to our left. In the Naval town of **Simons Town**, we stop to learn about the famous Great Dane '**Just Nuisance**' before heading on to the **Penguin** colony where we take a short break, take pictures, and stretch our legs.

We continue heading south towards The Cape of Good Hope and the southern most tip of the Cape Peninsula, with luck we could see baboon along the road and their ever-present 'Spotters'

Cape of Good Hope Nature Reserve:

The vegetation is Peninsula Sandstone Fynbos, an endangered vegetation type and endemic to this area. On entering the park, the descent is fast, all the way to the southernmost tip of the **Cape Peninsula**. We have a chance of spotting eland, bontebok, zebra, ostrich, baboon, and cape mountain zebra and not forgetting the **Southern Right Whales**, seen between June and November. We also walk up to the highest point and take in the view from the lighthouse before stopping for a well-deserved lunch.

After which we continue along the coast heading north and take in views of Misty Cliffs and Kommetjie. Here we load our bikes and do a short 20min transfer before we tackle the well know **Chapman's Peak** (the most scenic coastal road in the world) and Suikerbossie, here the leg muscle will call for every bit of energy....we finish the day in **Camps Bay**.

After a short transfer (30 minutes) you arrive back at your accommodation.

KM: 95km, AM: 1300m

Tour Prices (ZAR)

Valid for	Group Size	Per Person	Single Supplement
1st Apr 2020 - 31st Dec 2020	1 - 1	4900.00	0.00
1st Apr 2020 - 31st Dec 2020	2 - 2	2900.00	0.00
1st Apr 2020 - 31st Dec 2020	3 - 3	2600.00	0.00
1st Apr 2020 - 31st Dec 2020	4 - 8	2500.00	0.00

Tour Schedules

No Fixed Departure Dates for this tour.

DIFFICULTY LEVEL

This tour is suited for anybody with a medium level of fitness. Remember that this is a **PRIVATE** tour so you decide how far you would like to cycle. This you can discuss at the start of the day.

ROUTE

We begin in Muizenberg, then follow the famous Cape Town Cycle Tour route around the Peninsula to Camps Bay.

DISTANCE

95km

TERRAIN

Coastal road consisting of tar (black top)

WHAT'S EXTRA

- Beverages and personal expenses
- Lunch
- Service fees and gratuities

WHAT'S INCLUDED

- Backup vehicle
- Branded water bottle
- Helmet
- Hydration for the duration of the cycle. (water/bananas/energy bars)
- Isotonic powder.
- Qualified driver/guide.
- All entrance fees.
- **Road bike hire.**

PRICE ON A SLIDING SCALE

- From **ZAR 2900.00** per person and valid for a minimum of two guests



Chapmans Peak



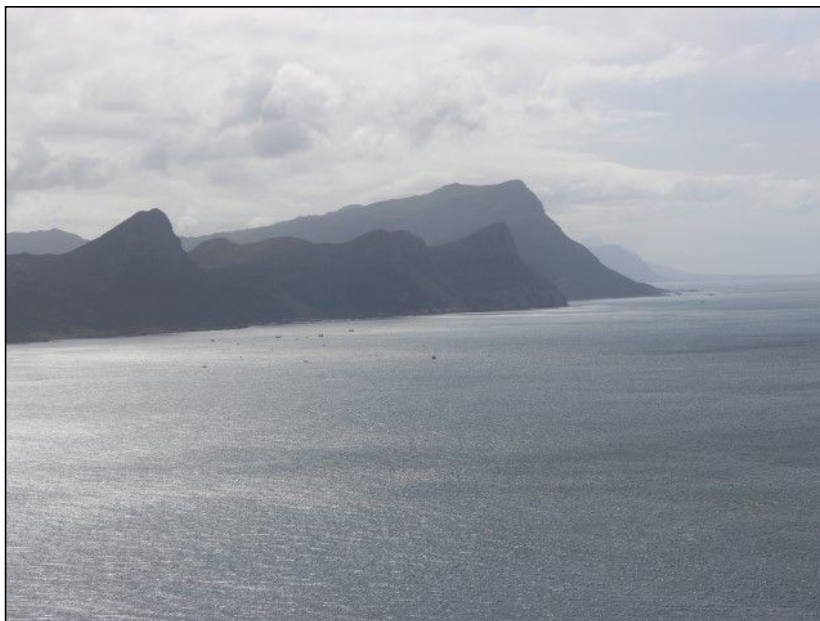
Chapmans Beach



Noordhoek Beach view point



Penguins - Boulders Beach



False Bay



Cape of Good Hope



We stop for small things