

SOUTH AFRICA BIKE TRIP
Cape Town, Route 62 & Wine Country
February 21 – March 3, 2011



Itinerary in a nutshell :

- February 21 – Pick up in Cape Town – welcome dinner
 - February 22 – Fly Cape Town to George – warm-up ride into Oudtshoorn
 - February 23 – Oudtshoorn to Calitzdorp along Route 62
 - February 24 – Calitzdorp to Barrydale
 - February 25 – Barrydale to Montagu alongside Langeberge
 - February 26 – Montagu loop ride
 - February 27 – Montagu to Franschhoek – gourmet dinner at Le Quartier Francais
 - February 28 – Franschhoek wine country exploration and vineyard lunch
 - March 1 – Franschhoek to Cape Town
 - March 2 – Cape Town – penguins, spectacular seaside lunch and riding in Cape of Good Hope Nature Reserve, final night dinner
 - March 3 – Homeward Bound...or onward to safari
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- Price per person double : \$6,450.00 USD; single occupancy \$7,250.00 USD
 - Price includes on-trip flight; all accommodation, taxes, all meals with the exception of 3 dinners, wine with all dinners, bike rental, helmet, bike van support, bike mechanic on trip, 2 bike guides all events, private tours, airport transfers, transportation of baggage throughout trip, all gratuities.

NOTES FROM THE ROAD

Biking through the southern and western Cape along Route 62 is a chance in a life time experience, not only will you be in one of the “must see” regions of the world when it is at its best, but you will also get to do some great biking and meet some of our local friends. Your trip ties together a series of remarkable experiences from the moment we gather in Cape Town, explore the Karoo hinterland from Oudtshoorn west along Route 62, to the wine country around Franschhoek and our final ride in the Cape of Good Hope Nature Reserve.

The incomparable beauty of the land contrasts with vivid memories of a turbulent political past; the cosmopolitan bustle of Cape Town with the isolated farmsteads along the route; the quiet, perfectly manicured vineyards with the wild, windswept cliffs of the coast.

Cape Town with its waterside cafes, bustling city centre and exotic mix of people will be a great introduction. From there we head to the land of Ostrich barrons and their “feather” palaces in Oudtshoorn, pass through the world recognised Port capital of South Africa – Calitzdorp and onto Montagu famous for its wine, hot springs and dried fruit, through to the rich valleys of Franschhoek which are world renowned for their wines, and legendary also for the concentration of great restaurants, ending at the south western tip of Africa – The Cape of Good Hope, this trip is diverse as much in its beauty as its history.

You will feel the spirit of South Africa, the hope that democracy has brought and when you say “salagashle” (goodbye), you will wonder why you cannot stay longer.

Day One - Cape Town

We will meet you at the airport on arrival in Cape Town and transfer you to our hotel located in the Waterfront, slap bang in the middle of where it all happens in Cape Town. You will be free to recover from jet lag and explore on your own – there is plenty to see and do within walking distance of the hotel. This evening you will meet your guides over cocktails and canapes at the hotel for an introduction and briefing on the trip. We will supply you with dinner suggestions for this evening.



Victoria & Alfred Hotel

<http://www.thevahotel.co.za>

Cape Town, South Africa

Tel: +27 (0) 21 419 6677

About the Victoria & Alfred Hotel: You can feel the ambience of colonial Cape Town as you step into the foyer, sense the past of shipwrecks and storms in this landmark hotel. Built in 1904 as the North Quay Warehouse and converted in 1990 to a luxury hotel, it is named in honour of the Queen of England and her son. There are the 94 bedrooms – spacious, air-conditioned, en-suite rooms spread over three floors. Our superior luxury double rooms boast separate bath, shower and toilet, king-sized beds and are creatively styled. All have in-room coffee and tea, with private bar, electronic safe, pay-per-view television, wireless internet plus high speed internet access and trouser press....every room has a view over the bustling Alfred Basin or Waterfront Piazza.

Day Two - Cape Town to Oudtshoorn

This morning after breakfast we will transfer to the airport and fly 1 hour east along the coast to the small town of George located on the famous Garden Route on the Indian Ocean coast of South Africa. From George we drive north to Oudtshoorn – former ostrich capital of Africa - when feathers were a must have fashion item. Along the way you will be introduced to your bike and our warm up ride will take us to our home for the the night – a working ostrich farm and delightful country inn. In the late afternoon, we take a walk around the farm accompanied by the wonderful owner Bartel Du Toit and then enjoy pre-dinner drinks on the verandah before dinner.

The Ride: Warm up get to know your bikes ride: approximately 30 km (18.5mi)

La Plume Guesthouse

<http://www.laplume.co.za>

Oudtshoorn, South Africa

Tel: +27 (0)44 272 7516



About La Plume Guesthouse :

With just 14 Rooms La Plume is a working ostrich, wine and cattle farm. Like the vast open Karoo landscape, stretching from the veranda across the Olifant's River valley to the foot of the Swartberg Mountains in the far distance, the suites and the luxury rooms at La Plume are spacious and a cool rampart against the hot Karoo sun. The rolling lawns and the sparkling pool are ready for your enjoyment and the kitchen turns out local treats like *biskuit* (rusks) and *appeltert* (apple pie) and Bettie's *melktert* (custard pie).

Day Three - Oudtshoorn to Calitzdorp

This morning we say goodbye to La Plume after a hearty farm breakfast and leave Oudtshoorn behind heading west towards Calitzdorp for our first full day of cycling. Oudtshoorn lies on the famous Route 62, a road linking small rural towns across the interior of the Western Cape – not unlike Route 66 in the US. Here though the scenery until Montagu is that of mountains and valleys and small sleepy towns boasting Victorian architecture and thatched Cape Dutch gabled houses. Accommodation and food is more simple than Cape Town but with lots of local ingredients including Karoo lamb – local characters and raconteurs abound!

Our ride passes some of the “Feather” Palaces dating back to the boom times of the late 1880's. Red sand stone hill formations, which after 100 million years of erosion have formed some remarkable shapes, line the valleys through which we ride. Our ride ends in the Port wine capital of Calitzdorp where we will be treated to lunch at a local eatery. This afternoon we will be treated to a port tasting and a wander through the village.

The Ride: A rolling ride from La Plume to Calitzdorp – 50km (31mi)



The Port Wine Guest House

<http://www.portwine.net>

Calitzdorp, South Africa

Tel: +27 (0)44 213 3131

About The Port Wine Guest House :

This 1830's homestead is centrally situated in the heart of the Calitzdorp, overlooking port

vineyards and within walking distance of all the wineries, galleries, shops, and the museum in town. The thatch roof homestead in typical Karoo and Victorian style has large vine-covered patios, where you can enjoy sunset, and where we have our scrumptious dinner and breakfast the following morning. After your bike ride and port tasting you can relax in the gardens or take a dip in the pool.

Day Four - Calitzdorp to Barrydale

After another hearty but early breakfast we say good bye to the lovely village of Calitzdorp and head west again on Route 62. Today we have a fabulous long ride, 126km in total, but the views will take your mind off the distance. They are second to none with the Swartberg mountain range on your right and the Langeberg range on your left. There are a few climbs today, but van support is never far away. For those not wishing to ride the entire distance we have alternative starting points.

Along the way we pass through Ladismith, so spelled as not to confuse it with Ladysmith in Natal! Looming above the town is the majestic Towerkop with its spilt peak. Here we take a break and enjoy lunch, before heading on to Barrydale, the village which will be our home for the night. Just before Barrydale be sure to keep your eye out for Ronnies Sex shop and the Road Kill Café, a place which is a “must stop” be it just for a quick drink. A wonderful story in itself.

The Ride: A rolling ride of 126km (78mi)



The Barrydale

<http://www.thebarrydale.co.za>

Barrydale, South Africa

Tel: + 27 (0)28 572 1226

About The Barrydale:

This wonderfully renovated, modern, luxurious jewel of the area is our home for the night and set in the village of Barrydale. Nestled in the valley of the majestic Langeberg Mountains the village is surrounded by pastoral beauty, the pure warm air and the stars – which on a clear Karoo night are incredible!

Day Five - Barrydale to Montagu

This morning our ride takes us again alongside the Langeberg mountains still heading west to the thermal hot spring town of Montagu. For those of you wishing to make the ride a little longer and a whole lot more picturesque, there is the option of starting the ride at the top of the Tradouw pass, which has to be one of the most beautiful mountain passes in South Africa.

This is our last ride along Route 62 which will take us past fruit orchards, vineyards always paralled by majestic mountains. Our home for the next two nights is the lovely Mimosa Lodge. Our host from Mimosa Lodge is Bernard Hess, whose culinary skills will be put to the test when we dine in the lodge restaurant this evening.

The Ride: A rolling 81km (50mi) or 61km (38mi) ride with a couple of mountain passes.

The Mimosa Lodge

www.mimosa.co.za

Montagu, South Africa

Tel: +27-23-614 23 51

About The Mimosa Lodge :

Originally built as a farm house in the 19th Century, this charming lodge is set in the middle of the picturesque town of Montagu. It has been lovingly converted and restored by chef and owners, Bernard and Fida Hess. It has a total of 16 rooms which either open onto the garden or the Victoria verandah if on the second floor. There are extensive gardens, including a kitchen garden, the products of which you will enjoy in the diningroom, a well stocked library and a small heated salt-water pool.

Day Six - Montagu loop ride

The next day we bike directly from the hotel and out of Montagu through the dramatic Cogmans Pass, taking time to visit the old English Fort guarding the entrance into the town. Our ride takes you back into wine country along a series of gently rolling country roads, culminating on the banks of the Breede River, the life blood for this region.

At the end of the day we return to Montagu. Dinner tonight will be special - a typical South African "braai" – a barbeque with Karoo lamb, chops, steaks and spicy relishes which we

enjoy with *mieliepap* – the staple in these parts, similar to corn meal grits. The venue is a farm outside town and our meal will be enjoyed with local wines or perhaps an icy cold Castle Lager.

The ride: 60 km rolling with a few sharp hills



Day Seven - Montagu to Franschhoek

Saying goodbye to Montagu, we'll transfer to just outside Worcester for a bike ride on the road via Villersdorp and the Teewaterskloof Dam to Le Quartier Francais and the Franschhoek Valley. Originally the valley was known as Oliphants Hoek (Elephants Corner) due to the area being popular as spring grazing for elephants - the last elephant was seen departing from the valley was in 1850. When the Huguenots arrived in 1688, the name Franschhoek or "French Corner" stuck and the surrounding valleys are now home to some of the loveliest vineyards in South Africa. There are several of the top ten restaurants in South Africa along the main street and the traditional Cape Dutch architecture, thatched cottages and charming patios make it the perfect place to spend a few hours over a latte or a glass of Pinotage.

Tonight dinner is at the award-winning Tasting Room which is located in the hotel. Chef Margot Janse is considered South Africa's best and her innovations on the food front are legendary - sugar cured springbok loin, beetroot and hazelnut crème brûlée, mieliepap (corn grits here given the Margot Janse treatment), bone marrow emulsion, liquorice roasted apricots, almond panna cotta are a small sampling of the menu. You will know why The Tasting Room has been voted in the Top 50 in the World by Britain's Restaurant Magazine for the past 3 years reaching number 31 in 2010.

The Ride: 103 km (64mi) undulating ride with a fabulous climb and an even better descent in to Franschhoek.



Le Quartier Francais

www.lequartier.co.za

Franschhoek, South Africa

Tel: +27 (0)21 876 2151

About Le Quartier Francais:

Le Quartier Français is a Victorian residence hidden away in the heart of the Franschhoek Valley's vineyards. Your host is owner Susan Huxter, whose special touch is seen in everything from the Egyptian cotton bed linens to each room's creative flare. A member of the prestigious *Relais & Chateaux*, the rooms and suites are set around a private swimming pool and surrounded by lush gardens. Renowned for its food Le Quartier offers both formal and casual outdoor dining as well as an impressive wine cellar. There is also a 24-seat private screening room on site for a late night movie – with gourmet popcorn of course! There is also a full service spa.

Accolades for Le Quartier Francais:

- Long standing member Relais & Chateaux Hotels and Relais Gormande
- 2010 Conde Nast Gold List : # 1 Best Hotel for Food, Africa & Middle East
- 2009 Travel + Leisure : Top 20 Lodges and Hotels in Africa
- 2009 World's 50 Best Restaurants : # 37 in World and # 1 in Africa & Middle East - The Tasting Room at Le Quartier Francais
- 2008, 2007, 2006 – Repeatedly on Conde Nast, Tatler, Food & Wine, 50 Best, Diners Club for Best Hotel, Best Small Hotel, Best Location and Best Service

Day Eight - Franschhoek

Today you get a chance to sleep in and have a leisurely breakfast or a stroll around the village, after which it is just a short ride to one of the most beautiful vineyards in the area. With names such as Mont Rochelle, Chamonix and Dieu Donne, these vineyards bear witness to the original settlement of the area by French exiles in the late 1600's. We will arrive at our lunch destination - Haute Espoir where a delicious spread will be awaiting us.

After lunch we will sample some wines directly from the barrel with the owner Rob Armstrong and then we will stroll through his vineyards with him. Afterwards we head back to town for some downtime, or wander through the Huguenot Memorial Museum and the nearby San Khoi Museum where we learn about the Bushmen and their intriguing clicking sound language. Dinner is on your own tonight at any one of the fabulous dining experiences in Franschhoek.

The Ride: A short 15km (9mi) with a nice little hill!



Day Nine - Franschhoek to Cape Town

We say goodbye to our wonderful hosts at Le Quartier and transfer towards the other side of the wine lands and more specifically the Perdeberg area just north of Paarl Mountain. Here we will enjoy a ride again through vineyards, interspersed with rolling wheat fields, heading north towards the Swartland sheep farming region. Our bike ride finishes with a country lunch, before heading into the Mother City – Cape Town and our home for the next two nights the V&A Hotel. There should be time this afternoon for you to wander down the the Waterfront and visit the craft markets in the red and blue sheds to buy those last minute gifts to take home. Dinner tonight will be on your own in the bustling Waterfront – we will provide restaurant recommendations.



The Ride: 50km over rolling hills and through farm country.

The Victoria & Alfred Hotel

<http://www.thevahotel.co.za>

Cape Town, South Africa

Tel: +27 (0)21 419 6677

Day Ten - Cape Town

Our last day together starts with a long but scenic drive from our hotel to the Slangkop lighthouse just outside the sleepy town of Kommetjie on the beautiful Cape Peninsula. We will bike from the lighthouse and wind our way past Misty Cliffs, Scarborough and finally into Cape Point Nature Reserve - no visit to the Cape would be complete without checking out the vistas at the famous Cape Point Lighthouse, the last part, however, you will have to walk. Surrounded by coastal bush and seascapes, your ride takes you past thousands of indigenous plant species with the chance of seeing chacma baboons, antelope, eagles, ostrich and maybe even the elusive Cape Mountain Zebra. Our morning efforts are rewarded with a mountainous seafood lunch along with dramatic views over False Bay. We then visit the endangered African Penguin colony at Boulders Beach and retreat to the hotel to relax, indulge in a spa treatment or wander the bustling Waterfront. This evening we will celebrate the end of the trip with a final dinner together.



The Ride: 50 km along the Atlantic coastline into the the Cape of Goodhope nature reserve

Day Eleven – Cape Town departure day

Depending on your flight schedule, there is time for a leisurely breakfast this morning and a visit to one of the many neighbourhoods in Cape Town. We will get you to the airport in time for your journey home or onward to further African adventures. If you want to add a safari option to your trip let us know and we can do this for you. Similarly if you would like to arrive in Cape Town a couple of days early, we can make hotel and sightseeing arrangements for you.



THE DETAILS :

- You will NOT need anti- malaria medication for our trip – however if you are going elsewhere in Africa you need to consult your Doctor to confirm malaria prevalence.
- There is a Maximum Luggage Allowance on all internal flights of 20KG per person – which should be in soft sided duffle-type bags.
- Your passport needs to be valid for at least 6 months after your departure from Africa. Your passport also needs to have enough empty pages for entry, exit and visa stamps for the various countries you will be visiting.
- Canadian and American citizens do not require visas for South Africa, provided the visit is no longer than 90 days.

DATES :

February 21 – March 3, 2011

DURATION:

10 nights / 11 days

START:

Cape Town, South Africa

FINISH:

Cape Town, South Africa

LEVEL OF THE RIDE:

This trip is rated **moderately challenging** with daily distances ranging from 30 (18mi) – 126 km (78mi). (There is full van support for riders who choose to do shorter rides).

PRICE AND PAYMENT TERMS:

- \$6,450.00 USD per person double occupancy (single occupancy - \$7,250.00USD) – see below for inclusions and exclusions
- Deposit due on confirmation : \$1,500.00 USD per person
- Cancellation after payment of deposit will result in loss of \$250.00 USD per person.
- Final amount is due at 60 days prior to departure
- Please insure that you purchase Trip Cancellation Insurance at the time of deposit payment – let Askari Travel know if you require assistance in purchasing the appropriate insurance coverage – we can get you an independent quote for Trip Cancellation & Interruption Insurance. **See note below on Cancellation Terms.**

CANCELLATION TERMS:

- **It is imperative that you purchase Trip Cancellation, Interruption, Personal and Medical Insurance so that you are covered in the event that you have to cancel your trip, or part thereof.**
- If you cancel after final payment within 60 days prior to departure you will incur cancellation fees of 50% of the trip price
- If you cancel within 30 days prior to departure you will incur cancellation fees of 100% of the trip price

WHAT'S INCLUDED:

- All accommodation at hotels on double/single basis as outlined in itinerary, including all taxes and levies.
- Hotel and gratuities throughout.
- All breakfasts, all lunches and all but three dinners, including wine
- All gratuities for meals
- Flight from Cape Town to George on Day Two
- Use of a bicycle and helmet
- Services of 2 experienced bike guides
- Two support vehicles
- Bike mechanic support and spares for bikes
- All special events, private tours, guest experts and entrance fees
- Gratuities and fees for all local guides and guest experts.
- All ground transportation and baggage transfers as outlined above
- All gratuities for baggage, porters and hotel service
- All transportation from arrival at airport to final hotel
- All office support needed to build itinerary and customize materials
- Detailed maps, route suggestions and water bottle

WHAT'S EXCLUDED:

- Three dinners (one in Cape Town on arrival night and one in Franschoek and one in Cape Town again when we return)
- International flights to Africa
- Visa fees where required
- Airport departure taxes
- Trip Cancellation, Interruption, Personal & Medical Insurance
- Laundry services at hotels and guesthouses
- Gratuities for your personal Askari Travel bike guides

Please note Re Cancellation & Insurance:

Askari Travel does offer travel, health or personal insurance however we consider adequate insurance to be essential and we can assist you in getting an independent quote for Trip Cancellation & Interruption Insurance through Travel Guard. Please review your travel, personal and health insurance to ensure you have coverage appropriate to meet your needs, and the needs of your family and dependants, in case of trip cancellation or interruption, or any loss of property, or accident, injury or death. **We will require you to provide the name and contact information of your insurer to us on the Traveller Information Form which will be sent to you following confirmation of your trip.** Askari Travel will be not liable if anyone should fail to take adequate insurance coverage.

Askari Travel, 118 Kenilworth Avenue, Toronto, Ontario, Canada M4L 3S6
Tel & Fax: 416.279.1900 or Toll Free : 1.877.279.1902; Mobile 416 528 7915

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