Guided Walking in South Africa's Western Cape



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	South Africa	4 & 8	6361kg CO2

HOLIDAY OVERVIEW

This South African holiday is packed with unforgettable highlights. Based in Stellenbosch, in the heart of the Western Cape winelands, we're perfectly placed to explore this diverse region. Visit Table Mountain National Park, tackling the tough but memorable route to the summit, or choose the cable car for sweeping views over Cape Town. Explore the dramatic headlands of the Cape of Good Hope and walk wildlife-rich trails in both West Coast National Park and Jonkershoek Nature Reserve. Expect coastal walking in Hermanus, famed for seasonal whale watching and its penguin colony, before rounding things off with a wine tasting in Franschhoek, the French-Huguenot town famed for its sparkling wines.

WHAT YOU'LL LOVE

- Discovering the dramatic coastline of Hermanus, a renowned whale-watching spot and penguin nesting site
- Visiting Cape Point
- Walking to the summit Table Mountain or enjoying a cable car ride to its peak
- Exploring the wildflower trails of West Coast National Park

- The chance to spot leopards, caracals, honey badgers, baboons, and hundreds of rare bird species in Jonkershoek Nature Reserve
- Unwinding in the world-class wine regions of Stellenbosch and Franschhoek

WHAT'S INCLUDED

- Local Tour Manager
- A choice of 2 guided walks per day with local leaders (on walking days)
- 9 nights' accommodation in the Stellenbosch winelands
- 9 breakfasts 3 lunches & 6 dinners
- All sightseeing and entrance fees (as per itinerary)
- Return flights from London including baggage and transfers

ITINERARY - ITINERARY

Day 1 **Depart for Cape Town, South Africa**

Travel from the UK to Cape Town overnight.

Day 2 **Arrive in Cape Town and transfer to the Winelands (Stellenbosch)**

On arrival, we meet at Cape Town Airport and transfer straight to Stellenbosch in the beautiful Cape Winelands. After a full tour briefing, we check in to our accommodation and settle in. In the evening, get to know the group over dinner.

Day 3 **Winelands - Jonkershoek Nature Reserve**

After breakfast, we take a short transfer through Stellenbosch to Jonkershoek Nature Reserve – a dramatic landscape of rugged peaks, fynbos, and forested valleys with rich plant life and plenty of birdlife. There's a choice of walk today, with time afterwards to visit a local vineyard for lunch before returning to our guest house. We go out for dinner this evening.

Option 1 - Jonkershoek Waterfalls Day Hiking Trail

Distance: 10km / 6.2 miles
Ascent: 359m / 1,180 feet

A rewarding walk that follows well-made paths into the heart of the reserve, with a steady climb through mountain scenery and pockets of shade. Expect big views of the surrounding Boland peaks and the chance to spot birds among the fynbos bush landscape. The route builds towards the waterfalls, making a great turning point before we loop or return, depending on conditions.

Option 2 - Kurktrekker Waterfall Trail

Distance: 8.5km / 5.3 miles
Ascent: 756m / 2,480 feet

A shorter route in distance, but much more demanding, with sustained uphill sections and a more rugged, mountain feel. The higher you climb, the more the views open out across the Jonkershoek Valley and surrounding ridgelines. A terrific choice for confident walkers keen on a stronger challenge and a real sense of being in the wild.

Day 4 Hermanus - Penguins and coastal paths

This morning, we drive towards Hermanus via Gordon's Bay, taking in some superb coastal scenery en route. We stop at Betty's Bay to visit the penguin colony, then continue to Fernkloof Nature Reserve near Hermanus to begin our walking.

After lunch in Hermanus, we head out onto the cliff path towards Grotto Beach, with time to relax by the sea. In the late afternoon, we return to our accommodation.

Option 1 - Catrock Loop (Fernkloof Nature Reserve)

Distance: 5km / 3.1 miles
Ascent: 354m / 1,160 feet

A shorter, punchier loop that climbs quickly to rewarding viewpoints over Hermanus and the coastline. Underfoot can be uneven in places, with stony sections typical of the reserve, but the effort is well worth it for the panorama. A great option if you prefer a brisker walk with time afterwards to enjoy lunch and a relaxed afternoon.

Option 2 - Hermanus Cliff Path: Blow Hole to Grotta Beach

Distance: 9km / 5.6 miles
Ascent: 96m / 310 feet

A classic coastal walk with a gentler profile, following the famous cliff path with constant sea views, rocky coves, and crashing surf. We pass viewpoints and benches along the way, perfect for photo stops and a breather. The route finishes at wide, sandy Grotto Beach, where there's time to enjoy the shoreline before returning either on foot or by vehicle after beach time.

Day 5 Free day in Stellenbosch

A day at leisure to enjoy Stellenbosch at your own pace. You might like to browse galleries and shops, relax at a café, visit a museum, or simply enjoy your surroundings back at the guest house.

Day 6 Cape Point Nature Reserve - Cape of Good Hope

After breakfast, we drive to Cape Point Nature Reserve. There's a choice of walk today, all set in a spectacular meeting place of ocean and wild coastline. Those opting for the longer route set off from Buffelsport; the easier option begins near the Cape Point car park. We regroup later and have time for the Cape of Good Hope boardwalk, before transferring back to our accommodation.

Whole group – Cape of Good Hope Trail
Distance: 4.5km / 2.8 miles
Ascent: 251m / 820 feet
Descent: 251m / 820 feet
A superb shared walk that captures the drama of the Cape: open skies, sweeping ocean views, and the distinctive low coastal vegetation. The gradient gives a bit of a workout, but the scenery does the heavy lifting, with photo stops built in. A brilliant Cape moment for everyone.

Option 1 - Lighthouse Keepers Trail (from Cape Point Area)

Distance: 2.9km / 1.8 miles
Ascent: 172m / 560 feet

A shorter option that still delivers standout viewpoints, taking in the lighthouse area and cliffside paths. Expect some steps and short climbs, but with plenty of opportunities to pause and take in the views across False Bay and the Atlantic. Ideal if you'd like a steadier pace while still feeling immersed in the landscape.

Option 2 - Buffelsport to Cape of Good Hope

Distance: 8.7km / 5.4 miles
Ascent: 387m / 1,270 feet

An adventurous route for keen walkers, starting deeper in the reserve and traversing wilder terrain. The scenery is first-rate: broad coastal views, open stretches near the sea, and a wonderful sense of journey as you work your way towards the Cape. We finish with time around the lighthouse area before regrouping with the rest of the party.

Day 7 **Table Mountain and Kirstenbosch Gardens**

Today is all about one of the world's great landmarks. We transfer to Table Mountain and split into two groups. Stronger walkers can hike up, while others take the cable car and enjoy a circular walk on the summit plateau. After time for lunch at the top, there's a further choice: keen walkers can descend via Skeleton Gorge to Kirstenbosch Gardens, while others transfer by vehicle and enjoy time exploring the gardens on the footpaths. We meet up and return to the lodge.

Option 1 - Table Mountain Summit Circular (cable car up and down)

Distance: 5.5km / 3.4 miles
Ascent: 107m / 350 feet

After taking the cable car to the top, we enjoy a circular walk on the plateau, using well-defined paths to visit lookout points and soak up those famous views over Cape Town. The walking is mostly gentle, with a few undulations and occasional rocky sections underfoot. A great choice if you want the full Table Mountain experience but with less intense walking.

Option 2 - Table Mountain Ascent and onward to Kirstenbosch

Distance: 12km / 7.5 miles
Ascent: 800m / 2,620 feet

A full mountain day for strong walkers, combining a satisfying ascent with a longer route across and down the mountain. Expect steep sections on the climb and a steady descent later, with dramatic changes in scenery as you drop towards the lush greenery of Kirstenbosch. This option has the biggest sense of achievement, finishing with time to explore the Kirstenbosch Botanical Gardens and enjoy a well-earned wander among the pathways.

Day 8 **Free day in Stellenbosch**

Another day at leisure in the Winelands. Enjoy a relaxed pace, perhaps with optional sightseeing, café stops, or time exploring Stellenbosch's historic centre.

Day 9 West Coast National Park

We make an early start for the West Coast National Park. There's a choice of trails, with longer options for keen walkers and a shorter route for those wanting a steadier day, plus the chance to spend time at bird hides, explore the shoreline, and enjoy time on the beach. We take a packed lunch and return to our lodge in the late afternoon.

Option 1 - Geelbek Shortcut Trail

Distance: 7.7km / 4.8 miles
Ascent: 136m / 450 feet

A shorter, easier-going walk that's ideal if you'd like plenty of time for wildlife watching and coastal stops. The gradients are kinder, and the route lends itself to a relaxed pace with pauses along the way. Afterwards, there's often time to visit bird hides, explore nearby shoreline spots, and enjoy a packed lunch with a view.

Option 2 - Strandveld Trail (longer option)

Distance: 14km / 8.7 miles
Ascent: 277m / 910 feet

A longer hike that gives a deeper experience of the park's landscapes, with wide open skies, coastal scenery, and a real feeling of space. The walking is more sustained, with gentle rises that add up over the day, and rewarding viewpoints along the way. A strong option for keen walkers who enjoy a fuller day on the trail.

Day 10 Franschhoek wine tram (or Cape Town at leisure)

A slower start this morning before transferring to Franschhoek for a relaxed day on the wine tram. It's a brilliant way to round off the trip: hop between estates, enjoy tastings, and choose how much time you'd like at each stop, with opportunities for short walks through vineyards and gardens.
If you'd prefer a non-tasting day, there's the option to spend time at Cape Town's V&A Waterfront.

Day 11 Departure Day

Enjoy a free morning, then we transfer to Cape Town Airport to arrive around three hours before your flight.

Day 12 Arrive home

Arrive back in the UK.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

ACCOMMODATION

San Gabriel Homestead

San Gabriel Homestead in Stellenbosch is a historic Cape Dutch wine farm offering a relaxed, family-oriented stay rooted in simplicity, heritage, and farm life. It combines an 18th-century manor house with several restored cottages, creating an atmosphere that feels more like a lived-in family home than a hotel. Facilities include a swimming pool, wifi and private bathrooms.

SAFETY ON YOUR HOLIDAY

Safety information

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions and other directions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

DIETARY REQUIREMENTS

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

VACCINATIONS & HEALTH

Vaccinations & health information for South Africa

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation.

As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diptheria, tetanus, polio vaccines.

It is recommended for most travellers to have: Diptheria, Tetanus, Hepatitis A

Some travellers may require: Typhoid, Rabies, Hepatitis B

PASSPORTS & VISAS

Passport & Visa information for South Africa

Passports

Technically, your passport should be valid for at least 30 days beyond your intended date of exit from South Africa, in line with South African immigration regulations. However, some immigration officials still request that a passport should have at least 6 months validity on the date of entry to South Africa. To avoid problems at the airport on arrival, you're advised to ensure your passport meets this requirement.

Your passport should have at least 2 blank pages if you require a visa to enter the country. If you do not need a visa, one blank page will be sufficient.

Visas

Visas are not required for UK, Australian, Canadian and USA passport holders. Other countries should consult the embassy for advice.

Entry requirements

From 1st July 2026, all travellers entering or leaving South Africa through air, land, sea and rail ports of entry are required to submit an online traveller declaration before travelling. Completing this form is part of South Africa's customs process. The declaration can be completed at:

https://www.sars.gov.za/travellerdeclaration/

Please take time before you depart for South Africa to complete this form to ensure a smooth arrival.

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS

Joining instructions for South Africa

If your flight arrives before the group flight and you would like to join the transfer to our hotel, please contact our Sales Team on (0)20 3974 8865 to enquire about availability and make arrangements.

If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

LUGGAGE

Luggage information for South Africa Cape & Garden Route

Luggage allowance

1 piece checked-in luggage (max 23kg).

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost/damaged luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport

LOCAL CURRENCY

Local currency for South Africa

South African Rand (ZAR) – these are easy to get hold of in the UK prior to travel to South Africa. Credit cards widely accepted. ATMs are found in most major towns and cities. Travellers cheques are not advised.

LOCAL TIME

Local time for South Africa

South Africa is on GMT+2

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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