

South Africa Cape & Garden Route Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destination: South Africa

Trip code: AFWHW

Trip Walking Grade: 1



HOLIDAY OVERVIEW

A wonderful exploration on foot through South Africa's Western Cape, Winelands and along the Garden Route. Gaze down on Cape Town from the iconic Table Mountain and look out for penguins at the Cape of Good Hope. Step into the past with a visit to historic Robben Island where Nelson Mandela was held prisoner and discover native flora with walks in the fragrant Kirstenbosch Botanical Gardens and Cape Winelands. Journey to the awe-inspiring Kariega Game Reserve to spot wild game and walk through the spectacular landscapes of Tsitsikamma National Park.

WHAT'S INCLUDED

- 12 nights' accommodation in en-suite rooms
- Half Board including 12 breakfasts, 13 lunches and 7 evening meals
- A full programme of guided walks led by a local tour director and local guides
- All sightseeing and entrance fees
- Travel by air-conditioned coach/minivan

- Tips

HOLIDAYS HIGHLIGHTS

- Walks on spectacular Table Mountain; enjoy what is arguably the world's finest city and harbour views
- Different sides of Cape Town – Kirstenbosch botanical gardens, Robben Island, the city
- Mediterranean climate, ideal for walks in beautiful settings
- Wonderful hotels, guesthouses and lodges with local character and excellent standards
- Delicious South African food and hospitality, including a traditional country braai, a picnic at the botanical gardens, and wine tasting
- Walk on the Cape of Good Hope, with its soaring cliffs and unusual wildlife
- Elephants, giraffes, big cats and other African wildlife at the Kariega Game Lodge

TRIP SUITABILITY

This trip is graded Activity level one,

Most walks are part day between 2-6 miles (3-9½km) on undulating terrain. On Table Mountain choose either a harder walk with an ascent of approx. 2,000 feet (600m) or the cable car to the top and a walk along the summit.



ITINERARY

Day 1: Depart UK

Fly to Cape Town

Day 2: Arrive In Cape Town

After an overnight flight, arrive in Cape Town for our 4-night stay. Head straight from the airport to Kirstenbosch Botanical Gardens where you will enjoy a picnic lunch on the lawns and a Guided Tour. Afterwards head to the hotel for check in.

Day 3 - 5: Cape Town

We'll take a walking tour of the city, including the Houses of Parliament and the Company Gardens, followed by afternoon visit to the infamous Robben Island.

We'll travel out of the city and stop to see the African penguin colony at Boulders Beach. Continue for walks at the Cape Point Nature Reserve amid the soaring cliffs of the Cape of Good Hope.

We include a full day walk on Table Mountain for extraordinary views of the Cape. We can take a long, harder climb to the summit or take the cable car to the top for a leisurely walk along the plateau.

Day 6 - 7: Winelands & Montagu

Travel into the beautiful Cape Winelands and take a walk among the vineyards, with wine tasting included. After visiting the French influenced town of Franschoek we continue to the lovely country town of Montagu for 2 nights.

Spend time hiking in the majestic Cogmanskloof Mountains surrounding Montagu. Walk the rocky trail along the river where it's possible to see antelope and dassies before reaching the hot mineral springs or take the steep mountain path to the summit of Cogmanskloof Mountain with spectacular views over Montagu and Ashton.

Day 8 - 9: To Knysna

Today we leave Montagu and head towards the Garden Route, an area of incredible natural beauty. Discover the Point of Human Origins where scientists discovered the presence of the original Homo Sapien in the Pinnacle Point Caves.

Visit Inverroche Gin School for a bespoke Gin experience.

Walk on the Robberg Peninsula, a nature reserve and national monument. Hundreds of seals gather on the rocks at Grasnek and can be viewed from the cliffs.

Day 10 - 11: Tsitsikamma

Take a boat trip on the spectacular Knysna Lagoon – a picturesque natural lagoon protected from the sea by two towering cliffs known as the Heads. The relaxing cruise gives you time to absorb the beautiful scenery before reaching the Featherbed Eco Experience, a privately-owned nature reserve.

Continue to Tsitsikamma for 2 nights.

Here we'll enjoy a full day of walking in the heart of the Garden Route including walking across the famous suspension footbridge at the Storms River mouth. The bridge provides stunning views up the river gorge and out to sea.

Day 12 - 13: Kariega Game Reserve

Journey inland to Kariega for 2 nights, set high above the river in attractive African wilderness. Take an afternoon game drive in comfortable open jeeps searching for lions and other big cats, giraffe, zebra,

elephant and many other species of African game and bird life.

A sunrise game drive gives us excellent chances to see the wildlife. Later take a bush walk in the company of a wildlife guide, in order to closely observe the flora and fauna, and an optional trip to the beaches of nearby Kenton-on-Sea.

Day 14 - 15: Port Elizabeth & Return Flight

Transfer to Port Elizabeth for our return flight to London via Johannesburg.

ACCOMMODATION

Sun Square Hotel, Cape Town - South Africa Cape & Garden Route

In Cape Town we stay at the Sun Square Hotel with a great central location close to the foot of Table Mountain and a short walk to Company Gardens and the city.

Montagu Country Hotel, Montagu - South Africa Cape & Garden

The rooms are comfortable, spacious ensembles and there's a swimming pool for use too.

Aha The Rex - South Africa

A warm welcome awaits at aha The Rex, a four star hotel ideally situated within Knysna, a haven of beaches, forests, lakes and sea. Featuring well equipped bedrooms and modern comforts.

Tsitsikamma Village Inn, Tsitsikamma - South Africa Cape & Garden Route

On the Garden Route coast the Tsitsikamma Village Inn has individual cottages, styled in the fashion of a colonial Cape village. The cottages are surrounded by beautifully kept gardens in the style of a village green. In April, we will spend two nights at the Kysna River Club Resort. Located on the shore of the Kysna Lagoon, guests will stay in comfortable and well-appointed chalets, surrounded by beautiful gardens and spectacular views.

Kariega Lodge - South Africa Cape & Garden Route

This traditional style African safari lodge is located in the Kariega Game Reserve, an area of rolling hills and small settler towns by the Bushmans River. It has an excellent team of game guides offering game drives and walks in possibly the best malaria-free 'big five' game viewing area in Africa.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

South Africa enjoys an enviable climate, the main factors influencing the weather being the altitude and its closeness to the sea.

Cape Town and the Garden Route share a Mediterranean type climate with warm summers and mild winters. Summer is from late September to March and usually offers good conditions for walking

Joining Instructions (With Flights)

On arrival, please proceed to the arrivals hall once you have passed through passport control, customs and

baggage reclaim. Your HF Holidays leader or local leader will assemble the group in the arrivals hall - look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

Our tour starts straight from the airport to the Kirstenbosch Botanical Gardens for an afternoon visit including a picnic lunch. Therefore guests will need to either meet the local guide at the airport or at the Kirstenbosch Botanical Gardens.

If this is not possible and you intend to meet the group at the first hotel instead, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives.

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.

If your flight arrives before the group flight and you would like to join the transfer to the gardens, please contact our Abroad Administration team on (0)20 8732 1261 to enquire about availability and make arrangements.

Essential Information

Suggested Kit List

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light coloured shirts with collars to protect from the sun.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug

Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note

- HF Holidays' registration form

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- walking ('approach') trainers
- trekking poles
- camera
- umbrella
- binoculars

Please note that your HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety.

Safety On Your Holiday

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also 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 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 on 10177 (ambulance & fire) or 10111 (police). 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; we will do our best to accommodate you.

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

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 diphtheria, tetanus, polio vaccines.

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

Some travellers may require: Typhoid, Rabies, Hepatitis B

Passports & Visas

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.

Useful Information

English is the official language. Afrikaans is widely used – it's the main language of millions across Southern Africa.

Luggage

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 Or 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

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

English is the official language. Afrikaans is widely used – it's the main language of millions across Southern Africa.

Electricity

Supply is 220V and typically 3 round pin plugs are used but the following can be found across the country:

Tipping

Tips have been included in your holiday price for key services such as local guides/ driver/restaurants.

Any additional tips are at your own discretion.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works

with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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