

CYCLE SOUTH AFRICA



ITINERARY – OUTLINE FOR BESPOKE TRIPS

This itinerary that takes you cycling along the southernmost reaches of the African continent is one of the most spectacular in Africa. The challenges takes you along the famous Garden Route and all of our overnights are at town and villages that are prized for their location, history and beauty. We have the chance to see animals as diverse as whales, penguins, baboons, ostrich and even perhaps elephants. The challenge ends in Cape Town where we have a full free day to discover this amazing city.

DAY 1 SOUTH AFRICA BOUND

Depart UK bound for South Africa.

DAY 2 TSITSIKAMMA NATIONAL PARK

We fly to Port Elizabeth via Johannesburg and then transfer to the Tsitsikamma National Park. Here at Storms River overlooking the Indian Ocean we settle into our chalets before a bike fitting and full briefing on the trip ahead.

DAY 3 PLETTENBERG BAY 85 KM

For our first days ride we cycle from Tsitsikamma to the beautiful Plettenberg Bay through the forest that skirt the Kougaberge Mountains. We turn onto the coastal road and drop into Nature's Valley for lunch. Once on the road again we head towards Plettenberg Bay and gradually we start to see the stunning views of the huge bay that stretches out before us. This is a great place to see dolphins and possibly southern right whales.

DAY 4 KNYSNA 65 KM

After a great breakfast we start cycling out of Plettenberg, climbing steadily for 32kms along the Seven Passes Road and into the indigenous forest for which Knysna and its elusive elephants are famous. There is a 3 km uphill before we enjoy the well-deserved 30km downhill all the way into Knysna. This lovely coastal resort is famed for its wooden furniture, clocks & carvings.

DAY 5 WILDERNESS 78KM

Today we continue along the coast starting with an uphill 5km section which is followed by 73km of hilly ride through verdant farm and woodland. Tonight we stay in chalets in an area called Wilderness, a wild and beautiful part of the Garden Route set behind an idyllic beach.

DAY 6**MOSSEL BAY****65KM**

We are now halfway through our challenge and after the last couple of tough days we have an easier one. Today we are under the wide open skies of the Southern Cape and cycle the great farmlands before dropping down 6km to the coast with great views across the bay. The famous Mossel Bay is our destination today.

DAY 7**CAPE AGULHAS****45KM**

We start with a transfer almost to the town Bredasdorp this morning, past the Langeberg Mountains and then south towards the southern Cape. The roads this afternoon are flat and straight to the village of Struis Bay and we continue cycling the last 6km to the Cape. Cape Agulhas is the most southerly point on the continent of Africa! This is an awe inspiring location with the Atlantic Ocean on one side, Indian Ocean on the other and of course Antarctica straight ahead!

DAY 8**CAPE TOWN****45KM**

And so to the last day of our challenge and perhaps the most famous destination, the Cape of Good Hope. The ride starts from the lovely village of Fish Hoek and we cycle the hills that will take us all the way past Smitswinkel and Buffels bays and into the final stretch to Cape Point. The ride to the Cape is across windswept heath and alongside remote and stunning beaches. There are baboons in the reserve and if we are lucky we may see whales along the coastline. And then we finally arrive at our final cycling destination at the Cape of Good Hope where we have a short celebration before transferring into Cape Town where we stay for two nights. Tonight we have a gala dinner to celebrate the completion of a fantastic challenge.

DAY 9**CAPE TOWN**

Today we have the whole day free to explore this amazing city. The prison on Robben Island will forever be linked with Nelson Mandelas name and it's an easy ferry ride to visit it. If you need more challenges then you can climb table mountain or just relax at the Waterside shopping complex. A great place to end a superb challenge.

DAY 10**RETURN HOME**

We transfer to the airport for our flight home.

DAY 11**ARRIVE UK**



LOGISTICS



CHALLENGE COSTS

From £2499 per person

Minimum number 15 participants

For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

International flights
Action Challenge cycle guide
First Aid Trained member of staff/ doctor
English-speaking local guide
All accommodation
All meals, except in free time
All transfers
All National Park fees
Bikes
Drinking water on the ride

NOT INCLUDED

Alcoholic drinks
Travel insurance
Personal kit
Single supplement
Tips for local guides
Local departure tax
Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

RATING

Moderate

FITNESS

This challenge requires a good level of fitness to complete the route.

ACCOMMODATION

Accommodation on this route is in a mixture 2-3* hotels in Cape Town and simple chalets/lodges en-route.

All accommodation is on a twin/triple, single sex sharing basis. Single supplement may be available on request.

WEATHER

The weather is temperate throughout the year in South Africa although the winter months from June to September are ideal for cycling when the climate is cooler and drier.

FOOD

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be in hotel or at a local restaurant.