

## **SOUTH AFRICA CYCLE TOUR**

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### **Itinerary:**

**Minimum – 2 pax – Maximum 12pax**

Unwind in Prince Albert with some gourmet cooking and adventurous calorie burning! We invite you to get on your bicycle and head for Prince Albert in the Great Karoo. Come and unwind with some creative cooking and cycling up the mighty Swartberg Pass and down into The Hell. Spend a few days on a culinary adventure while you work off the extra calories on your bike.

### **Day 1**

Arrive in Prince Albert at about 13:00. This afternoon enjoy a cooking demonstration – then there will be time for sundowners & freshen up before “tucking” in to this delicious cuisine.

**Dinner at African Relish.**

### **Day 2**

Early start at 07:00 - meet at African Relish for coffee & rusks at 06:30. Cycle to De Rust via Prince Albert Valley & Meiringspoort Pass. Breakfast will be served at the top of Kredouw Pass. Enjoy a refreshing swim at the spectacular waterfall with soaring cliff walls and rock formations that line the 25 km tarred road which winds along the floor of the gorge, crossing the Groot River 25 times. The road through the poort is a remarkable engineering feat, but the overwhelming features of a cycle through Meiringspoort are the wonders of nature. The folds of the Table Mountain sandstone strata tower above the road, constantly changing colour as you move through sunlight and shade. Hardy plants, including indigenous pelargoniums, cling to the precarious rock faces while birds, baboons and smaller fauna abound in the protected kloofs and crevices. Among the most scenic spots is the Skelm tumbling into a dark pool which, legend has it, is bottomless. (In 1938 it stopped flowing for the first time in human memory). A beautiful mermaid was said to live in the pool at the foot of the waterfall. During the 1996 floods a story circulated that she had been washed out of the pool, down the Groot and Oliphants rivers and out to sea. She had been caught in a fisherman's net and taken to the CP Nel Museum in Oudtshoorn, where she was preserved in spirits! The Museum was overwhelmed with telephone calls and visitors keen to see the mermaid! Lunch in De Rust. Return to Prince Albert in transporter, stopping along the way for wine tasting. This evening there will be a talk by Ellen Joubert, a local lady, who has started a number of community projects in the town – making a difference!!

**Distance: 30 – 80 kms. Dinner at African Relish**

### **Day 3**

Coffee & rusks at African Relish then depart with transporter up Swartberg Pass. OR; cycle up Swartberg Pass! Unrack bikes & cycle along the road to The Hell (16km). Enjoy a gourmet breakfast in the veld at Kliphuisvlei!! Travel to (The Hell) Gamkaskloof in transporter, enjoy lunch under the trees and & a talk about Die Hel. After lunch return to Prince Albert. **Distance: 16-40 kms. Dinner at African Relish**

### **Day 4**

Meet at African Relish for coffee & delicious homemade rusks. Cycle to Weltevrede Fig Farm (26km) Enjoy a country brunch at Weltevrede Farm & a tour of the fig orchards. Return to Prince Albert with transporter or cycle back. Have lunch & then the afternoon at leisure!! **Distance: 26-52 kms. Dinner at African Relish**

### **Day 5**

Early morning cycle around Prince Albert. Breakfast at African Relish, then at leisure to explore the many interesting shops in Prince Albert. Olive oil tasting at 11:00

13:00 Light lunch at African Relish followed by cooking demonstration.

17:00 - Astronomy talk and star gazing

Dinner at African Relish with star gazing into the night.

**Distance: +- 40 kms. Dinner at African Relish**



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### **Day 6**

08:00 Breakfast at African Relish

09:00 Foodie Tour, cycle or hop on the African Relish Tuk Tuk for a friendly and exclusive guided tour of the culinary food producers in the town of Prince Albert.

12:30 Light lunch and depart for your homeward journey.

### **INCLUDES:**

Daily support vehicle whilst cycling, All accommodation, All meals, Lunch in De Rust

Wine tasting, Cookery lessons + apron, Tour of fig farm, Trip into "Die Hel"

Talk on "Die Hel", Olive tasting, Talk on astronomy, Star gazing.

### **EXCLUDES:**

All beverages

Gratuities

**END OF SERVICES**