PROPOSED ITINERARY:	NUMBER OF PEOPLE:	DATES:
Multi-Day Winelands Cycling Experience	2 - 10px	TBC

Cape Winelands Cycle & Wine Experience

Cycling through the beautiful vineyards of the Cape Winelands (Stellenbosch & Franschhoek). Wine tasting at some of the region's best wineries, exploring small scenic routes with views of the valley, and experiencing the best food and coffee in the area. Each night, you will be staying in the heart of Stellenbosch. We choose to avoid some of the more commercial wineries during our itineraries by sticking to the more boutique family-run vineyards that offer more intimate experiences and higher quality of wine in our opinion. The region is also brimming with boutique shopping, restaurants and history to fill up the day.

This area offers something to all levels of mountain bikers whether beginner, intermediate or advanced. There is challenging world class single tracks featuring both natural rocky trails and fast flow trails.

Alternatively beginners may choose to meander through the vineyards on the gravel roads between wine tasting stops and take in the breath taking views.

There will always be a private guide and vehicle on duty to transfer you to and from lunches and dinners. Please let us know if there is a particular restaurant/winery that you would like to visit that we can book in advance for you.

Day 1

Features the Tokai trails in Cape Town these are rocky natural trails with a lot of flow, easily the best riding in Cape Town. Start and finish point is Groot Constantia Vineyards. The oldest winery in South

Africa and a truly amazing estate. Lunch is on offer here after the ride. After lunch and possibly wine tasting we transfer to the accommodation in Stellenbosch. There is a lot of amazing restaurants in the area for dinner.

Day 2

Moves guests to the Cape Winelands featuring Stellenbosch and Franschhoek, Stellenbosch being the second oldest town in South Africa best known for it's world class wine estates and food culture.

It also features amazing trail networks such as Jonkershoek and Banhoek. This region is truly beautiful and it allows riders to immerse themselves into nature riding world class trails.

On this day we take guests to the Jonkershoek trail network for an unforgettable ride. After the ride we experience the town's history and wineries.

Day 3

Day 3 features the Banhoek valley which is super interesting as it features all different types of trails, from rocky and sandy to hardpack flow trails this contrast leaves a riders buzzing.

The ride ends at Boschendal which is one of the most notable wineries in the area, however they do a lot more than wine. Producing world class fruit and dairy products. They offer an amazing lunch in their beautiful courtyard, surrounded by Cape Dutch architecture.

This concludes our experience and we will make our way back to Cape Town after lunch.

Itinerary Highlights

Cycling in Franschhoek Valley	Delicious Wine Tasting	Heritage & History
An exquisite area once occupied by the French Huguenots with surrounding mountains and rolling valleys.	The Cape Winelands is home to over 500 wineries. The Cape Winelands is a world-class destination for any wine lover.	Stellenbosch is the second oldest settlement in South Africa.

Cycling through the scenic dirt roads of the Cape Winelands.

What is included

Transfers to and from the Cape Winelands at the start/end of the tour.
Accommodation in Stellenbosch, a lovely luxurious farmhouse overlooking the vineyards. Each person will have their own room.
Professional guide who will guide you each day including the cycles and wine tasting. Our guide will also transfer you and your group to and from dinner each night.
Private vehicle hire and bicycle transport.
E-bicycles, helmets, spares and snacks required for each cycle. Mechanical assistance along the tour is also provided.

Accommodation

Please note accommodation pictured below is subject to availability. Rest assured if unavailable something similar will be booked.

Quote for 2px (price per person reduces with more px)

	PRICE PER DAY	DAYS	TOTAL PRICE
ACCOMMODATION A luxurious private house with views of the valley and vineyards.	R4000	2 NIGHTS	R8000
BICYCLE & EQUIPMENT HIRE Hire of mountain bikes, helmets and water bottles.	R3000	3 DAYS	R9000
PRIVATE VEHICLE & GUIDE Private guide for the duration of the itinerary with your own private vehicle.	R6000	3 DAYS	R18000
SUBTOTAL			**R35,000**
VAT 15% (TAX)			**R5250**
TOTAL			**R40,250**
PRICE PER PERSON (2px)			**R20,125**
PRICE PER PERSON **(4px)**			**R14,500**

For More Information

KAAP TOURS was started by a local couple who are both experienced guides and passionate about cycling, adventure, history, nature and showing off our beautiful city of Cape Town and its surrounds.

KAAP TOURS offers private, fully customizable and intimate cycling experiences around Cape Town.

If you have any questions, reach out to us at hello@kaaptours.com. Thank you!

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