

## SHORT STAYS

Our Short Stays are designed to complement a broader Cape Town or South Africa travel itinerary, offering an opportunity for a deeper exploration of the Cape Town icons of Table Mountain and the Cape of Good Hope or a breakaway to the often-overlooked West Coast and the Cederberg Wilderness Area.

### OVERNIGHT ON TABLE MOUNTAIN

**Spend a day exploring Table Mountain and enjoy a night on the mountain in a comfortable cottage. Descend to the Constantia Winelands the following day for lunch and spend the afternoon wine tasting before returning to the city.**

**Notes for the Consultant:**

Highlights of this experience include pristine mountain fynbos and stunning views on a full traverse of the eastern escarpment of Table Mountain, the highest point of Table Mountain at Maclear's Beacon, a fully catered night in a comfortable mountain cottage and wine tasting in the Constantia Valley.

The trip is intended to appeal to guests looking for a wilderness experience of Table Mountain and assumes a hiking ascent, however, pending operation of the Table Mountain Cableway, ascent by cable car is an option for those guests not wanting to walk up the mountain.

Note that in the event guests do not drink wine, or simply prefer not to visit the wine farms on Day 2, we will replace this experience with a visit to Kirstenbosch Botanical Gardens before returning to Cape Town.

All personal and group equipment is portered to the top of the mountain by our team – guests need only hike with a light day pack.

The Overseers Cottage is a South African National Parks facility. It is a simple and rustic mountain cottage, but it is pleasantly appointed with individual rooms featuring comfortable beds and linen, gas-heated hot showers, flushing toilets and a stylish living area both indoors and out. The cottage can accommodate 16 people in total, although we do not recommend more than 10 guests at a time. The cottage is booked for private use – guests will not be sharing the facility with other guests.

Most dietary requirements can be catered for provided ample advance notice is given, although please note that strict Kosher or Halaal diets may be limited and attract a surcharge.

*Please note that while this tour can be offered any day of the week, cottage availability over weekends can be at a premium and we advise booking well in advance to avoid any disappointment.*

**Duration:**

- 1 night / 2 days

**Grade:**

- *Ascent* - Moderate to Challenging. Grade varies depending on the ascent route selected, but any ascent will involve rugged mountain trails that are uneven underfoot and ascend over a sustained period of time. Certain ascent trails may include light rock scrambling and exposed ledges where a good head for heights is required.
- *Traverse* – Moderate to Hard. Even if ascending by Cable Car, the grade can vary depending on the route selected, but all trails are over undulating terrain on rugged mountain trails that can be uneven underfoot. Some routes may include short but steep ascents and descents.

## **Ascent Route Options:**

Discussed with the guide prior to making an ascent, this could be any one of the following options:

- *Platteklip Gorge* – Moderate, a non-technical but sustained ascent on good paths over 2 to 3hrs.
- *India Venster* – Hard to Challenging, sustained ascent of 3 to 4hrs on paths that can be eroded in places. This route involves steep terrain and rock scrambling where the use of a safety rope may be recommended – while no previous climbing experience is required, guests should have a good head for heights and a sense of adventure if undertaking this route.
- *Kasteelspoort* – Moderate to Hard, sustained ascent on good paths over 2 to 3hrs. This route ascends the western buttresses of the mountain above Camps Bay.
- *Diagonal* – Hard to Challenging, sustained ascent of 3 to 4hrs over paths that can be eroded in places and involves some light scrambling. This route ascends the western buttresses of the mountain above Camps Bay.
- We are able to offer a number of more technical or longer, unusual routes on the mountain depending on guest fitness, experience and preference – please ask your Active Africa consultant.

## **Itinerary:**

- Day 1 – Guide will meet the guests at their hotel and discuss the route options before transferring to the trail head. The day is spent hiking up the mountain to take in the highest point at Maclear's Beacon before traversing across to the Overseers Cottage located on top of the eastern buttresses of Table Mountain, arriving in time for a late lunch at the cottage – don't worry, there will be plenty of energy snacks on route to keep the hungry wolves at bay... Either enjoy the rest of the afternoon at your leisure or join your guide to explore the local area, ending the day with sundowners looking out over the Southern Suburbs and False Bay before retreating to the cottage for a traditional South African BBQ.
- Day 2 – After a discussion with your guide around potential hiking routes over a leisurely breakfast, hike down the mountain to the leafy suburbs of the Constantia Winelands, arriving in time for relaxed cafe lunch. We spend the rest of the afternoon exploring the historical wine farms the valley is famous for before returning the guests to their hotel in the late afternoon.

## **Price Includes:**

- VAT
- All transfers
- Portage of personal and group equipment
- Mineral water, trail snacks and refreshments during hiking activities
- 1 x Breakfast, 2 x Lunches & 1 x Dinner, including mineral water and hot beverages
- Limited wine and malt at dinner and sundowner cocktails
- Wine tasting fees
- All entrance fees and costs pertaining to the tour
- Access to Active Africa personal hiking equipment – cold weather gear, trekking poles, back packs, water bottles.

## **Price Excludes:**

- Table Mountain Cableway Tickets
- Personal purchases
- Any additional alcoholic beverages
- Guide Gratuities

## **Booking Terms & Conditions**

- Standard Active Africa Booking Terms and Conditions apply.
- Please note a surcharge applies

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