

HIKING & WALKING ROUTES

THE CAPE WINELANDS

No trip to the Cape is complete without spending at least a day in the famous wine country – a stunning landscape of rolling vineyards, beautiful Cape Dutch architecture, delightful restaurants and trendy wine estates all framed by the dramatic Cape Fold mountains. However, where most will head directly for the tasting centres, restaurants and museums of Franschhoek and Stellenbosch, we find ourselves on the slopes and summits of the mountains above, enjoying stunning views and wild fresh mountain air before descending to the hedonistic culinary pleasures in the valleys below.

FD FRANSCHHOEK FYNBOS AND VINEYARD HIKE

Duration: 2 – 3 hours / 5km (3 miles)

Description: A manicured trail through a historic wine estate, following a well-marked route through the vineyards before taking to the lower slopes of the mountain with stunning views of the Franschhoek Valley and Simonsberg Mountain. Descending back to the farm, we pass through a beautiful protea farm and pass the historic graveyard before finishing back at the wine estate for a restaurant lunch on the estate. We spend the rest of the afternoon exploring the village of Franschhoek and enjoying insider access to a neighbouring wine estate before making our way back to Cape Town.

Grade: Moderate – a mixture of easy walking through the vineyards and protea farms with some stiffer mountain trails on the lower slopes of the mountains above. Some short, easy rock scrambles can be expected.

Experience & Fitness Level Required: A moderate level of hiking fitness required along with comfort walking over uneven ground

**NOTE – this walk is not available on Sundays or religious holidays.

FD FRANSCHHOEK MOUNTAIN HIKE

Duration: 4 – 5 hours / 7.5km (4½ miles)

Description: This route follows a mountain trail through the beautiful Mont Rochelle Nature Reserve, high up in the mountains above Franschhoek. Bubbling streams, pristine mountain flora and stunning 360° views of the surrounding countryside greet you from the summit, followed by a picnic lunch at a stunning viewpoint before making your way back to the village to enjoy an afternoon of insider access to a local wine estate.

Grade: Moderate to Hard – a sustained climb on good mountain trails to a rocky summit followed by a long but gradual descent

Experience & Fitness Level Required: A good to advanced level of hiking fitness required along with comfort walking over uneven ground

FD STELLENBOSCH MOUNTAIN HIKE

Duration: 2 – 4 hours / 6.5km (4 miles)

Description: Just outside the popular winelands town of Stellenbosch lies the stunning mountain reserve of Jonkershoek. Start the day with a hike up the lower slopes of the surrounding mountains to take in great views of the surrounding area before tackling an exposed traverse offering stunning views of the high mountains on the other side of the valley. Pristine mountain flora, birdlife, waterfalls and wonderful mountain scenery grace the morning before spending the rest of the day enjoying our exclusive insider access to a nearby winery.

Grade: Moderate – undulating hiking on good mountain trails. Expect some short steep ascents and a high level traverse.

Experience & Fitness Level Required: A good to advanced level of hiking fitness required along with a fairly good head for heights at some points. Comfort required walking over uneven ground.

FD SIMONSBERG SUMMIT HIKE

Duration: 4 to 5 hours / 8km (5 miles)

Description: Its distinctive outline visible from Cape Town, Simonsberg is to the Cape Winelands what Table Mountain is to Cape Town. Ascending through the vineyards of Tokara wine estate and up into the protected indigenous flora of the Simonsberg Conservancy, tackle a sustained climb on rugged mountain trails to ultimate summit with spectacular 360° views of the surrounding mountains and patchwork of vineyards spread out below you. Descending via the same route, we spend the rest of the day enjoying our exclusive insider access to a nearby winery.

Grade: Moderate to Hard– sustained ascending and descending on rocky mountain trails.

Experience & Fitness Level Required: A good to advanced level of hiking fitness required along with comfort walking over uneven ground

INCLUDES: Private Vehicle & Guide, Water, Snacks, Picnic or café lunch, walking equipment, entry fees, wine tasting.

PLEASE NOTE:

- **A festive season surcharge of ZAR300 per each trip is applicable between 20 December & 5 January**
- A recommended kit list is available on request.