

# South Africa

*... experience an African cycling adventure*



## South Africa Road Cycling Including Cape Argus Pick 'n Pay Cycle Event

3rd to 15th March 2010

South Africa, The Western Cape, The Garden Route all offering pristine beauty, unparalleled scenery and excellent rideable routes. All wrapped up at the end with an amazing experience riding the famous Cape Argus Pick 'n Pay Cycle Event on the last day.

Experience the tranquillity of the back roads and the rush of the mountain passes, smell the sea breeze and feel the heat of the dry interior.

Our 13 day cycling tour kicks off in Port Elizabeth, generally referred to as the Eastern most portion of the Garden Route and its from here that we spend 4 days following the "N2", visiting various places of interest including the Addo Elephant National Park, Storms River Mouth, Blou Krans Bridge, Natures Valley, Plettenberg Bay, Knysna and Mossel Bay. The following days lead us inland over imposing Mountain Passes - which repay the effort with breathtaking vistas - to the Ostrich Capital of the world and home to the Cango Caves in Oudtshoorn. We journey east on the Route 62 and watch as our environment turns from barren sun scorched earth to fertile valleys and carpeted tracts of vineyards. We will overnight in the quaint hamlets of Barrydale and Montagu, which is sure to bring the reality of the "no rush in Africa" syndrome home. Onward and upward to our final destination of Cape Town through the fabulous Bains Kloof and toward the towering welcome of Table Mountain.

This is a tour not to be missed, with a back-up vehicle there to offer you support and a local guide for specialist knowledge. The accommodation is predominantly 3 & 4-star and you are guaranteed comfortable nights to relax. Go beyond the average and touch a piece of nature... your way... on the highways and by-ways of this beautiful part of South Africa.



### Itinerary

#### Day 1: Wednesday 3rd March Port Elizabeth

Upon your arrival at Port Elizabeth airport, our driver & guide will meet and transfer you to our accommodation for the night.

#### Day 2: Thursday 4th March Port Elizabeth

Its all go from here. We'll drive 1 hour to nearby Addo Elephant National Park for game viewing in open Landrovers, on the look out for buffalo, elephant, ostrich, eland and zebra. The park is located deep within the shadows of the dense valley bushveld of the Sundays River region of the Eastern Cape and this finely tuned ecosystem is now sanctuary to over 450 elephants, Cape buffalo, black rhino, a variety of antelope species, as well as the unique flightless dung beetle. We'll make our way back to our comfortable guest house close to the beach. Breakfast included.

#### Day 3: Friday 5th March Stormsriver

This morning we'll transfer 45 minutes to Jeffrey's Bay, which is famous amongst surfers for its long tube and great surf. We'll cycle on a quiet, slightly hilly road past Humansdorp and Clarkson to our overnight accommodation and lodge, built in log cabin style. Distance 107km. All meals included.

#### Day 4: Saturday 6th March Plettenberg Bay

Another hearty breakfast to start the day then it's a cycle across scenic Stormsriver Bridge. We'll then take a short walk to see the giant 800 year old yellow wood tree, before continuing down to scenic Tsitsikamma National Park for lunch on the shoreline of the Stormsriver Mouth. On our bikes and it's back onto the plateau, past Coldstream and into Bloukrans Valley before a ride up on the other side through lush rain forest. The final ride is into Nature's Valley, with a beautiful 5km beach and then through



## Package:

**Land cost: AUD\$3950.00\***

**per person - twin share**

Single supplement - \$930.00

### Includes:

- Airport transfers
- 12 breakfasts, 8 lunches & 6 dinners
- Cycling Guide & Driving Guide
- Entrance fees to: Addo Elephant & Tsitsikamma National Parks, Big Tree, Diaz Museum, Cango Caves, Cape Point & Boulders Beach
- Entry fee the Cape Argus event
- Transportation

### Not included:

- International airfares
- Departure taxes
- Travel insurance – compulsory to join this tour
- Bike hire (if required)
- Pre or post touring accommodation

**Trip Duration:** 13 Days

**Group Size:** Minimum of 6\* –

Maximum of 14

\*requires 6 to operate

**Grade:** 3 - Challenging

Challenging tours are designed for the more experienced cyclist wishing to push themselves and experience new highs of achievement. Routes will include longer climbs and more technical skills but will fall short of masochistic.

### Fitness Required:

A good level of fitness is required, exercising three-four times a week before the tour.

\*\* Operated by The Adventure Travel Company Australia & Beyond Reach Africa

\* Prices may change due to currency fluctuations.

Fynbos before heading into Plettenberg Bay, to our accommodation for the night.

Distance 105km. All meals included.

### Day 5: Sunday 7th March

#### Mossel Bay

Today we'll cycle from Plettenberg Bay, past Knysna, the Lake District National Park and Wilderness onto George, and finally into Mossel Bay, with her beaches and sunshine, the clean Indian Ocean and the Outeniqua Mountains green and purple in the distance. A visit to the Maritime Museum with its replica of the caravel used by the seafarer Bartholomew Diaz is worthwhile. We'll stay in accommodation tonight that is beautifully located where whales and dolphins can be spotted. Distance 153 km. All meals included.

### Day 6: Monday 8th March

#### Oudtshoorn

After breakfast, we'll make our way onto the beautiful Robinson Pass (850m) and down into the semi desert like Klein Karoo to Oudtshoorn. After lunch, we'll take an excursion up the Schoemanspoort to see the magnificent Cango Caves before making our way to tonight's accommodation at a stylish Guest House. Distance 150km. All meals included.

### Day 7: Tuesday 9th March

#### Barrydale

Off on our bikes again with today's first 50km being flat until we make it to Calitzdorp. After a long downhill run into Gamka Canyon, a long climb leads us to Huisriver Pass (680m), followed by a stop for lunch in the town of Ladismith. Continuing on, our hilly road leads us past 'Ronnix Sex Shop', (a funny and popular pub) and onto the tiny town of Barrydale. Tonight we'll stay in a cozy guest lodge. Distance 178km. All meals included.

### Day 8: Wednesday 10th March

#### Montagu

Our riding today takes us through beautiful Tradouws Canyon, which is deeply cut into the Langeberg Mountains to old Mission Station of Suurbraak. In the nearby '3rd oldest European settlement' of Swellendam, the main road is lined with many beautiful houses, most of them National Monuments so they are a sight to see. Further on, the road leads to the flat Breede River Valley, which is very popular for its red wines, and then it's through pretty Cougmans Gorge, and charming Montagu. Tonight we'll stay at a stylish guest house. Distance 124kms. All meals included.

### Day 9: Thursday 11th March

#### Cape Town

After breakfast, we'll ride through the flat Breede River Valley to Worcester, popular for its largest Brandy cellars in the world and then onto the spectacular Bainskloof Canyon. (601m). A fast and enjoyable downhill ride takes us into Wellington, where we'll load our bikes onto the vehicles and drive to Cape Town - our home for 3 nights. With its scenic beauty, vibrant lifestyle, multitude of cultures and tourist treasures, Cape Town has an appeal for everyone. South Africa's oldest city is

set beneath the spectacular Table Mountain, and is considered one of the most beautiful cities in the world.

Distance 125kms. Breakfast & lunch.

### Day 10: Friday 12th March

#### Cape Town

A good sleep and a then a hearty breakfast sees us transferring to Muizenberg, a suburb in the south of Cape Town, where we'll start our last daily ride to Simonstown, home to a large penguin colony. We'll ride to the popular Cape of Good Hope and Cape Point before having lunch and a rest. It's then a cycle back to Capetown, via the western side of the Cape Peninsula, along Chapman's Peak Drive, onto Hout Bay and then along the Atlantic shoreline to our hotel. Chapman's Peak Drive is one of the most spectacular marine drives anywhere in the world. The drive offers stunning 180° views with many areas along the route where you can stop and take in the scenery.

Distance 120km. Breakfast & lunch.

### Day 11: Saturday 13th March

#### Cape Town - Rest Day

Today is a well earned free day in Cape Town - its time for shopping, sightseeing or just plain relaxing. Gifted with many tourist attractions and scenic surrounds, the city is the country's premier tourist destination and boasts among it's many attractions a wide variety of restaurants and bars, excellent hotels, craft markets and specialty shops, botanical gardens, the winelands, a wealth of historic Dutch architectural masterpieces, and of course the unique mountain and coastal scenery. Get ready for the big race tomorrow!!

Breakfast is included today.

### Day 12: Sunday 14th March

#### Capetown - Pick & Pay - Cape Argus Event ride

The Cape Argus Pick 'n Pay Cycle event can boast the record for being the world's largest individually timed cycle race and is the first event outside Europe to be included in the International Cycling Union's Golden Bike Series. It sees some 40,000 cyclists tackling a 109 km route around Cape Town. It is a beautiful scenic route with a few tough hills but generally not a difficult ride. It is traditionally staged on the second Sunday of March and has enjoyed well known competitors such as Miguel Indurain and Jan Ulrich. Enjoy the experience of your own very large peleton!

Breakfast is included today.

### Day 13: Monday 15th March

#### Cape Town - Departure

After breakfast, you are free to depart at anytime. For those who are flying home today, we will pack your bikes and have them ready for collection in time for the transfer to the airport. We trust you will have experienced an amazing 13 days of true South African cycling.



# Booking Form

## South Africa Road Cycling

### Including Cape Argus Pick 'n Pay Cycle Event

It is essential that the following details are completed and returned as soon as possible, so that we can assist you with documentation requirements for your overseas travel. We are not responsible for incorrect documentation if this form is not returned to us.

#### Our tour

- South African Road Cycling . 3 -15 March 2009.  
\$3950.00 twin share
- Single supplement \$930.00

#### Your personal details

Please complete all personal details as per your passport:

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel (AH): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Passport number: \_\_\_\_\_

Place of issue: \_\_\_\_\_ Expiry date: \_\_\_\_\_

\* Please email or post us a copy of your passport.

#### Emergency contacts while overseas

Name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Phone contact: \_\_\_\_\_

#### Your health and fitness

In order for you to achieve maximum enjoyment from your cycling holiday, its very important that you are fit, ready and prepared. Although this is not a training camp, the days in the saddle climbing the famous Cols can be long and hard work. We recommend that you ride frequently before your tour and ride some hills.

Do you cycle frequently?  Yes  No

Do you cycle mainly  Flat roads  Hilly / Mountainous

How many kms on average per week? \_\_\_\_\_

Have you experience cycling in groups?  Yes  No

Do you have any special diet requests? eg: vegetarian / lacto ovo / allergies

\_\_\_\_\_

Do you have any special medical conditions?. eg: Diabetic

\_\_\_\_\_

#### Your travel bookings

As a licensed travel agency, we can assist you with the following:  
Please tick the box if you require costs.

Airfare quotes:  business  economy  
Frequent flyer # Preferred airline

Pre tour accommodation (pick up hotel)

Post tour accommodation

Airport or rail transfers

Additional day tours or sightseeing

Travel Insurance – fully comprehensive  
\* Compulsory to join this tour

Additional bike cover – up to max. of \$7000  
calculated at 4% of the bikes value

If you do not require our insurance, please provide a copy of your policy including the policy number, the insurance company and their emergency medical assistance contact phone numbers (from France).

We recommend that you purchase a travel insurance policy at the same time that you pay the deposit to cover you for cancellation - please ask for a brochure and refer to this for all conditions including pre existing conditions that may affect your cover while travelling.

Do you need to hire a bike?  Yes  No

If yes, please advise :

1. What bike are you currently riding? \_\_\_\_\_
2. What is the frame size? \_\_\_\_\_
3. What is your height? \_\_\_\_\_
4. What is your (leg) inseam measurement? \_\_\_\_\_

**Note:** Obtaining your inseam measurement (will require assistance from partner)

1. Stand bare foot (or in thin cycle socks) on hard surface – preferably in cycle shorts
2. Toes should be pointing directly forwards with medial (inside) ankle bones approximately 10cm apart
3. From standing position described in points 1 & 2 measure the distance (cm) from top of groin (pubic bone) to floor. This can also be performed by clamping a book firmly in crotch (with the pressure you feel when sitting on bike seat) and measuring from the top edge of book to floor.

#### Jersey

Your jersey size:  XS  S  M  L  XL  XXL

## Your payments

### Deposit

A non refundable deposit of \$1000 per person is required at the time of booking and must include this booking form to be completed at the same. This deposit can be paid by credit card, however credit card fees will apply.

Final payment is due on the 18th December 2009

Direct credit, cash or cheques are preferred – Payable to The Adventure Travel Company.

**Bank Deposit:** National Australia Bank - Melbourne Office - Branch #: 083-155 - Account #: 45-305-3930 - The Adventure Travel Company - Trust Account

Any payments made in foreign currencies may incur bank fees and currency fluctuations, which will be adjusted in the final invoice & paid by the participant. Credit card surcharges of 2% for Visa & MasterCard & 3% for Amex & Diners will apply to all bookings

**Creditcard Authorisation: – Fax to 03 - 9696 8600**

Type of card:  AMEX  VISA  MASTERCARD  DINERS

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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CCV#

Name on card:

Card Expiry:

Amount:

I authorise The Adventure Travel Company to debit my above card account with the above amount.

A credit card surcharge of 2% for Visa & MasterCard or 3% for Diners & Amex will apply to all bookings and this will be reflected in the amount debited to the card.

Signature of cardholder:

Date:

### Booking conditions

This holiday is sold by travel agent, The Adventure Travel Company South Melbourne Pty Ltd of 282 Coventry Street, South Melbourne Victoria 3205, (hereinafter called the "company" or "we") and is operated by "Beyond Reach Africa" and is sold subject to the following conditions:

To make a booking, you must send The Adventure Travel Company a signed booking form and a deposit of \$1,000 per person. We will then invoice you for the balance of the cost, which must be paid by the date listed above. If you book a tour, which is departing in less than 60 days final payment is required at the time of booking. Notification of cancellation must be made in writing to the company.

Your deposit IS NON REFUNDABLE - Travel Insurance is recommended at the time of booking - please refer to the insurance policy for all conditions.

If you cancel your booking after you have paid in full, the following cancellation charges will apply.

60 days to 42 days - 40% of tour cost  
41 days to 28 days - 60% of tour cost  
Less than 28 days - 100 % of cost

We will not cancel your tour unless -

- i. We are forced to do so by unusual or unforeseeable circumstances, such as flight cancellations, war, and civil or political unrest.
- ii. Because the minimum number of bookings required operating the tour has not been reached. In these cases, we will advise you no later than 75 days prior to departure. Cancellation fees will not apply.

Prices for the tours are subject to change at all times by the operators concerned. All prices are subject to currency fluctuations and will be adjusted accordingly on your invoice. Any payments made in foreign currencies may incur bank fees and currency fluctuations, which will be adjusted in the final invoice & paid by the participant. Credit card surcharges of 2.00% for Visa & MasterCard & 3% for Amex & Diners will apply to all bookings. Any information or advice provided by the Company on matters such as visas, medical requirements, climate, cycle clothing, baggage, cycle equipment etc is given in good faith but without full responsibility on the part of the Company.

Your booking is accepted on the understanding that you realise the hazards involved in this type of cycling tour, including injury, disease, loss or damage to property, inconvenience & discomfort. The itinerary is an indication of what the tour involves, however, at times, there is a need to be flexible and acknowledge that delays and alterations can occur as a result of unforeseen circumstances.

Before you join our cycle tours, you must have travel insurance to cover you as a result of any unforeseen circumstance, such as medical emergencies, ambulances, helicopters, loss or damage to your bicycle etc. Please Note: We can only provide insurance for Australian residents living in Australia.

The Company will not be held responsible for any mishap to yourself or your property and in particular for the consequences or effects of war, riots, strikes, robbery, sickness and government intervention.

When you sign the booking form, you acknowledge and accept all these conditions above.

Signing this booking form indicates that you have read the booking conditions and agree by them.

Signature:

Date:

### Contact

David Hull  
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Email: david@adventure-travel.com.au

www.adventure-travel .com .au or www.tourdefrance.com.au

