

These 3 activities are already included in the 2 week 50+ Programme:

1. Cape Peninsula Route:

09:45h collection at accommodation. Coffeebeans Routes transports and guides
11:00h arrive in Muizenberg, via Cape Flats route to provide 'lay of the land' perspective.
12:00h – 13:00h lunch in Kalk Bay (own account)
13:30h Simons Town, Bolders Beach
14:00h depart for Cape Point Nature Reserve
14:30h – 16:00h Nature reserve - funicular, walking to the point, optional beer at restaurant etc
16:00h approx return to vehicles. Return to Cape Town via:
Kommetjie, Ou Kaapse Weg, Constantia Nek, Hout Bay, Camps Bay

18:00h back at accommodation. These timings are **approximate**.

Please bring: sun-protection, hat/cap, hiking/sports shoes, light jacket

Weather: this trip happens regardless of weather.

2. Wine Route 14:00-18:00h:

Coffeebeans Routes' half-day wine route focuses on the Constantia wine region. This is the oldest of the wine regions in the Western Cape, the birthplace of wine in South Africa. It is stunningly beautiful in landscape and architecture, and close enough to the city that a lot can be experienced in a half-day wine tour.

Some of the Constantia Estates include Groot Constantia, the grand-daddy of wine estates in the Cape, Klein Constantia, Constantia Uitsig, Steenberg Vineyards, and Buitenverwachting.

Each wine route visits **two of these estates** for tastings, included in the price.

Please bring: light jacket and camera

3. Private Dinner

18:30h: Pick-up at accommodation
19:00h: Welcome at a private home in Cape Town
19:30h: Private Dinner
22:00h (approx): Transfer back to accommodation

Please bring: light jacket and camera

All timings are subject to change.

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