

14 SEPTEMBER - 18 SEPTEMBER 2011

GOURMET KAROO CYCLE TOUR

Unwind in Prince Albert with some gourmet cooking and adventurous calorie burning!



www.africanrelish.com

Escape Cycle Tours and African Relish invite you to get on your bicycle and head for Prince Albert in the Great Karoo. Come and unwind with some creative cooking and cycling up the mighty Swartberg Pass and down into The Hell. Spend a few days on a culinary adventure while you work off the extra calories on your bike.

Itinerary

DAY 1

05:00 - Depart Johannesburg for Prince Albert.
17:00 - Arrive at African Relish for welcome drinks and refreshments. Check in.
19:00 - Wine tasting with Bergwater Vineyards
20:00 **Welcome dinner at African Relish**

DAY 2

06:30 - Meet at African Relish for coffee
07:00 - **Cycle to Weltevrede Fig Farm** (25km)
11:00 - Country brunch at Weltevrede Farm. Tour of the fig orchards.
12:00 Return to Prince Albert with transporter or cycle back.
14:00 - **Cooking session 1** Demonstration of knife skills, cutting techniques and preparation methods. Kitchen orientation and background introduction to South African culinary culture.
18:30 **Ghost walk and village ramble** - Ailsa Tudhope, historian and story teller, takes you on a journey back in time with tales of ghosts and village rogues from the past. Meet outside Fransie Pienaar Museum.
20:30 **Dinner at African Relish**

DAY 3

07:00 Depart with transporter up Swartberg Pass
07:30 Cycle halfway to The Hell (30km).
10:00 Gourmet breakfast in the veld
11:00 Travel to (The Hell) Gamskloof in transporter.
13:00 Lunch and tour of The Hell.
14:30 Return to top of Swartberg Pass.
16:30 Cycle down Swartberg Pass to Prince Albert
20:00 **Dinner at African Relish**

DAY 4

07:00 Early morning cycle around Prince Albert.
09:00 Breakfast at African Relish
10:00 Visit to morning market
11:00 - **Cooking session 2.** Preparation of some Karoo classics. We get creative in the kitchen while we innovate and create some new 'classics' with a modern twist.
13:00 Light lunch at African Relish
14:30 **Cooking session 3.** Desserts and demonstrations.
17:00 - Gather at African Relish for Astronomy talk and star gazing
20:00 - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours and star gazing into the night.

DAY 5

06:00 - Gather at African Relish for coffee and breakfast
07:00 - Depart on onward journey

Price: R7500.00 per person 4 nights/ 5 days. Inclusive of road transport from Johannesburg luxury accommodation, excursions, all meals, cooking classes, ingredients, soft drinks and special African Relish apron.

Rate excluding transport - R5500 per person

We look forward to welcoming you to the magical Karoo and feel certain that you will leave us feeling refreshed and revitalised.

