

21 SEPTEMBER - 25 SEPTEMBER 2011

GOURMET KAROO CYCLE TOUR

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



www.africanrelish.com

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) Gamkaskloof 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.

