

BIKE & SADDLE

Africa's Leading Eco-Active Travel Company



HIGHLIGHTS OF THIS TOUR

- Chapman's Peak Mountain Pass
- Table Mountain and Atlantic Ocean
- Cape Floral Kingdom
- Seafood on the West Coast
- Mountain hamlet of Prince Albert
- Cook delicacies at African Relish
- Swartberg mountain pass
- Olive farms, chocolate tastings
- Franschhoek
- Wonderful wine tasting

OUR CONTACT DETAILS

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CAPE CULINARY CYCLE

A culinary exploration of South Africa by bike!

DURATION: 10 days, 9 nights tour

DIFFICULTY LEVEL: 2 /3

RIDING TIME: On average 5 hours per day

ACCOMMODATION: Boutique B&B's and Lodges

INCLUDED IN THIS TOUR

- All meals, refreshments and alcoholic beverages
- 5 Star accommodation for every night
- Bikes and all safety equipment
- Ground transportation
- Official tour guide
- Back-up vehicle and driver
- All admission fees to reserves, parks and attractions

www.bikeandsaddle.com

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DETAILED ITINERARY

DAY 1

We start our cycle from the Cape Grace Hotel in the heart of the V&A Waterfront, and we meander along the Atlantic Seaboard, past beautiful beaches, deserted coves, with whales and dolphins in season (July - November).

We ride over Chapman's Peak Drive, a simply breathtaking mountain pass hewn out of the sheer rock face, with superlative vistas over the deep blue sea and the anchored yachts gently floating far below in Hout Bay Harbour. Our first day ends with a chef's table at the Test Kitchen, treating us to a feast of tasting sensations by one of Cape Town's most sought after chefs.



DAY 2

We leave Cape Town and transfer to the West Coast National Park. Here we cycle through a stunning natural fynbos and coastal landscape, with shimmering lagoons leading into deep blue waters of the Atlantic Ocean. The bird life is varied and spectacular, with flamingos, pelicans, osprey, sandpipers, and many other wetland species. During spring (August - October), the park bursts into a kaleidoscope of colour with fields of flowers and sweet smelling succulents and flora year-round. Mammals include the Eland, Red Hartebeest and Caracal and in season - look out for the dolphins and whales frolicking in the Five Bays! We overnight at the quaint seaside village of Paternoster but first enjoy sundowners followed by a traditional seafood BBQ consisting of crayfish (lobster), a seafood potjie (delicious stew) and sumptuous west coast wines, right on the beach and expertly prepared by our celebrity Chef and Host, Arnold Hoon.

DAY 3

This morning we kayak out to the west bank with our local wildlife guide, but not before a spectacular sunrise hike on the pristine, white sand beach in front of our luxury villa. After the morning's kayak, we gather at Gaatjie for a sumptuous West Coast meal prepared by our



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flamboyant host, Suzie Holtzhausen. After lunch we hop into our luxury shuttle and head to Cloof Wine Estate, Darling for a wine tasting typical of the west coast cultivars. We then have afternoon tea over cabaret at Darling

Theatre with Pieter Dirk Uys, one of South Africa's most renowned comics and satirists. Shortly hereafter, we head to Groote Post Wine Estate, an historic 18th century farm and vineyard famed for its white wines before we end our evening at the Noisy Oyster . The chef and our host Brian Smit, changes the menu daily and might serve wok-tossed baby calamari with chermoula (a tangy North African marinade) and black mussels in white wine, garlic and turnips.

DAY 4

After a hearty breakfast and Arnold's world famous sweet pancakes, we shuttle via Veldrift, Piketberg, Gouda, Wolseley, Ceres, Matjiesfontein to Prince Albert, our next culinary stop, halfway through our journey. En route we cycle and visit the Lord Milner Hotel and museum in Matjiesfontein and sample the hospitality of an era unaffected by the modern world. Dinner is served at the African Relish Restaurant in the heart of town, a Recreational Cooking School and a member of the ICTA (International Culinary Tourism Association). We meet our



culinary hosts, Philip and Lisa Key, over a glass of Karoo port, for an introduction to the town, its people and surrounds, before trying our hand at their various themed cooking courses!

DAY 5

Today we start our exploration and cycle with a visit to Gamkaskloof surrounded by the Swartberg Nature Reserve, which has been declared a World Heritage site and offers panoramic views of the region. We will illustrate to you that there is more to Karoo cuisine than our famous lamb. There is such a wealth of traditional culinary heritage in the Great Karoo that has been passed down over centuries, some written down and some passed on through the oral tradition. Fascinating ingredients and combinations, most of which are virtually unknown or forgotten and age old cooking methods are resuscitated for the culinary experience of a lifetime.





DETAILED ITINERARY



DAY 6

Our second day is filled with good food, cooking and a cycle of the spectacular Swartberg Pass. The Swartberg (black mountain in Afrikaans) is among the best exposed fold mountain chains in the world, and the pass slices through magnificently scenic geological formations. The pass is not tarred and offers spectacular views over the Little Karoo to the south and the Great Karoo to the north. The plant life along the pass is particularly interesting, with many hundreds of species. After our morning cycle of the pass, we gather around noon for another cooking lesson. Later in the afternoon we take a break and with sunset, the eating may begin with another gourmet feast, sampling local delicacies!

DAY 7

Our final day in Prince Albert, we cycle out to one of the olive farms just outside town, for a tasting and introduction to farming and biodiversity in the area. We visit a ham curing and deli for lunch, before hopping onto the bus that will take us via Route 62, to our next stop, Bonnievale and Robertson for a late afternoon wine tasting,



before arriving early evening at Le Quartier Français in Franschhoek. Dinner is served in the Common Room, the menu is packed full of lip smacking delights served as canapés of the best ingredients. In both its menu and décor, the Common Room creates a mouth watering Le Quartier Français dining experience, voted one of the world's top 25 restaurants.

DAY 8

Franschhoek (French corner) is famous for boasting many of the country's top restaurants within its quiet borders. This fact, together with the strong wine culture, and pristine natural and architectural beauty has given Franschhoek the title of "food and wine capital" of South Africa. After a delicious breakfast we shuttle to Franschhoek Pass for our first cycle of the morning before visiting Haut Espoire situated high up the Franschhoek valley on the slopes of the Groot Drakenstein Mountains. Here we start with a wine tasting, cellar tour and barrel tasting. From here we cycle to Bread & Wine to meet the Master Chef of

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Charcuterie, Neil Jewell, who will entertain us with the art of curing and smoking meats, as well as tastings, followed by a light lunch. Next up is the Village Chocolate shop where guests will be guided through the process of making and tasting the finest Belgian chocolate. In the

evening we gather in The Tasting Room for the 9 course African surprise menu, paired with local wines. The experience is designed to taste course after course of exquisitely presented culinary delights, showcasing the expertise of chef Margot Janse and her team's award-winning talent.

DAY 9

Our penultimate morning starts with a leisurely breakfast before we shuttle to the Paarl Valley for a magnificent cycle and visit to two of the region's most sought after wine estates. Lunch is catered outside overlooking the Paarl Valley and late afternoon is reserved for a well deserved rest. Our evening is booked at the famed Bosman's Restaurant at Grande Roche, our accommodation highlight for the last night of our Cape Culinary Cycle. Set amidst the heady opulence of the hotel, award winning Bosman's Restaurant ranks as one of the country's finest.

The restaurant, a Relais & Chateaux establishment, has won several awards both for its Global cuisine and its well stocked cellar in the capable hands of our Head Sommelier and cellar master Tobias Brauweiler.



DAY 10

There is time for one more delectable breakfast before making our way back to Cape Town on this our final morning. There is enough time to stop at one more award winning cellar for those last purchases, before arriving in the mother city. Sadly, this marks the end of our culinary tour.



ACCOMMODATION INFO

Cape Grace Hotel | Cape Town | www.capegrace.com

Cape Grace is proudly situated in the iconic centre of Cape Town's Victoria & Alfred Waterfront, on its very own private quay. It delivers all the creature comforts you'd expect from world class luxury accommodation and lots of little extras too.

Ah! Guesthouse | Paternoster | www.ahguesthouse.com

A unique 4 star guest cottage situated in the fisherman's village of Paternoster, Ah! is well positioned between a green belt and the beach. It boasts beautiful blue sea and sunny skies during summer, a sea of bloom during the flower season, red wine and an indoor fireplace to keep you cosy in winter.

African Relish | Prince Albert | africanrelish.com

African Relish is a Recreational Cooking School and a member of the ICTA (International Culinary Tourism Association), set in the quaint Karoo town of Prince Albert, South Africa. Here guests will enjoy luxury accommodation and discover the culinary pulse of South Africa. Various themed courses are on offer throughout the year.

Le Quartier Francais | Franschhoek | www.lequartier.co.za

Le Quartier Français (the French Quarter) is a small, privately owned auberge situated in the French Huguenot valley of Franschhoek, in the Cape Winelands. It is consistently recognised as one of the best restaurants and accommodation offerings in the country.

and East London, just outside the seaside town of Port Alfred, it is the perfect way to relax before or after your Garden Route Safari - though you may find it hard to go anywhere else!

Grande Roche | Paarl Valley | www.granderoche.com

Grande Roche is a celebrated international hotel, famous for its exquisite location in the heart of the beautiful Cape Winelands as well as for its luxurious, cosmopolitan accommodation, award-winning cuisine and matchless service and hospitality.