Cape Town
SOUTH AFRICA
the Mother City tour

Plus
CAPE PENINSULA
KIRSTENBOSCH BOTANICAL GARDEN
WEST COAST NATIONAL PARK
ROBBEN ISLAND
GROOTBOS NATURE RESERVE
CAPE OVERBERG
BABYLONSTOREN
CAPE WINELANDS
 STELLENBOSCH BOTANICAL GARDEN

OCT
2020
Come See South Africa

Find out why it’s the Rainbow Nation

The playful colors of Cape Town evoke the carefree sensibilities of a childhood summer day. Beneath the mountains are some of the most picturesque communities you’ll ever see. The colors are rich, saturated hues blending perfectly with the diversity of peoples and cultures that live here. And these people (Capetonians) are so kind, with a passion and infectious joy that makes this place all the more fascinating to explore.

The Mother City’s Mediterranean climate is sublime with 8pm sunsets and consistent temperatures in the mid-60s. (That nickname comes from a running joke that it takes nine months to get anything done in this laidback city.)

It’s also a wonderfully musical city where you’ll dine on local cuisine in the homes of musicians and discover the city through her music.

Kirstenboch Gardens will transport you to another world. While wandering through the abundant exotic plants and flowers you almost forget that a large city sits right outside the gates.

Built on a hillside where a continent ends and two oceans collide, Groothbos (top) is magical. Blanketing the hillsides with bright, intricate flowers of every shade is the fynbos, or “fine bush,” a hardy, complex plant family native to South Africa. This is also where sharks and whales and dolphins frolic.

The vineyards of the Cape are gorgeous, with grapevines hemmed in by dramatic rock outcroppings and mountains. Along the winding roads, old farmsteads in the flat valleys stand white against their dark stone, contemporary counterparts perched on hillsides.

A quiet solitude, interrupted only by the rhythmic tunes of a mild breeze, defines the spirit of Babylonstoren.

Stellenbosch Botanic Garden is a beautifully maintained botanic garden in the historical center of Stellenbosch. The region’s mild climate allows the garden to grow an incredible diversity of plant species including some now classified as extinct in the wild.

Prisoners at Robben Island kept a garden where Nelson Mandela grew vegetables (left). It’s in that garden where he buried the manuscript of his memoir. When the first part was discovered, he lost his study privileges for four years. Fortunately, a copy had already been smuggled out.

Join the Minnesota Landscape Arboretum on this magical journey to one of the most breathtaking places on Earth.
ITINERARY

Day 1: Arrival CAPE TOWN

On arrival into Cape Town International Airport, you will be met off the aircraft door and assisted through immigrations and customs by our special support staff. After formalities and luggage collection you will be met by your dedicated guide in arrivals and transferred to the Vineyard Hotel.

Highlights of the Vineyard Hotel:

- Set in six acres of established gardens with views to Table Mountain
- One of the most established hotels in Cape Town
- Stylish contemporary bedrooms with glamorous bathrooms
- Serene pampering Banyan Tree spa and wellness centre
- Walking distance to the upmarket boutiques of the Cavendish centre

The Vineyard Hotel is one of the original Cape Town hotels and offers a delightful alternative to staying in the city centre. (Cape Town is a city of several discrete areas each with their own attractions and so the city centre is not necessarily where you want to be). This vibrant hotel lies in 6 acres of garden with rolling lawns and established trees has an excellent location in the leafy Newlands area only 15 mins from the city centre & V&A Waterfront yet closer to Kirstenbosch gardens and wine estates of Constantia. The hotel terrace and gardens, complete with trails along its river frontage, have glorious views over the slopes of Table Mountain.

The 200 year old Vineyard Hotel oozes with history with many original letters and paintings of its first owner, Lady Anne Barnard, on display in the public areas. However why we like the four star Vineyard Hotel so much is the seamless combination of an established hotel, which runs like a well-oiled machine – with new contemporary styling – in the bedrooms and in the two restaurants. The original foyer leads into the conservatory restaurant, the Square, for breakfast, lunch and relaxed evening dining with a focus on sushi and Asian dishes. Beyond the conservatory are the various sitting rooms and bar with French doors opening onto the expansive terrace overlooking the gardens and Table Mountain – also the venue for alfresco breakfasts and lunches. The hotel also has Myoga Restaurant, one of the best restaurants in Cape Town, renowned for its contemporary fusion style of cooking with a superb tasting menu on offer.
Accommodation

The hotel is filled with works by leading South African artists and offers a choice of either Mountain facing or Courtyard facing rooms (standard or deluxe rooms with a terrace), or the contemporary and luxurious River Suites. All offering dressing gowns, tea & coffee facilities, minibar on request, satellite television, telephone, international computer connections and sockets, 24 hour room service as well as glamorous modern marble bathrooms with separate shower.

At the south end of the hotel gardens is a large outdoor swimming pool. Adjoining the pool area is the hotel’s well-equipped fitness centre, indoor heated pool, healthy eating restaurant as well as the superb Angsana spa. Its full range of treatments is very popular with hotel guests and locals alike so we strongly recommend that booking ahead to avoid disappointment.

Overnight with breakfast at the Vineyard Hotel in court-facing standard room.

Day 2: CAPE TOWN – the “Mother City”

Breakfast at the Vineyard and morning dedicated to the visit of the Kirstenbosch Botanical Gardens.

In the shadow of Table Mountain, the world famous Kirstenbosch Botanical Garden is home to over 5,000 indigenous plants. Recommended all year round, but especially in the fall when the gardens are an explosion of color. Kirstenbosch Botanical Garden is the flagship of the South African National Biodiversity Institute and was left to the nation when Cecil John Rhodes died in 1902.

It was established as a botanical garden in 1913 and it is the largest of the country’s nine botanical gardens covering 528 hectares, which includes 36 hectares of developed garden with a network of wonderful walkways. Enjoy a morning savoring the beauty of this special place situated on the slopes of Table Mountain.
Lunch in the Gardens and the afternoon dedicated to the Table Mountain. The tour commences with a tour of Table Mountain (weather permitting; cable car fee not included). Enjoy panoramic views over the Mother City and the Atlantic Seaboard with Robben Island in the distance lying sleepily in Table Bay harbour.

Should the weather not permit a visit on top of Table Mountain, a panoramic visit to Signal Hill will be arranged.

Dinner on own with overnight at the Vineyard Hotel in court-facing standard room.

Day 3: CAPE TOWN – the “Mother City”

Breakfast at the Vineyard depart for a full day excursion of the Cape Peninsula. Lunch included.

Sir Francis Drake described the Cape Peninsula as the most beautiful Cape in the world and he certainly wasn’t wrong. It’s the home of exclusive beaches, Camps Bay and Clifton; the rugged coastline of Chapman’s Peak Drive; the flora, fauna and wildlife of the Cape of Good Hope and Kirstenbosch National Botanical Gardens; as well as the Great White Sharks, fur seals and Southern Right Whales who meet with the Indian and Atlantic oceans.

The tour follows a route which covers both the Atlantic Seaboard as well as False Bay. The route covers 150km with many world famous attractions. Your tour guide will explain the rich and colourful history of the Cape Peninsula from Dutch & British Colonialism to modern day times.

Dinner on own with overnight at the Vineyard Hotel in court facing standard room.
Day 4: CAPE TOWN – the “Mother City”

Breakfast at the Vineyard and at leisure depart toward the sleepy little seaside village of Betty’s Bay (approx. 90 minutes).

Day dedicated to visiting the Harold Porter Botanical Garden and the penguin colony at Stony Point.

This beautiful, secluded Garden is nestled between mountain and sea, where steams of amber flow, in the heart of the Cape Fynbos region within the Kogelberg Biosphere Reserve. It consists of 10 hectares of cultivated fynbos garden and 190.5 hectares of pristine natural fynbos.

Visitors to the Garden encounter a range of cinematic scenery including mountain slopes and deep gorges with relict forests, flats and marshes, as well as dunes adjacent to the beach with their salt-adapted plants.

Lunch and return to the hotel for some leisure before being picked up for a Cape Jazz experience.

Highlights
Meet local jazz musicians in their homes. Dine on local cuisine in the homes of the musicians
Discover the city through her music.

Cape Town is an incredibly musical city. This is the city where music is at its most creative in South Africa, something which is due partly to the natural environment we have, which encourages creativity, but mainly it is because of the history of the city and the diversity of cultures and sounds that have ended up here.

On this special music journey we are going to travel deep inside the jazz music of the city, by visiting local jazz musicians in their homes.

Part one is a visit to the home of a jazz musician for dinner, with music and conversation, and part two is a visit either to the home of a second musician for a nightcap, or to a jazz venue for the late set.

The experience is intimate and deep, full of music and engagement and fun. It is a unique opportunity to meet local musicians away from club stages, and an excellent way to discover more about Cape Town and the lives of the people that live in it – through the music.

Our hosts will include Cape Town musicians young and old, all of them composers and performers. These are the musicians defining the sound of the city.

A typical itinerary could look like this:
7:00 pm Arrive at the home of the first host for dinner and a concert
9:00 pm Arrive at home second host for nightcap concert
11:00 pm Drop off at hotel

Overnight with breakfast at the Vineyard Hotel in court-facing standard room.
Day 5: CAPE TOWN – the “Mother City”

Breakfast at the Vineyard depart for a full day excursion of the West Coast National Park. Lunch included.

The West Coast National Park, near the seaside town of Langebaan, is an hour’s drive (100km) north of Cape Town. The road goes through Cape Town coastal suburbs and then empties out as windswept sands from the coast create a dry, scrubby landscape. The road is arrow-straight and fast, rolling over waves of scrub with private game reserves and a cultural centre of the San people.

The West Coast National Park, a strip of fynbos-covered plains and dunes flanked by the Atlantic Ocean on the one side and coastal road on the other, is a gem. At its heart is the shimmering Langebaan Lagoon, a Ramsar-listed Wetland of International Importance and a major birding hotspot.

Arrival at hotel is expected early evening.
Dinner in hotel.
Overnight with breakfast at the Vineyard Hotel in court-facing standard room.
Day 6: CAPE TOWN – GROOTBOS, Cape Overberg (about 160 km)

Breakfast at the Vineyard and check out. Transfer to the Victoria & Alfred Waterfront for departure by scheduled ferry for a 25-minute trip across Table Bay to Robben Island.

This World Heritage Site is South Africa’s most revered national monument, and was once a prison for some 450 years – for, at one time or another, convicts, slaves, exiled Eastern princes, lepers, the insane and political prisoners being punished for resisting oppressive rule.

Among its more famous inmates was 19th Century tribal chief, Makana, who lost his life attempting to escape by boat across the Bay, and South Africa’s first democratically elected president, Nelson Mandela. He spent two decades of his life on the island, along with some 3,000 other political detainees, many of whom were icons of the resistance and became leaders of the new South Africa.

On arrival, meet your Robben Island guide (most of whom were once inmates) before exploring this historic landmark at your own pace and with complete exclusivity. The tour includes a visit to the Prison Block and the infamous Limestone Quarry, where prisoners toiled, as well as a drive around the island with it breath-taking views across the bay.

Return by ferry to the Victoria & Alfred Waterfront and enjoy spectacular views of the city. After the Robben Island experience – drive to the Overberg and arrive at Grootbos Forest Lodge for lunch.

Grootbos Forest Lodge is found in the Grootbos Nature Reserve; a spectacular array of fynbos and forest clad hills that overlook the whale-watching haven of Walker Bay, near Hermanus.

Home of the “Marine Big 5” – whales, sharks, dolphins, seals and penguins; and with unparalleled floral diversity on the 1750 ha reserve, Grootbos offers you a one-of-a-kind luxury African experience.

Encapsulating slick contemporary design edged by natural colours that echo the beauty of the area, one of the 16 suites at Forest Lodge offers a charming luxury base from which to explore the reserve. A range of excellent facilities are provided in the main guest area, with a restaurant, lounge, bar and a curio on offer. Large windows and high ceilings are complemented by large wooden decking outside with an inviting infinity pool the perfect place to take in the view and unwind.

Activities
Whale Watching (in season), Shark Cage Diving, Walks and Hikes, 4x4 Flower Safari, Cave Tours, Horseback Riding, Bird Watching, Scenic Flights and Quad Biking.

Full board and all naturalistic activities at Grootbos Forest Lodge in a one bedroom luxury suite.
Day 7: GROOTBOS, Cape Overberg

Built on a hillside where a continent ends, two oceans collide, and the smallest of the world’s six floral kingdoms flourishes, the lodges of Grootbos Private Nature Reserve are uniquely positioned to capture the magic of South Africa’s Western Cape. Below, Walker Bay stretches to the horizon, home to the “marine big five” – great white sharks, southern right whales, seals, penguins, and dolphins; and vast coastal caves bear traces of a Stone Age civilization. Blanketing the hillside with bright, intricate flowers of every shade is the fynbos, or “fine bush,” a hardy, complex plant family endemic to South Africa.

The reserve was named Grootbos – an Afrikaans word meaning “big forest” – for the enchanting milkwood forests that cover the hillside. The lodges were built into natural clearings in these gnarled, ancient trees. Both acclaimed restaurants feature excellent cuisine with a focus on local seafood, and they, like the stylish suites and the elegant common areas, are all oriented toward an expansive, breathtaking vista of mountain and sea.

- Ride a horse across hills blooming with exotic flowers or take a “flower safari” by 4x4.
- Wander through the gardens and meet some of the horticulture students sponsored by Grootbos.
- Savor a delicious breakfast with a view on the terrace at the Garden Restaurant, and enjoy a traditional braai, or barbecue, in the Milkwood boma.
- Stretch out on your private deck at Forest Lodge and gaze out at the mountains across the bay.

Full board and all naturalistic activities at Grootbos Forest Lodge in a one bedroom luxury suite.
Day 8: CAPE OVERBERG – WORCESTER (about 120km)

Travel through to Nuy Valley Guesthouse in Worcester.

Being the largest town in the Western Cape’s interior region, it serves as the administrative capital of the Breede Valley Local Municipality and as regional headquarters for most central and Provincial Government Departments. The town also serves as the hub of the Western Cape’s interior commercial, distribution and retail activity with a shopping mall, well developed central business district and infrastructure.

Worcester is a town with a impressive cultural heritage with museums that provide a glimpse of the past and information for visitors. In 1819 Worcester was proclaimed a sub-drostdy of Tulbagh. Two farms were bought for the purpose of laying out a town. In 1822 Worcester was proclaimed a full drostdy.

Surrounded by majestic mountains and verdant valleys, the town is seated in the biggest wine-producing district in the country, with 24 co-operative and three private wine cellars on the Worcester Wine Route, as well as two Brandy Cellars.

The Breede River Valley is the largest fruit and wine producing valley in the Western Cape and is South Africa’s leading racehorse breeding area.

Lunch en route and visit to the Karoo Desert National Botanical Garden (above).

The Karoo Desert National Botanical Garden is one of nine gardens managed by the South African National Biodiversity Institute and lies at the foot of the Hex River Mountain Range near Worcester, 120km from Cape Town. More than 400 naturally occurring plant species including the Namaqualand flora which is famous for its spring flowers as well as some rare and endangered species.

There are looping sand trails that link with the developed gardens; it includes Vygies with a natural veld reserve, which features low Karoo-type bushes and succulents. Focussing on plants from arid and semi-arid regions of southern Africa, the Garden conserves and cultivates a large and well-known succulent collection. There are 400 plant species that occur naturally in the Garden and 2,500 species are maintained in greenhouses.

Dinner and overnight in a suite at Nuy Valley Guesthouse.
Day 9: WORCESTER – CAPE WINELANDS (approx. 75 KM)

Breakfast at Nuy Valley Guesthouse with a visit to the wine cellar and vineyards followed by a leisurely departure through the Cape winelands to Babylonstoren.

A farm dating back to 1692, now an inimitable hotel and all-around attraction, Babylonstoren has a logo that tells a tale: Behold the pipe, representing the lifestyle of the farmer, the flower, representing the garden, and the bird, representing nature. The Paarl property is magnificently memorable — right down to its distinctive name, of debatable origin: Some say 17th-century farmers likened the land plot’s shape to the Bible’s Tower of Babel; others say they named it for the linguistic melting pot that was the valley at the time, with Dutch, French, German and Khoi and San languages intermingling. Whatever its past, Babylonstoren beckons with a present that is, quite literally, one of a kind.

Babylonstoren is a 500-acre mini-world unto itself. There’s the feted garden, modeled after the mythological hanging gardens of sixth-century Babylon, and attracting a slew of tourists who come for guided tours and gardening workshops. All 300 varieties of plants in the farm are edible or have medicinal value, and its pick-and-eat policy will leave no one hungry: plums, olives, grapes, figs, persimmons, blood oranges, chesnuts, rye, wheat, alfalfa, risotto rice, almonds, pecans, rooibos & pumpkin. Proteas add pizzazz and water flows into the garden through ponds ornamented with edible lotus, nymphaea lilies and local waterblommetjies.

Tour of the Babylonstoren gardens with Ernst Van Jaarsveld, renowned botanist and horticulturist.

Lunch and dinner included.
Overnight in a two bedroom Fynbos cottage at Babylonstoren on a bed and breakfast basis.
Day 10: BABYLONSTOREN - CAPE WINELANDS

Breakfast at Babylonstoren and depart for Stellenbosch for visits.

Visit the Dylan Lewis Sculpture Garden in Stellenbosch and time permitting also the Stellenbosch Botanical Garden.

Artist and sculptor Dylan Lewis’ Sculpture Garden houses over 60 works which serve as markers of the growth and change that has occurred during an 8-year career. Lewis’ sculptures are inspired by the human form, big cats and shamanic figures and include lifelike recreations as well as abstract pieces.

Hidden in the heart of Stellenbosch where one least expects to find a garden, and where Neethling, Murray, Keefom and Van Riebeek streets meet in amongst residences, historical buildings and guesthouses, lies one of the most beautiful gardens imaginable.

One is immediately transported into a fairyland world of roses, ferns, herbs, medicinal plants, reeds, bamboo, bulbs, trees, shrubs, bromelias, asters, fountains, sculptures, aquatic plants, olives and koi fish.

The small garden (only 1.8 hectares) is the oldest university garden in the country and prides itself on being an educational garden, with both indigenous and exotic plants in amongst the specimens.

Everything individually labelled — its smallness works for it, in the sense that it is easy to wander through in an hour, and because one can see so many different species of plant in such a compact area.

Lunch and dinner included.

Overnight in a two bedroom Fynbos cottage at Babylonstoren on a bed and breakfast basis.

Day 11: BABYLONSTOREN - departure

Breakfast at Babylonstoren and depart to the Cape Town International Airport.

END OF SERVICES
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**To Register**  

**Destinations And Tours**  

2220 Irving Avenue South  
Minneapolis MN 55405  
Attn: Lynde Vespoli  
DestinationsAndTours@gmail.com  
(440) 840-6334

**Authorization Signature** (required)  

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### Cancellation & Refund Policy  

I understand and agree to the Cancellation and Refund Policy below. I further agree to indemnify and hold harmless Destinations And Tours, its agents and affiliates, and Open Tour Africa, its agents and affiliates, for any and all injuries to any participant, damage to any property, or other inconvenience, expense or delay that may occur during or in connection with the program set forth in this brochure. The right is reserved to vary the itinerary or to substitute components of such program due to unforeseen circumstances beyond the control of Destinations And Tours and Open Tour Africa. No substitutions or assignments.  

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**One form per traveler.** Airfare not included. Contact Destinations And Tours to discuss flight recommendations. Make check payable to Destinations And Tours.  

*Approximate cost. Currency exchange rates fluctuate. Destinations And Tours reserves the right to adjust the Tour Cost based on the prevailing exchange rates.