



# INTRO CAPE

DISCOVER THE CAPE. DISCOVER YOURSELF.

## ITINERARY



# 5-day itinerary for a Cape Town experience!

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## **Welcome to the Cape Town Gem Explorer Experience!**

We're thrilled to have you join us for a curated 5-day journey through Cape Town's most iconic landscapes, cultural gems, and coastal wonders. From historical landmarks and botanical gardens to scenic winelands and sunset cruises, every moment has been thoughtfully planned to highlight the city's rich heritage and natural beauty. Our experienced team and vetted shuttle services ensure a safe, comfortable, and engaging adventure. Relax, explore, and let us guide you through Cape Town with expert insights and warm hospitality every step of the way.

Please take a moment to review the following itinerary and reminders to help you prepare for the day. We encourage you to relax, engage, and enjoy every part of the tour.

## ***Day 1: Arrival and Waterfront Exploration***



Time	Activity	Details
12:00 – 14:00 PM	Travel to Hotel (Shuttle)	<ul style="list-style-type: none"> <li>Settle in and perhaps take a moment to look at any welcome information provided by your hotel or the shuttle service about local attractions or shuttle schedules.</li> </ul>
14:00 – 17:00 PM	Check-in and Relax at Hotel	<ul style="list-style-type: none"> <li>Unpack, freshen up, and maybe step outside to get a feel for your hotel's immediate surroundings.</li> <li>If you have some downtime, you could research nearby cafes or shops for later in the evening.</li> </ul>
17:00 – 18:00 PM	Travel to V&A Waterfront (Shuttle)	<ul style="list-style-type: none"> <li>Enjoy the comfortable ride and anticipate the vibrant atmosphere of the Waterfront.</li> </ul>
18:00 – 20:00 PM	Explore V&A Waterfront	<ul style="list-style-type: none"> <li><b>Shopping:</b> Browse a diverse range of shops, from high-end retailers to local craft markets. Look for souvenirs or unique South African products.</li> <li><b>Harbor Views:</b> Take a stroll along the quays and enjoy the views of boats, the harbor, and Table Mountain in the distance. You might even see seals basking in the sun!</li> </ul>
20:00 – 20:30 PM	Travel to Supper	<ul style="list-style-type: none"> <li>Depending on your restaurant's location within or near the Waterfront, this could be a short walk or a quick shuttle ride.</li> </ul> <p><b><i>Note: The time allocated is for your arrival at the restaurant.</i></b></p>

20:30 PM onwards	Supper	<ul style="list-style-type: none"><li>• Enjoy a delicious meal at one of the Waterfront's many restaurants. Choose from seafood, international cuisine, or local South African flavors.</li></ul>
After Supper	Travel back to Hotel (Shuttle)	<ul style="list-style-type: none"><li>• Relax on the shuttle back to your hotel, reflecting on your first impressions of Cape Town.</li></ul>

## Day 2: Cape Peninsula and Constantia Charm



Time	Activity	Details
08:00 – 09:00 AM	Light Breakfast at Hotel	<ul style="list-style-type: none"><li>• Fuel up for a day of exploration.</li></ul>
09:00 – 10:00 AM	Travel to Cape Point (Shuttle)	<ul style="list-style-type: none"><li>• Enjoy the scenic drive along the Cape Peninsula. Keep an eye out for coastal views and charming towns along the way.</li></ul>



10:00 AM – 12:00 PM	Explore Cape Point	<ul style="list-style-type: none"> <li>• <b>Cape of Good Hope:</b> Take the iconic photo at the sign marking the Cape of Good Hope.</li> <li>• <b>Cape Point Lighthouse:</b> Hike or take the Flying Dutchman funicular up to the lighthouse for breathtaking panoramic views of the Atlantic and Indian Oceans meeting.</li> <li>• <b>Wildlife Spotting:</b> Keep an eye out for baboons, ostriches, and various bird species that inhabit the reserve. Be cautious of the baboons as they can be opportunistic.</li> <li>• <b>Walking Trails:</b> Explore marked trails to experience the unique fynbos vegetation and dramatic coastline.</li> </ul>
• 12:00 – 14:00 PM	Travel to Lunch (Mid-Range Restaurant)	<ul style="list-style-type: none"> <li>• Your shuttle will take you to a well-chosen restaurant, likely offering seafood or local specialties with scenic views.</li> </ul>
14:00 – 16:00 PM	Explore Constantia Village (Shuttle)	<ul style="list-style-type: none"> <li>• <b>Boutique Shopping:</b> Browse the unique shops and galleries in the charming Constantia Village.</li> </ul>
16:00 – 17:00 PM	Travel to Supper	—

17:00 – 18:30 PM	Supper	<ul style="list-style-type: none"><li>• Enjoy a relaxing supper in the Constantia area or another location accessible by the shuttle.</li></ul>
After Supper	Travel back to Hotel (Shuttle)	—

## Day 3: Gardens, Waterfront Revisited, and Sunset Cruise



Time	Activity	Details
08:00 – 09:00 AM	Light Breakfast at Hotel	<ul style="list-style-type: none"><li>• Start your day with a light meal to energize for the activities ahead.</li></ul>
09:00 – 10:00 AM	Travel to Kirstenbosch Gardens (Shuttle)	<ul style="list-style-type: none"><li>• Enjoy the ride to one of the world's most beautiful botanical gardens.</li></ul>
10:00 AM – 12:00 PM	Explore Kirstenbosch Gardens	<ul style="list-style-type: none"><li>• <b>Boomslang Aerial Walkway:</b> Walk this unique canopy pathway for amazing views.</li><li>• <b>Protea Garden:</b> See South Africa's national flower and many types of proteas.</li><li>• <b>Fynbos Biome:</b> Learn about the Cape Floral Kingdom's unique vegetation.</li><li>• <b>Tea Garden:</b> Take a break with a drink at the Kirstenbosch Tea Garden.</li></ul>

12:00 – 14:00 PM	Travel to Lunch (Mid-Range Restaurant)	<ul style="list-style-type: none"> <li>• Head to a restaurant selected for comfort and quality local cuisine.</li> </ul>
14:00 – 16:00 PM	Return to V&A Waterfront (Shuttle)	<ul style="list-style-type: none"> <li>• Revisit or explore new parts of the Waterfront.</li> <li>• <b>Zeitz MOCAA (Optional):</b> Visit the iconic museum in a converted grain silo.</li> <li>• <b>Shopping:</b> Hunt for souvenirs or unique gifts.</li> <li>• <b>Food Market (Market on the Wharf):</b> If open, try diverse local dishes.</li> </ul>
16:00 – 17:00 PM	Travel to Supper	<ul style="list-style-type: none"> <li>• Shuttle ride to your chosen dining location.</li> </ul>
17:00 – 18:00 PM	Supper	<ul style="list-style-type: none"> <li>• Enjoy dinner at a scenic harbor-side restaurant or similar venue.</li> </ul>
18:00 – 19:00 PM	Travel to Sunset Cruise	<ul style="list-style-type: none"> <li>• Head to the departure point for your sunset adventure.</li> </ul>
19:00 – 20:00 PM	Sunset Cruise	<ul style="list-style-type: none"> <li>• Relax onboard as you cruise the coast.</li> <li>• Enjoy drinks (often available for purchase).</li> <li>• Take in sunset views of Table Mountain — a perfect photo moment.</li> </ul>
After Cruise	Travel back to Hotel (Shuttle)	<ul style="list-style-type: none"> <li>• End the day with a peaceful ride back to your accommodation.</li> </ul>

## ***Day 4: Winelands and Wildlife***



Time	Activity	Details
08:00 – 09:00 AM	Light Breakfast at Hotel	<ul style="list-style-type: none"> <li>• Start your day with a light and energizing breakfast.</li> </ul>
09:00 – 10:00 AM	Travel to Stellenbosch (Shuttle)	<ul style="list-style-type: none"> <li>• Enjoy the scenic journey into the heart of the Cape Winelands.</li> </ul>
10:00 AM – 12:00 PM	Explore Stellenbosch	<ul style="list-style-type: none"> <li>• <b>Dorpsstraat:</b> Stroll down the historic street lined with Cape Dutch architecture.</li> <li>• <b>Oom Samie se Winkel:</b> Visit this iconic old-world general store.</li> <li>• <b>Art Galleries and Museums:</b> Discover local history and culture through exhibitions.</li> <li>• <b>University of Stellenbosch:</b> Admire the historic buildings and tranquil campus.</li> </ul>
12:00 – 14:00 PM	Lunch in Stellenbosch	<ul style="list-style-type: none"> <li>• Savor a delicious meal at a top Stellenbosch restaurant—many offer vineyard views.</li> </ul>
14:00 – 15:00 PM	Travel to Sunset Safari (Shuttle)	<ul style="list-style-type: none"> <li>• Your shuttle takes you to the safari location—either a game reserve or private wildlife experience.</li> </ul>
15:00 – 17:00 PM	Sunset Safari Experience	<ul style="list-style-type: none"> <li>• Go on a guided drive in an open vehicle.</li> <li>• Spot wildlife as they become active in the cool of late afternoon.</li> <li>• Enjoy observing African animals in their natural environment.</li> </ul>
17:00 – 18:00 PM	Travel to Supper	<ul style="list-style-type: none"> <li>• Shuttle to a nearby restaurant, depending on the safari's location.</li> </ul>
18:00 PM onwards	Supper	<ul style="list-style-type: none"> <li>• Enjoy dinner and share stories from your safari experience.</li> </ul>
After Supper	Travel back to Hotel (Shuttle)	<ul style="list-style-type: none"> <li>• Relax on the journey back to your hotel after a full day of adventure.</li> </ul>



# Day 5: Table Mountain, Beach, and Departure



Time	Activity	Details
08:00 – 09:00 AM	Light Breakfast at Hotel	<ul style="list-style-type: none"><li>• Start the day with a nourishing breakfast to fuel your final Cape Town adventures.</li></ul>
09:00 – 10:00 AM	Travel to Table Mountain (Shuttle)	<ul style="list-style-type: none"><li>• Anticipate the incredible views as you approach one of South Africa’s top landmarks.</li></ul>
10:00 – 11:00 AM	Ascend Table Mountain	<ul style="list-style-type: none"><li>• Ride the <b>revolving cable car</b>, offering 360-degree views during the ascent.</li></ul>
11:00 AM – 12:00 PM	Explore Table Mountain	<ul style="list-style-type: none"><li>• <b>Walk the Pathways:</b> Discover various viewpoints across the summit.</li><li>• <b>Look for Dassies:</b> Spot these small, furry rock hyraxes native to the mountain.</li><li>• <b>Take Photos:</b> Capture iconic panoramic views of Cape Town and the ocean.</li></ul>
12:00 – 13:00 PM	Travel to Beach (Shuttle)	<ul style="list-style-type: none"><li>• Shuttle to a beautiful Cape Town beach—likely <b>Camps Bay</b> or <b>Clifton</b>.</li></ul>

13:00 – 14:00 PM	Lunch at the Beach	<ul style="list-style-type: none"> <li>• Enjoy a relaxed meal at a beachfront café while taking in the sea breeze.</li> </ul>
14:00 – 16:00 PM	Relax at the Beach	<ul style="list-style-type: none"> <li>• Soak up the sun on white sands.</li> <li>• Stroll along the shoreline.</li> <li>• Optionally dip your toes in the (refreshingly cold) Atlantic waters.</li> </ul>
16:00 – 17:00 PM	Travel to Airport (Shuttle)	<ul style="list-style-type: none"> <li>• Allow enough time for the ride to Cape Town International Airport, factoring in traffic.</li> </ul>
17:00 PM onwards	Departure	<ul style="list-style-type: none"> <li>• Check in and prepare for your onward journey.</li> <li>• Reflect on the memories made during your Cape Town adventure.</li> </ul>

## Additional Information:

***Experience Name:*** Cape Town Gem Explorer (5 Days and 4 Nights)

**Price:** \$2,200 USD per person | €2,000 EUR per person | £1,800 GBP per person

***Includes:*** Accommodation, light breakfast, lunch, supper, and shuttle services.

***Excludes:*** Flights, travel documents, Visas, insurances, and private vehicle.

### **1. Safety is the key factor:**

Secure Cape Escapes prioritizes tourist safety in Cape Town by offering accommodation in secure neighbourhoods, providing vetted transportation (eliminating the need for public transport), sharing local safety knowledge, offering emergency support, and conducting safety briefings upon arrival. While Cape Town, like any major city, has areas of concern, Intro Cape focuses on minimizing risks for their guests. We advise all tourists to remain vigilant, be aware of their surroundings, avoid walking alone at night, secure valuables, and trust their instincts. Our commitment to safety aims to ensure a positive and secure experience for all our guests.

### **2. Comfortable Clothing & Footwear:**

The tour involves walking and outdoor activities. Wear comfortable shoes and weather-appropriate clothing to ensure you can move around easily and stay comfortable.

### **3. Stay Hydrated:**

Don't forget to bring a reusable water bottle. While some stops offer refreshments, it's always good to have water on hand, especially during the walking tour and outdoor visits.

### **4. Punctuality:**

Please ensure you are on time for each activity, especially for departure from the meeting point. This helps keep the tour schedule on track.

### **5. Respect Local Culture & Environment:**

Be courteous to locals and fellow tour participants. When visiting historical sites or natural areas, avoid touching exhibits and plants, and dispose of trash responsibly.

***\*Traffic to be considered when travelling to locations.***

***\*Accommodation is based on 3-star ratings.***

***\*Lunch and Supper will be based on mid-range restaurants.***

The End