

For all your travel requirements to Southern and East Africa



ITINERARY



In association with the Freshwater Research Unit, University of Cape Town

Detailed Itinerary SIL 2010 Conference Group

Option 1: Cape Town City, Table Mountain and Cape Point Walking Tour

Dates: 12 - 14 August 2010 and 21 - 23 August 2010

Your Consultant:
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Please note: Check in and check out times: Generally check in time at hotels, guest houses and camps are 14:00pm and check out time is 10:00am. Gates to the parks open at approximately 06:00am and close at approximately 18:00pm depending on the time of year. Please make sure that you arrive and depart in time.

Keep your doors locked and buckle up at all times. Drive safely and enjoy your holiday!

Cape Town Introduction

Cape Town is one of the most beautifully situated cities in the world. Cradled by Table Mountain, it has immense charm and historical interest whilst its unique cultural blend; part African, part European and part Asian, makes for a cosmopolitan dining experience. Take the cable car or walk up Table Mountain, visit the colourful Malay quarter or meander through the wonderful Kirstenbosch Botanical Gardens. Browse through the vibrant Greenmarket Square, take a boat trip to Robben Island or simply relax on the beach. When you want to range further, the Cape Peninsula offers one of the finest coastal drives in Africa to the Cape of Good Hope. Here you might see whales breaching just off the bay or quirky jackass penguins on Boulder's beach.



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Cape Town Description

Some of the most incredible views of any city in the world, backed by Table Mountain and spilling onto gorgeous sandy beaches, Cape Town is packed with stunning sights.

Located in South Africa's extreme southwest, this sprawling metropolis is arguably the coolest city in Africa. With gorgeous scenery, fantastic beaches, big wave surfing and an extremely colourful history it has something to satisfy any appetite. Urbanites and shopaholics will love the trendy Waterfront and City Bowl areas with their many cafes. Beach bums are guaranteed to find a little piece of paradise on one of Cape Town's many beaches: the coast around False Bay features warmer waters, while the beaches of the Atlantic coastline have more of a Mediterranean feel with cooler water. Camps Bay on the Atlantic Seaboard is full of fashionable shops, lively bars and restaurants, and the city's West Coast beaches offer incredible conditions for surfing, windsurfing and kite surfing.

For those in search of a cultural experience, trips to the harrowing former prison of Robben Island are highly recommended - see the famous buildings where political prisoners were held for hundreds of years, including Nelson Mandela. Nature lovers will also want to take in the Cape Peninsula on the scenic coastal drive to the Cape of Good Hope. Visit the colony of African penguins at Boulder's beach or spot whales off the coast from August to November. With so many irresistible attractions from windsurfing to whale watching, Cape Town offers so much more than your average city.

- Detailed Itinerary -

Cape Town City, Table Mountain and Cape Point Walking Tour

DAY 1 (UCT and Cape Town City Tour):

Take a step back in time and join us on an exploration of the “Mother City” - its views, its history and its people.

Limnological/scientific highlights:

- Presentation on the history of Cape Town’s water supply system and wastewater management in the City at the University of Cape Town (UCT)
- Receive a recently published book on the rivers and wetlands of Greater Cape Town
- Visits to sites of limnological interest in the City Centre (mostly relating to the history of water supply)

Itinerary:

This morning at approximately 10:00 you are collected from your hotel for your transfer to UCT where you will have a brief tour of the campus followed by a presentation about the history of Cape Town’s water supply and wastewater management, incl. a finger lunch. (Lunch included)

After lunch you depart on your private Cape Town city tour incl some sites of water/scientific interest. Tour includes all entrances. You are dropped off at your hotel at approx 17:00. Overnight at hotel (own arrangements).

Highlights:

- City orientation tour
- The Castle of Good Hope - our first fort
- Malay Quarter
- Flower market
- Green Market Square - our oldest market

DAY 2 (Table Mountain):

Limnological/scientific highlights:

- Possible visit to water supply reservoirs on top of Table Mountain
- Visit sampling site/s for UCT projects relating to water temperature and aquatic macroinvertebrates on the streams flowing off the eastern face of Table Mountain (above Kirstenbosch National Botanical Garden), with a scientific guide
- View the Fynbos plants in the Garden
- Visit the Kirstenbosch bookshop, which has a great selection of natural history books

Itinerary:

This morning at 09:00 you are collected from your hotel for your transfer to Table Mountain for a full day hiking of Table Mountain finishing at Kirstenbosch. The tour will start by taking the cable car up to the top of the mountain. Table Mountain tickets included. Picnic lunch included. After the tour, at 17:00, you are transferred from Kirstenbosch back to the hotel. Overnight at hotel (own arrangements).

DAY 3 (Cape Point):

Limnological/scientific highlights:

- Visit wetlands in Cape Point Nature Reserve, including seasonal seepage wetlands and Sirkelsvlei, with a scientific guide

Itinerary:

This morning you are collected at 08:00 from your hotel for your transfer to Cape Point for a full day hiking of Cape Point, incl the trail past Sirkelsvlei. Lunch at the Two Oceans Restaurant - own account. Entrance fees included. After the tour, at 16:00, you are transferred from Cape Point to your hotel. Overnight at hotel (own arrangements).

Cost:

R3 285.00 Nett per person (min 6 pax, including cost of guides)

Includes:

- Day 1: Transfers, entrances, finger lunch and UCT venue hire, UCT guide honorarium
- Day 2: Transfers, picnic lunch, Table Mtn tickets, full day hiking with guide, UCT guide honorarium
- Day 3: Transfers, full day hiking with guide, entrance fee, UCT guide honorarium

Excludes:

- All other transport
- Accommodation
- All other meals
- Drinks, including water
- All other entrance fees
- Tips
- All items of a personal nature

Important Notes:

- 1) **This tour is only recommended for people who are hiking fit.**
- 2) **Please note that it is the middle of the Cape Winter and likely to be cold and wet. Please bring appropriate gear.**
- 3) **If it is not possible to walk/hike due to the weather, alternative tour options will be offered or payment will be refunded.**

Please note that this is a quotation only and that no bookings have been made, subject to availability.

This tour is based on a min of 6 pax.

Please note that Wydah Tours can arrange any tailor-made itineraries for South Africa or Southern Africa

Enjoy your holiday and be safe!

- General Information -

TIPPING GUIDELINES:

Tipping is customary in Africa. All tipping is solely at client's discretion.

For driver / guides - \$ 4.00 to \$5.00 per person per day

For baggage handlers - If you wish to tip, we suggest \$ 1.00 per person per bag portered.

While on safari 5- 10 \$ per day for your guide

5-10 \$ per day for the lodge staff

CHARTER FLIGHTS

If you are also flying on private light aircraft charter flights, please note that luggage space on board these small aircraft is very limited. Your luggage allowance will only be 10 kg (26lbs) per person and must be in squashy bags, rather than hard suitcases.

CREDIT CARDS

All major credit cards are accepted in Southern Africa in hotels, restaurants and shops. However please note that petrol stations are 'full service' and do **not** accept credit cards so please ensure you carry enough cash for your petrol requirements.

ELECTRICITY

The power system is 220/230 volts AC. Adapters for electric shavers and hair dryers are obtainable locally in hardware stores. *Sometimes* lodges and hotels have adapters or appliances you can borrow. However, note that if you are taking part in any safari activity in a remote area especially outside South Africa, lodges do not always have electricity and generally use generator power by day for lighting and re Fridgeration. Please be aware that you will not find plug sockets in your room/tent at these lodges. The lodge may be able to recharge your camcorder at the main reception area so its worth asking. However we recommend that you take a manual shaver along just in case.

HEALTH AND MEDICAL SERVICES

- There are no compulsory vaccinations required for South Africa, Zimbabwe or Namibia if you are entering from Europe or the USA. However, you should consult your GP for recommended vaccinations. If you are going to Mpumalanga, Northern Natal, low-lying areas of Zimbabwe, Northern Namibia, Botswana, Malawi or Zambia, you should also take a course of anti-malaria tablets. Again, please consult your doctor.
- Tap water is purified and is safe to drink in almost all areas. In the very few places where it is not, you will be warned and bottled water will be available. In Summer and hot regions such as the Namibian desert, you must be careful to consume plenty of water at least 2 litres per day to avoid becoming dehydrated.
- Clients are responsible for their own medical expenses, so please ensure that you are suitably covered by travel medical insurance.



"We recommend Global Rescue for [medical evacuation insurance](#) to all of our travelers."

HOTEL CHECK-IN AND CHECK-OUT TIMES

The hotel check-in time is generally 2.00 pm in the afternoon. If you arrive early, you can usually leave your luggage at the hotel. We may be able to arrange an early check-in time if your room is available. Generally the Hotel check-out time is 11 am, but in some hotels you can stay longer if you request it. If you wish to use your room on a day basis until your evening flight, please let us know as soon as possible as this can often be arranged. The additional

charge is from 50-100% of the room tariff. Otherwise the hotel or lodge can keep your luggage in a safe deposit area.

LANGUAGES IN SOUTHERN AFRICA

There are eleven official languages in South Africa and one official language in Namibia and Zimbabwe (English). In South Africa the most common languages that you will hear are likely to be English, Zulu, Xhosa, and Afrikaans. In Namibia, you are most likely to hear English, Herero, Ovambo, Afrikaans and German. In Zimbabwe, English, Shona and Ndebele. In Botswana, English, Setswana.

PASSPORT

This should be valid for no less than 30 days / 1 month after the date of intended departure from the country you are visiting. The passport must have at least one unused page when presenting the passport for endorsements. This means that if you apply for a visa, you will need two blank pages: one for the visa to be stuck by the SA Consulate in your country and one for the temporary residence permit to be stuck by the immigrations officer at the port of entry. If you are exempt from the visa requirement, you will need one blank page for the temporary residence permit to be stuck by the immigrations officer at the port of entry.

THE FLIGHT AND ARRIVAL

At the Check-in desk, please have your passport and ticket ready. You are allowed to take one item of hand luggage on the plane with you. The maximum free luggage allowance in economy is 20 kg. Please be careful to keep within this limit as the airlines will charge for excess baggage, especially if the flight is full.

During the flight, you will be asked to fill out an Arrival Form (Temporary Residence Permit) for Customs. Please put Wydah Tours, PO Box 53418, Kenilworth 7745 as the Contact Address if staying in South Africa. If you are staying elsewhere in Southern Africa, put the address of your first hotel or accommodation.

At Immigration, you may be asked to show your return air ticket and you will be given a Temporary Residence Permit in your passport, which is valid for three months.

Note: If you are travelling through Swaziland from Mpumalanga to Northern Natal, you may need to obtain a multiple entry visa for South Africa.

TRAVEL DELAYS

While we go to great lengths to ensure that all your holiday arrangements run to schedule, occasionally you may experience travel delays due to a delayed flight or air strike.

In the event of a delayed or cancelled flight, it is the airline's responsibility to provide temporary accommodation and meals. If this happens to you, please:

- (i) Let our office know.
- (ii) Keep in touch with the airline. The airline will not normally contact us, so you should rely on your contact with them.
- (iii) If you decide to take an alternative scheduled flight, or any other such action, this relieves the airline of the responsibility for that journey and you will have to pay for whatever additional services you book.

VISA, PASSPORT AND HEALTH REQUIREMENTS

At the moment EC citizens do not need a Visa to visit Botswana, Malawi, Mauritius, Namibia, South Africa or Zimbabwe. Holders of other passports should check with the relevant Embassy/Consulate. You DO need a Visa to enter Zambia, Tanzania and Mozambique. However, Passport, Visa and Health requirements can change at any time. The information published in this document was correct at the time of preparation, however it is your OWN RESPONSIBILITY to check requirements with a professionally qualified source and then to comply with those requirements.

- INFORMATION SPECIFIC TO SOUTH AFRICA -

Banks: Banking hours are as follows: Mon to Fri: 0900 to 1530. In country areas, they may open earlier at 0800 and close for lunch (1245 to 1400). Saturday - 0900 to 1100 in the towns/cities.

Foreign currency may be exchanged at Rennies Travel and American Express offices.

Climate: The Cape has a Mediterranean climate with hot, dry summers and cool winters. Nevertheless, it often boasts of seeing 'Four Seasons in one day', so is not always predictable. The eastern regions have quite humid, hot summers, especially in the sub-tropical areas of Natal and the Eastern Transvaal, whilst winters are sunny and dry. Johannesburg and the Highveld can have cold winter nights due to their altitude. Thus there is good holiday weather in South Africa at any time of year in one region or another.

Cuisine: South African food exemplifies its rich cultural diversity. In the Cape, the mix of Malay and Dutch influences has led to a distinctive, aromatic cuisine with Bobotie and Bredie dishes. In Durban the large Indian community has led to its pre-eminence for curries. In Game Reserves you will encounter locally hunted venison dishes such as gemsbok and impala. However, more conventional alternatives are always available.

Currency: The Rand is made up from 100 cents. A mix of cash and travellers cheques is the most useful form of currency to bring. Credit cards with a 'Cirrus' logo may be used to withdraw cash at Standard Bank ATM machines.

Customs: The following allowances apply when entering South Africa.

1 Litre spirits, 2 Litres wine, 50 ml perfume, 250 ml eau de toilette, 400 cigarettes, 50 cigars, 250g tobacco, Other gifts for SA residents up to R500 in value not including golf clubs, firearms, ammunition, watches or furs.

Progress: Despite the many strides that have been made since the democratic elections, there is still a vast disparity in wealth and lifestyle between whites and blacks. Most towns in the Western Cape have a squatter camp or an informal settlement nearby, because people have flocked to the area after the dismantlement of the Pass laws. The task of building affordable new homes is pretty huge, so the government has been concentrating on improving the settlements with sewerage and electricity. Nevertheless, there is still a fair way to go. The hard currency that Western visitors bring into the country will nevertheless be vital in creating new jobs and therefore helping to erode the differences between rich and poor. Culturally, there is also a considerable difference between the various provinces. The Western Cape is not dissimilar in ambience and culture from Europe. Mpumalanga, Northern Province and KwaZulu Natal are more typically 'African' in feel, and the Northern Cape is like a cross between the Western Cape and neighbouring Namibia.

Time: South Africa is 2 hours ahead of GMT

What to Wear: This depends on the time of year that you will be traveling. During the winter months (May to September), it can be chilly in the mornings and evenings, so it is a good idea to have long trousers and a warm sweater. Summer temperatures can be very hot, so loose clothes in breathable fibres are most comfortable. Simple separates, which can be layered to add warmth if necessary, are ideal. Neutral coloured clothing is preferable on safari (see Game Viewing). Clothing is generally casual, especially at holiday resorts and in the game reserves. However, in some of the more exclusive hotels, men are required to wear jacket and tie for dinner. Black tie for Dinner is recommended for a journey on Rovos Rail, but not strictly enforced.

VAT:

Overseas visitors can claim refunds of VAT (14%) paid on goods that they take out of South Africa. Information leaflets on the procedure to follow to claim VAT refunds are available at airports and a leaflet is included in your information folder.