

For all your travel requirements to Southern and East Africa



ITINERARY



Tel: +27 21 713 0834 Fax: +27 21 713 0836
PO Box 53418, Kenilworth, 7745 South Africa
www.wydahtours.com



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

Detailed Itinerary SIL 2010 Conference Group

Option 2: Langebaan-Cedarberg-Franschhoek Trip

Dates: 11 - 14 August 2010 and 21 - 24 August 2010

Your Consultant:
Lize Enderstein

Tel: +27 27 482 2164
Emergency Cell: + 27 084 549 3196

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!

- Detailed Itinerary -

Langebaan-Cederberg-Franschoek Trip

DAY 1 (West Coast):

West Coast

The West Coast is a distinctive and unusual region with its own attractions, people and lifestyle. In contrast to the cosmopolitan city of Cape Town, the West Coast offers unique sandveld vegetation, picturesque fishing villages, long sandy beaches, immense bird colonies and its unique brand of hospitality easily seen in the open-air seafood restaurants, which typify the region. Thanks to the Benguela current, fish are in abundance along this coast. Rich nutrients attract vast shoals of fish, which in turn supports a superb birdlife. Indeed the West Coast has some of the best birding in South Africa, especially migratory birds - the West Coast National Park has some important wetlands, which harbour some 25 million water birds including plovers, herons, ibis and black oystercatchers. Antelope species can also be seen including eland, kudu and zebra can also be seen. The turquoise waters of Langebaan lagoon are ideal for swimming being considerably warmer than the Atlantic Ocean. The lagoon also offers ideal conditions for water sports such as windsailing and yachting and visitors can hire windsurfers locally. In Springtime, flower-lovers will delight in the Postberg Nature Reserve, which has superb carpets of wild flowers such as yellow gousblomme (gazanias) and botterblomme (rain daisies).

Limnological/scientific highlights:

- Visit seasonal wetlands in the Darling area that were sampling sites for a project aiming to develop biotic indices for the assessment of wetlands in the Western Cape, with a scientific guide
- View wetlands (and spring flowers) in the Postberg Nature Reserve
- Visit Langebaan Lagoon and view bird-life, with a bird-watching guide and a scientific guide to talk about limnological aspects relating to the lagoon

Itinerary:

- Get picked up at CTICC or CT International Airport
- Drive to Darling
- Guided tour of wetlands in and around Darling (**UCT guide**)
- Stop to each packed lunch in the West Coast National Park (**lunch included**)
- Drive through Postberg Flower Reserve after lunch
- Guided bird-watching at Langebaan Lagoon (**bird guide**)
- Go to Strandloper or Boesmanland restaurant for sunset seafood dinner (**dinner, own account**)
 - Drive to Velddrif, overnight at Laaiplek Hotel (<http://www.eigevs.com/laaiplek.htm>) (Time Permitting)

Laaiplek Hotel

This Hotel is situated in the harbour area on the banks of the Berg River and offers a view best described as tranquil, yet fascinating with an abundance of bird-life and fishing trawlers coming and going in full view. Entertainment is offered in the games room. For the health-conscious guest there is a fully equipped gym and beauty salon on the premises. The Eigebraai, an à la carte Restaurant specializes in seafood.

Basis: Breakfast

DAY 2 (Cederberg):

Cederberg

Travel north and over the Piekenierskloof pass and you descend into a different world. You are only two hours drive from Cape Town and yet the country has changed; wilder, warmer with a raw, dramatic beauty. Towering mountains, brilliant purple in the late afternoon light, preside over a fruit-filled valley laden with the scent of orange blossom in the spring. Journey to the mission village of Wupperthal deep in the Cederberg, walk in the mountains and explore the ancient San rock art. Or simply relax: swim in the natural waterfall rockpools and enjoy the exhilarating peace of this unspoilt paradise. In the Biedouw valley and towards the coast, the wild spring flowers are a spectacular sight in August and early September. Close by are the white sandy beaches of the West Coast, with its relaxed hospitality typified by the outdoor seafood restaurants on the beach.

Limnological/scientific highlights:

- Visit the Berg River Estuary / Floodplain and view bird-life, with a bird-watching guide and a scientific guide to talk about limnological aspects relating to the estuary/floodplain
- Visit Clanwilliam Dam and learn about the freshwater fish in the dam and in the Olifants-Doring River system, with input from a freshwater fish specialist
- Visit sampling sites on rivers in the Cederberg area that have been used to study the impact of alien fish on the indigenous freshwater fish of the region, with a freshwater fish specialist

Itinerary:

- Early morning guided bird-watching at Berg River estuary/floodplain (**bird guide**)
- Breakfast included
- Drive to Clanwilliam Dam
- Talk about the Clanwilliam Dam and the freshwater fish of the Olifants-Doring River system (**fish guide**)
- Lunch (**own account**)
- Guided tour of interesting rivers/study sites in the Cederberg (Rondegat River, etc) (**fish guide**)
- Drive from Clanwilliam to Mount Ceder www.mountceder.co.za for dinner and overnight (**dinner, own account**)

(Time Permitting)

Mount Ceder Lodge

Mount Ceder Lodge is a delightful lodge high in the Cederberg, which offers both fully catered and self-catering accommodation. Mount Ceder is ideally situated for mountain hiking, fishing, swimming and visiting ancient rock paintings. The classic walks of Wolfberg Cracks and the Maltese Cross are 40 minutes drive away. The nine cottages range in size from charming one bedroom cottages to spacious four bedroom houses, all with Oregon pine furnishings. They are immaculately kept with obvious pride and attention to detail.

Basis: Breakfast



DAY 3 (Cederberg to Franschoek):

The Winelands Region

Less than an hour's drive from Cape Town, rugged mountains overlook lush, green vineyards and leafy avenues in this Mediterranean-feeling region. Charming Cape Dutch towns and villages are surrounded by elegant wine estates in the laid-back Cape Winelands. One of South Africa's most serene and peaceful regions, the Winelands region is a fantastic destination for a superb getaway with some excellent wine tasting.

Franschhoek

The origins of this charming and beautifully situated village date back to 1688 when some of the French Huguenots fleeing religious persecution settled in the valley, then known as Elephants Corner. As the settlers increased the elephants ceased their annual migration to the valley, which later became known as French Corner or 'Franschhoek' in Afrikaans. The French influence is much in evidence today in the ancient wine estates with their French names and in the excellent food to be sampled at the many restaurants in or near the village.

There are a number of interesting shops, art galleries, antique dealers and craft shops in Franschhoek, and it is an especially good place to stock up on 'foodie' delights for later picnics or to take home. You may like to visit the Huguenot Memorial Museum at the top of the main street, which serves as a research, information and education centre on the Huguenots. It is a small place and can be visited for an afternoon or treated as a peaceful base for exploring the rest of the region.

Set against the backdrop of the Franschhoek and Drakenstein mountains, the surrounding valley holds a large number of vineyards, providing the opportunity for some excellent wine tasting.

Limnological/scientific highlights:

- Visit the Witte River along Bain's Kloof Pass, with a freshwater fish specialist, to learn about an interesting study on the river that is looking at the effects of alien fish on the interaction between algae, aquatic invertebrates and fish
- View Berg River and some its tributaries on the drive towards Franschoek

Itinerary:

- Short early morning hike (from Mount Ceder Lodge) before breakfast
- Breakfast included
- Drive to Franschoek, via Ceres and Bains Kloof (stop at Witte River), stopping for lunch somewhere along the way (**picnic lunch included**)
- Late afternoon wine tasting in Franschhoek (**wine tasting included**)
- Dinner (**own account**) and overnight stay at La Fontaine, Franschhoek - www.lafontainefranschhoek.co.za

(Time Permitting)

La Fontaine Guest House

La Fontaine Guest House is centrally situated in this historic village, within safe walking distance of shops, galleries and restaurants. We are able to assist with bookings for wine tastings, horse riding, trout fishing and golf. We offer five spacious double rooms with en-suite bathrooms; three pool suites, set in peaceful garden surroundings; award winning breakfasts, served in a charming courtyard or in the dining room; beautiful mountain views and off-street parking.

Basis: Breakfast



DAY 4 (Berg River Dam):

Limnological/scientific highlights:

- Visit the Berg River Dam, for a presentation on the dam and the Environmental Water Requirements (EWR) study for the Berg River, with a guided tour of the dam and its EWR release structures
- Visit sampling sites along the Upper Berg River that have been used to monitor the potential impacts of the dam on the ecology of the river, with a scientific guide

Itinerary:

- Breakfast included
- Berg River Dam tour
- Visit upper Berg River monitoring sites, with a scientific guide
- Drive back to CTICC or CT International Airport

(Time Permitting)

Cost:

R 8, 050.00 Nett per person (min 6 pax, including cost of guides)

Includes:

- Day 1: Transport, Driver/Guide, Entrances, Lunch, Accommodation, UCT Guide honorarium, Bird guide fee
- Day 2: Transport, Driver/Guide, Breakfast, Entrances, Accommodation, Fish guide honorarium, UCT Guide honorarium
- Day 3: Transport, Driver/Guide, Breakfast, Entrances, Picnic lunch, Accommodation, Fish guide honorarium, UCT Guide honorarium
- Day 4: Transport, Driver/Guide, Breakfast, Entrances, UCT Guides honoraria

Excludes:

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

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.



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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.