

# etr tours

## ISGDH Cultural Trip to South Africa 09 to 15 February 2012

Depart early morning 09 Feb at 05:25

### Day 1 Thursday 09 Feb

We arrive at Cape Town International Airport at **17:40**, and after clearing customs and collecting our bags we are met by the ETR Tour Director, who will be with us throughout the tour. We depart for our hotel, where we can check-in, freshen up and relax before setting off for dinner. This evening, we go to the lively Victoria & Albert Waterfront for dinner.



### Day 2 Friday 10 Feb



Following breakfast, we go to the waterfront to take the boat out to **Robben Island**, best known for having been the isolated prison of former South African President Nelson Mandela. We'll have a **guided tour** of the historic site, by one of the former inmates, before returning to the waterfront for lunch. The remainder of the afternoon will be spent investigating the life underwater with our visit to



the **Two Oceans Aquarium** with its more than 300 species of marine life. We'll try and arrive just in time for the 'shark feeding'. In the late afternoon, we have some free time for shopping and lounging by the hotel pool. Dinner tonight in a local restaurant.

### Day 3 Saturday 11 Feb

This morning after breakfast, we board our private coach and go for the entire day on an excursion to the **Cape Peninsula**. Our tour starts with a scenic drive along the Atlantic beaches of **Clifton and Camps Bay**. We have good views along the way, of both the ocean and the **Twelve Apostles** high above us. We arrive first in **Hout Bay**,



where we take a **cruise out to 'Seal Island'**, for a close up view of the sea lions there. We have lunch in Hout Bay and some time on the beach. After leaving Hout Bay, we continue along the spectacular **Chapmans Peak**

**Drive**, towards the **Cape Point Nature Reserve**. Once in the park, we go on a scenic hike to discover the local flora and fauna. We can also walk out to the lighthouse on the point. We'll have plenty of time for photos before we regroup at the coach. As we leave the park, we stop



just outside the gate at the **Cape Point Ostrich Farm**. We can have a short guided tour here and learn all about these fascinating creatures, from egg to feather duster. We then return to Cape



Town stopping along the way at **Boulders Beach in Simon's Town**, for a look at the **penguins** who have set up their colony there. Dinner tonight in a local restaurant.

#### Day 4 Sunday 12 Feb

Today following breakfast we take a 45 minute journey north of Cape Town, and a major step back in time. We'll visit 'Kwa ttu', the **San Education and Culture Centre**, near Darling. The San themselves will take us on a journey into their history, traditional knowledge, skills, languages, customs and current affairs. This is a unique experience and introduction into the world of the descendants of the first indigenous people of southern Africa. We'll have lunch there and then in the mid-afternoon begin our ride back to Cape Town. When we near the **Blaauwberg Rise**, we'll make our way to the Atlantic and take a break on one of the fine white sand beaches, where we can watch the surfers, and get some exercise playing volleyball and soccer. We can have a **seafood dinner** in one of the **small fishermen's cottages** as we watch the sunset. After dinner, we return to Cape Town and our hotel.



Following breakfast, we go to the **cable car station**, where we take the revolving ride up **Table Mountain** to the top station at 1067 meters, (weather permitting). Those who wish, have time for a short **hike** along the top of the mountain before we take the cable car back down. If the weather is nice, we can have a picnic lunch at the top. After lunch, we go to a local community center, where we will participate in a '**drumming session**'. This is a 'hands on' experience where we learn how to play the African drums, and is a great way to say goodbye to South Africa with a burst of energy. We can also learn a few African dances. We return to the hotel before our **farewell dinner** at the **Africa Cafe**.

#### Day 5 Monday 13 Feb

Following breakfast, we go to the **cable car station**, where we take the revolving ride up **Table Mountain** to the top station at 1067 meters, (weather permitting). Those who wish, have time for a short **hike** along the top of the mountain before we take the cable car back down. If the weather is nice, we can have a picnic lunch at the top. After lunch, we go to a local community center, where we will participate in a '**drumming session**'. This is a 'hands on' experience where we learn how to play the African drums, and is a great way to say goodbye to South Africa with a burst of energy. We can also learn a few African dances. We return to the hotel before our **farewell dinner** at the **Africa Cafe**.



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#### Day 6 Tuesday 14 Feb

On our final day in Cape Town, after we have breakfast we set off for some last minute shopping time. We return to the hotel to pack up our souvenirs and then load the coach as we depart for the **Kirstenbosch National Botanical Gardens**, which have become a celebration of South African flora - showcasing only indigenous plants, most of which are also unique to South Africa. We first have lunch at the Tea House in the gardens. Following lunch we have a **tour of the gardens with a botanist guide (14:30)**, as we learn about Fynbos, proteas, cycads as well as a great variety of birds which inhabit the gardens. From there, we transfer to the Cape Town International Airport for our flight back home, departing at **18:55**. We arrive home at \_\_\_\_\_.



Alternative day—can be substituted for one of the above days if you wish.....

This morning after breakfast we take an excursion to the area around **Paarl** and **Stellenbosch**. We first pay a short visit to the **Le Bonheur Crocodile Farm**. Then we move on to the **Cheetah Centre** in Stellenbosch, and also visit the historical Speer Farm. There we



can learn about wildlife conservation and have a chance to interact with these special animals. We then go to see the **Eagle Encounter**, which is a bird of prey rehabilitation, education, conservation and eco-tourism centre. Next we go to **Stellenbosch** for lunch.

Stellenbosch was founded in 1679, and is the second oldest town in South Africa. We'll take a **walking tour of the town** and see the **Village Museum** and the historical center, as we learn about the early settling of the Cape Peninsula. We then have some free time to relax and at the end of the afternoon we return to Cape Town and our hotel for some down time and a chance to freshen up before dinner. Dinner tonight at the waterfront.

