Cycling camp

in Cape Town

March, 2027

By TanyaTwelve

Arrival Day

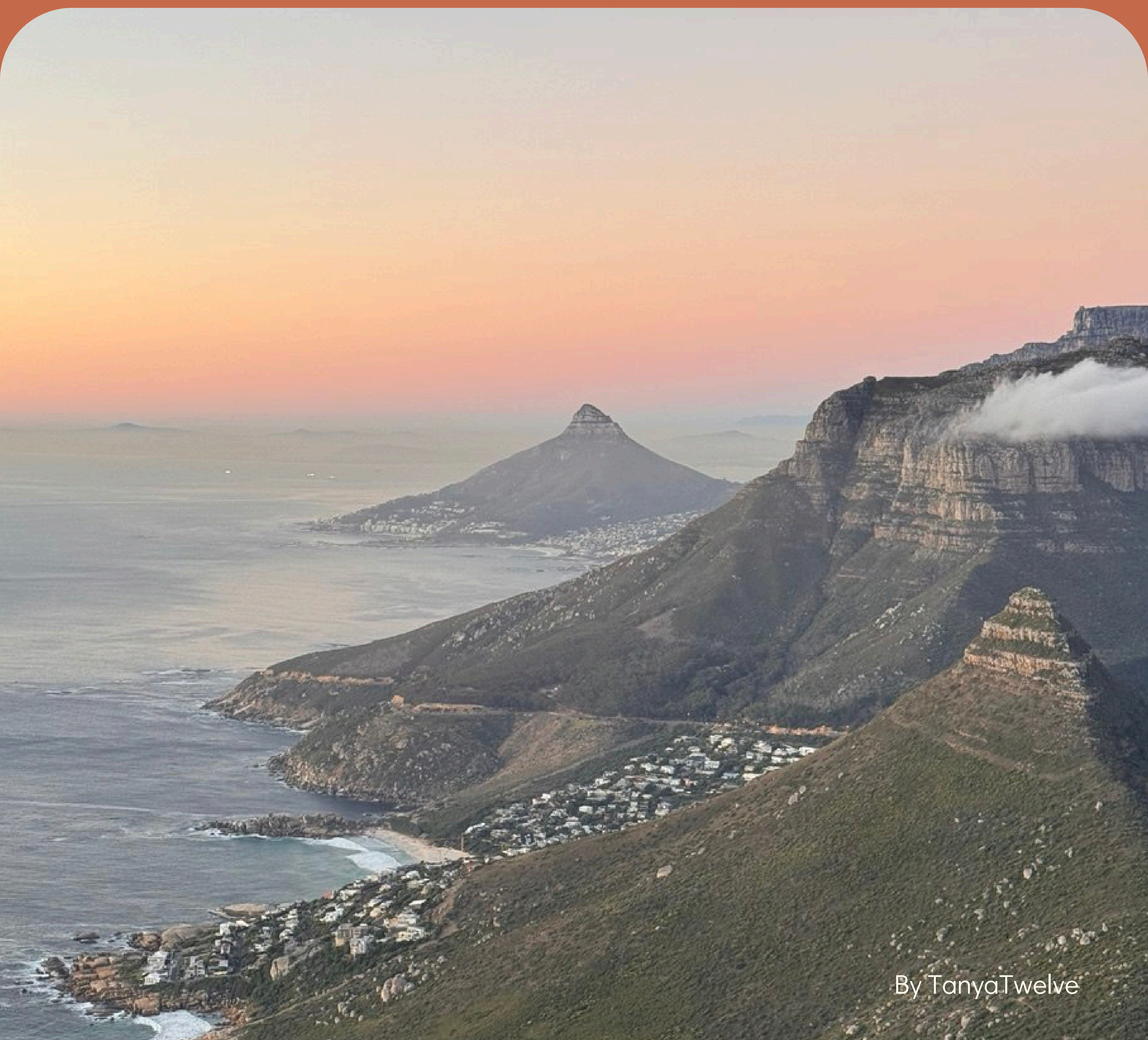
Welcome to Cape Town

Morning / Afternoon

- Arrival and airport meet-and-greet (optional)
- Transfer to your accommodation and check-in

Evening

- Dinner at a restaurant with live jazz or scenic views
- Time to get to know one another
- Welcome briefing and welcome kit



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Day 1

Ride, Explore & Sunset at Lion's head

Morning

- Easy warm-up bike ride to the foot of Table Mountain and back
- Breakfast at Mantra Café in Camps Bay + optional swim in the tidal pool

Day

- Walking tour of the city: Bo-Kaap, Company's Garden and other iconic spots
- Lunch and free time

Evening

- Sunset hike up Lion's Head
- Dinner at Nikkei

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Day 2

Yoga, Ride & Cinema under the Stars

Morning

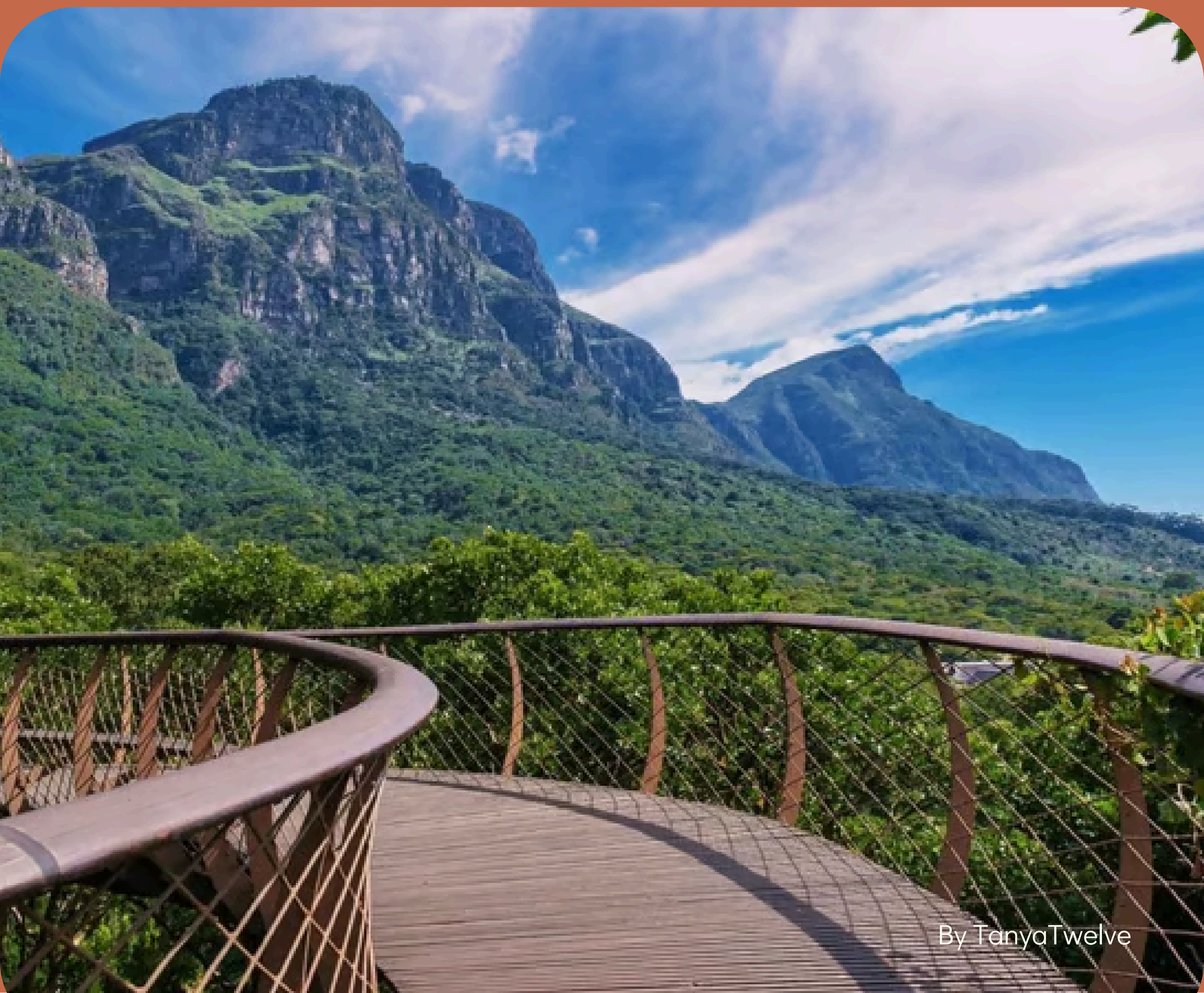
- Beach yoga by the ocean + breakfast

Day

- Cycle to the lighthouse in Kommetjie and back
- Optional swim in a tidal pool

Evening

- Picnic at Kirstenbosch Botanical Garden
- Open-air cinema at Kirstenbosch



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Day 3
Cape of Good Hope ride

Morning

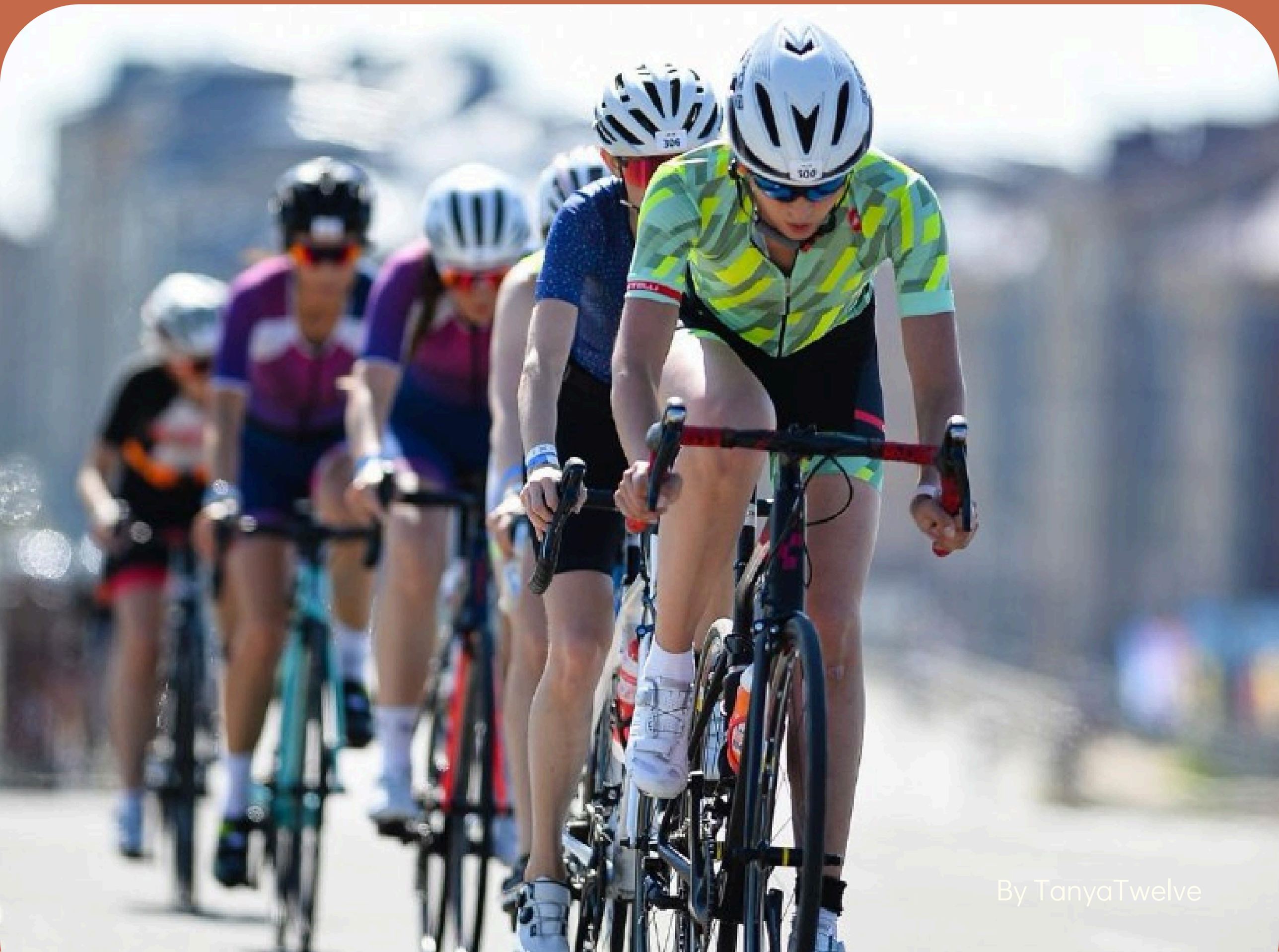
- Hearty breakfast, then an early ride towards the Cape via Chapman's Peak
- Coffee and snack stop in Scarborough

Day

- Visit to an ostrich farm
- Walk at the Cape of Good Hope, including a descent to Dias Beach
- Lunch

Evening

- Return via Simon's Town and Glencairn
- Dinner at a Greek restaurant



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Day 4

Sauna, Penguins & Sunset by the Sea

Morning

- Sauna by the ocean and a plunge pool
- Breakfast at Oranjezicht Farm Market

Day

- Guided visit to see the penguins at Boulders beach

Evening

- Brunch and wine tasting at Glen winery
- Sunset at Llandudno Beach

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Day 5

Ride, Surf & Picnic on the Rock

Morning

- Bike ride to Muizenberg and back
- Light breakfast

Day

- Catch some waves in Muizenberg
- Lunch in Kalk Bay

Evening

- Picnic at The Rock



Day 6

Kayaking, Table Mountain & Braai

Morning

- Kayaking with dolphins and seals
- Coffee with ocean views in Hout Bay

Day

- Hike up Table Mountain
- Lunch and downtime at either Clifton or Glen Beach

Evening

- A proper African braai at Oudekraal + sunset DJ set

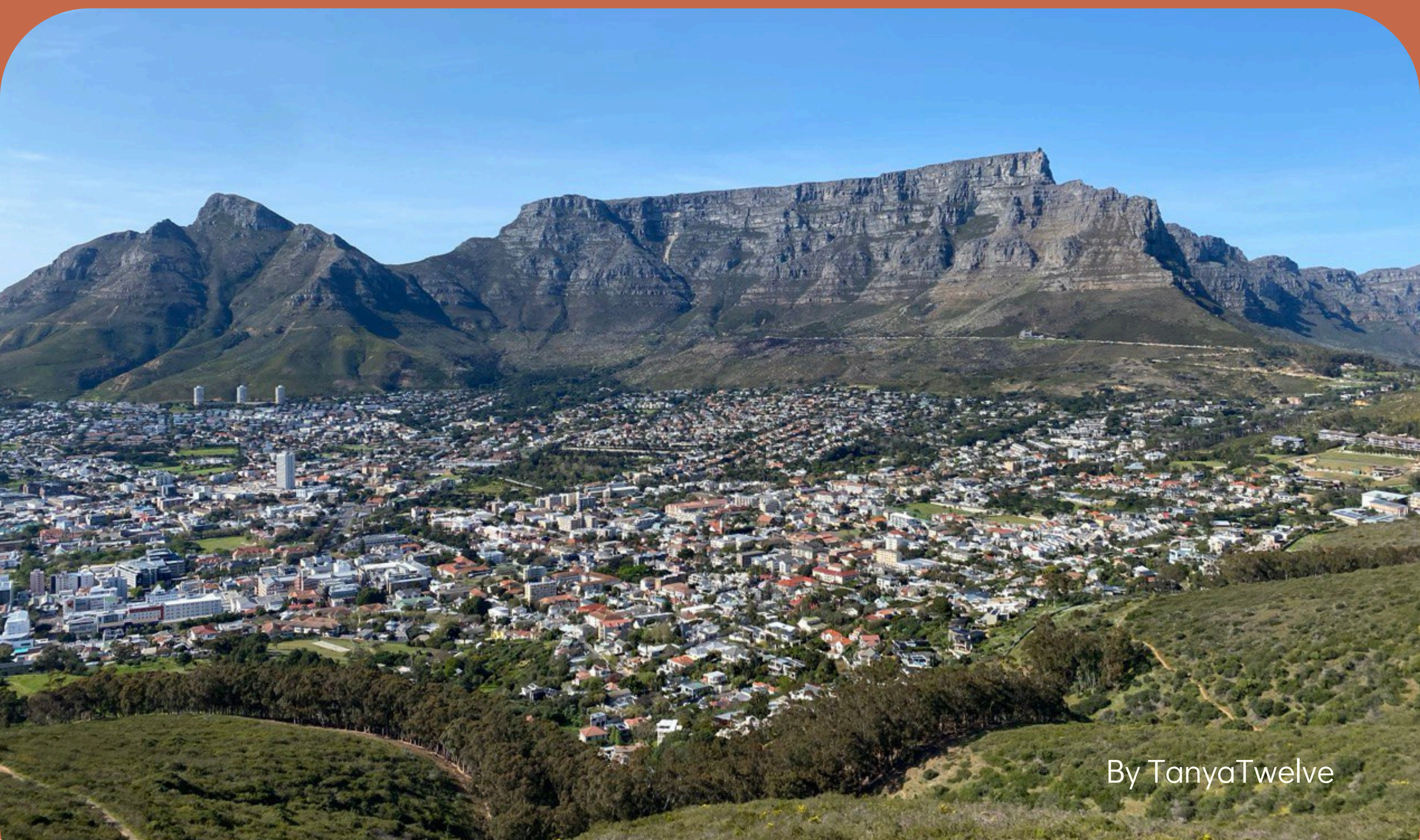


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Day 7
Free day: choose your own vibe

Choose from a range of optional activities:

- SUP at the beach or SUP yoga on the Waterfront canals
- An evening hike (Wednesday evenings) or a visit to Mojo Market (open every evening)
- A run along the Sea Point Promenade
- A jeep safari at Aquila Private Game Reserve, with the option to stay overnight
- A visit to Cornellskop Animal Encounters, a sanctuary for rescued animals in South Africa. Meet cheetahs, zebras, lions, hyenas, ostriches and more
- A wine safari by wine tram or tractor
- A ride in a vintage Cobra car
- Horse riding on Noordhoek Beach
- Afternoon tea or a spa visit at the Mount Nelson Hotel
- Try surfing in Muizenberg, with or without a lesson
- Snorkelling in the famous kelp forest
- Paragliding from Signal Hill
- A boat trip to an island to see the seals
- A helicopter tour over Cape Town



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Departure Day
Until next time!

- Check-out and transfer to the airport
- Flight home



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Accommodation Options

Prices are in USD, converted using Google's exchange rate for November 2026.

The Bay Hotel

A beachfront hotel in Camps Bay, directly opposite the beach and close to the restaurants along the promenade. Facilities include four swimming pools, a gym and a spa. A buffet breakfast is served at Tides restaurant.

Bespoke rates for our guests:

- Mountain View Room – USD 490 per night for two guests, including breakfast
- Sea and Pool Room – USD 690 per night for two guests, including breakfast
- Sea View Room – USD 750 per night for two guests, including breakfast

Hotel website link

Diamond House Guesthouse

A small guesthouse in Cape Town with a swimming pool and breakfast included. It offers flexible sleeping arrangements: in some rooms, beds can be configured as either one large bed or two separate beds.

- Junior Suite with Garden View – USD 202 per night, including breakfast
- Premier Suite with Garden View – USD 202 per night, including breakfast
- Executive Suite with Garden View – USD 230 per night, including breakfast

Hotel website link

Finchley House

A small guesthouse in Camps Bay, approximately a 15-minute walk from the tennis courts and the beach. It has six en-suite rooms, some with ocean views. There is a swimming pool, and breakfast is available to guests. A good option for a small group, with each of the six rooms accommodating two adults.

- Comfort Queen Room with Mountain View – USD 202 per night, including breakfast
- Deluxe King Room with Sea View – USD 242 per night, including breakfast
- Luxury King Room with Panoramic Sea View – USD 260 per night, including breakfast

Hotel website link

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Accommodation Options

Prices are in USD, converted using Google's exchange rate for November 2026.

Primi Seacastle Boutique Hotel

A small boutique hotel in Camps Bay, just steps from the beach and nine minutes from the Camps Bay tennis courts. It is close to the restaurants along the promenade and has a swimming pool and rooms overlooking the Atlantic Ocean. Direct bookings include breakfast and access to the sauna and cold plunge pool. An intimate setting for unwinding after training.

- Standard Room – USD 300 per night for two guests, including breakfast
- Standard with Sea View – USD 315 per night
- Classic Suite – USD 365 per night

Hotel website link

Cape Town villas

The website features several villas suitable for larger groups. If you're travelling together, booking a villa for the whole group is an ideal option. Browse the available properties on the website.

Website link

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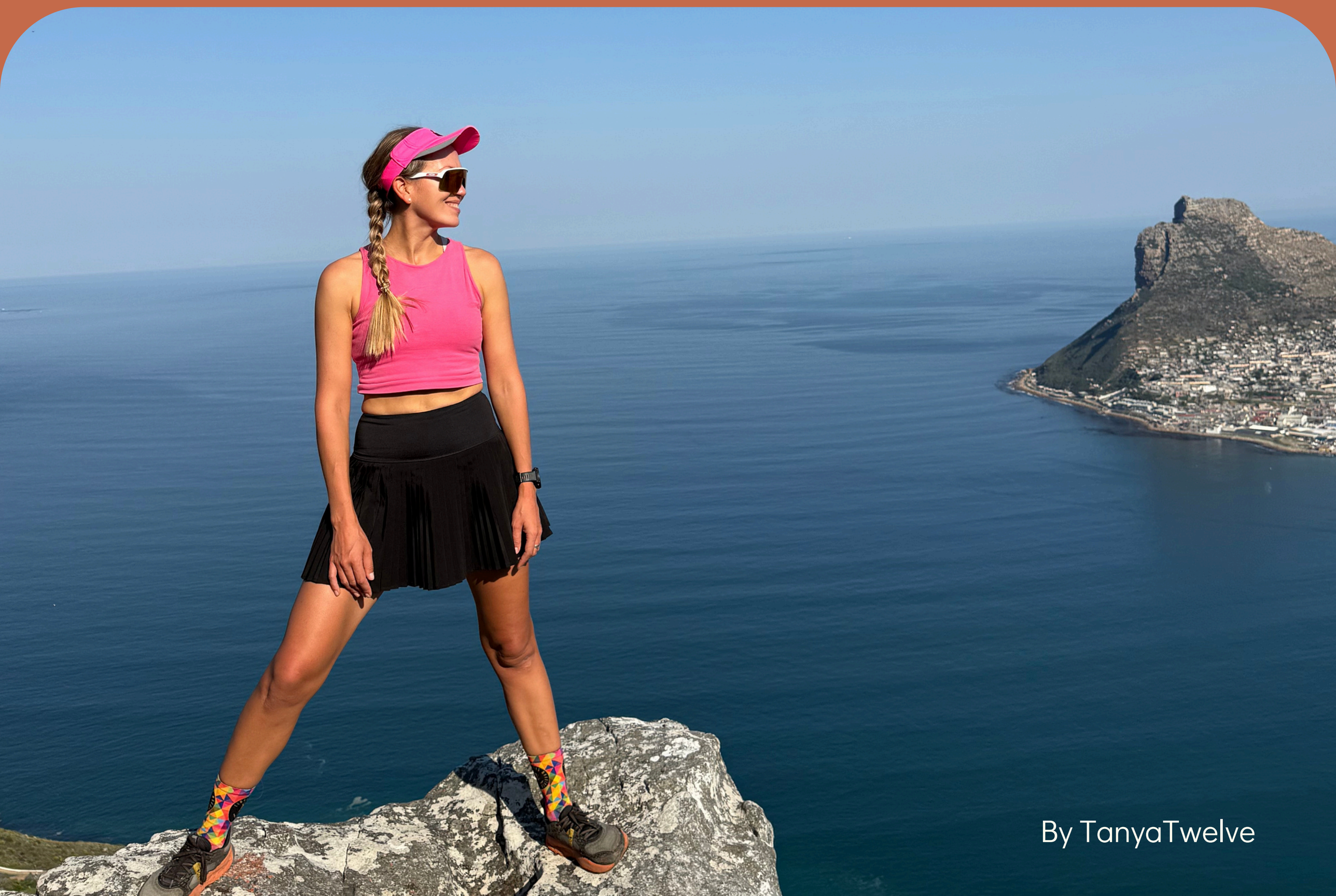
Price: USD 4,000 pp

What's included

- Development of this programme, selection of accommodation options and logistics
- Transfers
- Booking of all activities
- All activities in the programme at the base rate
- National park entry tickets
- Picnics and braais
- Guidance and navigation on bike rides
- Support during the camp: liaising with the group and suppliers, recommendations, handling day-to-day matters and support in a WhatsApp group
- Guiding on excursions

What's not included

- Flights
- Travel insurance
- Accommodation
- Optional activities on the free day: paid separately (price on request)



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