Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Cape Gourmet Trail

SOUTH AFRICA

This **gourmet riding holiday** will invite you to explore all your five senses! Enjoy fantastic dining experiences at different venues in the **Cape Winelands, South Africa**. You will experience delicious local produce, paired with wine tasting sessions on certain days to showcase the different wines produced in the numerous estates you will be visiting on horseback. The riding is mostly relaxed with some opportunities to **canter along the vineyards and orchards.** A trip to South Africa wouldn't be complete without a sightseeing trip in Cape Town which will also be possible during your stay.

Trail Riding	**7 days/5 days riding -**	**From £0**	







ITINERARY

Highlights

- Enjoy great food and wine-tasting sessions that showcase local produce
- Explore the Cape Winelands area of South Africa
- A tour of Cape Town is included in this holiday

Day 1 — 1: Home – Cape Town

Overnight flight to Cape Town (flights are not included but can be booked upon request).

Day 2 — 2: Introductory Ride - Approx. 2h riding

Arrival in Cape town and transfer to the farm (not included - please check "dates & prices").

You will be heading out on your first ride at around 3:00 pm. For the next couple of hours you will be riding across wine farms and orchards while getting a good overview of what the next days will look like.

After the ride, drinks will be served in the yard before heading back to your accommodation. Over dinner your hosts will share some more information about the days to follow.

Day 3 — 3: Boschendal Vineyards - Approx. 5h riding

After breakfast you will be taken to Boschendal, a nearby farm where the horses will be waiting for you. Today's ride will take you through the world's

famous Boschendal vineyards towards Plaisir de Merle, a quaint wine estate where you will stop for a wine tasting experience and lunch. In the afternoon, the trail leads you to Kunnenburgh farm, a location with breathtaking views over the Franschhoek and Paarl Valleys.

As you continue your ride across vineyards you will reach the horse's stables for the night. Over tonight's dinner you will have a traditional Cape fish "braai", freshly caught from the nearby coast, or a tasty barbecue.

Day 4 — 4: Simonsberg Mountains - Approx. 5h riding

Today's ride will take you to the Simonsberg mountainside with sweeping views of the Franschhoek and Paarl valleys behind you.
After a full morning riding through picturesque landscapes, you will arrive at your lunch location. This meal will showcase local produce and includes a wine tasting experience.

In the afternoon, you will visit some different wine farms. Enjoy sundowners before heading back to your accommodation for the night. For the next two evenings you will be staying in a traditional Cape manor house located in one of the oldest wine farms in the Paarl region. Before heading to your quarters, enjoy a traditional meat or venison dinner prepared by the chef.

Day 5 — 5: Cape Town - Non-riding day

Today is a non-riding day where you will have the opportunity to explore Cape Town. The tour will stop at the world-famous Table Mountain where you can choose to go up the mountain in a cable car for spectacular views over the city.

Afterwards, you will head to the renowned Camps Bay and Atlantic Ocean beaches. Choose the café that suits you best and enjoy lunch with a view (lunch not included today). You will have time to wander along the promenade and shops before heading to the famous V&A Waterfront. Take some time to explore the area and enjoy the view with the Table Mountain in the backdrop. Dinner is at your discretion, feel free to chat to your guide and ask for suggestions. After your meal, rejoin the group and head back to the accommodation.

Single travellers and groups alike will never feel they are left to their own devices as there is always a guide with the group ready to assist.

Note: lunch and dinner are not included in today's package.

Day 6 — 6: Mont Dustin & Natte Vallij - Approx. 5h riding

Today you will get back on the saddle and enjoy more sweeping views, forest trails, and wine-estates. Mid-morning, you will stop at Anura, and enjoy a wine or beer tasting before heading to your lunch venue – Marianne Estate. This is a prime location in a beautiful secluded valley, laid out next to a lovely pond surrounded by poplar trees.

In the afternoon, you will ride through multiple wine farms including Mont Dustin, and Natte Vallij.
Late afternoon, after leaving the horses at their overnight location, you will be taken to your accommodation at Mitre's Edge.

Day 7 — 7: Cape Town - Home

After breakfast, transfer to the airport to catch your flight home (not included check "dates & prices").

If there is time, you can enjoy a spa treatment before leaving (not included).

DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

Price details

No departure for this destination. Please contact our travel advisers for more information.
- Flights and transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two riders sharing a twin or double room.

- Groups are composed of a minimum of 4 international riders and a maximum of 8 riders, plus guides.

- Airport transfers are an additional £140/$185/€155 per car (1-3 passengers) return and can be scheduled to suit you. Larger vehicles are possible depending on group size and the cost will be split between all in the group.

- On this ride the space is limited so single rooms cannot be guaranteed. If there's the possibility to provide the single room, an extra £1195/$1350/€1370 will be charged.

- Please note that these prices are based on the South African Rand rate which is very volatile at the moment so we will confirm the price to you upon booking.

- Rider weight limit: 90kg / 14st 2lbs / 198lbs.
Please Note
The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English-speaking horse guide

LOGISTICS

1 vehicle and driver

ACCOMMODATION

Double room - guesthouse

MEALS

Full board from dinner on day 2 to breakfast on day 9 (excluding day 5)

Price doesn't include

MEALS

Premium beverages and personal extras
Lunch and dinner on day 5

TRANSPORT

Airport transfers
International flights

EXTRAS

Tips to the local team
Entry fees or Table Mountain cableway tickets

INSURANCE

Visas
Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single room supplement

EQUESTRIAN INFO

Horses

The well-loved horses are a mixture of breeds, from Warmbloods to Thoroughbreds and including local breeds such as Boerperd and Basotho ponies. There is something for everyone and you can try different horses each day if you wish.

Guide & local team

Your hosts Louis and Ellen will usually be on hand to ensure you have a great holiday, but he may not always guide you when riding. There will always be two guides - a lead guide and a back-up, sometimes Louis and/or Ellen or Kate and other seasonal guides. All guides are experienced and passionate about what they do.

Minimum riding ability

MINIMUM RIDING ABILITY

You need to be at least an intermediate rider, capable of riding a sensible horse at all paces in the outdoors. There are more spirited horses available for experienced riders.

There is a rider weight limit of 14.2 stone /200 lbs /90kgs.

PACE

The pace is mixed to include walk, trot and canter. The riding terrain is soft underfoot and mostly along old tractor routes through the vineyards, orchards and forests. There are mountain climbs with magnificent views as well as ample flat areas for comfortable canters as well as the odd full gallop for those that wish it. Riding is usually faster in the mornings, and slower after a couple of wine tastings!

TACKING ABILITY AND PARTICIPATION

The horses are groomed and tacked up for you but you may be asked to assist with un-tacking at lunch spots and the end of the day.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

No special difficulties.

EQUESTRIAN EQUIPMENT

Trail rider saddles and English GP saddles
Standard bridles and snaffle bits, some horses are ridden bitless.
Helmets are mandatory. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

The list of accommodation venues includes: Cape Winelands Riding Farm accommodation, Station House, Laborie Jonkershuis, Uitkyk guest cottages, Knorhoek farm guest house.. (If any of these accommodation are not available, a venue of similar standards will be arranged).

MEALS

On this holiday, meals are the highlight. Lunches are usually taken at wine estates and wine tastings are often included.
Limited dietary restrictions can be accommodated, however this is a gourmet wine trail so it is more suited to guests who enjoy all foods and appreciate wine.

CLIMATE

Cape Town has a long summer from November to March, a season with 11 or more hours of sunshine every day. The average summer temperature is 24.3 degrees Centigrade, with January and February temperatures averaging 26 degrees Centigrade. February is the driest as well as the hottest month of the year. Strong winds occur during November and early December. Temperatures may rise above 30 degrees in these months (for part of the day).

Spring (September/October) and autumn (April/May) are beautiful seasons in the Cape when nature is at its showiest!

Cape Town's winters (June to August) can be stormy and wet. June is the wettest month of the year and light snow can fall on the higher Cape mountains. The average winter temperature is between 7 and 20 degrees Centigrade however it's not uncommon to enjoy a beautiful week of

sunshine in winter.

TIPS

Tips are not expected but would be gratefully received if you wish to leave them. You can give your tips to your guide who will distribute them amongst the whole team. We would recommend c. £5-£10 per guest per day.

PACKING LIST

Head
- Hard hats are compulsory and we recommend you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana

Upper body
- Long sleeved shirts provide protection from the sun
- T-shirts
- Fleece, jumper or jacket - the evenings can be cold
- Waterproof jacket - all year round, but particularly during the winter months (May - September) when there can be rain or thunderstorms
- Casual clothes for the evening
- You may wish to take something slightly smarter for some of the restaurants but this is not expected

Legs
- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Shorts for lazy lunchtimes
- Casual clothes for the evening

Hands and Feet
- Comfortable riding boots. We recommend short boots with half chaps. We don't recommend taking your favourite long leather boots in case they get damaged (and because they can be very hot!)
- Sandals, flip-flops or trainers for when not riding
- Gloves - your hands are particularly exposed to the sun whilst riding

Nightwear

Our Recommendations
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!

Other useful items
- Swimsuit
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding

In your luggage
- Any liquids, such as shampoo, moisturiser, deodorant unless they are less than 100ml and all bottles can fit in a small, clear, plastic ziplock bag

In your hand luggage
- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

Medical kit
- Sunscreen and lip balm - must be high factor
- Insect repellent, preferably containing deet
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .