

Table Mountain Hike & City

Experience **Table Mountain Hike & City**, where nature's splendour meets the living tapestry of our Mother City.

Guided by qualified and experienced professionals, guests spend the morning exploring the natural wonder of Table Mountain at a pace that invites presence and with views that take their breath away. After a café lunch, the afternoon unfolds with a tailored heritage walk where history, iconic landmarks, artistry and soul weave together to reveal the city's heartbeat, pulsing with past and present.

This full day itinerary invites guests to be inspired by Table Mountain's quiet majesty and to fall in love with Cape Town through the eyes of a local.

We recognise that some guests are more "leisure" oriented, so our guides will tailor the itinerary on the day to a pace that invites curiosity and connection. We can do as little or as much walking as your guests would like, whilst still providing an immersive experience that fuses cultural narratives with warm South African hospitality.

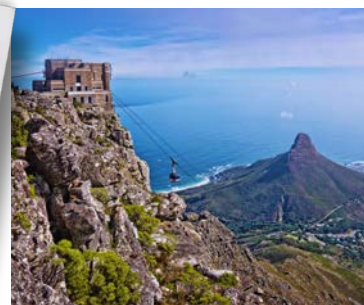


TABLE MOUNTAIN HIKE & CITY TOUR DESCRIPTION & SUMMARY

- Guests will start their day with a morning hike on the rocky trails of Table Mountain which takes approximately 3-4 hrs depending on the route taken, and the guests' fitness.
- As they ascend the mountain, our guide will entertain guests with captivating stories of Table Mountain's fauna, flora, and geology, immersing them in the rich natural heritage of this iconic landmark. They will learn about Cape Town's intriguing past and vibrant present as our guide brings both the mountain and the city to life with local insights and anecdotes.
- Guests will also enjoy our signature "trailside tea" at a scenic vantage point, where they can replenish their energy with quintessentially South African snacks and a selection of hot beverages in winter or refreshing iced tea (with ice!) in summer.
- After the exhilarating hike up the mountain there's no need for a gruelling descent as we have included a comfortable cable car ride down before they enjoy a lunch at a local eatery in the Mother City.
- The day will end with a walking tour of the city, visiting historic sights and iconic landmarks such as Bo-Kaap, Company Gardens, Greenmarket Square and the Cape Castle - all along the way experiencing everyday life on the streets of Cape Town and discovering hidden gems which reveal the essence of our city.

LEISURE GUESTS

For leisure guests we replace the morning hike up Table Mountain with our Table Top Explorer, which includes *return* cableway tickets. At the top, we guide guests away from the crowds and offer a more relaxed hike along the plateau of Table Mountain, with fascinating tidbits on Cape Town's history and the unique flora and fauna that call the mountain home.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	5-7 hours
DEPARTURE TIME:	Summer: (1st November - 31st March) - 7am Winter: (1st April - 31st October) - 8am We confirm the evening before based on the weather.
PICK UP & DROP OFF:	Pick up at your hotel. Drop off at your hotel or elsewhere in the city.
INCLUDED:	• Single (DOWN) cableway ticket • Cafe' Lunch • City walking tour (including entrance fees) • Private guide & all transfers • Hot beverage snack stop • Filtered water & complimentary water bottle • Safety & walking equipment
WHAT TO BRING:	Good walking shoes, waterproof and windproof jacket, hat and sun protection. (We provide additional walking poles, backpacks, gloves, beanies and waterproof jackets where guests do not have their own).
BAD WEATHER:	Provided it is safe, we walk in wet or windy weather. Our guides will adapt the itinerary to offer walks or activities that avoid the worst of the weather as alternatives if required. We will only cancel if we consider it unsafe. *Date changes are subject to availability and cannot be guaranteed.
CABLE CAR:	Please make your guests aware that if there is a strong wind blowing and the cable car closes, we will be forced to walk back down the mountain. *Additionally, the cable car closes for midyear annual maintenance. We will advise you of the dates as soon as we receive them.

