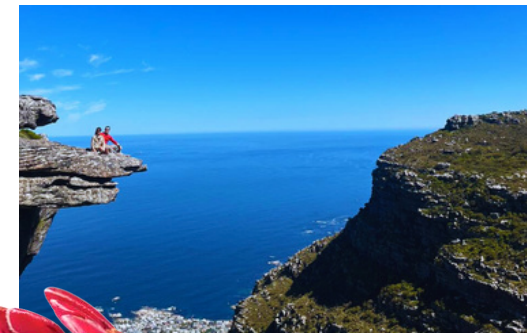
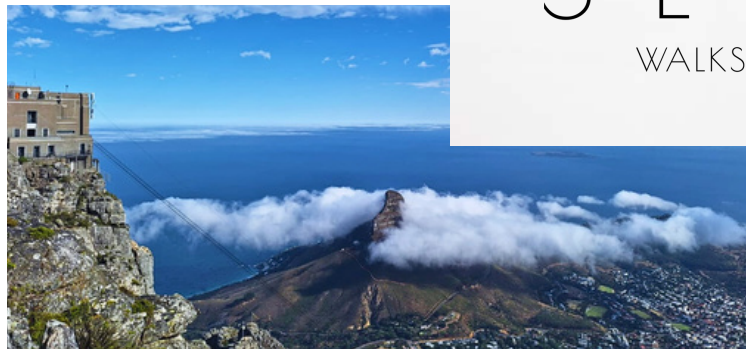




S L O W
WALKS & HIKES



IMMERSIVE EXPERIENCES. LASTING MEMORIES.

The adventure starts now...

At SLOW we believe Cape Town is not a city to see but a city to *feel*.

Our private Half Day and Full Day Walks and Hikes across Cape Town's iconic landscapes offer immersive experiences that fuse cultural narratives with South African hospitality. Our expert guides tailor each day to your group's fitness, pace and comfort levels, delivering a distinctly personal touch that guarantees to elevate your itinerary.

With every step, time slows, curiosity leads, and Cape Town is *reimagined*.



SLOW's carefully curated selection of itineraries bring all the Cape Town bucket-list wonders to life.

IMMERSIVE EXPERIENCES. LASTING MEMORIES.

What makes us different?

TRADE-ONLY PARTNER-FOCUSED OPERATOR:

We exclusively serve the travel trade (DMCs and tour operators) with partnership discounts that support our local partners. Our Trade-Only business model positions SLOW as a true industry ally.

TAILORED LUXURY ACTIVITY PROVIDER:

Every element of a SLOW itinerary is designed to exceed expectations. While our Signature SLOW Itineraries offer exclusivity of concept, all our itineraries are premium, all-inclusive, 100% private and tailored to the group's fitness level, pace and preferences.

RELIABILITY:

SLOW's "We only cancel if it's unsafe" policy ensures we are a reliable outdoor operator which is not weather-dependent. This provides remarkable peace of mind when booking.

FRICTIONLESS PARTNER:

We are here to make your life easier!

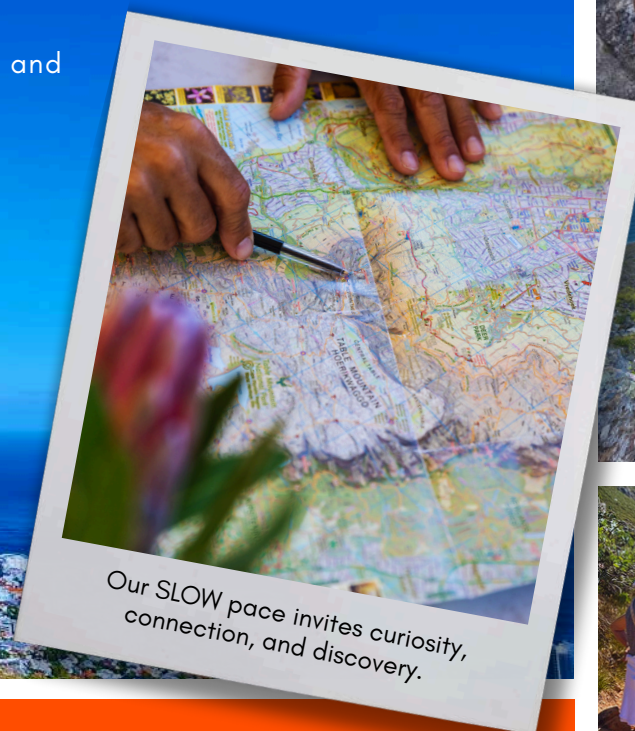
- *Itinerary Builder Platforms: All SLOW itineraries are loaded on WETU and Safari Portal, enabling you to add with a single click.*
- *Agency Drive: Access a full suite of brand assets – PDF itineraries, marketing material and high resolution images.*
- *Quick Response Times: We respond to all emails within 24 hours.*
- *24-Hour Emergency Contact Number: Round-the-clock support!*



Advanced Safety Infrastructure

YOU CAN REST ASSURED THAT, WITH SLOW, YOUR GUESTS CAN EMBARK ON THEIR ADVENTURE WITH CONFIDENCE, KNOWING THEIR WELL-BEING IS IN CAPABLE HANDS.

- **Qualifications:** SLOW's guides are highly experienced and dual-accredited as both mountain walking AND city cultural guides.
- **Rigorous Training:** All guides regularly update best practices in Wilderness Safety, First Aid, Emergency Protocols and Crime Response.
- **Stringent Safety Protocols:** Guides are GPS-tracked and carry medical kits. They participate in an active Guide Whatsapp Group to ensure regular communication with the Ops Team who has a stringent Emergency Protocol in place in the event of an emergency.
- **Equipment:** All equipment is regularly checked and upgraded.
- **Insurance Policies:** All Public and Passenger Liability Policies are up-to-date and readily available.



The SLOW Magic

SLOW
WALKS & HIKES

REFRESHMENTS ARE INCLUDED

Your guests will be treated to our signature “trailside tea” at a scenic vantage point, where they can refresh with quintessentially South African snacks, a choice of hot beverages in winter or iced tea (with ice!) in summer.

Each guest also receives a BPA-free water bottle, continually refreshed with filtered water throughout the trip.

SPECIAL OCCASIONS

We strive to make every guest’s time with us feel truly special. Share birthdays, honeymoons, anniversaries or any special moments in advance and we’ll sprinkle a little magic – on us! Picture it: a surprise mimosa with a delectable treat against a stunning backdrop. Now *that’s* a celebration, SLOW style!



IMMERSIVE EXPERIENCES. LASTING MEMORIES.

Leisure Guests

At SLOW, we are steadfast in quality and flexible by nature. 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.

As we're all about adding value to your guests' experience, we are now offering two additional services for any **single booking of two or more SLOW products**.

OPTIONAL EXTRAS

TAILORMADE TOURS

Bespoke experiences that might not be included in our standard product offering, curated to meet your guests' specific desires and interests. From unique insider encounters to simple days with a guide and vehicle at their disposal, we can make it happen!

**Please request a proposal at the time of booking so we can quote accordingly.*

AIRPORT TRANSFERS

To add a distinctly personal touch to their Cape Town experience, guests will be greeted at the airport by the same guide who will host them on their SLOW itineraries – ensuring a consistent, friendly face throughout.

**Please request a quote at the time of booking.*

It is important to let us know at the time of booking that your guests are “Leisure Guests” so we can pair them with the perfect guide.

Rise & Climb

Table Mountain sits at the heart of Cape Town itineraries, and as the reigning queen of our city commands a presence that inspires many to ascend her slopes.

Our Half Day **Rise & Climb** invites guests on a once-in-a-lifetime challenge with *spectacular* views! Guided by qualified and experienced professionals at a pace that invites presence with every step, the mountain is brought to life with narratives of Cape Town's history and the unique flora and fauna that call its slopes home.

With expert guides who know the routes like old friends, our **Rise & Climb** promises a lasting memory of South Africa's icon.

This hike is best for **ACTIVE GUESTS** seeking a sense of achievement from summiting South Africa's iconic Table Mountain.



TABLE
MOUNTAIN
ASCENT
CERTIFICATE
INCLUDED



What an epic day. It wasn't easy, but it was oh-so-worth it! Thank you so much.

RISE & CLIMB

TOUR DESCRIPTION & SUMMARY

- Table Mountain is one of the oldest mountains in the world, estimated to be about 260-600 million years old, and it is one of the New7Wonders of Nature.
- Guests will begin their day with a 3-4 hour morning hike along Table Mountain's rocky trails. Guided by our experienced guide who will entertain them with captivating stories of Table Mountain's fauna, flora and geology, the route – with a notable elevation gain of around 650-700 metres – will immerse your guests in the rich natural heritage of this iconic landmark.
- Our flexible route options cater to all preferences and fitness levels: whether they're up for the never-ending Stairmaster of the popular Platteklip Gorge or crave the excitement of India Venster's rocky trails and scrambles, our guide will lead your guests along a route tailored to their personal preference.
- 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 ascent, there's no need for a gruelling descent, as we've included a scenic cable car ride down before they continue with their day.

UPGRADE TO FULL DAY

Guests have the option to book a full day hike with mountain bento box lunch and linear trailhead transfers. *(Please see the rate sheet for surcharge).*

We only recommend upgrading to a FULL DAY hike for avid hikers as this is between 5-7 hours on the mountain and does require a certain level of fitness to ensure it's thoroughly enjoyed by the guests.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	4-5 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:	• One-way (DOWN) cableway ticket • 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.

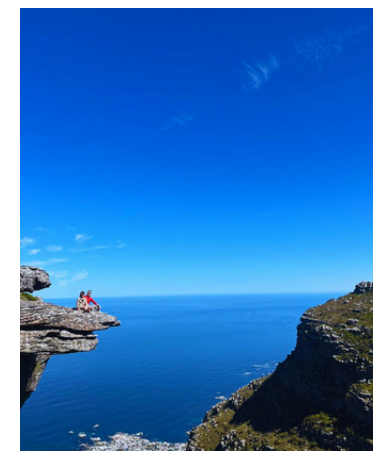


Table Top Explorer

Our **Table Top Explorer** itinerary has been crafted for guests who want a more relaxed experience on Table Mountain.

The morning begins with a scenic cable car ride past the steep, rugged mountain trails and cliffs. Our seasoned guides then lead guests away from the crowds for a more intimate walk along the plateau to Maclear's Beacon, a cairn steeped in history and the highest point on Table Mountain. Guided at a pace where curiosity leads the way, this looped walk reveals sweeping views of dramatic cliffs, Cape Town's city bowl, the azure coastline and Robben Island rising from the Atlantic.

This crowd-light escape on one of the world's most iconic landscapes threads panoramic vistas and heritage into a lasting memory.

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.

RETURN
CABLEWAY
TICKETS
INCLUDED

Who knew there was so much to learn
about Table Mountain and Cape Town
- our guide was incredible!

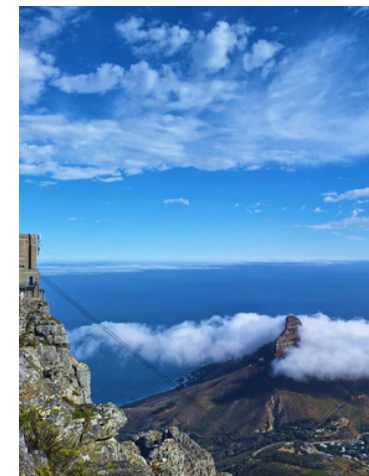


TABLE TOP EXPLORER TOUR DESCRIPTION & SUMMARY

- After a scenic ascent via cableway guests will embark on a guided loop hike to Maclear's Beacon, the highest point of Table Mountain at 1,086 meters. Constructed by surveyor Andrew Maclear, this remarkable site features a 19th-century trigonometrical beacon that was used to measure the Earth's curvature.
- The hike to Maclear's iconic stone cairn offers stunning views from various vantage points along the route. Our knowledgeable guides will serve as walking, talking maps, highlighting key landmarks and points of interest throughout Cape Town.
- With our local guides' in-depth knowledge the mountain comes alive as we explore the captivating history of Cape Town, unravel the mysteries of Table Mountain's geology, and discover the unique plant and animal species that inhabit its slopes.
- 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.
- The guided loop hike concludes at the Upper Cableway, where guests will enjoy a scenic descent in the cable car.

PERFECT FOR LEISURE GUESTS!

We guide guests away from the crowds and provide them with a more relaxed, intimate experience on Table Mountain with storytelling narratives of Cape Town's history and the unique flora and fauna that call its slopes home.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	3-5 hours
DEPARTURE TIME:	Summer: (1st November - 31st March) - 8am Winter: (1st April - 31st October) - 8:30am 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:	• RETURN cableway ticket • 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.

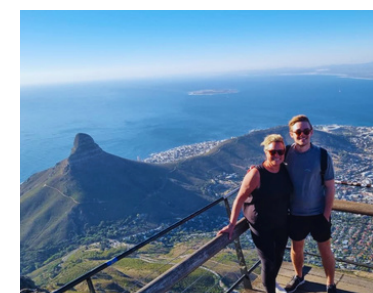
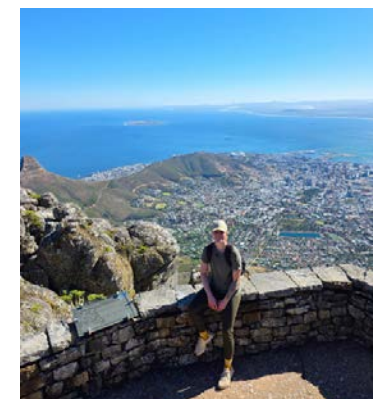
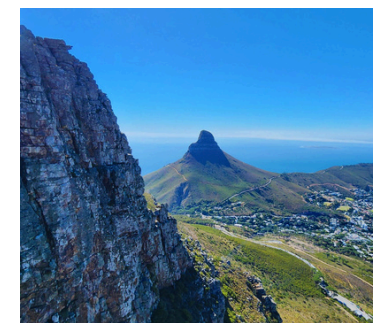


Table Mountain Hike & City

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.



*We fell in love with your beautiful city
and wish we'd never had to leave!*

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.



Chains & Ladders

Lion's Head is Cape Town's 'Prince Charming', a beloved favourite among locals for its exhilarating hike and breathtaking panoramas.

Guided by seasoned professionals at a pace that invites curiosity and connection, the Lion's Head spiral ascent reveals ever-changing views of the azure Atlantic Ocean, the dramatic 12 Apostles, the bustling Mother City and the iconic silhouette of Table Mountain.

Chains & Ladders isn't merely about reaching the summit — it's about savouring Cape Town's beauty and breathing it in, step by step...

The Lion's Head **summit hike** is best for ACTIVE GUESTS.

For more "leisure" oriented guests, our guides offer an alternative **walk** from Signal Hill along the "Lion's Spine" to the lower slopes of Lion's Head. This still provides an immersive experience that fuses cultural narratives with warm South African hospitality.

ASK ABOUT
OUR SUNRISE
AND SUNSET
HIKES!



*Our hike was everything we
hoped for, and more!*



CHAINS & LADDERS

TOUR DESCRIPTION & SUMMARY

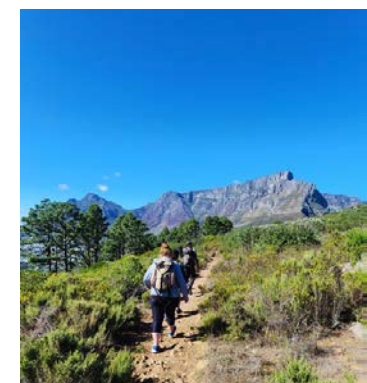
- Guests will embark on an incredible half-day hike as we guide them along the 5.5 km spiral trail of Lion's Head which offers ever-changing views with every step.
- Our experienced mountain guide will discuss various route options with your guests. (While Lion's Head has several trails on its lower slopes, it features only one leading to the summit).
- Guests will be treated to our signature "trailside tea" at a scenic vantage point, where they can recharge with quintessentially South African snacks and choose from a selection of hot beverages in winter or refreshing iced tea (with ice!) in summer.
- For an extra special experience, we also offer sunrise and sunset hikes. *(Our Sunrise Hikes are especially popular despite the early start! The head torches in the early light, the sunrise itself, and essentially having the mountain to ourselves adds to the experience immensely, and best of all - it beats the worst of the crowds.)*

LEISURE GUESTS

For guests who prefer a gentler option than the Lion's Head summit hike, we offer a guided, scenic walk from Signal Hill along the "Lion's Spine" to the lower slopes of Lion's Head. This relaxed experience delivers equally stunning views and a glimpse into Cape Town's history, including the Signal Hill Kramat, which is part of a Circle of Islam honouring pioneering Islamic figures from the 17th and 18th centuries.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	3-5 Hours
DEPARTURE TIME:	Summer: (1st November - 31st March) - 7am or 4pm Winter: (1st April - 31st October) - 8am or 3pm We confirm the evening before based on the weather. <i>*Contact us re Sunrise and Sunset Hike departure times</i>
PICK UP & DROP OFF:	Pick up at your hotel. Drop off at your hotel or elsewhere in the city.
INCLUDED:	• 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. <i>*Date changes are subject to availability and cannot be guaranteed.</i>

WE STRONGLY RECOMMEND AVOIDING SATURDAY AND SUNDAY BOOKINGS TO STEER CLEAR OF THE CROWDS OF LOCALS WHO USE THIS TRAIL FOR THEIR WEEKEND EXERCISE.



Cape of Great Walks

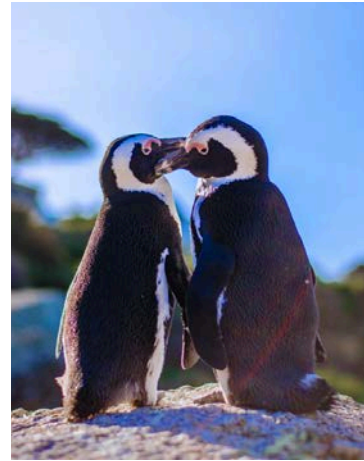
Cape of Great Walks invites guests to slow down and breathe in the raw beauty of the Cape Point Nature Reserve. Led by seasoned guides, we tread lesser-known tracks and trails in a remote corner of the reserve that reveals breathtaking coastal and mountain scenery.

We pause at the iconic Boulders Penguin Colony, where the azure waters frame beaches nestled among colossal boulders, to observe the critically endangered African Penguins in their protected habitat.

The day ends with a sundowner on the famed Chapmans Peak Drive and the promise of memories that will last long after the sun has set.

SIGNATURE
SLOW
EXPERIENCE

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.



Our time at Cape Point was the highlight of our trip. What an amazing day!

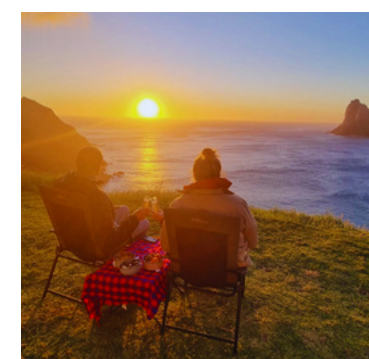
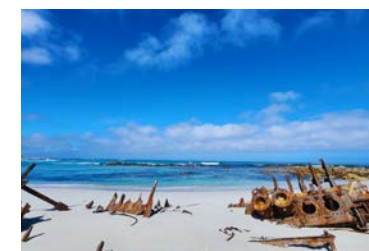
CAPE OF GREAT WALKS TOUR DESCRIPTION & SUMMARY

- We start the day with a beach and bush hike in a remote corner of Cape Point Nature Reserve where guests will be captivated by the fabulous fynbos, rock pools, a shipwreck and WW2 history.
- While exploring the reserve, we offer the option of short walks to the iconic Cape Point lighthouse and the southwestern tip of Africa, the Cape of Good Hope.
- Lunch is included in the form of an on-the-go picnic, allowing guests to immerse themselves in the raw beauty of Cape Point Nature Reserve.
- We then guide guests along the walkways at Boulders Penguin Colony, nestled between Simon's Town and Cape Point. Boulders is renowned for its African Penguin colony and stunning beaches framed by ancient boulders and azure waters. Here, amidst a quiet residential area, guests can observe these critically endangered birds up close as they roam freely in their protected natural habitat.
- As the day comes to a close, your guests can unwind and enjoy a sundowner on the iconic Chapman's Peak Drive. Affectionately known by the locals as "Chappies," this route is considered one of the most spectacular marine drives in the world, featuring 114 curves, sheer drops to the sea, towering mountains and breathtaking 180° views.

LEISURE GUESTS

For leisure guests, we offer a more traditional Cape Peninsula Tour. This includes shorter walks in Cape Point Nature Reserve and free time in Kalk Bay, where guests can see the Cape Fur Seals in the colourful fishing harbour and explore the quaint art galleries, antique shops, and boutique stores of this beautiful boho seaside town.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request).
DURATION:	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:	• Cape of Good Hope Reserve and Boulders Penguin Colony entrance fees • Trailside / "on-the-go" Lunch • Private guide & all transfers • 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.



Beaches & Boulders

This half-day Peninsula tour offers distinctive local experiences in a landscape rich with colour, culture and contrast.

The morning begins with an intimate African Penguin encounter at Boulders Beach, where the colony thrives in a protected coastal habitat framed by rocky silhouettes and sparkling waters.

Kalk Bay's boho seaside charm and kaleidoscopic fishing village are explored at leisure, before a scenic promenade stroll leads guests past St James, famed for its iconic, colourful Victorian-style changing boxes, and through to Muizenberg, the oldest surf town in South Africa.

Beaches & Boulders promises moments that awaken the senses and connect guests to the Cape Peninsula in a deeply personal way.

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.

SIGNATURE
SLOW
EXPERIENCE



We loved our itinerary. It was all so much fun - great memories!

BEACHES & BOULDERS

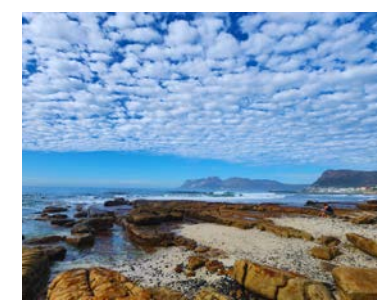
TOUR DESCRIPTION & SUMMARY

- Guests begin their morning at Boulders Penguin Colony, early enough to avoid the worst of the crowds. Nestled between Simon's Town and Cape Point, Boulders is renowned for its African Penguin colony and stunning beaches framed by large boulders and azure waters. Here, amidst a quiet residential area, they can observe these fascinating, iconic birds up close as they roam freely in their protected natural habitat.
- Time in the boho seaside town of Kalk Bay is spent exploring the charming fishing harbour to observe playful Cape Fur Seals; and browsing the quirky antique shops, locally designed clothing stores and vibrant art galleries at leisure.
- With a gentle sea breeze as a constant companion, guests are guided on a lyrically-paced walk along the picturesque seaside promenade to Muizenberg. This stroll offers panoramic views of False Bay, the iconic, colourful beach boxes at St James, and fascinating tales of the history that has shaped this stretch of coast for centuries.

LEISURE GUESTS

For leisure guests we create more free time in Kalk Bay by transferring them to Muizenberg in the van.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request).
DURATION:	3-5 hours
DEPARTURE TIME:	Summer: (1st November - 31st March) - 8:00am Winter: (1st April - 31st October) - 8:30am 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:	• Boulders Beach entry 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.



Gardens & Grapes

Our **Gardens & Grapes** offers a bouquet of experiences – the floral splendour of Kirstenbosch Botanical Gardens, a guided walk along Table Mountain's slopes and wine tasting in the picturesque Constantia Valley, South Africa's oldest wine region.

We invite guests to slow down and savour each moment with this full-day itinerary: a beautiful blend of nature, history and culture that captivates all the senses.

SIGNATURE
SLOW
EXPERIENCE

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.

What a lovely day out. Kirstenbosch Gardens is incredible, and the wine tasting at the end, a fabulous touch.



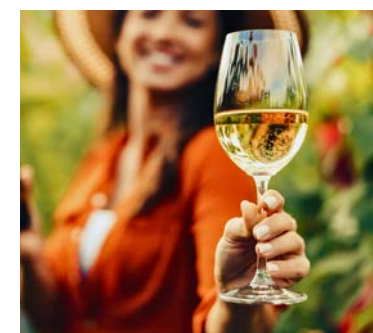
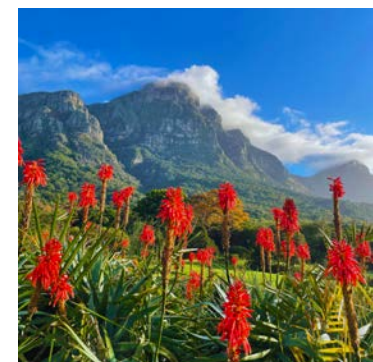
GARDENS & GRAPES TOUR DESCRIPTION & SUMMARY

- Guests start the day with a guided walk through Kirstenbosch Gardens, the first botanical garden in the world dedicated to a country's indigenous flora and showcasing the rich and diverse plant life of southern Africa. Our knowledgeable guides will bring the Cape Floral Kingdom to life, sharing fascinating facts about the region's flora and fauna.
- Their guided hike will continue up and out of the gardens to a forested contour path on Table Mountain which boasts spectacular views of False Bay and the Constantia Winelands in the distance.
- Guests will be treated to our signature "trailside tea" at a scenic vantage point, where they can recharge with quintessentially South African snacks and choose from a selection of hot beverages in winter or refreshing iced tea (with ice!) in summer.
- On completion of the hike, guests will be transported to a boutique wine farm for a picnic lunch in the oldest wine-growing area in the Southern Hemisphere, the Constantia Valley. The remainder of the afternoon will be spent in two picturesque estate settings, tasting some of the best wines the Cape has to offer!

LEISURE GUESTS

For leisure guests, instead of hiking along the Table Mountain contour path, more time is spent in Kirstenbosch Gardens before being transferred to the Constantia Valley wine estates.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	6 hours +
DEPARTURE TIME:	Summer: (1st November - 31st March) - 8am Winter: (1st April - 31st October) - 8:30am 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:	• Kirstenbosch Gardens entrance fee • Picnic Lunch and Two Wine Tastings • Private guide & all transfers • Hot beverage snack stop • Filtered water & complimentary water bottle • Safety & walking equipment • <i>*For guests who prefer not to drink wine, we also offer the option to visit the historic sites at Groot Constantia.</i>
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. <i>*Date changes are subject to availability and cannot be guaranteed.</i>



Vistas & Vineyards

Vistas & Vineyards is a symphony of experiences that begins with a guided walk in Mont Rochelle Nature Reserve where the “French Corner” of the Cape Winelands unfurls in a breathtaking tapestry of vineyards.

Following an Estate lunch in the charming heart of Franschhoek, guests are treated to two world-class wine tastings at boutique estates, where the moment is toasted with wines as nuanced as the views that inspired them.



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.



PHOTO CREDITS: FIONA MCINTOSH, MATTHEW HOLT AND SHAEN ADEY



VISTAS & VINEYARDS TOUR DESCRIPTION & SUMMARY

- Guests start the day with a guided walk in Mont Rochelle Nature Reserve, home to pristine fynbos and spectacular views of the Franschhoek Valley (and, on occasion, Table Mountain in the distance). We offer a variety of routes which the guide discusses with them in advance, so they can decide based on their fitness levels and interests.
- Guests will be treated to our signature “trailside tea” at a scenic vantage point, where they can recharge with quintessentially South African snacks and choose from a selection of hot beverages in winter or refreshing iced tea (with ice!) in summer.
- On completion of their hike, guests will be transported to the centre of Franschhoek for a short walk through its quaint high street. Settled by French Huguenots in 1688, this picturesque town retains strong French influences in its architecture and culture.
- The afternoon unfolds with a leisurely lunch, followed by two world-class wine tastings at boutique estates with picture-perfect views: vineyards set against a backdrop of majestic vistas.

LEISURE GUESTS

For leisure guests our guides can adapt the day by spending time exploring Franschhoek and its renowned selection of art galleries and boutique stores; or a visit to the stunning town of Stellenbosch which is famous for its historic Cape Dutch architecture and oak-lined streets. This provides a sophisticated yet relaxed escape for anyone seeking a beautiful, culturally rich experience in the Cape Winelands.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	6 hours +
DEPARTURE TIME:	Summer: (1st November - 31st March) - 7am Winter: (1st April - 31st October) - 8:00am 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:	• Mont Rochelle Nature Reserve Permit • Estate Lunch and Two Wine Tastings • 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.



Tailormade Tours

True luxury lies in freedom: *the freedom to author the narrative of your own travel biography.*

By confirming two or more of our standard itineraries in a single booking, you unlock access to our unscripted **Tailormade Tours**, which provide guests with the space for a beautifully spontaneous day.

With their private guide and vehicle remaining at their complete disposal, the storyline and rhythm will evolve organically on the ground. The guide will already understand what captures their imagination, seamlessly translating local insight and experience into the perfect custom-written continuation of your guests' Cape Town story.

We recognise that some guests are more "leisure" oriented, so our guides will tailor 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.



TAILORMADE TOURS INFORMATION

- A fully flexible, full-day itinerary where guests have exclusive use of their private guide and vehicle to explore within Cape Town, the Cape Peninsula, or the Winelands.
- The practicalities of this day are beautifully simple. A private vehicle and expert guide are dedicated to the guests, allowing them to discover hidden local gems and experience anything not already covered in their previously booked itineraries. This is artisanal touring at its best.
- In discussion with their guide, guests choose what they would like to do based on expert suggestions. This approach guarantees maximum flexibility, seamless logistics, and a highly personalised experience.
- A relaxed, café-style lunch is included, with the guide recommending a fitting spot based on exactly where the day takes them. Please note that while lunch, vehicle snacks, and transport are fully covered, any specific activities and entrance fees are extra and for the guests' own account. *(Unless you have purchased our Cape Pass).*

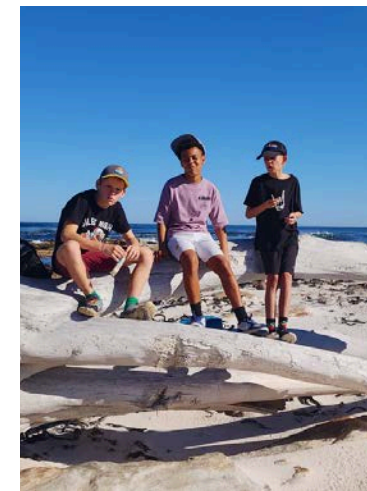
CAPE PASS

For those seeking the ultimate in frictionless travel, guests can elevate their day by adding the Cape Pass.

Available only when booking a day of Tailormade Touring, this flexible, all-in-one access pass includes entry to all of the region's top sites, activities, and experiences. It is purposefully designed to remove the hassle of paying for individual entries on the ground, aiming to offer maximum flexibility and a more spontaneous, personalised touring experience.

Please Note: Certain activities and entrances may be subject to availability and third-party terms & conditions.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. 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) – 8:00am 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:	• Private guide & all transfers • Van snacks & refreshments • Filtered water & complimentary water bottle • Café style Lunch
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.



General Information

DIETARY REQUIREMENTS:

- Special diets can be catered for, provided we are given adequate notice.

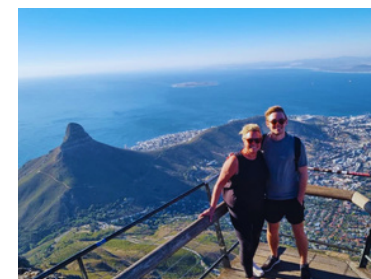
MEDICAL INFORMATION:

Please provide information about any pre-existing medical conditions prior to booking and any developments that occur after booking.

Confidentiality in this matter is guaranteed but is important information to protect your guests' health in a remote environment. This includes conditions such as Vertigo, Claustrophobia etc.

CANCELLATION TERMS:

- Penalty-free cancellation until 5pm, 2 business days prior to the booking.
- 50% penalty applies up to 5pm, 1 business day prior.
- 100% penalty applies from the close of business the day before. (*5pm on Fridays for any weekend bookings).
- Bookings can be postponed up to 2 business days prior, subject to availability.
- Where possible, agents will be notified in advance of severe weather for potential penalty-free cancellations. Walks & Hikes run in ALL weather although the guide may make alternative suggestions based on the prevailing conditions.
- If a client fails to join a trip, joins it after departure, or leaves it prior to completion, the full value of the trip will be invoiced and no refund is applicable.
- In the event SLOW is unable on the day of the trip to deliver on all aspects of the trip due to non-operation of third party suppliers, e.g. closure of Table Mountain National Park, and the trip has to be cancelled or curtailed, SLOW reserves the right to invoice for 50% of the trip fee.



Frequently Asked Questions

CAN WE CHANGE THE PICK UP TIME?

Yes. We will pick up at a time that is comfortable to the guests. Our guides call the guests the evening before the hike to reconfirm and check their preference for the start time. However, please note the earlier pick up time in Summer is to help us navigate the crowds and avoid the worst of the midday heat.

DO YOU PROVIDE WATER ON HIKES?

Yes. Each guest receives their own BPA-free plastic water bottle topped up with filtered water, and the guide carries additional water to refill the bottles.

DO YOU PROVIDE REFRESHMENTS ON HIKES?

Yes. Our guides prepare a trailside tea on every hike. This includes freshly-brewed coffee or tea or hot chocolate in winter, ice-tea in summer, and fresh fruit with a selection of South African inspired snacks.

WHAT IS A TYPICAL TIPPING AMOUNT FOR SLOW GUIDES?

Tipping is a common practice in the tourism industry and in South African culture. At SLOW, we're proud to work with an excellent team of guides who hold dual accreditations as mountain-walking and cultural guides. Their accreditations, depth of knowledge, and experience add real value to every experience. Our mountain guides bring a similar range of experience and responsibility as safari guides, so our recommendations align with their typical gratuities: \$20-\$25 / £15-£20 / €25-€30 per person, per guide, per day. We're grateful for the care you take in appreciating our guides, thank you! **Tipping in local currency is preferable.*

MUST MY GUESTS BRING THEIR OWN GEAR?

We request that all hikers wear good walking shoes or trainers and ideally should have their own windproof or wet weather gear and day pack. However, we provide a limited selection of wet/cold weather gear and day packs for guests to use if they do not have their own. We also provide telescoping walking poles, gloves and beanies.

WHAT IF MY CLIENTS DON'T WANT TO WALK ON THE DAY?

Their choice entirely. Our guide will tailor the day to their requirements.

WHAT IF THE WEATHER IS BAD?

Provided it is safe, we walk in wet or windy weather; however, if guests prefer not to venture out into the rain, our guides will adapt the itinerary to offer walks or activities that avoid the worst of the weather.

FAST TRACK CABLEWAY TICKETS

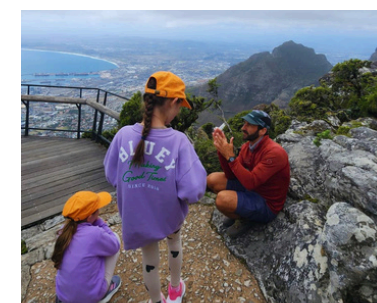
There are significant waiting times for the Table Mountain Aerial Cableway during the festive season. We strongly suggest upgrading any new bookings from 15th December to 5th January to a FAST TRACK ticket to help guests avoid queues of up to 3 hours at the lower cableway and 2 hours at the top.

DO YOU CATER FOR CHILDREN?

Yes. We offer a discount for children under the age of 12. However, we have implemented a minimum age limit of 6 years for our mountain hikes. While we aim to make our itineraries accessible to all, this age requirement is essential for ensuring the safety and enjoyment of all our guests. The risks and liabilities associated with younger children are significant, as the uneven terrain can pose potential dangers. Thank you for your understanding.

DO YOU INCLUDE NATIONAL PARK ENTRANCE FEES?

Yes. We include these for all hikes occurring in the western side of Silvermine Nature Reserve and the Cape of Good Hope Reserve.



S L O W

WALKS & HIKES

bookings@travelslowly.co.za

Monday - Friday | 8am - 5pm



We look forward to hosting your guests soon!



IMMERSIVE EXPERIENCES. LASTING MEMORIES.

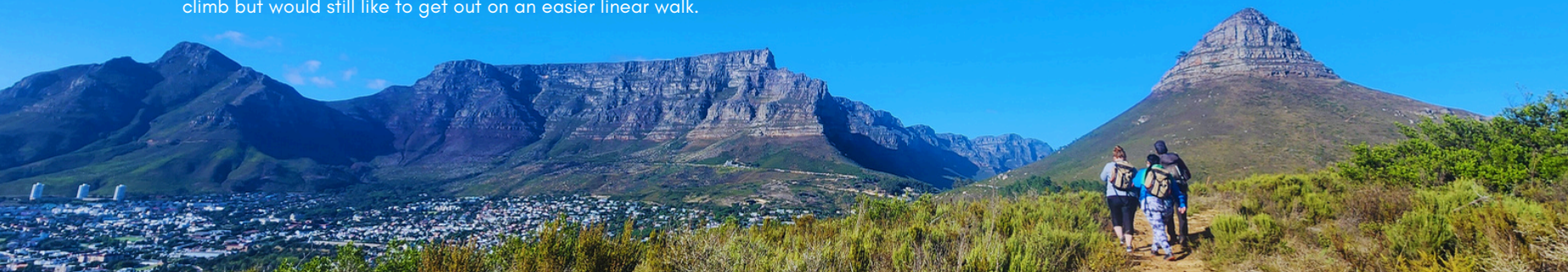
Route Options

TABLE MOUNTAIN:

- Our guide will discuss the appropriate route options with your guests prior to starting any hike based on their level of fitness.
- Platteklip Gorge is the least technical route to the top of the mountain and can be compared to climbing a never-ending stairmaster! We will only use it where guests cannot tolerate heights or exposure at all.
- India Venster involves narrow, rocky trails and some scrambling up steep rock walls, but the views are rewarding and the sense of achievement is always gratifying. Hikers must be confident with heights and a little exposure.
- If hiking to the top is too strenuous, guests also have the option to stay on the lower slopes for a contour hike from Devils Peak to Kloof Corner. We also offer easier hikes on the western (Camps Bay) side of the mountain.
- Technical scrambling routes are available on the front of Table Mountain. *Please speak to us about the options.
- Important Note: Rise & Climb walks have driver support available which increases the walking options for guests, especially those who decide on the day not to climb but would still like to get out on an easier linear walk.

LION'S HEAD:

- Our guide will discuss the appropriate route options with your guests prior to starting any hike based on their level of fitness.
- On the lower slopes of the mountain, guests will experience both jeep tracks and well managed paths. Higher up the mountain, the trails become rocky with the summit ridge including steep steps and places where chains and ladders are necessary to get over steeper rock bands. These are well constructed and safe, but anxious hikers can either use a rope secured by the guide or take an easier but slightly longer option to avoid the lower chains.
- Lions Head has a number of trails on the lower slopes but only one trail following the ridge-line to the summit. Our route follows the standard route up the mountain to the summit but makes use of alternative paths off the mountain to offer a full experience of Lions Head.
- For those guests not comfortable with the more exposed final few metres to the summit, we are able to offer easier alternatives linking Lions Head to Signal Hill or vice versa, locally known as the Spine Track. This offers scenic walks with similar views as if from the top of Lions Head.
- We also offer more technical scrambling routes for more adventurous hikers. *Please speak to us about these options.
- Chains & Ladders Walks have driver support available, which increases the walking options for guests, especially those who decide on the day not to climb but would still like to get out on an easier linear walk.



Recommended Packing List

There is an old adage that goes "there is no such thing as bad weather, only bad gear..."

Unless you have specifically requested a more challenging excursion, our walks and hikes are not meant to be extreme endurance feats requiring loads of technical gear. However, there are a few basics required to keep you safe and comfortable, especially if the Cape weather is not playing the game...

- Comfortable, loose-fitting shirt/ t-shirt for guys, preferably made of a quick-dry material, but not essential. Same for gals but sports/gym tops are also fine, provided adequate sun/cold weather protection is also available
- Some trails can be a bit scratchy in places, but generally shorts on hot days are fine and loose-fitting comfortable long pants for cold days. Stretch material gym pants are also fine, but jeans or any heavy material city wear is an enormously bad idea ...
- Warm Jacket / Fleece top
- Wind Breaker / Rain Jacket
- Hat - caps are fine, but put sun-cream on those exposed ears...
- Comfortable, closed walking shoes with a good rubber sole and preferably with ankle support. Regular trainers are fine for most of our walks but **NO ACTION SANDALS PLEASE!**
- Sun-cream
- Small Back-Pack, preferably with broad padded shoulder straps and a hip belt, to carry your water and extra clothing in case the weather turns. Fashionable shoulder bags / sling bags should be left in the van ...
- Personal Medication (asthma pumps, allergy medication etc.) And please make sure your guide is aware of any medical condition you may have and where they can find your medication in the event of an emergency.
- Camera / Smart Phone - its pretty out there and you will want to record it!

We are aware that a walk or a hike may not be the main focus of your travels and you have not packed accordingly, so please advise us if you need assistance with any personal gear you may need - we have a limited selection of rain wear, cold weather gear, back packs, bum bags and walking poles that are available for use at no additional cost.

Unless you have a particular hydration system you like to use, you don't need to bring water or trail snacks as these are included in all our walks & hikes.



What makes us different?

TRADE-ONLY PARTNER-FOCUSED OPERATOR:

We exclusively serve the travel trade (DMCs and tour operators) with partnership discounts that support our local partners. Our Trade-Only business model positions SLOW as a true industry ally.

BESPOKE LUXURY ACTIVITY PROVIDER:

Every element of a SLOW itinerary is designed to exceed expectations. While our Signature SLOW Itineraries offer exclusivity of concept, all our itineraries are premium, all-inclusive, 100% private and tailored to the group's fitness level, pace and preferences. Our immersive experiences weave cultural narratives, thoughtful touches, South African hospitality and the promise of lasting memories.

RELIABILITY:

SLOW's "We only cancel if it's unsafe" policy ensures we are a reliable outdoor operator which is not weather-dependent. This provides remarkable peace of mind when booking.

FRICTIONLESS PARTNER:

We are here to make your life easier!

- *Itinerary Builder Platforms: All SLOW itineraries are loaded on WETU and Safari Portal, enabling you to add with a single click.*
- *Agency Drive: Access a full suite of brand assets - PDF itineraries, concise summaries, high-resolution photos and short videos.*
- *Quick Response Times: We respond to all emails within 24 hours.*
- *24-Hour Emergency Contact Number: Round-the-clock support for peace of mind.*

