

Travel Itinerary

2 night West Coast Cycle
AD Active Experiences



At a glance...

- 2 nights Abalone House (Standard Superior Room) – Bed & Breakfast basis

Day 1: Cape Town / Paternoster

Depart from the Cape Grace Hotel at the Cape Town V & A Waterfront at 8 am.

Drive out along Cape West Coast to the Bushman Cultural Centre where you **choose your preferred cycle route option** (easy to challenging) and **depart on a 3 hour bike exploration**. Your expert Bushman guide, sees you through the beautiful Cape Floral Kingdom. After lunch (own expense) take a **gentle downhill ride to village of Yzerfontein**, with its sandy, white beaches and enjoy a glass of bubbly looking back over the outline of Table Mountain and Cape Town. **Continue to Paternoster by vehicle, and check in at the Abalone House.**

Perched on a dune at the end of the village, the luxurious and quirky Abalone House is one of only two 5* properties in Paternoster. 10 rooms & suites are spread throughout the two storeys, half overlooking the ocean. To the front of the house, the superior sea view suite has its own private deck with expansive sea vistas and the remaining 4 suites enjoy partial views and private patios/balconies. Well-appointed and spacious the rooms have under-floor heating, quality linen and furnishings. Décor is an eclectic mix of rich fabrics, brightly coloured Tretchikoff prints and antique pieces. The main building centres around the courtyard with the swimming pool, lounge areas and the renowned Reuben's Restaurant - a drawcard for residents and outsiders.

At the opposite end of the village, 2 adjoining 2 bedroom villas have been lovingly restored as luxury self-catering units (ideal for groups of 4 – 8). They boast the same quality décor as the main house, as well as beautiful bay views, a private pool and deck area. Breakfasts can be enjoyed at well-known restaurants 'Gaaitjie' and 'Noisy Oyster' a short stroll away.



- 10 rooms & suites
- 2 exclusive-use two bedroom villas
- Designer décor: bohemian style
- Boutique hotel in quaint village
- Award-winning spa
- Superb cuisine: Reubens Restaurant

Overnight Abalone House, on a half board basis (Dinner & breakfast).

Distance: 10 – 20 km loop (or more if preferred)

Duration: 4 – 5 hrs in total

Day 2: Paternoster



After breakfast, ride to Cape Columbine Lighthouse, (8 kms) then on to the West Coast Fossil Park (by bike or vehicle) where you explore on foot.

Spend the afternoon at leisure or enjoying some optional activities such as kayaking, wine tasting or a beach walk. This evening, we meet for a gourmet dinner.

Overnight Abalone House, on a half board basis (Dinner & breakfast).

Day 3: Paternoster / Cape Town



Start the day with a **sunrise paddle or a beach walk**, before savouring an indulgent **breakfast at the home of a famous local chef**.

Transfer to a private game reserve where you climb onto your bikes and enjoy a **bike safari** looking for the antelope and plains game which inhabit the reserve. Get close to nature and take this opportunity to make the most of spectacular wildlife views – the reserve is home to zebra, giraffe, oryx, wildebeest, kudu, eland and springbok. A visit to the cheetah and lion enclosure is also an option.

Early this afternoon, transfer back to Cape Town.

Inclusions

- 2 nights accommodation Abalone House in Paternoster (Standard Superior rooms)
- Breakfast & dinners
- Bike, helmet
- Back-up & support vehicle
- Specialist guides: Bushman & private reserve
- Optional kayaking

Exclusions

- Lunches
- Drinks