



TOUR ITINERARY



Africa / South Africa

South Africa Winelands Bike Tour

Cape Town to the Cape Winelands: Mountain Biking
Stellenbosch + Beyond

TOUR HIGHLIGHTS

- Cycle picturesque Chapman's Peak Drive, considered the most beautiful road in South Africa •
- Spend the afternoon tasting South Africa's top wines with a local winemaker
- Ride some of the best MTB trails in Africa, including single tracks that sparked a countrywide mountain biking movement
- Visit a local township and taste traditional vetkoek frybread prepared by a beloved community member
- Reconnect with nature on a ride through Jonkershoek Nature Reserve, discovering unique South African flora and fauna like king protea flowers, gemsbok, and soaring eagles



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Cape Town, South Africa
- 📍 **Pick-Up Location:**
One&Only Cape Town
- 🕒 **Pick-Up Time:**
8:00 am

Departure Details

- ✈ **Airport City:**
Cape Town, South Africa
- 📍 **Drop-Off Location:**
Cape Town International Airport or a downtown waterfront hotel
- 🕒 **Drop-Off Time:**
12:00 pm

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.

Travelers Take Note

Familiarity with mountain biking is essential for this tour, as the majority of all riding takes place on dirt roads and single tracks.



TOUR ITINERARY

Tour By Day

DAY
1

Welcome to the Rainbow Nation

Your guides will meet you at the Cape Town waterfront early this morning. After a bike fitting and safety briefing, we'll set off on our first ride of the week. As we pedal into the countryside, we may cross paths with the South African pheasants called tarentaal as they scurry noisily through the vines or eagles manning their posts, protecting the vineyards from predators. Early European settlers realized the appeal of these peaceful foothills and their exquisite terroir, and the region is home to some of the most coveted real estate on the continent. Just ask golfer Ernie Els, who scooped up a Western Cape winery where we'll have lunch paired with estate wines. From there, ride or take the van to our first hotel, an elegant manor house set on one of the country's most historic wine estates. Spend the afternoon settling into your room or relaxing by the pool. This evening a special treat awaits: one of our favorite winemakers, Johan, will lead us through an introductory tasting of South Africa's most celebrated wines during a beautiful welcome dinner at the hotel.

Meals: Lunch / Dinner

Destination: Stellenbosch, Somerset West

Accomplished: 16 miles / 19 km, elevation gain: 1,325 feet / 404 meters

Longer Option: 24 miles / 40 km, elevation gain: 2,240 feet / 678 meters

Accommodation: [Blaauwklippen Manor House](#)

DAY
2

Cycling Stellenbosch

Today we ride to Boschendal Wine Estate on bike trails beloved by local cyclists and pros alike—they've even hosted South Africa's Cape Epic mountain bike race. But don't be intimidated, our route lends itself to cyclists of all levels: choose to rack up miles in the saddle or take it easy and treat yourself to an extra glass of wine (or wyn in Afrikaans), if you prefer. Either way, explore the country's complicated history as we pedal on single tracks through the vineyards, passing pristine manors juxtaposed with humble agricultural villages. Stop for a snack of traditional roosterbrood at a local woman's home then continue cycling to the winery for a seasonal lunch in their charming werf, or farmyard. After, challenge yourself with an extra ride that ends with an exhilarating descent or take the van back to the hotel for a bit more downtime. Tonight we'll regather and head to one of our favorite local restaurants for a meal featuring fresh, seasonal ingredients harvested from the chef's own garden.

Meals: Breakfast / Lunch / Dinner

Destinations: Helshoogte, Kylemore, Boschendal

Accomplished: 21 miles / 34 km, elevation gain: 1,391 feet / 424 meters

Longer Option: 26 miles / 43 km, elevation gain: 2,070 feet / 631 meters

Accommodation: [Blaauwklippen Manor House](#)

TOUR ITINERARY

DAY
3

Local is “Lekker”

Set out this morning toward Jonkershoek, a nature reserve occupying a dramatic valley near the major wine destination of Stellenbosch. Some say that South African mountain biking was born right here, since the trails in this preserve launched the sport's popularity. We'll enjoy a post-ride lunch at our favorite little cyclist café. From there, a short transfer or hilly extra ride brings us back to our hotel. Spend the afternoon at an informal South African settlement, getting to know the local personalities as they share their stories, music, and traditions with us over the course of an unforgettable visit. Evening finds us in historic town of Stellenbosch—one of the country's first Dutch settlements and a treasure trove of colonial architecture—for a stroll through its oak tree-lined streets and dinner at one of our favorite restaurants.

Meals: Breakfast / Lunch / Dinner

Destinations: Jonkershoek, Helshoogte, Stellenbosch

Accomplished: 16 miles / 26 km, elevation gain: 1,788 feet / 545 meters

Longer Option: 24 miles / 40 km, elevation gain: 2,870 feet / 875 meters

Accommodation: [Blaauwklippen Manor House](#)

DAY
4

Wine to Waves

This morning, our transfer brings us to the trails of Bottelary Hills Conservancy: an immaculately maintained network of mountain biking routes connecting nearly 40 local vineyards. Great pains were taken to preserve the native flora, including fruit orchards, lilies, and fynbos (a type of vegetation unique to South Africa). Our ride rewards us with views all the way to Table Mountain. Stop for a picnic lunch at the Jordan Wine Estate, celebrated for their award-winning Chardonnay, then trade vineyards for the Atlantic, checking into our final luxury hotel, located at the base of Table Mountain National Park. Tonight you're free to head into Hout Bay for a sunset stroll on the beach followed by dinner on your own.

Meals: Breakfast / Lunch

Destinations: Bottelary Hills, Stellenbosch

Accomplished: 19 miles / 32 km, elevation gain: 1,430 feet / 436 meters

Longer Option: 36 miles / 45 km, elevation gain: 3,284 feet / 1,001 meters

Accommodation: [Newmark Future Found Sanctuary](#)

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DAY
5

Chapman's Peak and Kalk Bay

Enjoy a laid-back morning before hopping on the bike for a final day of cycling. The road to Chapman's Peak is considered the country's most beautiful byway, so our ride over the peninsula includes plenty of photo stops. Our destination today is the quaint fishing village of Kalk Bay, its harbor of vocal sea lions basking in the warm sun and local fishermen selling this morning's fresh catch. A lunch of fresh seafood is only fitting! Choose to take it easy for the rest of the afternoon—maybe checking out the colorful beach cottages—or keep on riding back to the hotel. For our final night, it's sundowners and a fabulous dinner as we toast to our wonderful week together.

Meals: Breakfast / Lunch / Dinner

Destinations: Chapman's Peak, Kalk Bay

Accomplished: 21 miles / 34 km, elevation gain: 1,919 feet / 585 meters

Longer Option: 29 miles / 47 km, elevation gain: 3,483 feet / 1,062 meters

Accommodation: [Newmark Future Found Sanctuary](#)

DAY
6

Totsiens!

Spend your final morning in South Africa as you wish, whether you prefer to sleep in late or take a short hike to get your endorphins for the day. Before our guides bid you farewell, transfer with them to Cape Town International Airport or right into the city for those adding additional days to their trip.

Meals: Breakfast

Destinations: Kalk Bay

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with extended reservations at the first and final hotels on your scheduled itinerary, or with private transfers to and from your bike tour. DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your **Tour Coordinator**.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip.



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please [see our website](#) for the exact bike models offered on tour. E-bikes are available in most destinations on a first-come, first-served basis. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest you read these simple safety instructions and watch our [brief safety video](#). They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

