



TwoOceansMarathon

EMF7C: 7-night package – Two Oceans Marathon: Cape Town + Safari

Day 1

Arrive **Cape Town Airport** and meet your Two Oceans host, who will transfer you to your luxury hotel.

Check in and relax in your magnificent surroundings in the shadow of Table Mountain.

Day 2

Today is free for you to acclimatise and prepare for the **Two Oceans Marathon**, arguably the most beautiful ultra-marathon in the world (34.8 miles – 56km). Alternatively you can participate in the half-marathon route (9.3 miles – 21km).

Your host will be at your disposal all day today, to assist you in registering and collecting your race number and T-shirt; to discuss any logistical support you may require and provide transport to familiarise yourself with the route.

Day 3

Two Oceans Day

Your host will provide all your pre- and post-race transfers, as well as any other logistical support you may require.

Rise early to be at the starting point at **South African Breweries** in Newlands by 07h00. Be part of the fun and excitement of a truly spectacular marathon, as you run the length of the spectacular **Cape Peninsula** which separates the warm Indian Ocean and the mighty Atlantic.

Pass through dramatic mountain and coastal scenery on your route through Plumstead, Fishhoek and Simonstown. Return via famous **Chapman's Peak Drive** and Hout Bay, before climbing Constantia Nek Pass.

Throughout the race, friendly crowds will be lining the streets cheering you on and willing you to the finish line. This is a great race and one that you will remember for a lifetime!

Days 4 and 5

At leisure in the beautiful city of **Cape Town**.

You will be given a day pass for the convenient red **Hop-On Hop-Off Bus**, which stops at all Cape Town's key sights and beaches. Start by ascending **Table Mountain** by cable car to enjoy one of the world's most famous views and continue to **Camps Bay** beach and the **V&A Waterfront**.

Alternatively choose one of the many local excursions available, such as to the beautiful **Stellenbosch Winelands** or **Robben Island**, the infamous prison home of Nelson Mandela.

Day 6

Return transfer to **Cape Town Airport** for your 2-hour flight to **Johannesburg**.

You will be met at Johannesburg Airport and transferred to the beautiful malaria-free **Pilanesberg Game Reserve**, a drive of around 2-hours through the rural north western Transvaal.

After checking into your game lodge, in the afternoon enjoy your first game drive in an **open-top game viewing vehicle** in this superb **Big Five** game reserve, which is uniquely situated inside an extinct volcano. Hopefully see elephants, lions, antelope and a wide variety of other game, before enjoy dinner in your warm African surroundings.

Day 7

Up early this morning, when viewing conditions are at their best, for another **open-top game drive** in the **Pilanesberg Game Reserve**. We hope to see more of the **Big Five** today: lion, buffalo, rhino, elephant and leopard – as well as giraffe, wildebeest, crocodiles, hippos, antelope and many other interesting species, before returning to the lodge for breakfast.

The rest of the day is at leisure. Visit the neighbouring gaming resort of **Sun City**, or relax beside the lodge swimming pool and visit the viewing hide. In the afternoon return to **Pilanesberg Game Reserve** for another game drive, before dining at the lodge in the atmosphere that only the African bushveld can provide!

Day 8

Time permitting, enjoy another early morning **open-top game drive** before breakfast and your return transfer to **Johannesburg Airport**.

ITINERARY HIGHLIGHTS

TWO OCEANS MARATHON – CAPE TOWN

- ❑ 5 nights luxury accommodation in Cape Town, with en-suite facilities
- ❑ Two Oceans race transfers & logistical support
- ❑ Hop-On Hop-Off Bus day pass
- ❑ Table Mountain by cable car (weather permitting)
- ❑ English breakfasts daily

[Two Oceans Marathon entry fees are not included in the holiday price. These need to be paid directly to the race organisers at the time of application and acceptance]

PILANESBERG SAFARI

- ❑ 2 nights game lodge accommodation, with en-suite facilities
- ❑ 4 game drives in the Pilanesberg Game Reserve
- ❑ All game park fees and local taxes
- ❑ English breakfasts daily
- ❑ Dinners daily

WHAT IS INCLUDED:

All airport and ground transfers in air-conditioned vehicles
Accommodation on a bed and breakfast basis
Activities specified in itinerary, including transfers and entrance charges

WHAT IS NOT INCLUDED:

International & domestic flights (quoted separately)
Lunches & dinners (unless specified)
Drinks & refreshments
Tips for porters and restaurants
Telephone calls, laundry & other incidental personal expenditure
Visa fees, in countries where these apply

TIPS

It is not necessary to tip your host. However, if you have received exceptional service and wish to express your gratitude, you may of course do so. In such circumstances, a tip of between £20 and £40 per couple per week would be regarded as normal.

IMPORTANT NOTICE

All activities are subject to prevailing weather conditions

CAPE TOWN

Cape Town City Tour – orientation tour of this beautiful city (half day)

Cape of Good Hope Nature Reserve – visit Cape Point, spectacularly situated where the two major oceans meet. Optional visits to penguin colony at Boulders Beach and boat ride to Seal Island (half day or full day)

Stellenbosch Winelands – tour of the beautiful Cape Winelands, including a cellar visit and wine tasting (half day, or full day including Franshhoek & Paarl)

Combination Tour (Cape Point + Winelands) – if your time is limited chose this tour, which combines the highlights of Cape Point and Stellenbosch (full day)

Whale Watching – seasonal full day tour via Gordon's Bay and False Bay to Hermanus, where Southern Right whales come to breed. See their lob tailing and spy hopping courtship displays, close to shore (August to November)

Township Cultural Tour – soak up the multi-cultural life of Cape Town, as you meet and speak to the local community. Visit Bo-Kaap and the Malay Quarter; District Six Museum and Cape Flats. Also visit a traditional spaza shop & shebeen pub (half day)

Robben Island – catch the ferry across Table Bay to the infamous prison home of Nelson Mandela & other political prisoners during the struggle years. A very poignant experience (half day, or full day if combined with the Township Cultural Tour – weather permitting).

West Coast Flowers – seasonal full day tour to see the magnificent wild flowers in spring (August and September)

Cage Diving – early morning departure to view the fearsome great white sharks of False Bay, whilst snorkelling or scuba diving in a cage. Alternatively view these surface-feeding predators from the relative safety of the boat. Bring your own towel. Includes lunch (full day – weather permitting)

Deep Sea Game Fishing – seasonal pre-dawn departure for deep sea game fishing for tuna up to 220 lbs (100 kg) some 40 nautical miles out to sea. Also albacore, yellowfin tuna and fighting mako sharks (full day). Outside the tuna season, game fishing around Cape Peninsula (half day). Includes all tackle and a light lunch (weather permitting)

Cape Town by Night – evening tour to Bloubergstrand to enjoy the sun setting over Table Mountain followed by dinner at a popular Cape Town restaurant and a night-cap on Signal Hill

Nature Reserve Safari – view and photograph wildebeest, zebra, ostrich and other antelope, on a Nature Reserve just outside the city (half day)

Aquila Game Reserve – travel for 2-hours through the beautiful Hex River Valley to this arid Game Reserve in the Karoo (full day)

Golf – 18-holes of championship golf, with shared cart

Golf club hire

Harbour Cruise – view Cape Town from the water, as you cruise leisurely around the historic harbour

Helicopter Flight – enjoy spectacular views of Table Mountain & Cape Peninsula (15 mins)

Hot Air Balloon – pre-dawn departure for 1-hour flight over the Paarl Winelands, followed by a champagne breakfast (weather permitting)

Botanical Gardens: Kirstenbosch on the slopes of Table Mountain, world famous for its fynbos and protea; **Karoo** with its specially adapted desert plants or **Harold Porter** near Hermanus, also famous for its fynbos

Walking Trails – explore on foot Cape Point; the Winelands; Lion’s Head (3.5hrs); or Table Mountain (6hrs) with walking guide. Distances adjusted to suit your level of fitness. Pack suitable boots, backpack, water, sunhat, sunscreen and windcheater (full day)

Cycling around Cape Point – enjoy a day riding and walking around the Cape Peninsula, with a vehicle back up when tired. Pack suitable shoes, sunhat, sunscreen, sweater and bathing costume (full day)

Mountain Bike Trails – explore some of the many trails in Constantia, along the slopes of Table Mountain (half day or full day)

Bird Watching – view Cape pelagic birds by boat with expert guide. Also migrant waders at Langebaan Lagoon (November/April) and endemics. Over 950 bird species (full day)

Motor Bikes – hire a Harley Davidson or BMW, and explore the Cape Peninsula. Motor bike licence required (full day)

4x4 Driving – test your 4 x 4 driving skills in the Hottentots Holland Mountains, with instructor (full day)

Paragliding – from Lion’s Head to Camps Bay beach below, in tandem with guide (max 220 lbs)

Abseiling – down Table Mountain, for serious adventure seekers!

Two Oceans Aquarium – enjoy the fascinating displays in this world-class aquarium at the V&A Waterfront. For certified divers, also the opportunity to **Scuba Dive** amongst the sharks and big game fish in the main oceanic tank

Ratanga Junction – a day of fun for all the family, with over 30 exciting rides

Cooking Lessons – discover some of the secrets of South Africa’s world-class cuisine, with expert chef (2 hrs)

Horse Riding – enjoy an early morning ride on miles of unspoilt Noordhoek beach

Spa Treatments – from a simple massage to a luxury 5-hour combo at a top spa

Casino – test lady luck on the slot machines, at the roulette wheel or in the casino

Cricket, Rugby & Football Matches – subject to fixtures

PILANESBERG

Safari Drives – open-top game drives into this beautiful malaria-free Big 5 game reserve (2.5 hrs)

Elephant Back Safari – 20 min drive through Letsatsing Game Park to the Elephant Wallow, viewing birds and game. After an initial opportunity to interact with the elephants, saddle up and enjoy a 1-hr elephant-back safari following ancient game trails through the reserve

Hot Air Balloon Ride – pre-dawn departure for 1-hour flight over Pilanesberg Game Reserve, followed by a game drive and breakfast (subject to prevailing weather conditions)

SUN CITY

Entertainment Centre – casino, slots, bingo, restaurants, movies and live shows

Valley of the Waves – tropical beach with real waves, lazy river, tubes and slides

Golf – 18-holes of championship golf, with shared cart or caddy **Golf club hire/Caddy**

Gary Player Health Spa – wide variety of treatments, including Marula body wrap & gymnasium

Walk-through Aviary – for close-up views of many colourful indigenous bird species

Motseng Cultural Village & Shebeen – African foods, arts & crafts and tribal dancing

Helicopter Flips – over Sun City

Butterfly World – spectacular variety of tropical butterflies

Horse Riding – variety of trails through Pilanesberg Game Park

Birds of Prey – daily educational flying displays

Drumming – learn to play the African drums in a drum circle designed for beginners (1-hour)

Quad Biking – adventure trail through Letsatsing Game Park, accompanied by a guide. You may see wildlife on the way (1-hour)

Clay Pigeon Shooting – assisted by an instructor, become acquainted with the 12 gauge shotguns used in this exciting sport. No experience necessary (1-hour)

Archery – master this ancient art by learning to shoot the crossbow and modern compound bow. No experience necessary (1-hour)