

Planeta First

Solidarity ecotourism

Adventure tour in South Africa

Six days in Cape Town built around what you enjoy: the city and its history, the Cape Peninsula and its penguins, the Winelands, then a free day for surfing, sandboarding or paragliding.

South Africa 1 week **From €790 per person**

The tour

Cape Town sits between ocean and mountain, beneath Table Mountain. This six-day trip puts you up in a hostel in Table View, a five-minute walk from Blouberg beach and Kite Beach, and lets you shape the week your way: as active or as laid-back as you like.

Three days give the trip its backbone: the city and its history, from the Castle of Good Hope to the District Six Museum; the Cape Peninsula with a local guide, from Hout Bay to Cape Point and the penguins of Boulders Beach; and the Cape Winelands, with visits to three to five estates. The rest is up to you: the beach, surfing, sandboarding on the Atlantis dunes, skydiving or a safari, booked locally at your own expense.

The tour is open to adults, groups and families, and to young travellers from 15.

What makes it different

- A tour you shape to suit yourself
- The Cape Peninsula and the penguins of Boulders Beach
- A day in the Cape Winelands
- A hostel five minutes from Blouberg beach







Day by day

Day 1: arrival and welcome dinner

You are met at Cape Town International Airport or collected from a nearby address. Early arrivals can head for the beach and the views of Table Mountain. In the evening, a home-cooked South African dinner at the hostel, then the beachfront bars for anyone who fancies it.

Day 2: Cape Town and its history

After breakfast, two options: a walking tour of the historic sites (Castle of Good Hope, Grand Parade, the Parliament buildings, the District Six Museum, then African crafts at Greenmarket Square and St George's Mall), or the open-top Hop On Hop Off bus via Camps Bay, the V&A Waterfront and Table Mountain. The afternoon is free, at your own expense: the V&A Waterfront, the ferry to Robben Island, the cableway up Table Mountain or the colourful streets of the Bo-Kaap. Back to Table View by local bus.

Day 3: the Cape Peninsula

A day with a local guide. Free time in Hout Bay harbour, with its markets and fish and chips, or a glass-bottomed boat trip to Duiker Island and its seals. Along Chapman's Peak Drive, high above the sea, to Cape Point Nature Reserve, where ostriches and baboons roam, a short climb to the top, then the African penguins of Boulders Beach.

Day 4: the Winelands

A local guide takes you through the Cape Winelands, home to more than 500 wineries. You visit three to five of them, with tastings and local food, before being dropped back in the late afternoon.

Day 5: free day or optional activities

The beach, a lazy day, or an adventure booked locally at your own expense: shark cage diving at Gansbaai, a tandem skydive, paragliding from Lion's Head or Signal Hill, a Big Five safari in a private reserve, sandboarding on the Atlantis dunes, a 112 m abseil off Table Mountain, a township tour and Robben Island, or surf lessons at Blouberg or Muizenberg.

Day 6: departure

Check-out from Saltycrax Backpackers and the end of the tour.

On site

Accommodation

You stay at Saltycrax Backpackers in Table View, a five-minute walk from the beachfront with its restaurants and shops, and from Blouberg and Kite Beach. Public transport is close by.

Meals

Breakfast is in the hostel kitchen. On the first night you are automatically booked in for the home-cooked South African dinner at the hostel.

Arrival

You are met at Cape Town International Airport or collected from a nearby address. The return transfer is not included.

Departures

Several dates throughout the year, to be arranged with the team

Included

- ✓ Welcome and airport transfer
- ✓ Accommodation in a shared house
- ✓ Breakfast and dinner
- ✓ Activities of your choice from the programme
- ✓ 24/7 assistance and supervision

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/cape-town-adventure-week/, **info@freepackers.com**

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.