

Planeta First

Solidarity ecotourism

Cultural tour in South Africa

Five days getting under the skin of Cape Town: the townships and Robben Island with a local guide, the Winelands or the Cape Peninsula, then a Cape Malay cooking class with a Bo-Kaap family.

South Africa 5 days **From €1,150 per person**

The tour

This five-day cultural tour shows you Cape Town through its history and the people who bring it to life. With a local guide you visit the townships of Langa, Gugulethu and Khayelitsha, then take the ferry to Robben Island, where Nelson Mandela was imprisoned under apartheid.

The rest of the trip mixes landscapes and encounters: a day in the Winelands or on the Cape Peninsula, a morning in the historic centre, then a walk through the colourful streets of the Bo-Kaap, with a stop at a spice shop and a cooking class in a local family's home.

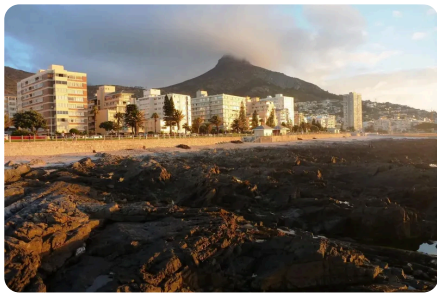
You stay a few minutes from Blouberg beach, looking across to Table Mountain. The tour is open to adults from 18, travelling solo, as a family or in a group.

What makes it different

- The townships and Robben Island with a local guide
- The Winelands or the Cape Peninsula, your choice
- A cooking class with a Bo-Kaap family
- Accommodation close to Blouberg beach







Day by day

Day 1: arrival

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 a free evening in the local bars.

Day 2: the townships and Robben Island

After breakfast, a local guide takes you through the history and daily life of the townships: District Six (museum optional), Langa (family hostel, shebeen, traditional healer), Bonteheuwel, Gugulethu (the Gugulethu Seven and Amy Biehl memorials) and Khayelitsha (Philani Centre, pre-school). Then the ferry from the V&A Waterfront to Robben Island, a World Heritage Site where Nelson Mandela was held.

Day 3: the Winelands or the Cape Peninsula

Two options. A day in the Cape Winelands with a local guide, in Stellenbosch, Franschhoek or Paarl, returning in the late afternoon. Or the Cape Peninsula, with its wildlife, plants and sweeping views, and a stop to see the African penguins at Boulders Beach.

Day 4: the historic centre and Bo-Kaap cooking

In the morning, a walking tour of the historic sites (Castle of Good Hope, Grand Parade, the Parliament buildings, the District Six Museum, Greenmarket Square) or the Hop On Hop Off bus. In the afternoon, a guided walk through the Bo-Kaap, a stop at a spice shop and a halal butcher, then a hands-on Cape Malay cooking class in a local family's home.

Day 5: departure

Breakfast, a last look at Table Mountain, and on to your next adventure.

On site

Accommodation

You stay in a hostel 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 served every morning. On the first night there is a home-cooked South African dinner at the hostel, and on day 4 you cook with a Bo-Kaap family.

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
- ✓ All activities in 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/cultural-tour-in-south-africa/, info@freepackers.com

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