



# WOMEN'S ADVENTURES NZ



## South Africa Itinerary

3<sup>rd</sup> – 21<sup>st</sup> September 2026

**\$9020.00 per person**

**Deposit of \$2000.00 required**

While we might be fierce rivals on the footy field many South Africans now call New Zealand home including our very own Tour Leader, Ruth Donde. Born and bred in Cape Town Ruth takes us on this once-in-a-lifetime adventure starting in Cape Town and finishing in Johannesburg.

With expert guidance from Ruth, we'll be experiencing Cape Town like a local with lots of city exploring in South Africa's 'Mother City'. With the use of our own rental van, we also use Cape Town as a base and take a day trip out to the gourmet capital of Cape Winelands, followed by some hiking on the Fynbos Trail, as well as spending a few days along the picturesque Garden Route.

Then it's off to Johannesburg to visit Soweto and delve into South African history before heading out to Pilanesberg for a must-do safari experience.

This very special adventure will be a highlight of 2026 – don't miss out!

<b>Wed 2<sup>nd</sup> Sept</b>	<b>South Africa Itinerary</b> <b>Flights</b>	<b>Cost</b>
	At the time of writing the best flights for cost and timing were with Emirates at approx. \$2,450 per person. See below for details of flights from New Zealand and let us know if you would like us to help arrange this.	<b>Flights own cost.</b>
<b>Thurs 3<sup>rd</sup> Sept</b>	<b>Day One - Arrival</b> <b>Cape Town, South Africa</b>	
4:50pm	Arrive in Cape Town and travel into the city to our accommodation for 4 nights:  City Lodge Hotel V&A Waterfront, twin share.  Dinner along the waterfront, perhaps at the relaxed Cape Town Fish Market.	Group airport transfer paid. Accom included. <b>Dinner own cost.</b>
<b>Fri 4<sup>th</sup> Sept</b>	<b>Day Two</b> <b>Explore the city of Cape Town</b>	
9:00am	Breakfast at our accommodation before we stretch our legs and explore Cape Town by foot (and a hop-on, hop-off bus) including Cape Peninsula, Bo-Kaap, Mariner's Wharf, Camps Bay, and Mouille Point.  Finish the day with dinner at Mama Africa for some authentic African food.	Breakfast included.  <b>Lunch own cost.</b> <b>Dinner own cost.</b>
<b>Sat 5<sup>th</sup> Sept</b>	<b>Day Three</b> <b>Cape Town and Kalk Bay</b>	
9:00am	Breakfast at our accommodation then it's off to Silvermine Nature Reserve and perhaps a swim in the dam.  Followed by lunch at Kalk Bay – a fishing village known for its raw beauty, interesting shops, and a vast selection of restaurants - before walking the coastal track to Muizenberg or Fish Hoek.  We finish the day up the iconic Table Mountain for sunset!	Breakfast included.  <b>Lunch own cost.</b>  <b>Dinner own cost.</b>
<b>Sun 6<sup>th</sup> Sept</b>	<b>Day Four</b> <b>Cape Town and Lion's Head</b>	
4:30am	An early start today to join Sunrise Women for a hike up Lion's Head to catch the sunrise. We head back to our accommodation for breakfast at around 9am.  The rest of the day is yours to explore the Waterfront area, relax, shop and pack for the Fynbos Trail tomorrow (we can leave luggage at the City Lodge Hotel).	Breakfast included.  <b>Lunch own cost.</b> <b>Dinner own cost.</b>
<b>Mon 7<sup>th</sup> Sept</b>	<b>Day Five</b> <b>Fynbos Trail</b>	
9:00am	After breakfast we hop in our rental van and head to the start of the Fynbos Trail about 2 hours' drive away, picking up lunch on the way.  Over the next 3 days we will be hiking 27km through the heart of the Cape Floral Kingdom on South Africa's Western Cape.  For the full itinerary and more information on the Trail see their website: <a href="https://fynbostrail.co.za/">https://fynbostrail.co.za/</a> (Standard option)	Breakfast included. <b>Lunch own cost.</b>  Hiking package with catering included.

<b>Wed 9<sup>th</sup> Sept</b>	<b>Day Seven Fynbos Trail</b>	
	<p>Final day on the trail finishing at about lunchtime.</p> <p>Then we hop back into the van and return to Cape Town to our accommodation for 2 nights:</p> <p>City Lodge Hotel V&amp;A Waterfront, twin share.</p> <p>Tonight we celebrate our hiking achievement and head into the city for dinner and some jazz at The Blue Room.</p>	<p>Breakfast included.</p> <p>Lunch own cost.</p> <p>Accom included.</p> <p>Dinner own cost.</p>
<b>Thurs 10<sup>th</sup> Sept</b>	<b>Day Eight Cape Winelands</b>	
	<p>After breakfast at our accommodation, we head out to the 'gourmet capital' Winelands region to spend the day wine tasting, cheese tasting, and chocolate tasting!</p> <p>We stop at a wine estate for a leisurely lunch and admire the stunning Dutch architecture throughout the region.</p> <p>Back in Cape Town we grab a light dinner, perhaps at the nearby Waterfront, and pack for our Garden Route trip.</p>	<p>Breakfast included.</p> <p>Lunch own cost.</p> <p>Dinner own cost.</p>
<b>Fri 11<sup>th</sup> Sept</b>	<b>Day Nine Garden Route: Cape Town to Oudtshoorn</b>	
	<p>After breakfast and accommodation check-out we hit the road early to start our 4-day tour along the breathtaking Garden Route.</p> <p>Cape Town to Oudtshoorn via the scenic Route 62, includes an afternoon visit to a working ostrich farm, then overnight in Oudtshoorn.</p>	<p>Breakfast included.</p> <p>Garden Route Tour included.</p> <p>Lunch own cost.</p> <p>Dinner included.</p>
<b>Sat 12<sup>th</sup> Sept</b>	<b>Day Ten Garden Route: Oudtshoorn to Knysna</b>	
	<p>Today's highlights include a guided tour of the Cango Caves, driving over the Outeniqua Pass, and an afternoon lagoon cruise to Knysna Heads.</p> <p>Plenty of options for dinner tonight along Knysna Waterfront.</p> <p>Overnight in Knysna.</p>	<p>Breakfast included.</p> <p>Lunch own cost.</p> <p>Dinner own cost.</p>
<b>Sun 13<sup>th</sup> Sept</b>	<b>Day Eleven Garden Route: Knysna to Tsitsikamma to Knysna</b>	
	<p>Full-day excursion today to the Tsitsikamma region including the Suspension bridge walk at Storms River Mouth, a visit to Monkeyland Primate Sanctuary, plus we spend time at an elephant sanctuary.</p> <p>Overnight in Knysna.</p>	<p>Breakfast included.</p> <p>Lunch own cost.</p> <p>Dinner included.</p>
<b>Mon 14<sup>th</sup> Sept</b>	<b>Day Twelve Garden Route: Knysna to Hermanus (Whale Coast) to Cape Town</b>	
	<p>After breakfast we head back to Cape Town today taking the scenic coastal drive via Mossel Bay. Then a stop in Hermanus to whale watch (boat tour or land-based whale watching from the cliffs). We continue onto Betty's Bay to see the African Penguin Colony at Stony Point, and then along the spectacular Clarence Drive coastal route returning to Cape Town in the evening.</p> <p>Our accommodation in Cape Town for 3 nights: La Splendida Hotel, twin share.</p>	<p>Breakfast included.</p> <p>Lunch and dinner own cost.</p> <p>Accom included.</p>

<b>Tues 15<sup>th</sup> Sept</b>	<b>Day Thirteen</b> <b>Cape Town and Kirstenbosch Botanical Garden</b>	
	After breakfast at the hotel we have free time this morning to spend how you wish – maybe visit Robben Island a UNESCO World Heritage Site and where Nelson Mandela was imprisoned, or just take a break before we head off to Kirstenbosch National Botanical Garden for the afternoon.	Breakfast included. Lunch and dinner own cost.
<b>Wed 16<sup>th</sup> Sept</b>	<b>Day Fourteen</b> <b>Cape Peninsula</b>	
	We take a trip out to Cape Peninsula including Cape Point, Chapmans Peak Drive, stopping to walk at Cape Point and picnic at the lighthouse. We also visit Simon's Town with its rich maritime heritage and local population of penguins.	Breakfast included. Lunch and dinner own cost.
<b>Thurs 17<sup>th</sup> Sept</b>	<b>Day Fifteen</b> <b>Johannesburg</b>	
	After checking out of our accommodation we say a fond farewell to Cape Town and hello Johannesburg! We take a morning flight (approx. 2 hours flight time) to Johannesburg arriving at our accommodation around lunchtime.  We then take a guided tour of the historically significant town of Soweto followed by a visit to the Apartheid Museum.  Accommodation in Johannesburg for 1 night:  City Lodge Hotel Sandton, Morningside, twin share.	Breakfast included. Flight included. Lunch own cost.  Tour included.  Accom included. Dinner own cost.
<b>Fri 18<sup>th</sup> Sept</b>	<b>Day Sixteen</b> <b>Pilanesberg Safari</b>	
	It's a super early start today and the beginning of our safari adventure! Over the next four days and three nights we base ourselves at the 4-star Kwa Maritane Bush Lodge and explore the depths of Pilanesberg National Park and all its wonderful wildlife. This safari package includes 8 safari drives across the four days, luxury accommodation (twin share), and all meals.  You can find the full itinerary here: <a href="https://moafrikatours.com/south-africa/pilanesberg-national-park/safaris/packages/4-day/luxury/4-day-luxury-kwa-maritane-bush-lodge-all-inclusive-safari-package/">https://moafrikatours.com/south-africa/pilanesberg-national-park/safaris/packages/4-day/luxury/4-day-luxury-kwa-maritane-bush-lodge-all-inclusive-safari-package/</a>	Safari package plus meals included.
<b>Mon 21<sup>st</sup> Sept</b>	<b>Day Nineteen</b> <b>Departure</b>	
	After two more game drives we depart Pilanesberg and are transferred to Johannesburg International Airport for our flight home.	Flight own cost.

**\*A gear list will be sent out**

**\*Please read our accompanying Booking Terms and Conditions that form part of this itinerary**

**\*Flight information (subject to change):**

	<b>Flight No</b>	<b>Depart</b>	<b>From</b>	<b>Arrive</b>	<b>At</b>	<b>Duration</b>	<b>Transit</b>
	449	2 Sept 8:30 pm	Auckland (AKL)	3 Sept 5:35 am	Dubai (DXB)	17h 5m	3h 35m
	770	3 Sept 9:10 am	Dubai (DXB)	3 Sept 4:50 pm	Cape Town (CPT)	9h 40m	-
	766	21 Sept 10:20 pm	Johannesburg (JNB)	22 Sept 8:20 am	Dubai (DXB)	8h 0m	1h 45m
	448	22 Sept 10:05 am	Dubai (DXB)	23 Sept 9:50 am	Auckland (AKL)	15h 45m	-