

Cape Whale Coast Eco-Adventure

From visiting with penguins to a reforestation project, enjoy an eco-friendly adventure in the Cape Overberg - with a touch of luxury - with this two-day itinerary,

DAY ONE

accommodation: eco cabins at kogelberg nature reserve

No television, (very) limited wifi access and not a satellite dish in sight, the Oudebosch Eco Cabins at Kogelberg are ideal for those looking to get off the grid. With sweeping views of the valley, a variety of hiking trails to explore and a natural swimming pool a few metres from the accommodation, the cabins cater for up to four people, making them ideal for groups of friends and small families.

Website: <http://www.capenature.co.za/reserves/kogelberg-nature-reserve/>

morning hike

There are approximately 11 different hikes in the area and most of them are found within the Kogelberg Nature Reserve. There is the option to walk alongside a river, through forests or up to mountain peaks. Ranging from short 2-3 hour walks to moderate 2-day hikes, there are routes available for all levels of fitness.

hermanus wine hoppers

Hop-on Hop-off safari-style and discover the boutique wineries of the beautiful Hemel & Aarde Valley in a truly unforgettable way.

Website: www.hermanuswinehoppers.co.za

lunch at creation wines

The story of Creation Wines is as old as the hills - dating back to when Mother Nature created South Africa's beautiful Hemel-en-Aarde. Enjoy carefully crafted cuisine with some of the best wines, while taking in the gorgeous surroundings.

Website: www.creationwines.com

visit to stony point

Stony Point is where you will find one of two land based penguin colonies in Cape Town and the Western Cape. On the Edge restaurant and the Whale Museum provides guests with the history of the old Whaling Station. This initiative was implemented to uplift the community of Mooiuitsig in Bettys Bay, owned by the members of the community.

Website: <http://www.capenature.co.za/reserves/stony-point-nature-reserve/>

dinner at bientang's cave

Created out of a traditional cave previously inhabited by a Koi Strandloper of the same name, the restaurant spills out onto the rocks of Walker Bay in Hermanus, making it the perfect place for sundowners. Boasting a rustic charm and natural ambiance, Bientang's Cave is a favourite for locals and visitors alike.

Website: <http://www.bientangscave.com/>

DAY TWO

accommodation: grootbos nature reserve

Nestled between mountain and sea, the Grootbos Private Nature Reserve is a five-star eco-paradise showcasing the incredible flora and marine life found on the southern tip of Africa. Home to the "Marine Big 5" - whales, sharks, dolphins, seals and penguins - and with unparalleled floral diversity, Grootbos offers you a one-of-a-kind luxury African experience. Grootbos is about more than just luxury accommodation and eco adventures. Your visit directly contributes to the conservation efforts of the Grootbos Foundation as well as the development of sustainable nature-based livelihoods amongst local communities. It is this core philosophy of conservation linked with social development that has made Grootbos an award-winning world leader in responsible tourism.

Website: www.grootbos.com

african penguin and seabird sanctuary

A project of the Dyer Island Conservation Trust, the African Penguin and Seabird Sanctuary was set up to help with the protection of the endangered African penguin colonies of Dyer Island. Set up with a fully equipped lab and rehabilitation area, the sanctuary also has a vet on standby to assure immediate treatment of injured birds and to ensure they have the best chance of survival. Visitors to the sanctuary can view the birds in the habitat through one-way glass, set up to ensure the birds are interfered with as little as possible. As well as their work with the birds, the sanctuary does important work in research and education to do as much as possible to mitigate human impacts on our colonies.

Website: <https://xplorio.com/gansbaai/african-penguin-seabird-sanctuary/>

platbos forest

Platbos is an ancient indigenous forest situated at the foot of Africa near Gansbaai, this historical has trees that's over a 100 years of age. The Trees for Tomorrow Reforestation Project was created in the wake of the devastating fires of 2006. Plant a tree and leave your carbon footprint.

Website: <http://www.platbos.co.za/>

de kelders freshwater drip cave

As unassuming as the town in which it is found, the entrance to De Kelders Freshwater Drip Caves does not give away any of the magic found inside. It looks like an old sewer entrance, but it's anything but that, with the caves home to some incredible stories,

indelibly linked not only to the history of the Overberg, but the Western Cape as a whole. We won't spoil the stories for you, but like the town, this natural drip cave is far more than meets the eye, with the pools buried beneath the rock just one of the jaw-dropping factors to be viewed.

Website: <https://xplorio.com/gansbaai/de-kelders-drip-cave-tours/>

fat bikes

Perfect for families looking for a bit of adventure, without too much hard work, the fat bike tours in Gansbaai combine incredible views, fresh air and some adrenaline-fuelled downhill dune racing! To be honest, apart from a couple of smallish climbs, most of the Sand Dunes tour is downhill or flat, meaning just about anybody can take part, even those with limited fitness levels. Other tours offered are the Hermanus Beach Trail, the DeKelders – Hermanus Beach Trail and for the fitter riders, The EPIC, which can last up to five hours.

Website: www.fatbiketours.co.za/fatbike-trails/

dinner at accommodation:

Using only the very freshest ingredients, sourced as close to Grootbos as possible, with many coming from the reserve's own organic farm, the team of chef's are constantly re-inventing their 6-course dinner to surprise and delight patrons. Like the rest of the reserve, the two restaurants - the Garden Lodge and the Forest Lodge - incorporate the environment into their design, making them a marvel inside and out.

Website: <https://www.grootbos.com/en/food-and-wine/culinary-experience>

Created out of a traditional cave previously