



Cape Peninsula Birding Tour 11 Days



Cape Town (Afrikaans: *Kaapstad*; Xhosa: *iKapa*) is the second-most populous city in South Africa, and the largest in land area. It is the provincial capital of the Western Cape, as well as the legislative capital of South Africa, where the National Parliament and many government offices are situated. Cape Town is famous for its harbour as well as its natural setting in the Cape floral kingdom, including such well-known landmarks as Table Mountain and Cape Point. Located on the shore of Table Bay, Cape Town was originally developed by the Dutch East India Company as a supply station for Dutch ships sailing to Eastern Africa, India, and the Far East. Jan van Riebeeck's arrival on 6 April 1652 established the first permanent European settlement in South Africa. Cape Town quickly outgrew its original purpose as the first European outpost at the Castle of Good Hope, becoming the economic and cultural hub of the Cape Colony.

ITINERARY

Day 1 Saturday, 1 October 2011: Cape Town International Airport – Afton Grove Country Retreat

Upon arrival in Cape Town, the oldest city in South Africa and fondly known as the Mother City, we will then drive to Afton Grove Country Retreat. This accommodation haven is a place of country charm, character and comfort. Every guest is welcomed as a member of the Spengler family and Afton Grove team. You will soon feel at home in the warm friendly atmosphere. Afton Grove allows guests to truly relax in the privacy of a garden cottage. Afton Grove is run by a family who are passionate about the outdoors, and thus this Cape Town country retreat is perfectly suited to avid bird watchers, enthusiastic horse lovers and those with an affinity for nature.

Accommodation: *Afton Grove Country Retreat*
Meals: *Dinner*
Included activities: *Casual bird-watching around Afton Grove area*
Optional activities: *Please discuss any optional activities with your guide*



Overnight at Afton Grove Country Retreat

Day 2 Sunday, 2 October 2011: Afton Grove Country Retreat

After breakfast this morning we get ready to go birding. Today we visit Kirstenbosch Botanical Gardens and the Constantia Greenbelt. The Kirstenbosch Botanical Gardens are world-renowned for their beauty and diversity of the Cape flora it displays and for the magnificence of its setting against the eastern slopes of Table Mountain. The estate covers 528 hectares and supports a diverse fynbos flora and natural forest. The cultivated garden (36 hectares) displays collections of South African plants, particularly those from the winter rainfall region of the country. *Birds most likely to be seen: Cape Sugarbird, Orange-Breasted Sunbird, Rameron Pigeon, Sombre Bulbul, Olive Thrush, Cape Batis, Paradise and Dusky Flycatcher, Forest Canary, Red Breasted and Black Sparrowhawks, African Goshawk, Helmeted Guineafowl, Cape Robin, Karoo Prinia, Southern Boubou, lesser Double-collared Sunbird, Red breasted Cuckoo, Black saw-wing Swallow, Speckled Mousebird, Bully Canary, Fiscal Shrike, Grassbird, Levaillants Cisticola, Common Waxbill, Knysna Warbler, Verreaux's Eagle, Black Swift, Cape Siskin, Ground woodpecker.*

Accommodation: *Afton Grove Country Retreat*
Meals: *Breakfast / Lunch / Dinner*
Included activities: *Kirstenbosch Botanical Gardens*
Optional activities: *Please discuss any optional activities with your guide*

Overnight at Afton Grove Country Retreat

Day 3 Monday, 3 October 2011: Afton Grove Country Retreat

The Constantia Greenbelt is the forest patches which cloak much of the eastern slopes of Table Mountain and extend down into the exclusive residential suburb of Constantia, south of Kirstenbosch, where interlinked 'greenbelts' have been set aside to preserve the area's natural character. The forest and thickets along these greenbelts are the Peninsula's best sites for birding. *Birds likely to be seen: Knysna Warbler, Buff-spotted Flufftail, Wood Owl, Cinnamon Dove, Cape Siskin, Forest Canary, Cape Batis, Sombre Bulbul, Dusky and Paradise Flycatchers, Rameron Pigeon, Redchested Cuckoo, Lesser Double-collared Sunbird, Chaffinch, Bar-throated Apalis and Sweet Waxbill.*

Accommodation: *Afton Grove Country Retreat*
Meals: *Breakfast / Lunch / Dinner*
Included activities: *Constantia Greenbelt*
Optional activities: *Please discuss any optional activities with your guide*

Overnight at Afton Grove Country Retreat

Day 4 Tuesday, 4 October 2011: Afton Grove Country Retreat

Today we visit Silvermine and Kommetjie. The Silvermine Nature Reserve forms part of the Table Mountain National Park, a protected conservation area.

Attractions within the Silvermine Nature Reserve range from popular and well marked mountain bike trails, to bird watching and hiking. *Birds likely to be seen: Ground Woodpecker, Cape Siskin, Familiar Chat & Peregrine Falcon.*

Kommetjie which means "Little Bowl" is named after the circular bowl-like sea basin "Die Kom" which forms the heart of this quiet rustic seaside village on the west coast of the Peninsula. For birders, Kommetjie provides convenient access to a number of endemic or localized coastal species, notably the *Bank Cormorant & Antarctic Tern*. *Birds likely to be seen: Swift & Sandwich Terns, Common Tern, Cape, Crowned and Whitebreasted Cormorants, White-fronted Plover, African Black Oystercatcher, Ringed Plover, Turnstone, Common Sandpiper, Whimbrel, White-Backed and Moccoa Ducks, Great Crested Grebe & Yellow-billed Egret.*

Accommodation: Afton Grove Country Retreat
Meals: Breakfast / Lunch / Dinner
Included activities: Silvermine & Kommetjie
Optional activities: Please discuss any optional activities with your guide

Overnight at Afton Grove Country Retreat

Day 5 Wednesday, 5 October 2011: Afton Grove Country Retreat

Incorporated into the Cape Peninsula National Park, the Cape of Good Hope Reserve is an essential destination famous for its striking landscapes and botanical diversity. The reserve is probably the best place in the world to see these birds: *Hottentot Buttonquail, Cape Siskin, Peregrine Falcon, Plain-Backed Pipit, African Black Swift, Cape Robin, Grey-Backed Cisticola, Karoo Prinia, Southern Boubou, Red-winged Starling & Cape Bunting, Cloud Cisticola, Grassbird, Clapper Lark, Grey-Winged Francolin, Orange-Throated Longclaw, Plainbacked Pipit, African Black Oystercatcher, White Fronted Plover, Little Egret, Whimbrel, Turnstone, Sanderling, Swift, Sandwich and Common Terns, Cape, White breasted and Crowned Cormorants, Fiscal Flycatcher, Cape Bulbul, Southern Boubou, Speckled Mousebird, Ostrich, Cape Sugarbird, Orange-Breasted Sunbird, Malachite Sunbird, Lesser Double-collared Sunbird, Ground Woodpecker, Jackal Buzzard, Cape Rock Thrush, Cape Siskin, Familiar Chat & Sentinel Rock Thrush.*

Boulders Beach is a sheltered beach made up of inlets between granite boulders, from which the name originated. It is located in the Cape Peninsula, near Simon's Town towards Cape Point. It is a popular tourist stop because of a colony of African Penguins which settled there in 1982. Boulders Beach forms part of the Table Mountain National Park although set in the midst of a residential area, it is one of the few sites where this vulnerable bird can be observed at close range, wandering freely in a protected natural environment. From just two breeding pairs in 1982, the penguin colony has grown to about 3000 in recent years. This is partly due to the reduction in commercial pelagic trawling in False Bay, which has increased the supply of pilchards and anchovy, which form part of the penguins' diet. *Birds likely to be seen: African Penguin, Cape and Crowned Cormorants, White-backed Mousebird, Southern Boubou & Bully canary.*

Accommodation: Afton Grove Country Retreat
Meals: Breakfast / Lunch / Dinner
Included activities: Cape of Good Hope Reserve & Boulders Beach
Optional activities: Please discuss any optional activities with your guide

Overnight at Afton Grove Country Retreat

Day 6 Thursday, 6 October 2011: Afton Grove Country Retreat

Cape Town's most famous symbol is now easily accessible to visitors. We can spend a few minutes in an impeccably modern cable car, or make our way up the excellent network of hiking paths of every level of severity.

The wind-buffeted plateau can be explored by following the well-marked, surfaced paths that lead from the cableway station. *Birds most likely to be seen: Orange-breasted sunbird, Neddicky, Grassbird, Red-winged Starling, Rock Pigeons, Rock Martin, African Black & Alphine Swifts, Verreaux's Eagle, Peregrin Falcon, Rock Kestrel, White-necked Raven, Cape Siskin & Ground Woodpecker.* After our Table Mountain Excursion we go to the Groot Constantia area for some wine tasting at the estates of either Groot or Klein Constantia.

Accommodation: Afton Grove Country Retreat
Meals: Breakfast / Lunch / Dinner
Included activities: Table Mountain and wine tasting excursion

Optional activities: Please discuss any optional activities with your guide

Overnight at Afton Grove Country Retreat

Day 7 Friday, 7 October 2011: Afton Grove Country Retreat

The Strandfontein Sewage works is arguably the best water bird locality close to Cape Town. The abundant and diverse birdlife makes it an ideal destination for the beginner and serious twitcher alike, and it's possible to see more than 80 species on a single summer morning. *Birds likely to be seen: African Fish Eagle, Black necked Grebe, Maccoa Duck, Southern Pochard, Cape Teal, Cape Shoveller, Yellow-billed Duck, Red-billed Teal, Purple Gallinule, Levillant's Cisticola, White Throated & European Swallows, Brown Throated Martin, Southern Pochard, Wood Sandpiper, White-winged Terns, African Marsh Harrier, African Black Oystercatcher, Swift and Sandwich Terns, Little Stint, Cape & White-breasted Cormorants, White Pelicans, South African Shellduck, Greater Flamingo & Great Crested Grebe.*

Rondevlei and its surrounding reedbeds are protected in this cosy well-maintained reserve. The wide selection of common bird species and the excellent series of hides along short pleasant footpaths make this a great birding destination. *Birds likely to be seen: African Darter, Little Bittern, Purple Heron, Purple Swamphen, Painted Snipe, Ethiopian Snipe & Acacia Pied Barbet.*

Zeekoevlei is the largest (256 ha) freshwater lake in South Africa, situated on the Cape Flats near Cape Town in the Western Cape Province. Zeekoevlei is one of the best places in South Africa to see water birds. These include a pair of *African Fish Eagles (Haliaeetus vocifer)*, herons, cormorants, *Great Crested Grebes (Podiceps cristatus)*, and the Near Threatened *Great White Pelican (Pelecanus onocrotalus)* and *Greater Flamingo (Phoenicopterus roseus)*. Mammals include the *Small Grey Mongoose (Galerella pulverulenta)*, *Water Mongoose (Atilax paludinosus)*, *Cape Clawless Otter (Aonyx capensis)*, *Vlei Rat (Otomys irroratus)*, *Four Striped Mouse (Rhabdomys pumilio)*, *Grysbok (Raphicerus melanotis)* and bats.

Accommodation: Afton Grove Country Retreat
Meals: Breakfast / Lunch / Dinner
Included activities: Strandfontein, Rondevlei & Zeekoevlei
Optional activities: Please discuss any optional activities with your guide

Overnight at Afton Grove Country Retreat

Day 8 Saturday, 8 October 2011: Afton Grove Country Retreat

Explore Cape Town. Cape Town's leading tourism development is the Victoria & Alfred Waterfront. Safe, sophisticated and boasting an unrivalled choice of retail and speciality outlets. The Waterfront is just the place for the birding-weary spouse and family. Boat excursions to Robben Island depart from here. Near the entrance is the Two Oceans Aquarium, a world class facility with numerous well-constructed displays of South Africa's Marine ecosystems.

Accommodation: Afton Grove Country Retreat
Meals: Breakfast / Dinner
Included activities: Day at leisure to explore on your own or visit the Waterfront with your guide
Optional activities: Boat cruises, shark diving, bush walks, Robben Island, V & A Waterfront, & The Two Oceans Aquarium

Overnight at Afton Grove Country Retreat

Day 9 Sunday, 9 October 2011: Afton Grove Country Retreat – Abalone Guest Lodge Hermanus

After breakfast at Afton Grove we drive to Hermanus along the scenic R44, via Rooi Els, Betty's Bay and Kleinmond. Hermanus is the best land based whale-watching destination in the world. Welcome to four star Abalone Lodge, situated on the magnificent ocean front of Hermanus. Abalone Guest Lodge offers luxury accommodation for travel, business or leisure. Abalone Guest Lodge has direct access to the well-known Scenic Cliff Path that makes Hermanus the Land Based Whale Watching Capital of the World. The Lodge is situated on Siever's Point, a landmark seafront position midway between the town centre and the beautiful Blue Flag beaches of Hermanus. Easily accessible via some of the most beautiful routes in the Western Cape, Hermanus is just 1.5 hours drive from Cape Town.

Accommodation: Abalone Guest Lodge
Meals: Breakfast / Lunch / Dinner
Included activities: Birding at Gordon's Bay, Rooi Els and Betty's Bay en- route to Hermanus
Optional activities: Land-based whale watching



Overnight at Abalone Guest Lodge Hermanus

Day 10 Monday, 10 October 2011: Abalone Guest Lodge – Whale Watching

Hermanus, also known as the 'Riviera of the South' and the Heart of the Whale Route is home to the Southern Right whale. Activity included for today: a boating excursion to maximise our whale watching and whale photography opportunities in Walker Bay. Weather permitting; we can board the chartered boat at around mid-morning. From the harbour we sail in search of the "Gentle Giants". On our excursion, the more likely whale to encounter is the Southern Right whale, with close-up photographic opportunities. Our experienced skipper will explain the meaning of blowing, breaching, lob-tailing and spy hopping in whale behaviour to us. Other whales that might be seen include Humpback whale and Bryde's whale. Mammals that might be encountered on this excursion include Cape Fur seal and Common dolphin.

Accommodation: Abalone Guest Lodge
Meals: Breakfast / Lunch / Dinner
Included activities: Whale Watching in Walker Bay (boat)
Optional activities: Afternoon at leisure

Overnight at Abalone Guest Lodge Hermanus

Day 11 Tuesday, 11 October 2011: Abalone Guest Lodge – Cape Town International Airport

After breakfast our guide will transfer you to Cape Town International Airport in time for your return flight home.

End of Services.

INCLUDED IN PACKAGE:

Destinations: Cape Town and Hermanus
Date: 01st October 2011 – 11th October 2011
Duration: 11 Days / 10 Nights
Accommodation: En suite accommodation at the following: Afton Grove & Abalone Guest House
Transfers: All road transfers
Meals: Meals as listed in itinerary
Included Activities: Kirstenbosch Botanical Gardens, Constantia Greenbelt, Silvermine, Kommetjie, Cape of Good Hope, Boulders Beach, Table Mountain, Strandfontein, Rondevlei, Zeekoeivlei, Gordons Bay, Rooi Els & Betty's Bay, Wine Tasting & Whale watching

EXCLUDED FROM PACKAGE:

- International flights
- Gratuities
- Optional activities
- Travel insurance
- Laundry
- Beverages
- Items not specified

Optional Activities to explore: Boat cruises, Shark diving or Bush Walks
 Robben Island or V & A Waterfront Two Oceans Aquarium

Please Note:

- The costing for the itinerary is based on a minimum of six (6) guests.
- This is a quotation and is valid for set departures for 2011 tours only.
- No reservations have been made and all accommodation, flights and transport are subject to availability.
- Should any of the accommodation mentioned not be available, we reserve the right to substitute it with an alternative suitable venue, which might affect the final quoted price.
- Quoted price is also subject to availability, fuel/gas price and possibly exchange rate fluctuations.
- 15% non-refundable deposit is required on confirmation of safari.
- Full payment is required sixty (60) days prior to arrival.

Price is available on request. Please contact us for more information.