

ADVENTURE

in Cape Town & the Western Cape

wesgro 

cape town & western cape
tourism, trade & investment

DISCOVER
Cape Town
AND THE
WESTERN CAPE
marketed by wesgro

♥ *With love*
from the
Locals 

CAPE TOWN AND THE WESTERN CAPE

The Western Cape is South Africa's premier adventure destination, combining rugged mountains, dramatic coastlines, and vast open landscapes. Thrill-seekers can surf world-class waves, dive with great white sharks, or paraglide over scenic valleys. Mountain biking, hiking, and trail running take advantage of the region's dramatic terrain, while 4x4 routes, horse riding, and stargazing adventures offer unique ways to explore the Karoo and Overberg. With such a variety of experiences, the Western Cape delivers unforgettable adventure for all levels of explorer.



WESTERN CAPE

REGIONS



Click on [➤](#) for more information of each region

CAPE TOWN

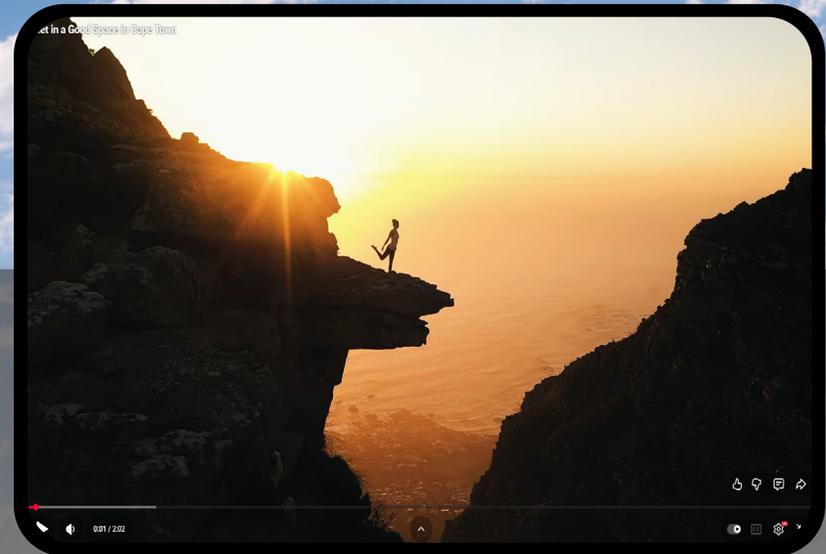
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“An iconic city framed by ocean, mountain, history and vibrant culture.”

Destination Highlights

- Table Mountain and city skyline
- Blue Flag beaches
- Vibrant, multicultural city
- Historical landmarks
- Diverse outdoor adventures

ACTIVE ADVENTURE

5 Must-Try Adventure Experiences

Sunset Cruise



Kitesurfing



Scenic Helicopter Flights



Dune Adventures



Sidecar Adventures





DISCOVER

8 Day Adventure Itinerary

DAY 1 - CITY BOWL & TABLE MOUNTAIN

- **Visit:** Table Mountain & City Bowl
- **Activities on offer:** Abseiling, hiking, trail running, city walking tour, cycling, helicopter rides, boat cruises, paragliding, SUP'ing

DAY 2 - CONSTANTIA & SOUTHERN SUBURBS

- **Visit:** Constantia, Tokai & Southern Suburbs
- **Activities on offer:** Hiking, mountain biking, forest walks, trail running stargazing, self-guided walking tour

DAY 3 - HOUT BAY & CHAPMAN'S PEAK

- **Visit:** Hout Bay & Chapman's Peak Drive
- **Activities on offer:** Scenic drives, mountain biking, hiking, boat cruises, kayaking, SUP'ing, sidecar adventures

DAY 4 - CAPE PENINSULA & CAPE POINT

- **Visit:** Cape Point Nature Reserve & Simon's Town
- **Activities on offer:** Hiking, wildlife spotting, coastal cycling, beach walks, sidecar adventures

DAY 5 - MUIZENBERG & KHAYELITSHA

- **Visit:** Muizenberg, Fish Hoek & Khayelitsha
- **Activities on offer:** Surfing, coastal walks, mountain biking, urban cycling, hiking

DAY 6 - HELDERBERG

- **Visit:** Helderberg Mountains, Gordon's Bay and Somerset West
- **Activities on offer:** Hiking, mountain biking, trail running, beach walks, vineyard safaris

DAY 7 - BLOUBERGSTRAND

- **Visit:** Bloubergstrand, Table View & Atlantis Dunes
- **Activities on offer:** Kitesurfing, windsurfing, dune adventures, beach walks, cycling

DAY 8 - DURBANVILLE & NORTHERN SUBURBS

- **Visit:** Durbanville, Tygerberg Hills & Northern Suburb
- **Activities on offer:** Mountain biking, hiking, trail running, birding, vineyard safaris

CAPE WEST COAST

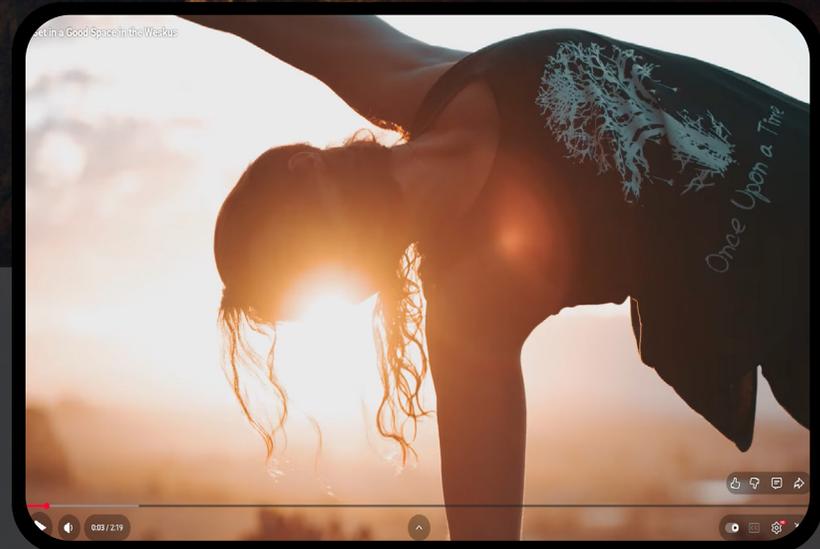
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“Endless shores,
wildflowers,
local heritage
and calm
seaside living.”

Destination Highlights

- Local culture and fresh seafood
- Wildflower displays
- Cederberg night skies for stargazing
- Beaches and coastlines
- Strong heritage



ADVENTURE

5 Must-Try Adventure Experiences

Birding



Climbing



Cycling



Paragliding



Stand-up Paddle Boarding





DISCOVER

6 Day Adventure Itinerary

DAY 1 - LANGEBAAN

- **Visit:** Langebaan Lagoon & West Coast National Park
- **Activities on offer:** Birding, SUP'ing, kayaking, cycling, hiking, beach walks, wildlife viewing

DAY 2 - DARLING

- **Visit:** Darling & surrounding Swartland farmland
- **Activities on offer:** Cycling, hiking, birding, 4x4 routes, horseback riding

DAY 3 - PATERNOSTER & WEST COAST COASTLINE

- **Visit:** West Coast Peninsula
- **Activities on offer:** Hiking, coastal walks, cycling, nature watching

DAY 4 - CEDERBERG MOUNTAINS

- **Visit:** Cederberg Wilderness Area
- **Activities on offer:** Hiking, rock climbing, bouldering, swimming in mountain pools, birding, rock art viewing

DAY 5 - NAMAQUA WEST COAST

- **Visit:** Vredendal, Lutzville & Strandfontein surrounds
- **Activities on offer:** Hiking, birding, coastal exploration, 4x4 routes, wildflower viewing (seasonal), nature walks, beach exploration

DAY 6 - VELDDRIF & BERG RIVER

- **Visit:** Velddrif & Berg River region
- **Activities on offer:** SUP'ing, kayaking, birding, cycling, hiking, fishing, paragliding

CAPE WINELANDS

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**“Historic valleys
of world-class
wines, heritage and
understated charm.”**

Destination Highlights

- Wine estates and wine tourism
- Mountain backdrops and valley landscapes
- Farm-to-table dining
- Architecture
- Outdoor adventures

ACTIVE ADVENTURE

5 Must-Try Adventure Experiences

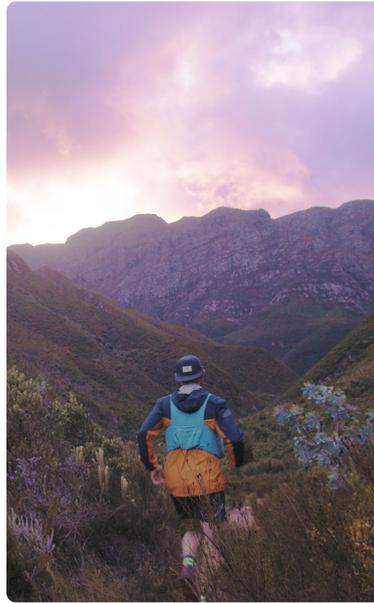
Horse Riding



Mountain Biking



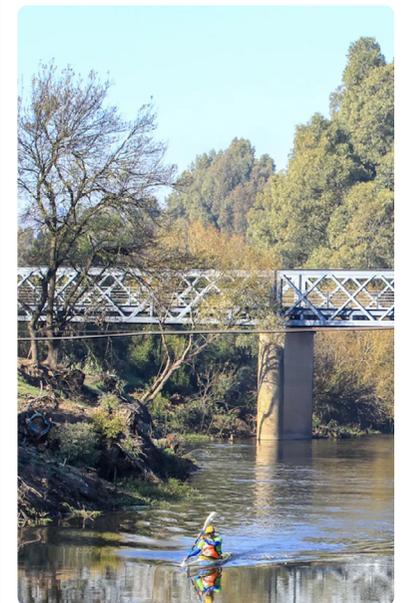
Trail Running



Hot Air Balloon Rides



Canoeing





DISCOVER

7 Day Adventure Itinerary

DAY 1 - STELLENBOSCH TOWN & SURROUNDS

- **Visit:** Stellenbosch, Jonkershoek Nature Reserve
- **Activities on offer:** Mountain biking, hiking, trail running, hot air balloon rides, vineyard safaris

DAY 2 - FRANSCHHOEK

- **Visit:** Franschhoek Valley
- **Activities on offer:** Hot air balloon rides, mountain biking, hiking, trail running, vineyard safaris

DAY 3 - PAARL & WELLINGTON

- **Visit:** Paarl, Wellington & surrounding vineyards
- **Activities on offer:** Horse riding, vineyard cycling, trail running, hiking

DAY 4 - WORCESTER & RAWSONVILLE

- **Visit:** Breede River Valley, Rawsonville, Worcester
- **Activities on offer:** Canoeing, kayaking, mountain biking, hiking, birding

DAY 5 - ROBERTSON, MCGREGOR & MONTAGU

- **Visit:** Robertson Wine Valley, McGregor Village & Montagu Mountains
- **Activities on offer:** Trail running, mountain biking, hiking, horse riding, cycling, vineyard safaris

DAY 6 - CERES & TULBAGH

- **Visit:** Ceres Valley, Wolseley Hills & Tulbagh Mountains
- **Activities on offer:** Hiking, mountain biking, trail running, canoeing, birding, ziplining

DAY 7 - TOUWSRIVIER & SURROUNDING WINELANDS OUTSKIRTS

- **Visit:** Touwsrivier, Klein Karoo edge
- **Activities on offer:** Hiking, trail running, mountain biking, canoeing, wildlife viewing, stargazing

CAPE OVERBERG

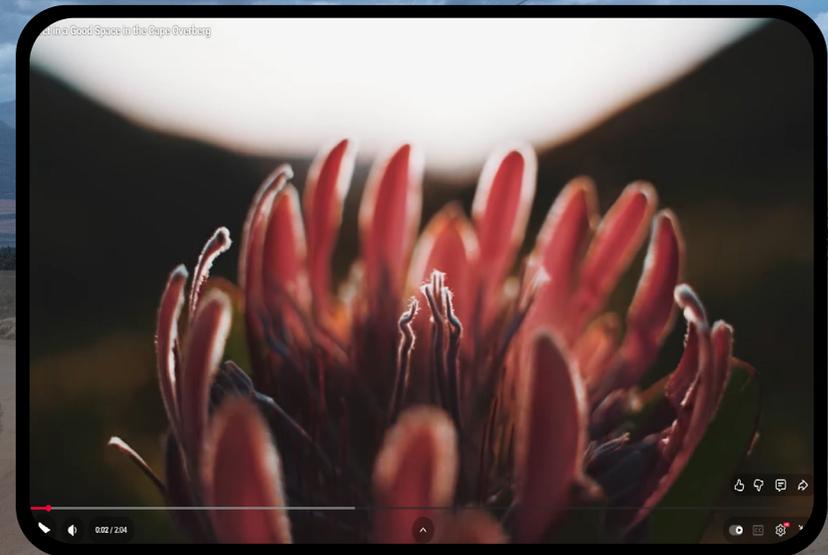
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“Rich biodiversity and rugged coastlines shaped by nature’s timeless pace.”

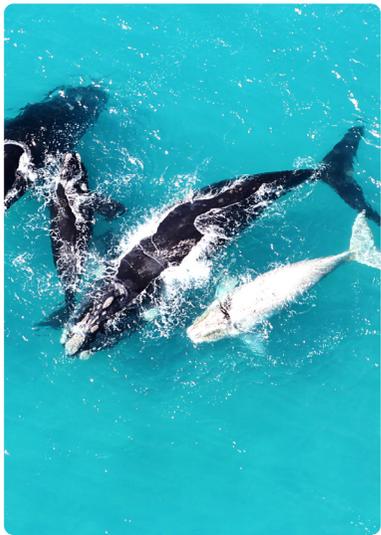
Destination Highlights

- Endless, unspoiled beaches
- Vibrant fynbos and coastal biodiversity
- Maritime and farming
- Diverse wine regions
- Wildlife and nature

ACTIVE ADVENTURE

5 Must-Try Adventure Experiences

Marine Safari



Shark Cage Diving



Caminos



Kayaking



Quad Biking & Cycling Trails





DISCOVER

6 Day Adventure Itinerary

DAY 1 - KLEINMOND, HERMANUS & STANFORD

- **Visit:** Kleinmond coastline, Hermanus cliffs & Stanford River
- **Activities on offer:** Marine safari, kayaking, hiking, trail running, quad biking, river cruise, vineyard safaris

DAY 2 - KLEINMOND, HERMANUS & STANFORD

- **Visit:** Agulhas & Gansbaai coastline
- **Activities on offer:** Shark cage diving, kayaking, coastal hiking, cycling

DAY 3 - BREDASDORP & NAPIER

- **Visit:** Overberg hinterland, rolling farmland & rivers
- **Activities on offer:** Caminos, hiking, quad biking, mountain biking, birding

DAY 4 - INFANTA, MALGAS & SWELLENDAM

- **Visit:** Breede River, Swellendam outskirts & coastal estuaries
- **Activities on offer:** Kayaking, hiking, trail running, birding, mountain biking

DAY 5 - BOTRIVIER, CALEDON & GREYTON

- **Visit:** Overberg mountains, valleys & hinterland
- **Activities on offer:** Trail running, hiking, mountain biking, quad biking, ziplining

DAY 6 - ELGIN & GRABOUW

- **Visit:** Elgin Valley
- **Activities on offer:** Mountain biking, hiking, trail running, kayaking, birding

GARDEN ROUTE & KLEIN KAROO

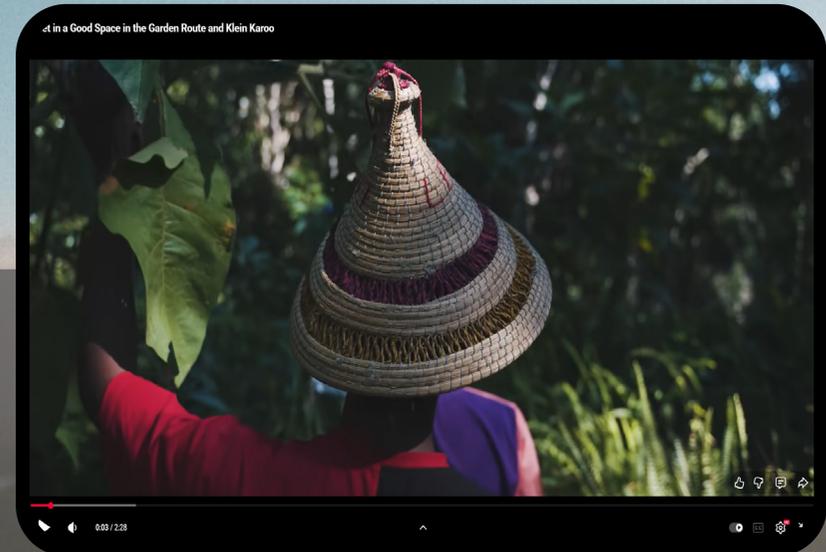
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“From forests to historic winding mountain passes, stories and endless coastlines – this is where landscapes come alive.”

Destination Highlights

- Coastal passes and dramatic cliffs
- Lush forests and rivers
- Klein Karoo landscapes
- Wildlife spotting and water adventures
- Coastal-Karoo heritage town

ACTIVE ADVENTURE

5 Must-Try Adventure Experiences

Canyoning



Fat Biking



Ziplining



Bungy Jumping



Snorkelling





DISCOVER

7 Day Adventure Itinerary

DAY 1 - HESSEQUA –WITSAND, STILLBAAI & ALBERTINIA

- **Visit:** Coastal villages & rivers
- **Activities on offer:** Snorkelling, kayaking, hiking, wildlife viewing

DAY 2 - MOSSEL BAY

- **Visit:** Greater Mossel Bay
- **Activities on offer:** Snorkelling, kayaking, hiking, shark cage diving, trail running, fat biking

DAY 3 - GEORGE & WILDERNESS

- **Visit:** George & Wilderness coast
- **Activities on offer:** Paragliding, canyoning, kayaking, cycling, hiking, trail running

DAY 4 - KNYSNA

- **Visit:** Knysna Lagoon and Greater Knysna
- **Activities on offer:** Snorkelling, kayaking, hiking, marine safari, wildlife viewing, birding, paragliding, ziplining

DAY 5 - PLETTENBERG BAY & TSITSIKAMMA

- **Visit:** Plettenberg Bay, and Tsitsikamma National Park (Garden Route)
- **Activities on offer:** Canyoning, bungy jumping, ziplining, hiking, marine safari, wildlife viewing

DAY 6 - HEROLD, OUDTSHOORN & DE RUST

- **Visit:** Klein Karoo mountains, passes & valleys
- **Activities on offer:** Hiking, trail running, mountain biking, hot air balloon rides, wildlife viewing

DAY 7 - CALITZDORP, ZOAR & LADISMITH

- **Visit:** Klein Karoo valleys & mountains
- **Activities on offer:** Hiking, trail running, mountain biking

CAPE KAROO

1 Towns to Explore

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“Where ancient stories, vast landscapes & boundless adventure come together.”

Destination Highlights

- Night skies for stargazing
- Karoo lamb experiences
- Vast, open landscapes
- Charming historic towns
- Deeply rooted in history

ACTIVE ADVENTURE

5 Must-Try Adventure Experiences

Mountain Biking



Hiking



4x4 Trails



Game Drives



Stargazing





DISCOVER

4 Day Adventure Itinerary

DAY 1 - LAINGSBURG

- **Visit:** Anysberg Nature Reserve
- **Activities on offer:** Game drive, birding, swimming, 4X4 route, hiking, mountain biking

DAY 2 - MATJIESFONTEIN

- **Visit:** Matjiesfontein Bucket List
- **Activities on offer:** Mountain biking, tennis, swimming, stargazing, self-guided walking tour

DAY 3 - PRINCE ALBERT

- **Visit:** Swartberg Nature Reserve and Swartberg Mountain Pass
- **Activities on offer:** Multi-day hiking trails, mountain biking

DAY 4 - BEAUFORT WEST

- **Visit:** Karoo National Park
- **Activities on offer:** Game drive, mountain biking, nature walks, 4X4 trails

With love
from the
Locals



Contact information
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f x i g

DISCOVER
Cape Town
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WESTERN CAPE
marketed by WESGRO

Wesgro is the official tourism, trade and investment promotion agency for Cape Town and the Western Cape. Together with partners, we drive inclusive and sustainable economic growth, strengthen competitiveness, and create jobs in the province.

