



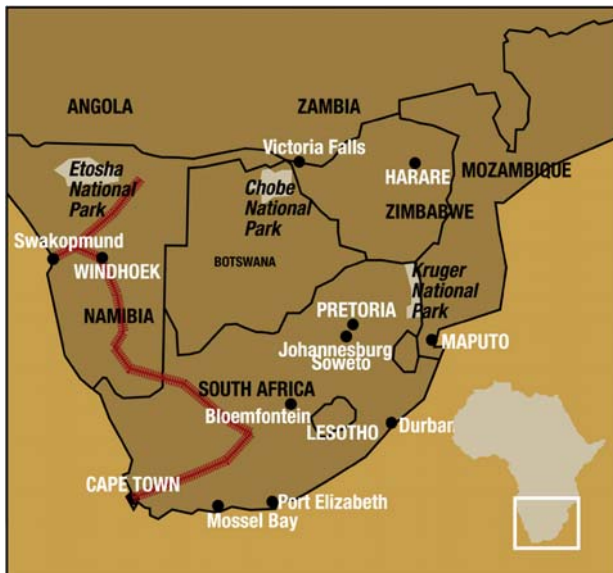
Shongololo Express operates three 16-day Adventures, each traversing great stretches of southern Africa to let you experience the wonderful topographic, social, historic, floral and wildlife diversity of these distinctive areas - south and west coast - the central and southern regions - and the northern and north-eastern areas of this richly endowed sub-continent.

THE DUNE ADVENTURE

SOUTHBOUND

15 NIGHTS / 16 DAYS

Namibia is a country of compelling beauty, abundant sunshine and unconfined space. The wide horizons, the clear unpolluted skies and a population density, which is among the lowest in the world, generate a sense of freedom. This feeling of tranquillity and stillness compliments a landscape, which is singular in its colours, full of contrasts of light and shade. Cape Town is considered one of the most beautiful cities in the world. Its character reflects the cultural melting pot of Indonesian, French, Dutch, British and German settlers, the local Khoisan tribes and the Bantu tribes from the north. The Dune Adventure offers a unique combination of the magnificent landscape of Namibia and the splendours of the Cape.



ADVENTURES

2007

TOUR DATES

17 Apr 07 – 02 May 07
09 Oct 07 – 24 Oct 07

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Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
PLUS PACKAGE : Free choice of available Land Excursions		LIGHT PACKAGE : Choice of 5 Land Excursions	
			Always Optional

PRE-DAY - WINDHOEK

You will be met upon arrival at Windhoek International Airport and transferred to the train. Having a pre-day means that one is able to acclimatise and unpack prior to the first day of touring.

A pre-night on board will include dinner, bed and breakfast.

The train remains stationary in Windhoek for the night.

DAY 01 - WINDHOEK

Should you only arrive at Windhoek International Airport today, you will be met upon arrival and transferred to the train. Please note that you should arrive no later than 08:00 at the airport in order to participate in the day's excursion.

Situated in Namibia's central highlands, Windhoek is an attractive city surrounded by clusters of hills and the impressive Auas and Eros Mountains.

LAND EXCURSION

Windhoek City Tour

The city tour of Windhoek starts with a visit to the TransNamib Transport Museum. The museum is situated in the Windhoek Railway Station and was built from 1912 to 1913. In front of the building is the narrow-gauge locomotive (vintage 1900), that used to operate between Swakopmund and Windhoek. The museum at the Alte Feste Castle offers a range of displays, including the Social History Gallery and the Independence Display. Both give an insight into Namibia's complex history. At the top of Robert Mugabe Avenue is the Christuskirche or Evangelical Lutheran Church. This is one of the city's most striking landmarks and was built from local sandstone and completed in 1910. Romanesque, neo-Gothic and Art Nouveau styles influenced its design and Kaiser Wilhelm II donated its stained-glass windows. Our last visit is the Namibia Craft Centre in the old Breweries Building.

(Half day; distance travelled: ± 50 km)

The train departs for Otavi in the afternoon.

DAY 02 - GROOTFONTEIN / TSUMEB

LAND EXCURSIONS

1. Hoba Meteorite, Grootfontein, Tsumeb, Lake Otjikoto

We visit the largest known meteorite in the world, the Hoba Meteorite. This 50 ton mass of nickel and iron, between 100 and 300 million years old, crashed to earth some 30 000 to 80 000 years ago. We continue to Grootfontein for a visit to the Grootfontein Museum, before heading to Tsumeb for a lunch break (guests' own account). In the afternoon, we visit the Tsumeb Mining Museum. Here, a comprehensive collection of rare minerals can be viewed. In the Khorab Room one can see cannons and other armaments that were dumped into Lake Otjikoto by retreating German forces. This was done shortly before the signing of the Khorab Peace Treaty. Our day ends with a visit to Lake Otjikoto, Namibia's largest permanent natural lake. As part of an underground river system, the lake was exposed when the roof of what was once a large dolomite cave, fell in. The lake is small with a diameter of about 102 m, but very deep. The depth is estimated to be in excess of 142 m in places.

(Full day; distance travelled: ± 200 km)

2. Morning Train Ride, Tsumeb Museum, Lake Otjikoto

You can choose to stay on the train during the morning, as it journeys from Otavi to Tsumeb. After arrival and lunch in town (guests' own account) we visit the Tsumeb Mining Museum. Here, a comprehensive collection of rare minerals can be viewed. In the Khorab Room one can see cannons and other armaments that were dumped into Lake Otjikoto by retreating German forces. This was done shortly before the signing of the Khorab Peace Treaty. Our day ends with a visit to Lake Otjikoto, Namibia's largest permanent natural lake. As part of an underground

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river system, the lake was exposed when the roof of what was once a large dolomite cave, fell in. The lake is small with a diameter of about 102 m, but very deep. The depth is estimated to be in excess of 142 m in places. (Afternoon; distance travelled: ± 30 km)

The train remains stationary in Tsumeb for the night.

DAY 03 - ETOSHA NATIONAL PARK

LAND EXCURSION

Etosha National Park

The tour departs to Etosha National Park, entering via the Namutoni Gate. The Etosha National Park is one of the major sanctuaries for wildlife in Africa and was proclaimed a game reserve by German Governor Von Lindequist in 1907. The heart of the park is the Etosha Pan (Etosha means “place of dry water”). It is an extensive, flat depression of about 5 000 km². Game viewing takes place from our air-conditioned vehicles. There are 144 mammal species in the park, which covers an area of 22 270 km². This includes Elephant, Giraffe, Blue Wildebeest and Black Rhino. Among the predators are Lion, Cheetah, Leopard and several species of wild cat. Hyena and Jackal are the scavengers. Antelope species range from the majestic Eland to the shy little Damara Dik-Dik. The most striking of the antelope species is the Gemsbok, with its dramatic black and white markings. It also appears on the Namibian coat of arms. Bird life is prolific and some 340 species have been identified, including Namibia’s national bird, the Crimson-Breasted Shrike. Lunch (guests’ own account) is enjoyed in one of the camps. We meet the train back at a siding outside the park in the Oshivelo region.

(Full day; distance travelled: ± 200 km)

The train travels empty during the day from Tsumeb to the Oshivelo region where it remains stationary for the night.

DAY 04 - ETOSHA NATIONAL PARK

LAND EXCURSION

Etosha National Park and Overnight in a Tented Camp

Guests spend another full day of game viewing from the safety of our air-conditioned vehicles (this time around the central region of the pan). Lunch (guests’ own account) can be enjoyed in the park. The night is spent in a tented camp inside or close to the park.

(Full day, including an overnight in a tented camp; distance travelled: ± 250 km)

The train travels empty to Otjiwarongo. It is not possible for guests to stay on board!

DAY 05 - ETOSHA NATIONAL PARK

LAND EXCURSION

Etosha National Park

This morning is the last opportunity to experience the magic of Etosha’s animal kingdom (this time in the southern region of the park and once again in our air-conditioned vehicles). After lunch (guests’ own account) we depart for Otjiwarongo, where the train will await us for its journey to the coast.

(Half day; distance travelled: ± 350 km)

The train departs for Swakopmund in the afternoon where it remains stationary after arrival.

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DAY 06 - SWAKOPMUND / WALVIS BAY

Swakopmund, Namibia's seaside resort on the West Coast, is a place of singular charm. It resembles a small Bavarian village nestling between the desert and the sea and has a restful and relaxing atmosphere. The source of Swakopmund's continental atmosphere is the graceful Art Nouveau buildings dating back to the turn of the previous century.

LAND EXCURSION

Moon Landscape, Welwitschia Drive, Walvis Bay and Dune 7

Our day starts with a drive past Walvis Bay into the Namib Desert and a stop at a lookout point over the valley known as the Moon Landscape. Soft overlaying levels of earth, deposited some 450 million years ago and eroded over millennia, created this eerie landscape. The Welwitschia Nature Drive takes us from vast plains where herds of Oryx, Springbok and Zebra roam the supernatural landscape of these badlands. The hardy survivor of the desert, the Welwitschia Mirabilis, can be seen along this route. One very large specimen, which is specially protected, is estimated to be 1 500 years old. We then turn around to Walvis Bay for a lunch break (guests' own account). It is a pretty South African style town with 25 000 inhabitants. Strategically located halfway down the coast of Namibia and with direct access to principal shipping routes, it is a natural gateway for international trade. We visit the Walvis Bay Lagoon, a great attraction in the Walvis Bay area. The tranquil stretch of water, its natural beauty accentuated by thousands of flamingos gathering at the rich feeding grounds, is over 3 000 years old. Because of its value as a wetland area, it was declared a RAMSAR site (a convention pertaining to wetlands was held in Ramsar, Iran, in 1971). Dune 7, located on the outskirts of Walvis Bay, is the highest sand dune in the area. It is an unforgettable experience for those who feel inclined to challenge the height of this outstanding landmark to admire the view from the top.

(Full day; distance travelled: ± 200 km)

The train remains stationary in Swakopmund over night.

DAY 07 - SWAKOPMUND, SPITZKOPPE AND NORTH COAST

LAND EXCURSION

Spitzkoppe, Henties Bay and the Cape Cross Seal Reserve

Spitzkoppe is known as the 'Matterhorn of Namibia'. It rises to an altitude of about 1 800 m. However, it is by no means Namibia's highest mountain. Due to its striking features and outlines, it is the most famous mountain in the country. Situated in an endless dry landscape, the island of mountains can be seen from quite a distance. The enormous granite rocks were created more than 100 million years ago due to volcanic activities and subsequent erosion. We continue to the small, thriving town of Henties Bay. The town was named after Major Hentie van der Merwe, who discovered a freshwater fountain in the estuary of the Omaruru River. Lunch (guests' own account) is enjoyed before visiting the Cape Cross Seal Reserve north of Henties Bay. Here a prodigious number of Cape Fur Seals flourish in the cold waters of the Benguela Current. Numerous islets and isolated parts of the shore serve as nurseries for their young. This area is also of historical significance, as the Portuguese navigator, Diego Cão, planted a cross at this point in the year 1486. We make our way back to the train in Swakopmund in the late afternoon.

(Full day; distance travelled: ± 350 km)

The train remains stationary in Swakopmund over night.

DAY 08 - SWAKOPMUND

The day is spent at leisure.

SPECIALISED ACTIVITIES

1. Ocean and Desert Combination Tour

Guests depart from Walvis Bay for a Marine Seal and Dolphin Cruise around the bay. A light lunch of fresh oysters, snacks and sparkling wine is enjoyed on the beach. At Pelican Point, guides with 4 x 4 vehicles await to take you

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			Always Optional

on a ride through a magnificent dune landscape. This tour offers the best of both worlds - the Atlantic Ocean and the Namib Desert!

(Full day, including lunch; minimum of 4 participants per vehicle required; weather dependent)

2. Sossusvlei Fly-in

We depart from Swakopmund, flying in a light aircraft over the Namib Desert and along the Kuiseb River. After passing over Tsondabvlei, the only known breeding area of the Lappet Faced Vulture in southern Namibia, we land at Sesriem, from where 4x4 vehicles take us to the highest shifting sand dunes in the world at Sossusvlei. No part of the desert is visually more stunning than here. The warm tints of the sand range from pale apricot to brick orange and deep red, vividly contrasting with the large white clay pans at some of their bases. Lunch will be enjoyed at Sossusvlei Lodge, after which the light aircraft will fly us over these earlier visited shifting sand dunes. From here we fly over the remains of three old diamond camps in the Diamond Restricted Area and cross the coastline at Conception Bay. We pass over colonies of Cape Fur Seals, as well as the "Eduard Bohlen" and "Shaunee" shipwrecks. With the Atlantic surf on the one side and the "long wall" (Namib Dunes) on the other, we reach Sandwich Harbour, a wetland of international importance. After leaving Walvis Bay behind us, we land back in Swakopmund.

(Full day, including lunch; distance covered: ± 630 km; minimum of 5 participants required)

3. Epupa Falls / Ovahimba Fly-in

We depart Swakopmund early morning in a light aircraft for a low-level scenic flight past the Brandberg and over Damaraland and Kaokoland towards Epupa Falls. After arrival at Epupa we are driven to an Ovahimba village in the area - accompanied by a guide and translator. Spend the morning with the Ovahimba in their 'kraal'. The Ovahimba are a tribe of semi-nomadic pastoralists who still live and dress according to ancient traditions. They are tall, slender and statuesque people, characterised by their proud yet friendly bearing. The women are noted for their unusual sculptural beauty, enhanced by intricate hairstyles and traditional adornments. The Ovahimba rub their bodies with red ochre and fat to protect their skin against the scorching sun. On this day we will also be able to see the majestic Epupa Falls. The falls are a series of cascades where the Kunene River loops a total of 60 metres. With its richly coloured rock walls, variety of trees and waving Makalani Palms, the Epupa Falls offer much to see and experience. Lunch will be served at the Omarunga Camp on the riverbed of the Kunene River. In the afternoon we fly on to Opuwo to refuel, then fly along the Uniab Riverbed in search of Desert Elephant, Rhino, Giraffe, Mountain Zebra and other game up to the rivermouth area, turning southwards. We return along the treacherous Skeleton Coast. The Skeleton Coast Park stretches from the Ugab River in the south to the Kunene River, which forms the northern border with Angola. The Skeleton Coast is littered with whalebones, shipwrecks and remains of sailors and explorers. The flight further passes over Torra Bay, Palgrave Point, Toscanini, the Cape Cross Seal Reserve and Henties Bay, before we land back in Swakopmund.

(Full day, including lunch; distance covered: ± 1 410 km; minimum of 5 participants required)

The train remains stationary in Swakopmund over night.

DAY 09 - SWAKOPMUND AND TRAIN RIDE TO THE SOUTH

The morning is spent at leisure.

SPECIALISED ACTIVITIES

1. Sossusvlei – "Classic Flight"

Take to the skies on a journey over richly contrasting desert and coastal scenery. Fly over the Namib Desert and see the dry Kuiseb riverbed, which is the dune belt's natural border. Soar over imposing sand formations to Sossusvlei, where the world's highest shifting sand dunes are to be found. As you hover above the coastline, have a glimpse at shipwrecks, seal colonies and flamingos at Sandwich Harbour. Feel free as a bird as you pass over the salt flats of Walvis Bay and the picturesque town of Swakopmund before touching down to reality.

(Duration: ± 2h30; minimum of 5 participants required)

2. Conception Bay Flight

This flight affords stunning views of Swakopmund and its surroundings, including the Swakop River, Richthofen Farm, the Moon Landscape, Goanikontes Oasis, Namib Desert Park, Rössing Mines, Khan River, Walvis Bay,

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Kuiseb River, White Mountain, Conception Bay, the "Eduard Bohlen" shipwreck, seal colonies, the "Shaunee" shipwreck, the "Long Wall" dune ridge, Sandwich Harbour, the salt pans, Walvis Bay Harbour and Guano Island.
(Duration: ± 1h20; minimum of 5 participants required)

3. Quad Bikes

To explore the dunes, guests are equipped with fully automatic quad bikes. No prior experience is needed as this is a fully-guided tour. The dune sea teems with a multitude of insects and animals. These remarkable dune dwellers live their whole life in permanent contact with grains of sand. Their ties to this habitat are so binding that they cannot exist without it. Evolution has adapted these creatures by means of a complex array of extraordinary body structures, functions and behavioural traits.

(Morning; duration: ± 3h30)

4. Mola Mola Seal and Dolphin Cruise

Experience the thrill of dolphins leaping from the water alongside the boat, seals fed by hand, fresh oysters and cold champagne on the calm water of the Walvis Bay Lagoon. This morning-only activity is an experience not to be missed.

(Morning; weather dependent)

The train departs around midday from Swakopmund to Keetmanshoop (via Windhoek)

DAY 10 - FISH RIVER CANYON

LAND EXCURSION

Quiver Tree Forest, Giant's Playground and Fish River Canyon

We start our day with a visit to the Quiver Tree Forest, where around 300 specimens of this prehistoric tree, *Aloe dichotoma*, can be found. They grow between 3 and 5 metres tall and their forked branches reach skywards, affording beautiful photo opportunities. This is followed by a visit to Giant's Playground, an impressive jumble of massive dolerite boulders of 160 - 180 million years old. After a lunch break in Keetmanshoop (guests' own account) we drive to the Fish River Canyon. Eroded over millennia, the Fish River Canyon is the second largest natural gorge in Africa. Set in a harsh, stony plain, dotted with drought resistant Succulents such as the distinctive Quiver Tree or Kokerboom, the canyon is a spectacular natural phenomenon. It took hundreds of millions of years to evolve into its current shape. Its full length is 160 km, the width up to 27 km and the depth 550 m. After a quick stopover at the famous Canyon Roadhouse, which is interestingly decorated with old car parts found in the region, we return to the train, awaiting us at Holoog.

(Full day; distance travelled: ± 300 km)

The train departs from Holoog in the early evening and crosses the border at Ariamsvlei into South Africa.

DAY 11 - BORDER CROSSING AND AUGRABIES FALLS

LAND EXCURSION

Augrabies National Park

Visiting the Augrabies National Park is not only a highlight because of its waterfalls (even though they are the main attraction). The interesting flora as well as the small Klipspringer is also worth mentioning. Three short hiking trails lead from the rest camp at the park entrance to and around the waterfalls. They are not very difficult to walk, but solid hiking shoes are recommended, because of the rocky floor. In April / May when the Gariep (Orange) River's water level is at its peak, an amplitude of 200 metres of water falls almost 60 metres down the granite ravine.

(Half day; distance travelled: ± 260 km)

The train journeys over night from Upington to Matjiesfontein.

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
PLUS PACKAGE : Free choice of available Land Excursions		LIGHT PACKAGE : Choice of 5 Land Excursions	
			Always Optional

DAY 12 - KLEIN KAROO / BREEDE RIVER VALLEY

A morning stop is scheduled in Matjiesfontein, a Victorian village, which is also a National Monument, situated in the heart of the Karoo. With its grand Lord Milner Hotel, charming Victorian villas and a plethora of other attractions, it holds the key to a golden age of grace, elegance and discovery. From here our vehicles will take you through the breathtaking Hex River Mountains to Worcester.

LAND EXCURSIONS

1. Worcester / Karoo Desert National Botanical Garden

Worcester, the capital of the Breede River Valley, founded in 1822, is the service centre for the surrounding wine and fruit growing areas. We visit the Karoo Desert National Botanical Garden. This is the only garden devoted to Succulents in the Southern Hemisphere and boasts some 400 naturally occurring species. It is also a haven for rare and endangered plants - over 300 being protected and propagated here.

(Afternoon; distance travelled: ± 20 km)

2. Worcester / Klein Plasie Museum

Worcester, the capital of the Breede River Valley, founded in 1822, is the service centre for the surrounding wine and fruit growing areas. We visit the Klein Plasie Living Museum, depicting the lifestyle of the early pioneer farmers. Here one gains an insight into their living conditions and experience how they manufactured soap, rolled tobacco, forged horseshoes, milled wheat, spun wool and so much more.

(Afternoon; distance travelled: ± 20 km)

The train remains stationary in Worcester for the night.

DAY 13 - WINELANDS / OVERBERG REGION

The fertile green valleys of the Cape Winelands are surrounded by proud mountain ranges. A Mediterranean climate and winter rainfall create some of the best wines in the world. The rich, fertile soils along the Breede River and the Stellenbosch, Franschhoek and Paarl areas have become justly famous for their Whites, Reds, Sherries, Ports and Brandies. The Overberg region to the southeast embraces mountains, valleys and coastal areas and annually welcomes the Southern Right Whale to its waters.

LAND EXCURSIONS

1. Historic Heart of the Winelands

Our day starts with a drive to Franschhoek via Villiersdorp and the Franschhoek Pass, which offers splendid views over vineyards, plantations and rugged peaks. In Franschhoek (literally meaning "French Corner") we visit the Huguenot Memorial, commemorating the 1688 settlement of the French Huguenots here after fleeing religious persecution in France. We continue our journey over the Hellshoogte Pass through a landscape of fruit farms, Cape Dutch houses and vineyards. In Stellenbosch, the second oldest town in the country, situated in the heart of the Winelands, we enjoy our lunch break (guests' own account). In the afternoon we drive to Paarl, named after the huge granite dome of rock overlooking the town. One wine tasting is included in this excursion.

(Full day; distance travelled: ± 275 km)

2. Scenic Mountain Passes and Hermanus

We travel over scenic mountain passes such as the Rooihoogte and Floorshoogte Passes and via the Overberg towns of Villiersdorp and Botrivier to Hermanus, once a renowned fish market and whaling station. The whale hunts were stopped by international treaty in 1935. During the Whale season (roughly from July to November each year) the natural cliffs allow for Whales to be seen from as little as 5 metres away. The WWF includes Hermanus in its list of 12 best whale-viewing sites in the world, but it tops the list when it comes to land based whale watching. In the afternoon we travel on the coastal road past Betty's Bay and onto Clarence Drive towards the Mother City to meet the train. One wine tasting is included in this excursion.

(Full day; distance travelled: ± 350 km)

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
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			Always Optional

SPECIALISED ACTIVITY

Shark Cage Diving (Gansbaai)

Participants will be picked up in Hermanus and taken to Gansbaai, where their encounter with the “Great White” awaits them. Divers will be briefed about caging procedures before the cage is put down into the water. Once the first shark is spotted, the bait lines are drawn in and everybody has the opportunity to view and admire this magnificent predator of the sea.

(Full day, which can be combined with # 2 above; however, large parts of that option will not be possible then; weather dependent)

The train travels from Worcester to Cape Town during the day. Guests will spend the night on the stationary train in Muizenberg.

DAY 14 - CAPE TOWN

Cape Town is considered one of the most beautiful cities in the world with Table Mountain dominating its skyline.

LAND EXCURSIONS

(Please Note: The activities as described in the options below could also be executed in a different order and are weather dependent)

1. Cape Point

We will visit the Kirstenbosch Botanical Gardens, which are world-renowned for the beauty and diversity of the Cape flora and for the magnificent setting against the eastern slopes of Table Mountain. The estate of 528 hectares supports a diverse fynbos flora and natural forest. This is followed by a visit to Hout Bay, where a large fleet of colourful fishing vessels enhance the bustling ambience of this attractive resort. Fresh seafood is a speciality at Mariner’s Wharf. Chapman’s Peak Drive is one of the most spectacular sea cliff routes in the world. It was built between 1915 and 1922 and recently upgraded. We follow this drive to Simon’s Town. In years gone by, sailing fleets from Europe soon discovered that Table Bay was extremely dangerous during the winter months. While exploring, Governor Simon van der Stel discovered the bay, which could give safe anchor to the visiting sailing ships during winter. Simon’s Town is a charming little coastal town. It became a naval base in 1814 and is home to the SA Navy today. A visit to the Boulder’s Penguin Colony will form part of this option as well. In 1983 a pair of African Penguins was spotted on Foxy Beach at Boulders and in 1985 they began to lay eggs. Since then the colony has grown rapidly, increasing initially at about 60% a year. By 1997 there were 2 350 adult birds. They are remarkably untroubled by people and Boulders is the only place in the world where one can actually swim amongst the penguins. This day will not be complete without a visit to the Cape of Good Hope Nature Reserve. Sir Francis Drake called it “the fairest cape in the whole circumference of the earth”. Yet many vessels, wrecked by the turbulent seas, have found their resting-place along this rocky coastline. The Nature Reserve is situated at the southern tip of the peninsula. The 7 675 hectare reserve is filled with priceless indigenous flora and fauna, some 2 700 species of indigenous plants and over 250 species of birds as well as troops of baboons and many species of antelope.

(Full day; distance travelled: ± 150 km)

2. Cape Town City Tour

Our city tour will commence with an exhilarating cable car ascent of Table Mountain (weather permitting and at your own cost). It provides breathtaking views over the city and its beaches. The panorama stretches from Table Bay to False Bay and around the mountain to the Hottentots Holland Mountains. The mountain is home to over 1 500 species of plants, many of these are found nowhere else on earth. Our city tour continues with a walk through the Company Gardens, followed by a visit to the Bo-Kaap Museum. The first Malays arrived in the Cape as political refugees and slaves during the 17th century. Nearly two centuries later after emancipation, these Islamic people moved into the area known today as the Bo-Kaap, building mosques with picturesque minarets and their own style Georgian houses with Dutch influence. One of the oldest Cape Town buildings houses the museum. It is furnished as a Muslim house of the 19th century and documents the history of the Cape Malays. On our way to the Victoria & Alfred Waterfront, we will stop at Diamond Works, where you will follow a tour of the diamond cutting studio, a jewellery manufacturing workshop, a jewellery design studio as well as a gemmological laboratory. Our lunch stop (guests’ own account) will be at the Victoria & Alfred Waterfront, a development that has brought new life to the old harbour of the Dutch East India Company in Table Bay. The complex offers shops, craft markets, restaurants,

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taverns, cinemas, theatres as well as delightful views over the harbour. In the afternoon we will drive through District 6. By 1900 the largest group of people then referred to as “Malay”, “Mixed and other” or “Coloured” lived in poor conditions here. Yet the area was vibrant and full of colour with busy streets and vivacious lifestyles. Various religions and cultural heritages flourished and mingled. In the 40s the Apartheid government removed the residents and most of the buildings. Today the city still grapples with the problem of what to do with this valuable real estate, but also with how to deal with the strong emotions that still charge the issue. We end our city tour with a visit to the Castle of Good Hope, the oldest surviving building in South Africa. This pentagonal fortification replaced a small clay and timber fort built by Commander Jan van Riebeeck in 1652 as a maritime replenishment station for the ships of the Dutch East India Company. The stone walls between the bastions are 150 m long and 12 m high. (Full day; distance travelled: ± 100 km)

SPECIALISED ACTIVITIES

1. Two Oceans Aquarium

The Aquarium is located at the Victoria & Alfred Waterfront and offers an exciting insight into the indigenous fresh and seawater creatures of South Africa.

2. Robben Island Tour

For nearly 400 years Robben Island was a place of banishment, exile, isolation and imprisonment. During the Apartheid years Robben Island became internationally known as the place where Nelson Mandela and the other heroes of the struggle were imprisoned.

3. Helicopter Flight

Various helicopter flight options from the Victoria & Alfred Waterfront and back, starting from only 15 minutes long (including only the city bowl) to half an hour or longer (also including the Cape Peninsula) are offered.

The train remains stationary in Muizenberg for the night. An evening shuttle service will be available to go to the Victoria & Alfred Waterfront.

DAY 15 - CAPE TOWN

LAND EXCURSIONS

1. Cape Point

See Day 14

2. Cape Town City Tour

See Day 14

SPECIALISED ACTIVITIES

1. Two Oceans Aquarium

See Day 14

2. Robben Island Tour

See Day 14

3. Helicopter Flight

See Day 14

The train remains stationary in Muizenberg for the night.

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
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Always Optional			

DAY 16 - TRANSFER DAY

If guests are transferring to a hotel, this will be arranged for them in the morning. If guests are flying from Cape Town International Airport, their flight may only be in the afternoon. In this case the activities that could be undertaken in the morning include the following: a stroll around the False Bay area; leisurely walk along the beach walkway to St James (where a variety of small restaurants are situated); or a short walk to the beach for a refreshing swim.

Included in the PLUS package price:

- Arrival transfer: airport - train
- Departure transfer: train - airport
- Accommodation on a dinner, bed and breakfast basis (as per itinerary)
- A free choice of available Land Excursions

Included in the LIGHT package price:

- Arrival transfer: airport - train
- Departure transfer: train - airport
- Accommodation on a dinner, bed and breakfast basis (as per itinerary)
- A choice of FIVE Land Excursions (additional Land Excursions can be bought on board the train)

NOT included in our package prices:

- Airfares (national / international)
- Lunches
- Beverages
- Laundry
- Gratuities
- Purchases of a personal nature
- Light passengers: additional Land Excursions
- Specialised Activities
- Pre-night accommodation
- Visas where applicable
- Travel insurance
- Transfers between the train and hotels

Please note that this itinerary is also available in the opposite direction.
 Dates for both directions are as follows:

Tour Dates	S	Tour Dates	N
17 Apr 07 – 02 May 07		27 Mar 07 – 11 Apr 07	
09 Oct 07 – 24 Oct 07		18 Sep 07 – 03 Oct 07	