

## THE LEWIS MOODY FOUNDATION

TOGETHER WE CAN TACKLE BRAIN TUMOURS

### South Africa Challenge



Duration: 10 days

Join Rugby Legend Lewis Moody on this incredible cycling and trekking challenge bringing together your love of rugby and the opportunity to do something adventurous to help tackle brain tumours. Once you've completed the 5 day challenge, you will get to relax and enjoy the sites of Cape Town as well as having official Lions Tour tickets for the 2nd test match.

Our exciting and diverse challenge will see you cycling west of the coastal city of Port Elizabeth along the stunning Garden Route for 3 days; passing sweeping, deserted beaches and heading inland through vineyards, indigenous bush and forested mountain slopes. Jumping off our bikes near Cape Town, we will complete our challenge with 2 days of trekking across Table Mountain with spectacular views of the city.

The terrain and distances will be demanding and with approx. 200km of cycling and 40km of trekking, you will certainly earn the right to enjoy and relax in Cape Town!

N.B. The 2 nights hotel accommodation in Cape Town and the official Lions Tour match ticket is **NOT** part of the main challenge. We will be providing a separate link for you to book this direct with the official Lions Tour.

## THE FUNDRAISING

As this is a fundraising challenge for The Lewis Moody Foundation, all participants are asked to raise a minimum of £3,000 per person which will go directly towards The Foundation's work to help tackle brain tumours.

This fundraising target is in addition to the cost of the challenge and all donations and sponsorship will go directly to the projects funded by The Foundation to help improve the lives of those with a brain tumour.

Brain tumours are the biggest cancer killer of adults and children under 40.

The Lewis Moody Foundation is dedicated to changing the story around brain tumours. But we need your help. We inspire people to take on bold challenges like this South Africa Challenge to raise vital funds, as we know the tough challenges faced every day by those living with a brain tumour.

By joining the South Africa Challenge team, you can raise money to help fund support to improve lives, fund pioneering research to change lives and raise awareness to save lives.

**Together we can tackle brain tumours.**

There is a maximum of **20 places** available on this trip.

**Charity Contact Details:** Claire or Tai at The Lewis Moody Foundation on 01252 418196 or This email address is being protected from spambots. You need JavaScript enabled to view it.

## PAYMENT TIMELINE

- £499 Registration Fee (paid at time of booking)
- 1<sup>st</sup> Tour Cost Payment - £1300 to be made in February 2021
- 2<sup>nd</sup> Tour Cost Payment - £661 to be made in April 2021

## DETAILED ITINERARY

### Day 1: Fly UK to Johannesburg

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### Day 2: Port Elizabeth – Tsitsikamma National Park

We arrive into Johannesburg early in the morning and take connecting flight to Port Elizabeth. Here we will transfer to Tsitsikamma National Park, where we camp overnight in forest stunningly set on the Indian Ocean. This evening, we'll have a detailed trip briefing, sort out the bikes and relax! Night camp. *Dinner Included*

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### Day 3: Tsitsikamma National Park – Knysna

After a wholesome breakfast we begin our first day's cycle from Tsitsikamma to Knysna, the heart of the Garden Route. Cycling past lush indigenous forests through a ravine brings us to Bloukrans Pass, a testing challenge which marks the divide between Eastern and Western Cape Provinces. Continuing west through the beautiful and unspoilt Nature's Valley, we soon reach Plettenberg Bay; a huge bay that stretches out before us. If we're lucky we may spot dolphins playing in the surf or even the odd whale out in the bay as we pass by. We have another steady

climb out of the bay, before finishing the day with a lovely descent into Knysna. Night camp. *Breakfast, lunch and dinner included.*

**Cycle approx. 100km**

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### Day 4: Knysna - George

A good breakfast fuels us for a shorter but still tough day ahead, surrounded by fabulous scenery! We begin our ride out of Knysna by climbing steadily for 32km along the Seven Passes Road into the indigenous forest for which the area and its elusive elephants are famous. Riding on through this wild and beautiful stretch of the Garden Route, we pass lush farmland and inland lagoons before finally reaching our nights stop in George. Night camp. *Breakfast, lunch and dinner included.*

**Cycle approx. 85km**

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### Day 5: George – Hermanus – Gordon's Bay

Today's ride must rank as one of the most scenic cycling routes in the world, which is why we make the effort to include it in the itinerary! We have a very early start as we pack up camp and transfer approx. 5hrs to Hermanus and the start of this stunning ride. The road in parts is literally carved into the sea cliffs, as it sweeps around the undulating headlands. Passing through Betty's Bay, once the site of an old whaling station but now famous for its colony of Jackass Penguins, we continue on to the lovely beach town of Rooi-El. The final section to Gordon's Bay is through the Kogelberg Biosphere, a reserve boasting more than 1880 plant species, of which 77 are found nowhere else on earth! The vistas across the vast False Bay to Cape Peninsula, ending in the Cape of Good Hope are a real treat as the cycle element of our challenge comes to an end. Night camp. *Breakfast, lunch and dinner included.*

**Drive approx. 5hrs, Cycle approx. 85km**

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### Day 6: Stellenbosch

After breaking camp and saying goodbye to the bikes we transfer around 90mins to the start of today's trek, the Panorama Route in the Jonkershoek Mountains. This 17km trail is a strenuous undertaking but as ever we're rewarded by yet more stunning views, which just keep on coming turn after turn. We start fairly easily as the route undulates alongside the Eerste River. Just as we're settling into the rhythm of the trail we're confronted with a steep and unrelenting ascent up to Corkscrew Neck. The views of the Jonkershoek valley are a welcome distraction as we ascend and certainly reward the effort. Continuing up at an easier gradient now we reach the Dwarsberg Plateau, our high point, where the trail finally levels out. The views from here are really what give the trail its name - Hottentots Holland Nature Reserve and the wine area of Franschhoek to the east, the full Jonkershoek Valley to the west with the larger wine growing area of Stellenbosch beyond, and the impressive summits of Banhoek Peak and the Cathedral ahead of you. After soaking up the views we begin the long steady descent back to the trail head where our transport waits for the short drive to camp. Night camp. *Breakfast, lunch and dinner included.*

**Trek approx. 17km / 6-8hrs**

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## Day 7: Table Mountain

Today we complete our challenge with a climb up and over what is probably the most famous mountain and landmark in the southern hemisphere – Table Mountain. Packing up camp for the last time, we take a short transfer to start our day at the renowned Kirstenbosch Botanical Gardens and hike up through Skeleton Gorge to Maclears Beacon. This, the highest point on Table Mountain at 1086m, serves as a great lunch stop - weather permitting! We cross the 'table' with unsurpassed views over both Cape Town and the Atlantic Seaboard before descending via Platteklip Gorge. After celebrating our achievements, we head for the relative luxury of our hotel in Cape Town. In the evening we'll be able to soak up the atmosphere and highlights of the city as it prepares for tomorrow's drama on the pitch! Night Hotel *Breakfast and lunch included*.

**Trek approx. 12km / 6-7 hours**

**Please note:** the hotel accommodation is part of the Lions Tour package.

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## Day 8: Free Day

Hopefully a day to savour! After all the exertions of our challenge week, today is all about relaxing and enjoying some of the many sights and scenes of Cape Town before heading to watch the 2nd Lions Rugby Tour test match! Night hotel.

*(Lunch and Dinner not included)*

**Please note:** the hotel accommodation is part of the Lions Tour package.

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## Day 9: Depart Cape Town

Some additional free time to relax and enjoy a bit more of Cape Town before transferring to the airport for our flight back to the UK.

*(Lunch and Dinner not included)*

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## Day 10: Arrive UK

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## WHAT'S INCLUDED

- Flights from London to Port Elizabeth / Cape Town return and all in country transfers during challenge phase
- 5 nights camping (twin share tents)
- Meals during challenge phase from Dinner on Day 2 to lunch on Day 7.
- Bike Hire
- Discover Adventure leader/mechanic; doctor with a group of 15 or more participants; local guides, drivers and cooks
- Vehicle support and backup equipment on the trip
- Entrance to Table Mountain and any other sites visited as part of the itinerary

## WHAT'S EXCLUDED

- All meals in Cape Town from dinner on Day 7 until flight home on Day 9
- 2 nights hotel accommodation in Cape Town and the official Lions Tour match ticket (booked directly with the official Lions Tour)
- Alcoholic drinks
- Travel insurance
- Cycle helmet (compulsory) and water bottles/bladder
- Sleeping bag and sleeping mat
- Personal spending money, souvenirs and drinks, entrance fees to optional sites or attractions
- Tips for local support crew
- Entry visa where applicable
- International airport departure tax where applicable
- Any applicable surcharges as per Terms and Conditions



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 2 Mar 2021, and the challenge is subject to change.