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Cape Town Itinerary USA/INTERNATIONAL , 3 Nights Simons Town, 2 Nights Elgin

\$2300 - \$2800 Per Person Sharing per person

Trip Summary

Day 1

Arrival at Simon's Town and Introduction

Day 2

Beach Yoga and Mindfulness Session; Table Mountain; City Market...

Day 3

Boulder's Beach (African Penguins); Cape Point Nature Reserve; Chapman's Peak

Day 4

Depart for Elgin

Day 5

Yoga and Mindfulness Session; Health Session; Wine Tasting

Day 6

Depart for Cape Town

Day 1



Arrival at Simon's Town and Introduction

- 9AM, Arrive at [Simon's Town](#) Accommodation and Introduction
- Check in and orientation throughout the day
- Lunch
- Free Time
- Late Afternoon Yoga and Stretch Session
- Group Dinner
- Overnight in Simon's Town



Day 2



Beach Yoga and Mindfulness Session; Table Mountain; City Market...

- 7AM Morning Beach yoga and mindfulness session and setting intentions
- Table Mountain Visit and Inner City Market Visit/ Street Art Tour/Wine Tasting in Constantia
- Return to Simon's Town
- Free Time until Dinner
- Overnight in Simon's Town



Day 3



Boulder's Beach (African Penguins); Cape Point Nature Reserve; Chapman's Peak

- 8AM Breakfast
- 9AM SUPPing/Kayaking to Boulders Beach
- Visit to Cape Point Nature Reserve (packed lunches)
- Chapman's Peak Drive (picnic)
- Return to accommodation

- Free Time
- Dinner at accommodation
- Overnight in Simon's Town



Day 4



Depart for Elgin

- 8am Breakfast
- 9am Depart for [Elgin](#)
- Free time (Packed lunches)
- Late Afternoon forest yoga/stretching
- Dinner Forest Braai (barbecue)
- Overnight in Elgin



Day 5



Yoga and Mindfulness Session; Health Session; Wine Tasting

- 7am Yoga and mindfulness session(fruit, snack and water provided)
- 8am Breakfast outside your tent
- 9am Health Session with [Bisi](#) and setting intentions (1 hr)
- 12 Lunch.
- Relax
- Wine Tasting and Dinner in the Vines/Forest
- Overnight in Elgin



Day 6



Depart for Cape Town

- Breakfast outside your tent
- Depart for Cape Town by 10am.
- Fly out from Cape Town

