



# 50 Plus Programme 2024

## Overview

	Morning	Afternoon
Sunday	Arrival in Cape Town	
Monday	School	City Orientation
Tuesday	School	Table Mountain
Wednesday	School	Groot Constantia Wine Experience
Thursday	School (class until 10h00)	Garden Route Tour (departure 10h00)
Friday	Garden Route Tour	
Saturday	Garden Route Tour	
Sunday	Garden Route Tour	
Monday	School	Free
Tuesday	School	Bo-Kaap Walking Tour
Wednesday	School	Cecilia Forest to Kirstenbosch Hike
Thursday	School	Half Day Cape Point
Friday	Free	Township Dinner (evening)
Saturday	Departure	

## Itinerary

### SUNDAY

Arrive in Cape Town. Transfer from Cape Town airport to your accommodation.

### MONDAY

07h45: First day at School

Be at school at 07:45 for an interview which is important for us to determine your English level and place you in the correct class.

Pay a refundable deposit of R2,000 by credit card, or €/US\$100 in cash, on the first day of class. This deposit covers loss of rented items or damage to the school and accommodation facilities. Get your deposit back from reception on your last day.

Course books for your classes can be rented (R100 - R300) or bought (R300 - R850) at the school on your first day.

Payment can be made in cash (ZAR) or with an international credit/debit card.

Good Hope Studies, 11 Mariendahl Ave., Newlands, 7700 Cape Town, South Africa | Tel.: +27 - 21 - 683 1399  
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### Classes

Class: 09:00 to 10:40      Break: 10:40 to 11:00      Class: 11:00 to 12:40

#### 13h00: City Tour Orientation

We leave school at 13:00 and stop for lunch at Food Lover's Market

After lunch, we have a brief orientation of the city. Your guide takes you around Cape Town to show you some of the important places and explain how to get around the city.

**Included:** transport

**Not included:** food & drinks

## TUESDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40      Break: 10:40 to 11:00      Class: 11:00 to 12:40

#### 13h00: Table Mountain

We leave school at 13:00 and stop to buy snacks for lunch at Woolworths supermarket.

Today we explore Cape Town's most iconic landmark, the wonderful Table Mountain. We go up by cable car and enjoy our lunch snacks at the top, exploring the mountain or simply relaxing while taking in the beautiful panoramic view of the city.

**Included:** transport, cable car

**Not included:** food & drinks

## WEDNESDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40      Break: 10:40 to 11:00      Class: 11:00 to 12:40


#### 13h00: Groot Constantia Wine Experience



We leave the school at 13:00 to visit the oldest winery in South Africa, Groot Constantia, where we will take a tour of the cellar and enjoy tasting some of the award-winning wines that are produced there and also enjoy lunch at one of the wine farm's restaurants.



**Included:** transport & tour guide, winery tour and wine tasting




**Not included:** food, water




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## THURSDAY until SUNDAY:

### 3,5 Day Garden Route and Safari Trip

**Included:** accommodation (3-star hotels), 3 dinners, 3 breakfasts, tour guide, Cango Caves, 4x4 safari, Tsitsikamma National Park, canoeing (depending on weather conditions).

**Not included:** personal items, Elephant Experience, other optional activities, lunch & drinks, bungy jumping.

## Thursday

Classes (bring your travel bag with you to school today)

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:00 only

We leave school at 10:00 and follow the longest wine route in the world, Route 62, towards Outdshoorn, where we spend the night and enjoy a delicious ostrich steak braai (barbecue) for dinner.

Lunch will be on the road.

**Not included:** lunch, dinner & drinks      **Travel hours:** +/- 5 hours

## Friday

Breakfast is from 07:00 to 08:00.

After breakfast, we continue the journey to the world-famous Cango Caves, joining a standard guided adventure through the Swartberg's magnificent twisting and turning cave system.

Lunch will be on the road.

In the afternoon, we go canoeing in Wilderness before arriving at our evening destination where we will enjoy dinner together.

**Included:** dinner

**Not included:** lunch & drinks      **Travel hours:** +/- 2.5 hours

## Saturday

We leave the accommodation around 08:00.

We enjoy breakfast at a local farmers' market and continue on the road through Knysna, en route to the Bloukrans Bungy Jump and the Tsitsikamma area. We visit the beautiful Tsitsikamma National Park where we take a walk in the forest.

Lunch will be on the road.

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We return to our accommodation at the end of the day, where we have dinner.

**Included:** dinner

**Not included:** lunch & drinks

**Travel hours:** +/- 2 hours

## Sunday

Breakfast is from 07:00 to 08:00.

After breakfast, we continue the journey to the Garden Route Game Lodge, where we go on a 2.5-hour safari to enjoy the African bush. After lunch, we return to Cape Town, arriving in the early evening, at around 19:00.

**Not included:** lunch & drinks

**Travel hours:** +/- 5 hours

## MONDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40

Break: 10:40 to 11:00

Class: 11:00 to 12:40

Enjoy a free afternoon.

## TUESDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40

Break: 10:40 to 11:00

Class: 11:00 to 12:40

### 13h00: Bo-Kaap Walking tour

We leave school at 13:00 and go to the Bo-Kaap, where we have lunch.

In the heart of Cape Town, the Bo-Kaap, or Malay Quarter, captures the spirit and culture of a community known as the Cape Malays. The Cape Malays, or Cape Muslim community, contribute to the vibrant cultural melting pot of Cape culture.

**Included:** transport, tour guide & walking tour

**Not included:** food & drinks

## WEDNESDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40

Break: 10:40 to 11:00

Class: 11:00 to 12:40

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### 13h00: Cecilia Forest to Kirstenbosch Hike

We leave school at 13:00 and stop to buy snacks for lunch at Woolworths supermarket.

Today we venture into Cecilia Forest and discover some of the most beautiful natural landscapes Cape Town has to offer. We start in Cecilia forest and enjoy a +/- 1.5-hour hike to Kirstenbosch Botanical Gardens with an experienced guide. \*Moderate fitness level required\*

**Included:** transport, tour guide

**Not included:** drinks and extras.

## THURSDAY

### Classes

Classes start at 09:00. Be at school at least 10 minutes before your classes start.

Class: 09:00 to 10:40

Break: 10:40 to 11:00

Class: 11:00 to 12:40

### 12h50: Half Day Cape Point

We leave school at 12:50 and stop to buy snacks for lunch at Woolworths supermarket.

We visit the Cape of Good Hope, where we walk to the lighthouse and enjoy the views of False Bay. We then drive to Simons Town, where we visit a colony of African penguins.

**Included:** transport, tour guide, Cape Point entrance tickets, walk through Simon's Town.

**Not included:** food, drinks, entrance to the Boulders Beach (penguin beach) and extras.

## FRIDAY

Enjoy a free morning and afternoon.

### 18h00: Township Dinner

Meeting point at the school at 17:45 to leave at 18:00.

Dinner in a less privileged community offers a cultural tour of one of the nearby communities, including a traditional African meal, with traditional music and entertainment. It is an opportunity for visitors to learn more about the lifestyle and culture of residents.

**Included:** transport, tour guide, dinner & entertainment

**Not included:** drinks & extras.

The company reserves the right to change the itinerary, accommodation, and transport along the way if circumstances dictate. Many of these outdoor activities are weather dependent, which may result in changes to your itinerary. The guide will do his best to organise the events according to the prevailing weather conditions.

The day before, your guide will confirm the activity, and times. If in doubt, please always check with your guide or with our emergency contact number.

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