

TEA, WINE AND FLOWER SAFARI
A BOTANICAL JOURNEY THROUGH SOUTH AFRICA'S CAPE REGION
OCTOBER 1-10, 2010
LED BY SARAH SCARBOROUGH OF FAIR TRADE TEAS
FAIRTRADETEAS.COM

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I COST

\$3600 per person, sharing. Single supplement \$1000.

Deposit: \$1000 due to reserve your place.

Balance: \$2600 due July 11, 2010

includes:

Tour guides; all breakfasts and other meals listed on the itinerary; air-conditioned transportation; airport transfers; all tours, events, wine tastings, cooking classes and hotel accommodations listed on the itinerary.

does not include:

International airfare and visa, excess baggage charges; airport arrival and departure taxes; travel insurance; meals, wines, or sightseeing not included in itinerary; personal expenses such as laundry and personal items; gratuities, email/fax/telephone charges, and hotel minibar.

II HIGHLIGHTS

❁ Cape Point Floral Kingdom- watch South Africa's 20,000 species of flora come alive in the Spring!

❁ Stay at Bushmans Kloof, a nature reserve that is rated one of the world's finest wellness retreats.

❁ Tea and a botanical tour of the Royal Kirstenbosch gardens

❁ Sunrise wilderness flower and San rock art safari in the majestic Cederburg Mountains

❁ High tea at world renowned Cape Grace Hotel

❁ Tour South Africa's oldest wine route and taste the bounties of the land

❁ Visit a rooibos farm and learn why this delicious herbal tea is so good for you.

❁ Visit Hermanus, South Africa's whale watching and sparkling wine capital! September is whale watching season too!

III ITINERARY

FRIDAY, OCTOBER 1- ARRIVAL. BERKLEY HOUSE

Sarah Scarborough will greet you at Cape Town International Airport Arrivals Hall at 5 pm unless otherwise arranged. Emirates flight # 770 from Dubai lands at Cape Town International Airport at

4:25 pm. If you are arriving at an earlier or later time, alternative arrangements for airport transfer are possible. Welcome dinner and sparkling wine on the veranda. Camp's Bay, Berkley House (D)

SATURDAY, OCTOBER 2- KIRSTENBOSCH, CONSTANCIA, NOORDHOEK, SCARBOROUGH BEACH, FOOD BARN, BERKLEY HOUSE

Our tour starts on Friday morning with morning tea in the Royal Kirstenbosch Gardens, one of the finest cultivated gardens in Africa, where we will view fynbos, proteas, cycads and many of the 20,000 other flora species native to South Africa before going to see them blooming in the wild. After a walk through the gardens, we will then drive through the Constancia wine country and stop for a vineyard tour, lunch and wine tasting. Afterwards, we will make our way to Scarborough Beach along the stunning ocean views from the dramatic Chapman's Peak Drive. After unwinding at the beach for a while, we will stop in Noordhoek Village for dinner at celebrity chef Franck Dangereux's Food Barn. We will arrive back at the Berkley House in Camp's Bay in Cape Town for a good night's rest. (B L)

SUNDAY, OCTOBER 3- BOULDERS BEACH PENGUINS, CAPE POINT NATURE RESERVE, BERKLEY HOUSE

Waking to morning tea and scones on our Veranda, we will prepare for a day viewing the 1,100 species of flora at the Cape of Good Hope Nature Reserve in Table Mountain National Park, a World Heritage Site, as well as the wide diversity of birds, baboons and other fauna native to South Africa. On our drive South to the point, we will stop at Boulders Beach to view the colony of Jackass Penguins living there. A picnic lunch, tide-pooling, hiking and whale watching are on the agenda for the afternoon. Upon arriving back to Berkeley house, dinner will be at your leisure and Camp's Bay is full of fantastic options from rustic Italian to fresh seafood. The beaches at Camp's Bay make for a lovely evening stroll. (B L)

MONDAY, OCTOBER 4- BUSHMANS KLOOF, ROOIBOS, CEDERBURGS, LUNCH AT ALOE

Today we will leave the city, Camp's Bay and the Berkley House and head for the mountains! After breakfast, we will drive into the heart of the majestic Cederburg Mountain region, about a 2.5 hour drive from Cape Town through some of South Africa's most stunning and unexplored scenery. We will pass through the Ceres Valley and past the Olifants River to Clanwillian where we will stop at an old fashioned teahouse in the country for a charming patio lunch. After lunch, we will learn about rooibos tea-- a native fynbos species that is drunk all over the world for its health benefits and delicious flavor, but which is only grown in this region. We will arrive at the world renowned Bushman's Kloof wilderness reserve and wellness center for an evening nature drive and a legendary dinner by the river. The award-winning menus and wine cellar at Bushman's Kloof are in keeping with the Lodge's status as a Relais & Chateaux establishment. Just-picked fresh fruit and vegetables from the Lodge's organic garden are a healthy enhancement to every meal. (B L D)

TUESDAY, OCTOBER 5- BUSHMANS KLOOF, ROCK ART, FLOWER VIEWING, SPA, RIVER ACTIVITIES.

Wake to coffee or tea and a light breakfast before early morning rock art and nature excursions. A mid-morning Bushmans Kloof Brunch – a dazzling buffet of fruit, yogurt, cereals, cold meats, cheeses, and a choice of hot light meals- follows before a day of your choosing. Canoeing, hiking and fly-fishing are available and can be balanced by a state of the art wellness spa offering massages and body and skin care. A sumptuous Scottish style high-tea is served before an evening nature drive with sundowners. After some time to freshen up, inner will be enjoyed together as we share stories from of the day and gaze at the stars. The Cederburg Mountains provide some of the best star viewing on earth!

(B L D)

WEDNESDAY, OCTOBER 6- VA WATERFRONT, CAPE GRACE HIGH TEA (B, L)

After early tea and breakfast, we will take an optional early morning hike to one of the reserves lookout points over the vast river valley. After brunch, we will pack our things and head on to our next adventure back in Cape Town. Driving back via the rugged Swartland drive, we will arrive at the Victoria and Alfred Waterfront and then enjoy the famous high tea at the luxurious Cape Grace Hotel. A visit to Robben Island, where Nelson Mandela spent 28 years in prison, is optional for this day. Spend the late afternoon exploring the colorful sights and sounds of the V&A Waterfront. If at this point in the trip you find yourself needing any personal items or souvenirs, they will be available in many shops at the waterfront. Victoria and Alfred Waterfront. (B L)

THURSDAY, OCTOBER 7- STELLENBOSCH - FRANSCHOEK,

After an optional early morning hike up Lion's Head, we will leave this morning for South Africa's oldest wine route. After a driving tour of Cape Town to see the historical neighborhoods, we will arrive in Stellenbosch, tour Spier and Moreson wine estates, learn a bit about this region and its wines and enjoy lunch at the acclaimed Bread and Wine restaurant. Continuing on to Franschhoek, we will arrive at La Cabriere Country House and spend some time enjoying our surroundings. Dinner will be at your leisure this evening, there are many options, both simple and elegant in Franschhoek. La Cabriere Country House (B L)

FRIDAY, OCTOBER 8- FRANSCHOEK

Franschhoek is South Africa's foodie capital and is ripe with opportunities for enjoying the bounty of the land-- from wine tours and tastings to artisan producer visits and farm tours. Today will be at your leisure to explore and enjoy this quaint and memorable town or simply relax and enjoy the pool and amenities at our Country Home. Dinner this evening will be at La Cabriere Country House (B D)

SATURDAY, OCTOBER 9-HERMANUS

This morning we will depart for the beautiful seaside town of Hermanus. Known internationally for the Southern Right whales that migrate here, it has been designated by experts as the 'best land based whale watching in the world'. Perfect timing - as the whale watching season peaks in September. Hermanus is also a birders paradise and has a charming collection of shops and cafes. Spectacular views can be captured from your bedroom window. Tonight, we will have a farewell dinner together and prepare for our onward travels. Potting Shed Guesthouse(B D)

SUNDAY, OCTOBER 10- - DEPARTURE

Breakfast and a final farewell as you head by road to Cape Town International Airport for your flight home or to your next adventure, if you are continuing on in Africa. (B)

IV PACKING LIST

Tips:

- Go light, try not to over pack!
- We will be traveling around a bit, so try to bring just 1 suitcase or backpack for all of your things and a day-pack/ bag to take with you during the days. It will be Spring in South Africa and days will be a pleasant temperature cooling towards the evening.
- Bring travel size toiletries. If you would like to carry your bags on your flight, remember that all liquids and pastes must be 4 oz. or less and in a separate ziplock bag as per international airport requirements.

- All amenities and toiletries can easily be bought when you arrive or on the second day.

What to bring:

- Passport
- Itinerary
- Sarah's contact information +1 (615) 335-4063 sarah@fairtradeteas.com
- Bank card (Visa)- this is the best way to withdraw South African Rand. 7-10 Rand/ USD (check current exchange rate at xe.com). Money will be needed for miscellaneous personal expenses, communication costs and meals not included on the itinerary.
- Cell phone (check with your service provider to set your phone for use in South Africa)
- Please make extra copies of your passport and bank card. One should be left with someone at home.
- Camera with extra memory card, if needed
- Walking shoes (i.e. running shoes or walking shoes)
- Bathing suit (optional for hotel swimming pools or river swims at Bushmans Kloof)
- Sunglasses/ hat
- 2-3 Comfortable skirts or pants for hiking/ daily wear, including 1 pair which you can walk comfortably in.
- 3-5 t-shirts
- 1 long-sleeved shirt for sun protection/ cool nights in the mountains
- Socks and underwear-- enough to get you through 5 days at a time. We can do laundry in Cape Town and wash out small items that dry fast regularly.
- Something nice to wear for dinners out
- 1 fleece or sweater for chilly nights.
- A light-weight windbreaker/ rain jacket.
- Travel-size toiletries: shampoo, toothpaste, conditioner, lotion, etc...

Optional:

- Binoculars
- Extra memory cards for your camera
- Video camera
- Small flashlight/ head lamp
- Any special medicine you might need. I will have a first aid kit customized for S.A.

V HEALTH:

Keep in mind that we will be mostly in Cape Town, which is a modern city with very limited risk of diseases such as cholera and typhoid and with availability of quality and reliable health care.

Basic immunizations including Tetanus (within the last 10 years), Polio and MMR (Measles, Mumps, Rubella) should be administered before departing for South Africa. The Bushman's Kloof in the Cederburg Mountains is a malaria-free resort.

Each traveler is responsible for his/ her own health. Here are a few websites on the topic.

1. http://www.mdtravelhealth.com/destinations/africa/south_africa.php
2. www.southafrica.net
3. <http://www.who.int/ith/en/>

Standard immunizations are: Tetanus (within the last 10 years), Polio, DPT (Diphtheria/ Pertussis/ Tetanus), MMR (Mumps, Measles, Rubella).

VI TERMS AND CONDITIONS

1. **DEPOSIT-** A \$1000 NO-REFUNDABLE DEPOSIT PER PERSON IS DUE TO HOLD YOUR SPACE. THE BALANCE OF \$2600 IS DUE JULY 11, 2010. IF THE BALANCE IS NOT PAID BY THAT DATE, WE WILL BE UNABLE TO REFUND YOUR DEPOSIT.
2. **ITINERARY-** THOUGH WE DO NOT ANTICIPATE CHANGING OUR ITINERARY, WE RESERVE THE RIGHT TO DO SO IF NECESSARY. IN THE CASE THAT TRAVEL ARRANGEMENTS ARE CHANGED, WE WILL MAKE EVERY EFFORT TO BOOK WITHIN THE SAME CLASS OF SERVICE.
3. **CANCELLATION-** WE RESERVE THE RIGHT TO CANCEL THE TRIP AT ANY POINT FOR ANY REASON. IF A TRIP IS CANCELLED BY FAIR TRADE TEAS, WE WILL REFUND ALL MONIES COLLECTED UP TO THAT POINT.
4. **INSURANCE AND LIABILITY-** YOU ARE STRONGLY ADVISED TO CARRY YOUR OWN TRAVEL INSURANCE, INCLUDING TRIP CANCELLATION OR INTERRUPTION INSURANCE. FAIR TRADE TEAS IS NOT LIABLE FOR ANY LOSS OR DAMAGE TO PROPERTY, PERSON OR OTHERWISE IN CONNECTION WITH ANY ACCOMMODATION, TRANSPORTATION, OR OTHER SERVICE OR RESULTING DIRECTLY OR INDIRECTLY FROM BEYOND FAIR TRADE TEAS OR THEIR SUPPLIERS' CONTROL.
5. **FAIR TRADE TEAS RESERVES THE RIGHT TO REFUSE ANY INDIVIDUAL AS A TRIP MEMBER FOR ANY REASON.**
6. **ROOM SHARING-** PLEASE INDICATE, ON YOUR REGISTRATION FORM WHO YOU WILL BE SHARING A ROOM WITH AND IF YOU REQUIRE SHARED OR SINGLE BEDS. IF YOU ARE TRAVELING ON YOUR OWN, WE WILL PAIR YOU WITH A SAME-SEX ROOMMATE UNLESS YOU OPT FOR THE SINGLE ROOM OPTION ON YOUR REGISTRATION FORM.
7. **DOCUMENTATION-** YOU MUST HOLD A US PASSPORT VALID FOR 30 DAYS AFTER YOUR DEPARTURE FROM SOUTH AFRICA DATE TO ENTER SOUTH AFRICA. YOU MUST ALSO HAVE 2 BLANK PAGES IN YOUR PASSPORT. PLEASE CONTACT US IF YOU WISH TO TRAVEL WITH A GREENCARD OR A PASSPORT FROM ANOTHER COUNTRY BESIDES THE US.

VII REGISTRATION FORM

**TEA, WINE AND FLOWER SAFARI, SOUTH AFRICA
OCTOBER 1-10, 2010**

REGISTRATION FORM

1. DEPOSIT AND REFUNDS: A \$1000 NON-REFUNDABLE DEPOSIT PER PERSON IS REQUIRED TO HOLD YOUR PLACE. THE REMAINING BALANCE OF \$2600 IS DUE ON OR BEFORE JULY 11, 2010. 50% OF THE TRIP PRICE IS REFUNDABLE FOR CANCELLATIONS MADE BEFORE SEPTEMBER 12. A CANCELLATION 60 DAYS BEFORE THE START OF THE TRIP WILL RESULT IN LOSS OF MONIES RECEIVED.

2. MAIL REGISTRATION FORMS TO: FAIR TRADE TEAS, PO Box 150891, NASHVILLE, TN 37215

3. CHECK ONE:

- DEPOSIT (\$1000)
 BALANCE (\$2600)
 PAYMENT IN FULL (\$3600)
 SINGLE SUPPLEMENT (\$1000)

4. PAYMENT

VISA CHECK IS ENCLOSED

ACCOUNT NUMBER _____

NAME ON CARD _____

EXPIRATION DATE _____ 3 DIGIT CODE ON BACK OF CARD _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____

EMAIL _____

5. EMERGENCY CONTACT

NAME _____ PHONE # _____

6. SIGNATURE (I HAVE READ AND AGREE WITH THE TERMS AND CONDITIONS) _____