

10 Days Cape Town, Garden Route & Kruger National Park Tour





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Cape Town - Oudtshoorn - Knysna - Graskop - Kruger National Park

10 Days / 9 Nights

Group Size: 4 to 8

Date of Issue: 18 August 2023

Introduction

Accommodation	Destination	Basis	Room Type	Duration
Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge	Cape Town	B&B	1x Standard Room - Double	3 Nights
La Plume Boutique Guest House	Oudtshoorn	B&B	1x Luxury Junior Suite	2 Nights
Protea Hotel by Marriott Knysna Quays	Knysna	B&B	1x Standard Double Rooms	1 Night
The Graskop Hotel	Graskop	B&B	1x Double garden room	1 Night
Nkambeni Safari Camp	Kruger National Park	FB+	1x Double Room	2 Nights

Price

10 Days Cape Town, Garden Route & Kruger National Park Tour

Included

- Transportation
- Accommodation on B & B basis
- Registered Tour Guide
- Park entry fees & Toll Gate fees
- Activities as mentioned

Excluded

- All items of a personal nature
- Meals not mentioned
- Beverages
- Flights
- Visas
- Personal Travel Insurance
- Tips & Gratuities
- All optional activities

Day 1: Protea Hotel by Marriott - Waterfront Breakwater Lodge, Cape Town

Cape Town

Set at the confluence of the Indian and Atlantic oceans and backed by the iconic Table Mountain, the bustling city of Cape Town presents an alluring combination of drawcards. Incredible powdery white beaches, highly acclaimed wine routes, and astonishingly beautiful mountain trails surround a cosmopolitan hub. This diverse metropolis is filled with superb shops and restaurants, extraordinary heritage monuments, a multitude of entertainment venues, and a spectacular, chic waterfront harbour. Highlights include the Zeitz Museum of Contemporary African Art; Table Mountain's jaw-dropping views; Boulders Beach, where penguins might swim right up to you in the warm Indian ocean waters; the Kirstenbosch Botanical Gardens, where you can walk along a treetop canopy among incredible native flora or watch an open-air concert at the base of the mountain; Robben Island, where visitors can see the cell where Nelson Mandela was imprisoned for 18 years; and many more.

Day Itinerary

Upon arrival in Cape Town, you will be met at the airport by your guide and transferred to the hotel. The rest of the day is spent at leisure.

Welcome to South Africa!

Accommodation: Protea Breakwater Lodge or similar

Overnight: Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge

Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge offers modern day comfort right next to Cape Town's fabulous V&A Waterfront. Just a minute away from restaurants, theatres and shops, the hotel is conveniently positioned in the heart of the V&A Waterfront and 25 km away from Cape Town International Airport. The hotel is also near all the main routes to the beaches, mountain walks and city hot spots as well as the Cape Town International Convention Centre and Cape Town Stadium.



Standard Room - Double

A comfortable and modern room with a view. 39 Double Standard rooms. 191 rooms have beautiful, recycled floors and furniture and air-conditioning with a greener design. En suite bathrooms, satellite TV, Wi-Fi, tea and coffee making facilities, minibar.



Basis

Bed and Breakfast

Included

- Arrival Airport Transfer
-

Excluded

- Meals
 - Beverages
 - Visas
 - Flights
 - Activities
-

Day 2: Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge, Cape Town (Or Similar)

Day Itinerary

Robbin Island & City Tour

The tour commences with a ferry trip across the bay to Robben Island. (Weather permitting). From the 17th to the 20th centuries, Robben Island served as a place of banishment, isolation and imprisonment. Today it is a World Heritage Site and museum, a poignant reminder of the price paid for freedom. The excursion includes a return ferry to the island, a bus tour on the island and of the prison. Upon return to the mainland, enjoy a drive through Bo-Kaap to discover how the Malay slaves influenced the culture, food and aesthetics of this beautiful city and its people. Proceed to the Company Gardens located in the heart of the central business district.

Enjoy a walk through the garden and a visit to the South African Museum. This is followed by a visit to the Castle of Good Hope – the oldest surviving colonial building in South Africa. The drive through the City Centre would also take you past the Houses of Parliament, the Grand Parade and City Hall from where Nelson Mandela first addressed South Africans after his release in February 1990. Continue to Table Mountain where you shall reach the top by cable car (weather permitting). Enjoy the panoramic views over the city with Robben Island lying sleepily in Table Bay. Also, get a bird's eye view over the Atlantic Seaboard. Return to your hotel around 17h30.

Basis

Bed and Breakfast

Included

- Breakfast
- Robben Island
- Bo-Kaap
- South African Museum & Company Gardens
- Castle of Good Hope
- Table Mountain

Excluded

- Lunch & Dinner
- Beverages

Day 3: Protea Hotel by Marriott - Waterfront Breakwater Lodge, Cape Town

Day Itinerary

Cape Point & Peninsula

Travel along the Atlantic Seaboard via Sea Point, Clifton and Camps Bay, to Hout Bay, a quaint village and fishing harbour with magnificent mountain views and beach. Continue via Chapman's Peak, one of the world's most breathtaking coastal drives, to the Cape of Good Hope Nature Reserve and Cape Point which is perceived to be the meeting point of the Atlantic and Indian Oceans. Go on to historic Simon's Town, a village with charming Victorian architecture, a naval base and a large penguin colony at the beautiful Boulders Beach. Boulders Penguin Colony is home to a growing colony of the vulnerable African Penguin. Wooden walkways allow visitors to view the penguins in their natural habitat and there is also a new information centre. A lunch stop is made nearby (lunch to own account). End the day with a visit to the well-known Kirstenbosch National Botanical Gardens. The Garden includes five of South Africa's six different biomes and is world-renowned for the beauty and diversity of the Cape Flora it displays as well as for the magnificence of its setting against the eastern slopes of Table Mountain.

The tour ends at ± 17:30 with drop-off at your hotel.

Accommodation: Protea Breakwater Lodge or similar

Basis

Bed and Breakfast

Included

- Breakfast
- Chapman's Peak tolls
- Cape of Good Hope Nature Reserve
- Boulders Beach Penguin Colony
- Kirstenbosch National Botanical Gardens

Excluded

- Lunch & Dinner
- Beverages

Day 4: La Plume Boutique Guest House, Oudtshoorn

Oudtshoorn

Located along the well-known Route 62 in South Africa's beautiful Klein Karoo, the charming town of Oudtshoorn is known as the ostrich capital of the world. It is surrounded by numerous ostrich farms and the golden arid landscape of the Karoo. Visitors can enjoy the locally produced wine and port; sample ostrich meat and biltong; learn about the ostrich feather boom at the C.P. Nel Museum; and visit the world-renowned Cango Caves, the largest cave system in Africa featuring ancient rock formations and sparkling stalactites and stalagmites. Other popular activities include: mountain biking, paragliding, horse riding, and taking a day trip to the quaint town of Prince Albert over the scenic Swartberg Pass.

Day Itinerary

Leaving behind the city lights of Cape Town region, this trip takes you towards whale country along the Southern Coast of South Africa. The annual migration (July to November) of humpback and southern right whales along this region's coastline has earned the unassuming, little holiday village of Hermanus the honour of becoming the best land-based whale watching town in the world. By land or by sea, visitors are able to watch these gentle giants of the deep frolic freely and launch their aerial acrobatics in the Atlantic.

Spend the time at the coastal haven of Hermanus where winding ocean cliff paths await. Meander along paths lined with indigenous fynbos, lulled by the crashing sounds of ocean waves against the adjacent rocky shoreline.

Later on, we make our way to Oudtshoorn, where we will overnight.

Accommodation: La Plume Boutique guest house or similar

Overnight: **La Plume Boutique Guest House** [View iBrochure](#)

La Plume is a Boutique Guest House with Spa on a working ostrich, alfalfa, and cattle farm offering spectacular views of the Swartberg Mountains and the Olifants River Valley. A warm welcome awaits you at this charming 1902 Victorian homestead with its tranquil surroundings where old-world charm is combined with modern comforts to ensure extraordinary service and personal attention.

La Plume offers stylish luxury with a diverse range of accommodation from a Cottage, Private Farm Villa, Luxury Rooms to Luxury Junior Suite, Honeymoon and Superior Suites. With private entrances, sunny verandas and elegant, comfortable antiques, each of the 20 individually furnished air-conditioned units offer satellite television, free WiFi, minibar and abundant comforts.

The restaurant serves a full English Breakfast Buffet, lunch menu, picnic baskets, cheese platters and for dinner enjoy a Four Course Buffet with exceptional local wine in the candlelit dining room of the 1902 Victorian homestead.

Join the owner for an informative tour of this working ostrich, alfalfa and cattle farm. Learn about the day to day activities in the life of a full-time farmer and one of the few experts on the ostrich industry.

“Our philosophy is exclusivity and exceptional comfort with warm, personal attention in an environment conducive to the art of gracious living. La Plume welcomes you.”



Luxury Junior Suite

The Luxury Junior Suite is ideal for three adults travelling together or family with an older child favouring to sleep in a separate room. The suite consists of a queen master bedroom with full en-suite bathroom and lounge with single bed for third person. Crisp white linen on thick, comfortable mattresses made for a relaxing night's sleep. The birds in the garden will be the first thing you hear in the morning before stepping out of bed onto personalized Persian rugs: rejuvenated and ready for the sights and sounds the Oudtshoorn area has to offer. Plush towels, fluffy bathrobes and bathroom amenities are just a small part of the abundant comforts in the en suite bathroom.

In-room facilities:

Queen & Single Bed | Sleep 3 | 1 Junior Suite | 40 Square Meters

Complimentary Port | Air Conditioning | Electronic Safe | Satellite TV | Complimentary WiFi | Private Veranda and Private Entrance | European Plug | Honesty Bar | Coffee, Tea and Fresh Homemade Rusks | Cut Crystal Glasses | Bathrobes, Towels, Face Cloths and Slippers | Bathroom Amenities | Bath Salts and Bubble Bath | Hair Dryer | Sewing Kit | Emergency Kit | Pool Towels Provided



Basis

Bed and Breakfast

Included

- Breakfast

Excluded

- Lunch & Dinner
- Beverages

Day 5: La Plume Boutique Guest House, Oudtshoorn

Day Itinerary

After breakfast, we will explore Oudtshoorn

We will partake in an Ostrich tour experience on the farm before visiting the Congo caves.

Accommodation: La Plume Boutique guest house or similar

Basis

Bed and Breakfast

Included

- Breakfast
 - Ostrich Farm
 - Congo Caves
-

Excluded

- Lunch & Dinner
 - Beverages
-

Day 6: Protea Hotel by Marriott Knysna Quays, Knysna

Knysna

Sandwiched between the towering Outeniqua Mountains and the Indian Ocean, Knysna is a large town often referred to as the 'Garden of Eden', surrounded by stunning bays perfect for sailing, boating, and swimming; picturesque beaches and lagoons; and world-renowned forests. This well-catered town is also a perfect base for safari expeditions at nearby parks such as Knysna Elephant Park, and close-up animal experiences at centres such as Jukani Wildlife Sanctuary, Tenikwa Wildlife Awareness Centre, Birds of Eden, and Monkeyland Primate Sanctuary. From here, enjoy ample opportunities for surfing, swimming, yachting, jet-skiing, boating, fishing, and golfing. Visitors can also look forward to an array of wonderful markets, a picturesque waterfront filled with superb restaurants and shops, and several fantastic art galleries. Make sure to take a ferry trip to the famed Knysna Heads and sample the local oysters.

Day Itinerary

Leaving Oudtshoorn we drive to Knysna and enjoy a beautiful scenic experience.

We have the option to visit the Elephant Sanctuary, Jukani wildlife reserve, Snake Park, and Birds of Eden are the areas of interest.

This evening, we will have dinner by the waterfront.

Accommodation: Protea Knysna or similar

Overnight: Protea Hotel by Marriott Knysna Quays

Renowned as the perfect holiday destination, the hotel is set on the Knysna Quays Waterfront with the lagoon at

your doorstep. This stylish property is suited to both leisure and business travelers alike with sheer comfort assured. Facing the warm Indian Ocean through the Knysna Heads, the hotel offers a tranquil stay in spacious rooms overlooking the magical Knysna lagoon, historical train station and the Knysna town.

The Protea Hotel by Marriott Knysna Quays boasts with wonderful facilities, which includes a heated outdoor swimming pool, wellness therapist for rejuvenating massages, free internet service and a unique dining experience with four restaurants to choose from for memorable lunch and dinners on the Waterfront.



Standard Double Rooms

The non-lagoon facing room is the standard room type of the Protea Hotel Knysna Quays and overlooks the Historical Knysna Train station or the Knysna Quays Waterfront shopping complex.

Your room type can sleep maximum two adults and consist of either one standard double bed or two standard twin beds. The design and décor combine warm earth tones with a touch of nautical and stylistically modern finishes

Your room is equipped with an en-suite bathroom with separate bath and shower, air-conditioning, coffee and tea making facilities, hairdryer, mini fridge, electronic safe, telephone, wireless Internet connection and satellite television. Relax, unwind...and enjoy only the best leisure and business experiences in the heart of the Garden Route.



Basis

Bed and Breakfast

Included

- Breakfast

Excluded

- Lunch & Dinner
- Beverages

Optional Activities

- Elephant Sanctuary, Jukani wildlife reserve, Snake Park, and Birds of Eden
-

Day 7: The Graskop Hotel, Graskop

Graskop

Perched on the edge of the Drakensberg escarpment, the little forestry town of Graskop, meaning 'Grassy Hill' is set in the heart of Mpumalanga's Panorama Tourist Route in northern South Africa. Once a gold mining camp, today it serves as a thriving tourist stopover and base from which to explore the countless natural wonders in the surrounding area. Highlights include: the famous Kruger National Park, the world-renowned Blyde River Canyon, Pilgrims Rest, the unique formations of Bourkes Luck Potholes and the Three Rondavels. Some spectacular waterfalls to view are: Mac Mac Falls, Motitsi Waterfall, Lisbon Falls and the Berlyn Falls. Other popular activities include: descending into the Graskop Gorge on the Graskop Gorge Lift and enjoying a delicious pancake at the 'Pancake capital of South Africa'.

Day Itinerary

After breakfast, you will check out and take an early flight to Johannesburg. On arrival at OR Tambo International Airport a transfer is arranged taking the Emalaheni route via Malelane, we make our way to Panorama, driving through the parks to a splendid and scenic town of Graskop, a natural habitat of indigenous flora and fauna. We pass through small towns but rich in history and natural Panorama views.

Accommodation: Graskop Hotel or similar

Overnight: The Graskop Hotel

Graskop, situated in Mpumalanga on the Drakensberg Escarpment, not only offers the visitor spectacular scenery and breathtaking views - from here the scenic Panorama Route leads northwards along the edge of the escarpment to the Blyde River Canyon. The historic town of Pilgrim's Rest is just a short hop away.

Graskop is also a gateway to the world-famous Kruger Park and its unique wildlife - the town is in the only malaria-free zone situated within easy driving distance from the Kruger Park.

Graskop Hotel is a unique artistic experience offering friendly accommodation, contemporary South African art in a variety of interesting settings and culinary delights to be remembered.



Double garden room

Garden room with 1 double bed - bathroom with shower

Dinner optional extra

Basis

Bed and Breakfast

Included

- Breakfast
- Panorama Tour
- Gods window
- Bourke's luck potholes
- Blyde river canyon
- Three rondavels

Excluded

- Lunch & Dinner
 - Flights
-

Day 8: Nkambeni Safari Camp, Kruger National Park

Kruger National Park

Stretching over more than two million hectares, the famous Kruger National Park is one of the world's largest game reserves and a truly remarkable destination. Owing to its exceptional size, visitors are able to experience fantastic diversity – from changing scenery and ecosystems to an impressive array of animals, plant life and birdlife. The park is home to over 130 mammals and over 500 bird species. Visitors can look forward to learning about the area's prehistoric past, enjoying a host of accommodation options, and viewing abundant wildlife including the famed Big Five. The diversity and sheer density of wildlife make Kruger National Park an unforgettable and once-in-a-lifetime experience.

Day Itinerary

After Breakfast, we will check out and make our way to Kruger National Park

Welcome to the Bush!

Overnight: Nkambeni Safari Camp

Located in the Kruger National Park, Nkambeni Safari Camp offers accommodation consisting of 150 beautifully appointed luxury timber and canvas tented suites. The units feature 2 extra length beds, 2 fold-out bunk beds for the kids, a bathroom with an indoor and outdoor shower, air conditioning and a self-help coffee station in each room. Guests can rest assured that their accommodation is eco- friendly and has a low impact on the surrounding environment. Nkambeni Safari Camp also offers various activities such as game drives, traditional African entertainment and a bush braai dinner to name a few.



Basis

Full Board Plus - Dinner, Bed, Breakfast, Lunch and Activities

Included

- Breakfast
 - Kruger National Park
 - Afternoon Game Drive
-

Excluded

- Lunch
- Beverages

Day 9: Nkambeni Safari Camp, Kruger National Park

Day Itinerary

Morning Game Drive

Accommodation: Nkambeni Safari Lodge or similar

Basis

Full Board Plus - Dinner, Bed, Breakfast, Lunch and Activities

Included

- Breakfast, Lunch & Dinner
 - Morning Game Drive
-

Excluded

- Optional Night Game Drive
 - Beverages
-

Day 10: End of Itinerary

Day Itinerary

After breakfast, you will check out and we will transfer back to the Airport to connect with our flights back home.

End of amazing Adventure

Basis

Bed and Breakfast

Included

- Breakfast
 - Transfer to OR Tambo International Airport
-

Excluded

- Lunch & Dinner
 - Beverages
 - Gratitude
 - Flights
 - Personal items
-

Transport

Transfers

Date	Company	Pick Up	Drop Off	Time	Vehicle
		Cape Town International Airport [CPT]	Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge		Transfer
		Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge	La Plume Boutique Guest House		Transfer
		La Plume Boutique Guest House	Protea Hotel by Marriott Knysna Quays		Transfer
		Protea Hotel Knysna Quays	George Airport		Flight to JHB
		OR Tambo International Airport	The Graskop Hotel		Transfer
		The Graskop Hotel	Nkambeni Safari Lodge		Transfer
		Nkambeni Safari Camp	OR Tambo International Airport [JNB]		Transfer

Urgent Contact Numbers

Company Name

Service Provider Directory

Service Provider	Telephone	Address
La Plume Boutique Guest House	+27 44 272 7516	La Plume - GPS Coordinates: (-33.655655, 22.085507) Off the R62, Volmoed, Oudtshoorn, 6620
Nkambeni Safari Camp		Numbi Gate, Kruger National Park, 1350
Protea Hotel by Marriott Cape Town Waterfront Breakwater Lodge	+27 21 406 1911	Portwood Road, V&A Waterfront, Cape Town
Protea Hotel by Marriott Knysna Quays	+27 44 382 5005	Waterfront Drive, Knysna, Western Cape



The Graskop Hotel

+27 13 767 1244 3 Main Street
Graskop
1270

Travel Information



One of the most culturally and geographically diverse places on earth, South Africa, fondly known by locals as the 'Rainbow Nation', boasts 11 official languages, and its inhabitants are influenced by a fascinating mix of cultures. Discover the gourmet restaurants, impressive art scene, vibrant nightlife, and beautiful beaches of Cape Town. Enjoy a local braai (barbecue) in the Soweto township, browse the bustling Indian markets in Durban, or sample some of the world's finest wines at the myriad wine estates dotting the Cape Winelands. Some historical attractions to explore include the Zululand battlefields of KwaZulu-Natal, the Apartheid Museum in Johannesburg, and Robben Island, just off the coast of Cape Town. Above all else, its untamed wilderness is astonishing: wildlife roams freely across massive unfenced game reserves such as the world-famous Kruger National Park.

Entry Requirements

South Africa

Cape Town is an Approved & Recognised User of the World Travel & Tourism Council's (WTTC) Safety Stamp

South Africa announced on 22 June 2022 that all COVID-19 protocols are lifted for all travelers.

OR Tambo, King Shaka and Cape Town airports are members of the Airport Health Accreditation Programme by Airports Council International (ACI).

Open for international travel via:

- Airports
- Land borders (partially)

Health screening & COVID-19 protocols (pre-departure & on arrival)

- None

Mandatory quarantine

- Not required.

Health screening & COVID-19 protocols on departure

- Dependent on your airline, destination or transit point.

Countries allowed to travel to the destination

- All

REQUIREMENTS FOR TRAVEL TO SOUTH AFRICA PASSPORTS

All visitors need a valid passport to enter South Africa. The passport must have at least 30 days remaining from the intended date of departure and must have two blank pages for entry stamps. Extended Passports Please note that: • Machine-readable passports that have been extended are not accepted in South Africa • Minor's passports that have been extended could cause entry issues. It is advised that if a minor's passport is to be used for a trip to South Africa, a new passport should be issued to be on the safe side. This South African entry regulation applies to minor passports from any country. For more details on this, please visit the Department of Home Affairs website here.

VISAS Unless the visitor comes from a visa-exempt country it is necessary to present a valid visa. Travellers who require a visa can apply through the South African e-Visa system if their country is currently catered for in the pilot phase, otherwise, they must apply at a South African embassy or consulate in person and provide biometric data. Currently, there are several visa-exempt countries for South Africa. Citizens of these countries can enter the country without a visa for limited periods. To view an up-to-date list of countries catered for via e-Visa or the list of visa-exempt and visa-required countries, please visit South Africa Visa Requirements and Eligible Countries.

VACCINATION CERTIFICATES Travellers, including minors, coming from countries where yellow fever is prevalent need to present a certificate showing they have been vaccinated. **DEFINITIONS** Birth Certificate - An extract from the Birth Register containing the particulars of a minor and his/her parent(s). Birth certificates containing the details of a minor as well as his/her parent/s are accepted for the purposes of these requirements regardless of the country of issue - In the case of countries that do not issue birth certificates, an 'equivalent document' containing the particulars of the minor and his/her parent(s), issued by the competent authority of that country, or an embassy of that country may be produced - Suggested format for Equivalent Document is available here Minor - South African law regards any person younger than 18 years as a child. Equivalent Document - In the case of countries that endorse the particulars of parents in minors' passports, or other official identification documents, these documents shall be acceptable for the purpose of establishing the identity of the parents of the travelling minor Letter of Special Circumstances - Letter issued by the Director-General of Home Affairs in lieu of parental consent in the event of a recent death or mental or physical disability Parent - Unless the context indicates otherwise, the word "parent" includes adoptive parents and legal guardians. Parental Consent Letter - must accompany a birth certificate when any parent is not travelling with his or her child - must not be older than 6 months when presented.

Banking and Currency

Currency

The currency is the Rand, which is divided into 100 cents. There are R200, R100, R50, R20 and R10 notes. Coins come in R5, R2, R1, 50c, 20c, and 10c.

Banking

Banks are found in most towns and are generally open from 09h00 to 15h30 on weekdays and 08h30 to 11h00 on Saturdays (Closed Sundays and Public Holidays). Most of them offer foreign exchange services - with cash, bank & credit cards as well as travellers cheques. You can also obtain cash from automatic teller machines (ATMs). Several international banks have branches in the main city centres. Always advise your bank that you are travelling outside the country as they might block your purchases if they are not informed.

Travel, Transport and Getting Around

Travelling around South Africa is relatively easy by air, road and rail.

Several airlines operate domestic routes with regular links between Johannesburg, Cape Town, Durban, George, Nelspruit and Port Elizabeth and relatively frequent flights to several smaller towns and cities too.

An extensive tarred road system makes travelling in South Africa by vehicle convenient and easy. You will find gravel roads in rural areas though. Please note that a valid international driver's licence is required. We drive on the left-hand side of the road. Most global car hire firms have branches in South Africa.

Another means of getting around South Africa are inter-city bus services. Metrobus buses are available for in-city transport. Metered taxis can be ordered and e-hailing services are available. There is the popular MyCityBus system in Cape Town and a hop-on-hop-off tourist bus in Cape Town and Johannesburg.

The rail system includes the long-haul, inexpensive Shosholozha Meyl Metrorail trains with more luxurious options are available. There is also the Gautrain rapid transit railway system in Gauteng Province.

Food, Drink and Cuisine Advice

Standards of hygiene in relation to food health and safety in South Africa, are generally high in hotels, restaurants, pubs and nightspots. Tap water in South Africa is safe to drink and cook with when taken from taps in urban areas. Not all tap water in rural areas is safe for consumption, so take precautions if necessary.

It is safe to eat fresh fruit, vegetables and salads and put ice in your drinks. South Africa's fish, meat and chicken are of excellent quality, so there is no need to limit yourself when enjoying the local cuisine.

Restaurants are subject to South Africa's food safety control legislation, which is implemented by local government. Regulations include certification and regular inspections by health inspectors to maintain hygienic standards.

Street food is not as common in South Africa as it is in other countries, although vendors selling traditional snacks and meals can be found in city centres and townships. Food safety in such instances cannot always be guaranteed.

Climate and Weather

South African temperatures, which are measured in centigrade, average at highs of 28°C to average lows of 8°C in the summer months, while winter temperatures range from 1°C at night to around 18°C during the day. Average annual rainfall is on the low side at under 500mm a year, making the country somewhat dry. Much of the rain falls in the Western Cape in the winter, differing from the rest of the country, which experiences summer rainfall. On the plus side, the South African climate boasts more than its fair share of sunshine, recording an average of 8.5 hours a day.

Clothing and Dress Recommendations

Summer

Bring cool, light and comfortable clothes because summer temperatures can get well into the 30 - 40 degree Celsius range in some areas. Also, bring an umbrella or raincoat during summer as this is when most of the country gets its rain, but don't forget a swimming costume (bathing suit).

Winter

The winters are generally mild, comparing favourably with European summers. But there are days when temperatures dive, especially in high-lying areas such as the Drakensberg, so be prepared with jerseys and jackets. Cape Town gets its rain during the winter season so it's advisable to bring rain gear along.

General

Always bring a hat, sunglasses and sunblock as the sun can be strong even in the winter months.

Walking shoes are a good idea all year-round, with warm socks in the winter.

If you are doing business in the country, business attire is generally called for in the corporate sector, but media, for example generally dress more casually.

For game viewing, a couple of neutral-toned items will be useful, but there's no need to go overboard. A good pair of walking shoes is also advisable.

For the evening, if you are dining at an upmarket restaurant or seeing a show, smart-casual attire is recommended.

Internet Availability

Most accommodation offer Wifi in their business centres, rooms or restaurants. Internet cafes are found in most business areas and shopping malls. In addition, some South African restaurants offer WiFi access.

There are also outlets such as PostNet that offer internet, fax and postage facilities.

Electricity and Plug Standards

Electrical sockets in the Republic of South Africa are Type M (SABS-1661). If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug it in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for all types.

Electrical sockets in South Africa usually supply electricity at 230 volts AC / 50 Hz frequency. If you're plugging in an appliance built for 230-volt electrical input, or an appliance compatible with multiple voltages, then an adapter is all you need. A voltage converter will be necessary if your appliance isn't compatible with 230 volts.