

February 6 - 12, 2026

7 DAYS, 6 NIGHTS

# SOUTH AFRICA: CAPE TOWN

(TRADITIONAL TRAVEL EXPERIENCE)

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## Traditional Travel with Sisters Traveling Solo

Sisters Traveling Solo traditional trip experiences are fun and experiential tours that are designed for those sisters wanting to visit popular tourist destinations. These tours are great for beginners to the most experienced travelers. Be sure to bring your camera, because we plan these trips to be packed with post worthy instagram moments.

Be sure to tag us @sisterstravelingsolo on Instagram.

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## Country Overview

South Africa, often referred to as the "Rainbow Nation," is a country rich in diversity, both in its people and its landscapes. Located at the southernmost tip of the African continent, it is bounded by the Atlantic Ocean on the west and the Indian Ocean on the east, providing it with a long and varied coastline. South Africa's terrain is just as diverse, ranging from the lush Cape Winelands and the Kruger National Park's wildlife-rich savannahs, to the dramatic Drakensberg mountains and the arid Kalahari Desert.



### Cape Town, South Africa (6-nights)

Cape Town, affectionately known as the Mother City, is the jewel of South Africa's Western Cape. It is famed for its breathtaking natural beauty, from the iconic Table Mountain that towers over the city, to the sparkling waters of the Atlantic Ocean that hug its shores. The city's landscapes are a paradise for outdoor enthusiasts, offering activities such as hiking, surfing, and paragliding.



### General Information:

<b>CURRENCY:</b>	South African Rand (ZAR)
<b>CURRENT EXCHANGE RATE:</b>	1 USD = 14.31 ZAR
<b>AIRPORT CODE(S):</b>	<b>Arrival:</b> Cape Town International Airport (CPT) <b>Depart:</b> Cape Town International Airport (CPT)
<b>PASSPORT REQUIREMENTS:</b>	<b>Review passport requirements</b> <a href="https://travel.state.gov/">https://travel.state.gov/</a>
<b>VISA REQUIRED?</b>	Check <a href="http://www.visahunter.com">www.visahunter.com</a>
<b>HISTORICAL WEATHER TEMPERATURE</b>	70°F - 78°F



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## Tentative Itinerary



### **DAY 1 - ARRIVAL**

Upon arrival into Cape Town International Airport (CPT), collect your bags then head to the arrivals areas to meet one of our drivers.

After check-in, take the rest of the afternoon at leisure rewinding from the long flight. In the evening, we will all get together for a welcome dinner. Over dinner, we will get to know each other.

**Meal(s) Included:** Dinner

**Hotel Check-In:** 3 PM local time.

### **DAY 2 - CAPE TOWN CITY TOUR**

Today's journey through Cape Town begins post-breakfast, marking the start of an exciting exploration. Our inaugural destination is the iconic Bo-Kaap. This neighborhood is celebrated for its deep, multicultural heritage, continuing to dazzle with its historical richness and diverse cultural fusion—a captivating mix that promises an unforgettable experience for all who visit.

Following Bo-Kaap, our adventure leads us to the District Six Museum, a poignant reminder of the past, before we proceed to the evocative Long Walk to Freedom exhibition.

**Meal(s) Included:** Breakfast







### **DAY 3 - PENINSULA TOUR**

The day's journey unveils with a picturesque drive along the Atlantic shoreline, weaving through the chic suburbs of Sea Point and Camps Bay before reaching the hidden gem of Hout Bay. Our adventure continues to Cape Point, the celebrated "Cape of Good Hope," marking the southernmost point of the Cape Peninsula. The exploration doesn't stop here; next, we'll venture to Boulders Beach, famous for its colony of African Penguins.

**Meal(s) Included:** Breakfast, Lunch, Dinner

### **DAY 4 - FREE DAY**

### **DAY 5 - JOURNEY TO ROB BEN ISLAND**

Our day starts with an enlightening visit to Robben Island, where you'll have the opportunity to see Nelson Mandela's former cell. Remarkably, our guide for the Robben Island tour is an ex-inmate, offering a unique and personal perspective on the history and legacy of the place.

**Meal(s) Included:** Breakfast

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## **DAY 6 - WINE TASTING**

Following breakfast, we will embark on a wine-tasting excursion. The tour showcases tastings at two distinguished wineries, each set against the backdrop of stunning vistas, architectural marvels, and serene landscapes that Cape Town's wine estates are renowned for. The day concludes with a farewell dinner, a perfect moment to reflect on our shared experiences.

**Meal(s) Included:** Breakfast, Dinner



## **DAY 7 - DEPART CAPE TOWN**

On this final day, enjoy one last breakfast before your transfer to the airport, carrying with you memories of a journey through Cape Town's beauty and heritage.

**Meal(s) Included:** Breakfast



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## What's Included:

**4-Star Accommodations:** Enjoy a 6-night stay in the vibrant heart of Cape Town, South Africa.

### **Cape Town City Exploration:**

Delve into the heart of Cape Town with our curated city tour, featuring visits to the Bo-Kaap neighborhood, District Six Museum, and the awe-inspiring Long March to Freedom exhibition. This exhibition showcases 100 life-size statues, set to expand to over 400 bronze figures, narrating South Africa's 350-year battle for freedom and democracy.

### **Robben Island Insight:**

Discover the historical depth of Robben Island, not only as the location where Nelson Mandela was imprisoned for 18 of his 27 years but also as a place of incarceration for prisoners from across Africa, including Namibia.

### **Peninsula Tour Highlights:**

Embark on a scenic drive along the Atlantic coast through Sea Point and Camps Bay to the hidden gem of Hout Bay. The tour includes stops at Cape Point, known as the "Cape of Good Hope," and Boulders Beach, where you can marvel at the African Penguins.

### **Langa Township Experience:**

Experience an enlightening guided tour through Langa, Cape Town's oldest township. The tour reveals the diverse housing and socioeconomic areas, from worker hostels to informal settlements, offering a profound glimpse into local life.

### **Wine Tasting Adventure:**

Indulge in a wine tasting journey at two exceptional wineries, set against the backdrop of breathtaking landscapes, architectural beauty, and an unparalleled serene ambiance unique to Cape Town's wine estates.

**Included Meals:** Meals as detailed in the itinerary above.

**Airport Transfers:** Enjoy seamless round-trip airport transfers between Cape Town International Airport and your accommodation on the commencement and conclusion dates of the tour.

**Tours & Activities:** All tours and activities mentioned in the itinerary are included, ensuring a memorable and diverse exploration of Cape Town's rich culture, history, and natural beauty.

**What's NOT Included:** International flights, gratuity, travel visa, travel insurance, or any other cost not listed in the "what's included" section.