



# SOUTH AFRICA ITINERARY

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Gluten Free Travel-Us has teamed up with SITA World Tours to offer a gluten free itinerary for South Africa. Because SITA World Tours is a large company, they are very competitive with their pricing, making this particular tour a great value. You get the benefit of "group pricing" without having to be on a group tour. That's because, like all of the itineraries Ellen creates, this tour of South Africa can be done with whomever you choose...whenever you choose to do it..and for however long you choose! In fact, the whole trip is customizable, depending on your interests. The day-by-day itinerary below is just a suggestion that focuses on the highlights. And, as always, Ellen's advance research on your behalf will keep you food-safe at the hotels and safari camps where you stay, as well as in the restaurants where you dine.

As with all of Ellen's suggested itineraries for travelers, all the necessary questions have been asked to ensure your safety at the hotels and restaurants. Ellen and her colleague at SITA World Tours have been very impressed with the gluten free knowledge of the chefs. The needs of gluten free travelers are taken seriously.



Please contact Ellen for pricing as well as any add-ons you might want to customize for your dream vacation. Pricing is always based upon number of travelers, time of year, and exact itinerary.



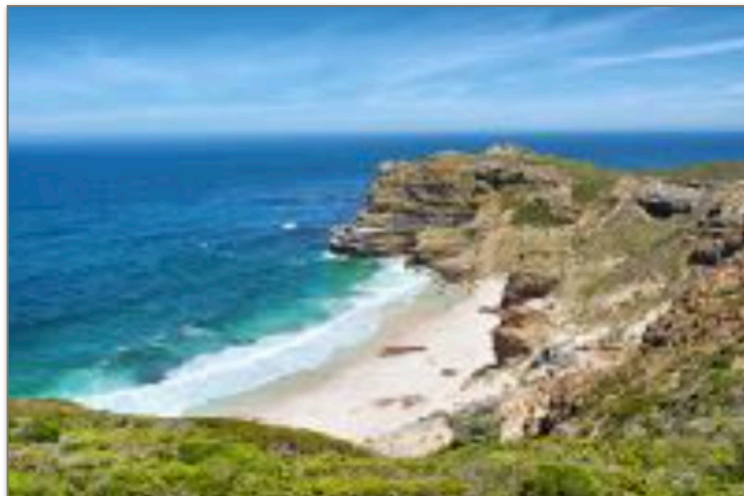
**CAPE TOWN:** Cape Town is home to Table Mountain, one of the 7 Wonders of the World. It can be seen as far as 200 kilometres out to sea. Affectionately known as the Mother City, Cape Town is historically, culturally and visually the most diverse, breathtakingly scenic, and vibrant city you'll have had the pleasure to visit! From its achingly beautiful natural attributes to its colorful culture, decadent wine farms, and captivating history and architecture - it's a must see city when visiting South Africa.



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**GREATER KRUGER PARK AREA:** Experience the legendary Kruger National Park or neighboring private game reserve, home to the magnificent "Big Five" animals of the world, and a host of others... 147 species of mammal and over 500 bird species. Game drives are in specially modified, open safari vehicles, both to enhance your game viewing, and to provide the finest, unimpeded vantage points for photography and bird watching. There's little between you and your subject! Our qualified experienced guides will undoubtedly enhance the experience by their deep understanding of the bush and the movement and identification of animals and birds, something they will impart to you. You'll not only relish the experience of being in the Kruger environment, but you'll leave with gems of knowledge you never knew before.



## SUGGESTED ITINERARY:

### Day 1: Arrive Cape Town

Arrive to Cape Town, South Africa, where you are met and escorted to your hotel. There are a variety of restaurants near your hotel at the V&A Waterfront that will provide gluten free options.

### Day 2: Sightseeing in the City of Cape Town

You'll be treated to a private morning tour of South Africa's "Mother City."



First, you'll summit the legendary Table Mountain and then wind your way past the scenic and upmarket suburbs of Camps Bay and Clifton en-route to the central business district. Sense the depth of history as you drive past Parliament Buildings, City Hall, the Slave Lodge, and the Castle of Good Hope, originally built as a maritime replenishment station and now the oldest surviving colonial building in South Africa! Passing



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Charly's Bakery, home of Charly's Cake Angels, you hear a brief history of District Six en-route to a visit at the Company Gardens. Learn more about the history of the Bo-Kaap and its people as you move up the cobblestoned hills to the Malay Quarter, where you'll marvel at the ice-cream colours of the quaint Bo-Kaap homes. Finally, trace the moves of a professional diamond cutter as he creates every girl's dream stone. Return to the V&A Waterfront and enjoy the afternoon at leisure. Your guide will recommend gluten free dining options for both lunch and dinner.

## Day 3: Cape Town's Cape Peninsula

On this day, you'll enjoy a full-day private tour of the Cape Peninsula. It will include lunch at a local restaurant with gluten free options available.



Cruise along Millionaire's Paradise from Clifton to Camps Bay and on to Llandudno before enjoying an up-close-and-personal Seal Island cruise. Wind along Chapman's Peak Drive with lunch at Cape of Good Hope Section of the Table Mountain National Park before meandering back along the coast, visiting Simon's Town and the penguin colony at Boulder's Beach. End up at Kirstenbosch Botanical Gardens in Summer or in Winter, Groot Constantia for a wine tasting and cellar tour.

## Day 4: Cape Winelands

Today enjoy a full-day Cape Winelands tour on private basis. The tour will include lunch at a local restaurant with gluten free options available.





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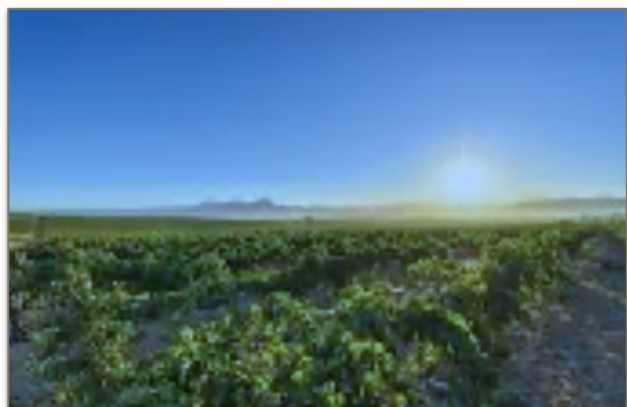
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This superb day is dedicated to celebrating the glorious grape, the exceptional winelands region, and the heavenly scenery! The area is rich with history, and you'll feel it as you experience a wine cellar tour and tasting, where you'll learn all about the process of winemaking, from grape to goblet. You'll visit the exquisite little town of Franschhoek, pass by the impressive Huguenot Monument...and in a town with a reputation for gourmet fare, you'll enjoy lunch. Next, wind your way to the heady heights of the Helshoogte Mountain Pass to meet the charming university town of Stellenbosch on the other side. Stroll through this little town, absorbing the quaintness, and sneaking into the odd shop or two (on Sundays not all galleries and shops are open). Enjoy a wine tasting at two different wine estates where you'll be able to purchase your favorite wine to take back home!



## Day 5: Cape Town/Kruger Safari

Transfer to the airport and take a scheduled flight to the Greater Kruger Park area (flight is an extra fee) and transfer to your safari lodge. This afternoon, enjoy an open-vehicle game drive followed by dinner under the stars in a traditional African boma. Meals will be enjoyed at the safari lodge.



## Day 6: Kruger Safari

Enjoy a full day in the Greater Kruger Park area. Explore the reserve on early morning and afternoon/evening open-vehicle game drives as well as mid-morning bush walks. Roam the reserve in open 4WD vehicles in search of elephant, leopard, cheetah, kudu, giraffe, Cape buffalo, hippo and other species. Breakfast, lunch, and dinner will be provided for you.

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## Day 7: Kruger Safari/Depart Johannesburg

After the morning game drive and breakfast, return on a scheduled flight to Johannesburg (flight not included). Connect with your departure flight. You may choose to extend your safari in Kruger, or perhaps visit Johannesburg or Victoria Falls.



PLEASE NOTE: IN THIS SPECIAL SITUATION, IF WE CAN GET A NUMBER OF TRAVELERS WISHING TO GO AT THE SAME TIME, WE COULD CREATE A GROUP TRIP IF YOU DESIRE.



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