

7-Day South Africa Itinerary: Cape Town, the Winelands & the Garden Route

South Africa's Western Cape packs a city, wine country, and a stretch of dramatic coastline into one week — Cape Town's Table Mountain and penguin-lined peninsula, Stellenbosch's 300-year-old wine estates, and the Garden Route's whale watching and lagoon cruises around Hermanus and Knysna. This loop covers all three without rushing, with real hotels, tour operators, and prices for each stop.

DURATION**7 Days****BEST TIME TO GO****November – March**

warm, dry season · Garden Route whale season Jun – Nov

FROM**\$2,150 USD / person**

for 2 people

Day 1**Arrive in Cape Town**

Land at Cape Town International Airport (CPT) and settle in at the V&A Waterfront before the week's pace picks up.

● Private Airport Transfer — Cape Town Airport (CPT) to V&A Waterfront**~20 minutes · \$35 USD one-way per vehicle (1–4 people)**

A prearranged private transfer meets you at arrivals with a driver holding your name — door-to-door into the city, no queuing for a metered taxi after a long-haul flight.

Chauffeur Services Cape Town · +27 79 139 6809 · chauffeurservicescapetown.com

● Overnight — InterContinental Table Bay Cape Town**From \$380–450 USD / night, for 2 people**

A landmark harbor hotel at the V&A Waterfront, with Table Mountain views from most rooms and the Waterfront's restaurants, shops, and boat departures right outside the door.

InterContinental Table Bay Cape Town · ihg.com

● Dinner on Your Own — V&A Waterfront**Est. \$30–50 USD / person**

On your own the first night — the Waterfront's harborside restaurants cover everything from fresh seafood to Cape Malay curries, all within a five-minute walk of the hotel.

Day 2

Table Mountain & the Bo-Kaap

Cape Town's defining view in the morning, then a walk and a cooking class through its oldest, most colorful neighborhood.

● Table Mountain Aerial Cableway

First car up 8:30 AM · R475 / ~\$26 USD per person, return (weather permitting)

A rotating cable car climbs nearly 3,000 feet in under five minutes to the flat-topped summit — go early, before the afternoon cloud (the “tablecloth”) rolls in, and book online to skip the ticket-office line.

Table Mountain Aerial Cableway · tablemountain.net

● Bo-Kaap Cooking Tour

~3 hours · Price on request (typically \$70–90 USD / person)

A walk through Bo-Kaap's cobbled streets and candy-colored houses ends at a local Cape Malay family's home for a hands-on cooking class — booking is essential, as spots are kept small.

The Bo-Kaap Cooking Tour · +27 74 130 8124

● Overnight — InterContinental Table Bay Cape Town

From \$380–450 USD / night, for 2 people

Second night at the same hotel — no need to pack up before an early cableway start.

InterContinental Table Bay Cape Town · ihg.com

● Dinner — GOLD Restaurant

Est. \$75–95 USD / person, tasting menu with live drumming

A pan-African tasting menu covering dishes from 14 countries, served with live drumming and dance — a livelier, more theatrical night out than a standard restaurant dinner.

GOLD Restaurant · goldrestaurant.co.za

Day 3

Cape Peninsula: Cape Point & Boulders Beach

A full-day loop down the Atlantic seaboard — Chapman's Peak, Cape Point, and Boulders Beach's penguin colony — in one trip.

● Cape Peninsula Full-Day Tour

8:30 AM–5:00 PM (full day) · From R2,331 / ~\$126 USD per person (excl. entry fees), R3,411 / ~\$184 USD all-inclusive

One driver-guide covers the cliffhanging drive over Chapman's Peak, the wind-scoured point where the Atlantic meets False Bay, and Boulders Beach's resident African penguin colony, with a lunch stop in Simon's Town.

Into Tours · +27 60 986 7612 · intotours.co.za

● **Overnight — InterContinental Table Bay Cape Town**

From \$380–450 USD / night, for 2 people

Third and final night in Cape Town before heading inland to the Winelands tomorrow.

InterContinental Table Bay Cape Town · ihg.com

● **Dinner on Your Own — V&A Waterfront**

Est. \$30–50 USD / person

A last night in the city — worth booking ahead at one of the Waterfront's harbor-view tables.

● Overnight — Turbine Hotel & Spa, Knysna

From \$140–190 USD / night, for 2 people

A boutique hotel built around a working 1926 power station, on the edge of the Knysna Lagoon a short walk from the Waterfront.

Turbine Hotel & Spa · turbinehotel.co.za

● Dinner — 34 South, Knysna Quays

Est. \$25–40 USD / person

A waterfront deli-restaurant on the Knysna Quays known for oysters straight from the lagoon and a big open-air deck over the water.

Day 7

Knysna to Cape Town & Departure

A short flight swaps the six-hour drive back for a 70-minute hop, leaving the whole day free before your onward flight.

● Private Transfer — Turbine Hotel to George Airport (GRJ)

~45 minutes · Quote on request (typically \$45–60 USD one-way per vehicle)

George Airport is the closest regional airport to Knysna — confirm your flight time before booking the transfer.

Penguin Shuttle · +27 78 663 6496 · penguinshuttles.co.za

● Domestic Flight — George (GRJ) to Cape Town (CPT)

~1 hour 10 minutes · From \$115–150 USD per person, one-way

Airlink operates several daily flights on this route, connecting through to Cape Town International in time for most international departures.

Airlink · flyairlink.com

● International Departure — Cape Town International Airport (CPT)

Allow 3 hours before an international flight

Check in for your onward or international flight from CPT — a fitting bookend to a week that started at the same terminal.

Prices, hours, and business details researched and current as of publication; always confirm directly before booking. © I-Journey.