

Dear Delegate!

It will be our pleasure to assist you with your accommodation, transfer and tour requests for **Cape Medical Congresses** *Musculoskeletal Ultrasound Course* April 2020.

Please have a look at the accommodation options, as well as tour and excursion suggestions and contact me to make your reservation.

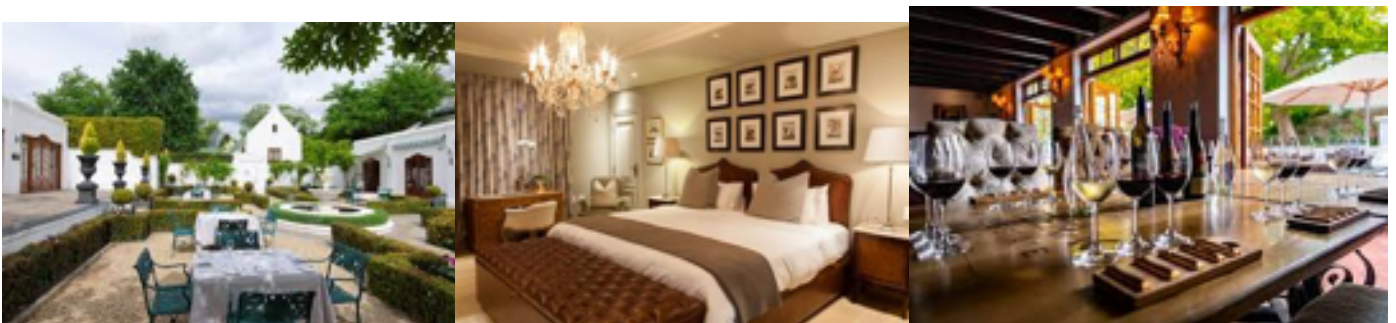
We specialise in tailor-made tours - the excursion tours are a suggestion - we will assist with any personalised requests for tours, activities and accommodation.

I am looking forward to assist with your requests! Please contact me at lizette@alloverafrica.co.za



LANZERAC HOTEL & SPA

Just a five-minute drive from Stellenbosch town, Lanzerac is the ultimate getaway to relax your senses and allow the harmony and tranquillity of the majestic Jonkershoek Valley to work its magic. The individually styled accommodation rooms and suites offer the very best of South African hospitality and blend of old grandeur and modern amenities. Treat yourself to a luxurious Lanzerac experience, where you can enjoy the sensation of time slowing down as you step into this gloriously refurbished Estate.



RATES

(ALL RATES PER ROOM PER NIGHT)

CLASSIC ROOMS

Single Room - R5820 (1 guest)

Sharing Room - R7760 (2 guests)

LUXURY ROOMS

Single Room - R6895 (1 guest)

Sharing Room - R9190 (2 guests)

JUNIOR SUITES

Single Room - R8460 (1 guest)

Sharing Room - R11 280 (2 guests)

SUITES

Single Room - R10 590 (1 guest)

Sharing Room - R14 115 (2 guests)

Lanzerac rates include:

- Luxury accommodation in a king or twin room
- Full continental & English breakfast daily
- Select mini-bar, replenished once daily
- Complimentary premium wine tasting of 5 Lanzerac Estate wines & a guided cellar tour, one per person per stay
- Complimentary use of the spa's hydro facilities
- Complimentary transfer service between the Hotel and Stellenbosch town at set times
- Turn down service daily, including bottled water
- Wireless internet
- Stellenbosch Tourism 1% levy



DEVON VALLEY HOTEL

The Devon Valley Hotel is tucked away in a tranquil corner of the Winelands, boasting some of the most breathtaking views of hotels in Stellenbosch. Most of the stylishly furnished rooms offer simply spectacular views across vineyards and olive groves towards the Helderberg in the distance. This charming Stellenbosch hotel is well-known for its authentic 'handmade hospitality', with a proud history dating back to 1947 when the main building was constructed from Canadian Cedarwood. The truly unique original design as well as the hotel's current contemporary colonial feel remains part of its appeal with guests and visitors alike.



RATES

(ALL RATES PER ROOM PER NIGHT)

CLASSIC ROOMS

Single Room - R2510 (1 guest)

Sharing Room - R2900 (2 guests)

VINEYARD ROOMS

Single Room - R2810 (1 guest)

Sharing Room - R3200 (2 guests)

FAMILY ROOM

Single Room - R2910 (1 guest)

Sharing Room - R3300 (2 guests)

PETIT LUXURY ROOM

Single Room - R2910 (1 guest)

Sharing Room - R3300 (2 guests)

FAMILY SUITE

Single Room - R3010 (1 guest)

Sharing Room - R3400 (2 guests)

MANOR LUXURY TWINS

Single Room - R3010 (1 guest)

Sharing Room - R3400 (2 guests)

VINEYARD LUXURY ROOMS

Single Room - R3210 (1 guest)

Sharing Room - R3600 (2 guests)

JUNIOR SUITES

Single Room - R3510 (1 guest)

Sharing Room - R3900 (2 guests)

EXECUTIVE SUITE

Single Room - R3760 (1 guest)

Sharing Room - R4150 (2 guests)

Devon Valley rates include:

- Luxury accommodation in a king or twin room
- Full continental & English breakfast daily
- Enjoy free internet access in the Communications centre and free Wireless internet connectivity
- Complimentary onsite parking is available to all guests



ERINVALE COUNTRY & GOLF ESTATE

Since launch in 1995 Erinvale Country and Golf Estate, SOMERSET WEST, established its ranking amongst the TOP Estates in South Africa. A true gem in the Western Cape – ranging from smaller family homes to spacious villas – all carefully positioned alongside beautifully maintained green lawns and blue dams of the prestigious Erinvale Golf Course – designed by Gary Player. Erinvale combines the best of all: The benefit of excellent security in a gated community, the tranquility of the surrounding nature, a world class golf course on your doorstep and the various amenities of the Estate and other local facilities that translate into a 5-Star Lifestyle.



3 NIGHT GOLF PACKAGE

R9 900 PER SINGLE PERSON (1 guest)

R14 900 PER 2 PERSONS SHARING (2 guests)

Golf package includes:

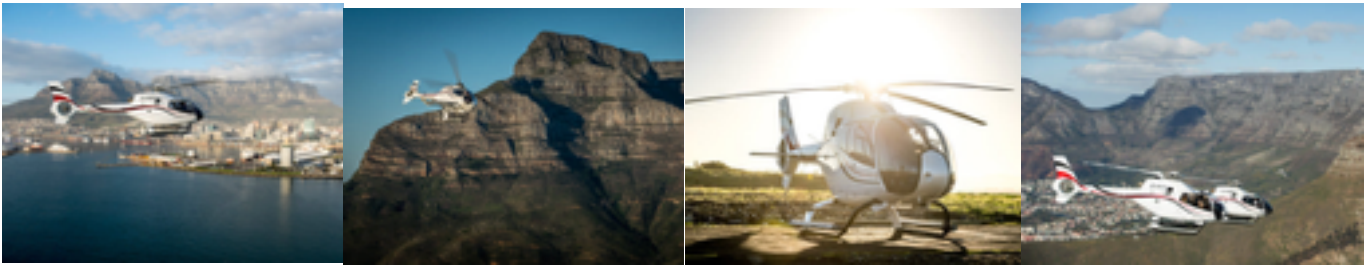
- 3 nights accommodation in a Courtyard Room
- Daily Breakfast
- 2 rounds of golf (18 holes at Erinvale Golf Estate with golf cart)
- 1 x 3 course meal at Seventeen 07



HELICOPTER FLIGHTS

PLEASE NOTE - RATES QUOTED ARE BASED ON 2019 RATES.

Climb aboard a private helicopter for an unforgettable flight over Cape Town! Climb into your helicopter and settle in for an exciting ride, while your pilot provides informative commentary on what you're seeing below.



ATLANTICO SCENIC FLIGHT - 20 minutes

R2000 PER PERSON

A City Helicopter scenic flight along the Atlantic Coast viewing famous spots like the Cape Town Stadium, the 4 Beaches of Clifton, Camps Bay and the Twelve Apostles. Swing around Karbonkelberg...

NOTE: If you choose not to Fly Exclusive, other passengers may be added to your flight.

TWO OCEANS SCENIC - 25 minutes

R2700 PER PERSON

Take off from the V&A Waterfront & enjoy a scenic flight along the Atlantic Coast over to False Bay, passing Fish Hoek to Muizenberg. Receive a Free City Sightseeing Bus Ticket with every Two Ocean Flight NOTE: If you choose not to Fly Exclusive, other passengers may be added to your flight.

FULL PENINSULA SCENIC FLIGHT - 50 minutes

R5300 PER PERSON

Take the Full trip from Cape Town to the Cape of Good Hope. View the Cape Peninsula from all angles before flying along the False Bay Coast and onto Cape Town. A truly unforgettable experience... NOTE: If you choose not to Fly Exclusive, other passengers may be added to your flight.

ROBBEN ISLAND SCENIC FLIGHT - 20 minutes

R2100 PER PERSON

A Robben Island helicopter tour offers an unrivaled experience that lets you see this amazing island in a way unimaginable from the ground. NOTE!!! We do not land on Robben Island... NOTE: If you choose not to Fly Exclusive, other passengers may be added to your flight.

There are many more flight options to choose from! Please contact me for more information on other flights and Exclusive flights at lizette@alloverafrica.co.za



WINE AND GOURMET TOURS

La Rochelle Tours offers specialised **Wine and Gourmet Tours** within the Cape Winelands of South Africa. We are based in the Cape Winelands with qualified tour guides in Stellenbosch, Franschhoek and Paarl. The team specialises in wine and gourmet travel. Your wine and gourmet tour to the Cape Winelands of South Africa will be an absolute delight in our capable hands.

We offer a range of wine and gourmet travel services to our clients:

Day Tours

Guided Full day Wine Tour - R1055 per person (minimum 2 paying guests)

Guided Half Day Wine Tour - R860 per person (minimum 2 paying guests)

Guided Full Day Chocolate, Cheese, Olive Oil and Wine Tour - R1395 per person (minimum 2 paying guests)

Guided Half Day Chocolate, Cheese and Wine Tour - R1095 per person (minimum 2 paying guests)

Guided Full day Winelands Gourmet Delights Tour - R2895 per person

Regrettably we cannot accommodate anyone with dietary requirements or allergies on this tour as we have no influence in the pairings made by the wine estates.

Be prepared to be spoiled non-stop by combination tastings that will blow your mind.

Guided Mini Gourmet Tour (Half Day) - R1640 per person

This is also one of our popular tours.

Guided Half Day Méthode Cap Classique (Champagne) Tour - R1050 per person (minimum 2 paying guests)
For those who enjoy the finer things in life.

Guided Mystery Half Day and Full Day Tour - we are not sure how to describe this tour as it is shrouded in total mystery. BUT - it is **the most popular tour** by far and offers loads of delicious treats throughout the day. At each and every wine estate we visit you will experience something more than just a standard wine tasting - don't ask what as we will NEVER tell you until we arrive at the first estate!

(NOT for vegetarians, people with any intolerance, Halaal, etc)

Half Day R1200 per person

Full Day R1895 per person

Private Tours - all the above tours can be done on a private basis. We suggest that if you have specific estates in mind which you would like to visit OR interested in picnic lunches that you book either a Private Tour OR Driver Option.

Please note the rates quoted are 2019 rates. 2020 rates will only be available mid 2019. Please contact me for information of all the full range of tours at lizette@alloverafrica.co.za

CYCLING

STELLENBOSCH TRAIL FUND



The Stellenbosch Trail Fund is a non-profit community organisation who upgrades and maintains many of the trails in the greater Stellenbosch. Our best known tracks are G-Spot, Koloniesland and Eden Forest and we were also instrumental in creating the Maties XCO Track.

We Build out rails for the community and we ask that you support us by booking on of our guides.



Coetzenburg, die Berg Pad & the XCO Track

This is one of the most popular tracks in the Stellenbosch area. The Berg Pad is a wide open gravel road that cuts on the contours of the Stellenbosch Mountain.

Although it has some very steep sections it is mostly a pleasure to traverse with ample space and beautiful views and it is a popular and well used local walking and running and cycling track. Parking is available in the parking lot between the sport stadiums for quick walking access. The XCO track is for those with more skill and some sections has been classified as Black. Be aware and ride within your skill level.

Cycling access can be found via the tar road next to the Astro hockey fields or from Park Road.

Connectors the G-Spot track are signposted for those who want to venture a bit further.

G-Spot

This has become one of the best known tracks in the world and you will be able to spot athletes like Jolanda Neff and Nino Schurter here in the summer months.

There are two options for going up and you can choose between a slow jeep-track or a faster, slightly more challenging single track. There are numerous routes connecting G-Spot to other close spots like Eden Forest or Coetzenburg.

The descent on G-Spot is what brings the crowds though. With fast bumps and beautiful berms you will be having so much fun you might want to go up again for a repeat. Heed the warning though as some people's level of "stoke" on the downhill has caused many over estimation of skills that has led to numerous broken collarbones. The G-Spot Parking lot is accessible through Kronendal and Schoongezicht Roads.

Eden Forest

Eden, or Paradyskloof Forest, is one of the last remaining pieces of pine forest left on the slopes of Stellenbosch mountain. It is easily accessible via Paradyskloof Rd with ample parking. This is a great spot in the summer as people try to stay out of the blistering sun. With easy jeep-tracks and windy single tracks through the forest this route is well worth a visit. Further connecting tracks to G-Spot and to Mont Marie also allow you to go a bit further afield if you feel the need.

For more information on trails, trails, availability and costs, please contact me at lizette@alloverafrica.co.za

SHARK DIVING AND VIEWING



If you are looking for a unique experience of getting up-close and personal with one of nature's most awesome predators, then look no further. We offer you the opportunity to spend a day with the Great White Sharks that inhabit the waters of the South African coastline. You will get the chance to dive in the world's most famous Great White shark hunting ground: Gansbaai's Shark Alley, only 2 hours drive from Cape Town.

- Early pick up at your hotel
- Breakfast, overview of the day and safety briefing
- launch from Gansbaai harbour
- Anchor near Shark Alley and start cage-diving
- Approx. 2-3 hours out at sea to enjoy interaction with one of nature's most awesome predators
- Viewing of Great White Sharks, seals, various birdlife and whales in season
- Return to Gansbaai harbour
- Lunch and viewing of DVD
- Collection of cage diving certificates
- Return to Cape Town

SCHEDULED TOUR

1 PAX	2 PAX	3 PAX	4 PAX	5 PAX
R 2 900 pp	R 2 900 pp	R 2 900 pp	R 2 900 pp	R 2 900 pp

SAFARI!



Get up close and personal with our wildlife in their natural habitat!

Safaris in South Africa are a must for anyone fascinated by wildlife and here the Big Five refers to buffalo, elephant, lion, leopard and rhino. The thrill comes from photographing, observing and appreciating them in their natural habitat.

If you're looking for a Big Five safari experience in South Africa you can go to almost any province, but the Kruger National Park which stretches across Mpumalanga and Limpopo provinces remains an iconic safari destination.

Prepare to be awed. Whether it is spotting a leopard dozing in the bough of a tree, a black rhino half-hidden in thick shrubs, finding a pride of lions in the shade after a kill, or watching a large herd of elephants or Cape buffalo move soundlessly across the road - these moments leave a permanent imprint on your soul.

Accommodation for Big Five safaris in Mpumalanga is either within the Kruger National Park or in the neighbouring private reserves such as Sabi Sand (which has the highest density of leopards in the world), Timbavati and Klaserie, Eastern Cape. Some lodges pride themselves on showing the Big Five to guests in record time, and you'll even walk away with a certificate.

Once you've done with the Big Five activities in Mpumalanga, it's time to "sweat the small stuff" and learn about the wondrous creatures like the dung beetle.

Here are a few of my favourite safari destinations

MADIKWE GAME RESERVE

<https://www.jacislodges.co.za>

<http://www.taugamelodge.co.za>

<http://www.seasonsinafrica.com/lodges-in-south-africa/madikwe-game-reserve/#madikwe>

SABI SAND GAME RESERVE

<http://www.seasonsinafrica.com/lodges-in-south-africa/sabi-sand-private-game-reserve/>

<https://www.more.co.za/hotels-and-lodges/lion-sands-game-reserve/lodges/>

<http://idube.com>

KRUGER NATIONAL PARK

<http://lukimbi.com>

<https://hoyohoyo.com>

TIMBAVATI PRIVATE GAME RESERVE

<https://www.kingscamp.com>

<https://www.umlani.com>

EASTERN CAPE

<https://www.samara.co.za>

<http://www.lionroars.com/lodges/bukela-game-lodge#>

We offer a highly customised service, which ensures you see the best of Southern Africa and beyond, and that your trip of a lifetime is memorable for all the right reasons. Please contact me at lizette@alloverafrica.co.za for a tailor-made safari of your choice!