

# Explore the Cape with Bikes 'n Wines



The Cape Winelands are ideal for cycling: beautiful scenery, good farm roads and superlative wines to taste. Bikes 'n Wines offers visitors the opportunity to explore the area on two wheels.

## DID YOU KNOW?

**Bikes 'n Wines, with Greenpop, plants fruit trees at local schools as part of its greening commitment.**

The Cape's wine-growing region is legendary for its scenic beauty, with towering, blue mountains, lush expanses of vineyards and often sunny weather that allows the grapes to ripen on the vine.

And while many tourists choose to explore these areas by car, there is no better way to experience this environment than on the back of a bicycle, which is where local tour company Bikes 'n Wines comes into play.

For the past six years, Bikes 'n Wines has been organising bicycle tours for visitors who want to enjoy the Cape Winelands in a healthy and active way. Its cycle tours take place on private farm roads, through the vineyards and tree-lined avenues typical of this area. Along the way, the groups get to visit some of the best wine farms in the region and to

taste the wines (while keeping a clear head, of course, for the cycle back).

**All its tours are guided and it offers trips ranging from casual cycling to family tours and more intensive mountain-biking outings.**

Because the company is committed to a carbon-neutral policy, it also has a partnership with an organisation called Greenpop that arranges for the planting of trees. For every 10 riders who book a tour with Bikes 'n Wines, a tree is donated.

While you can organise a transfer to your location of choice, Bikes 'n Wines also encourages the use of public transport, such as the train, to the starting point.

An example of a tour would be to meet in Stellenbosch (after a train ride from Cape Town or transfer by road) and then to cycle between 10km and 30km between several wine farms, such as the tiny Lovane Boutique Wine Estate (known for its red wines), Overgaauw (a farm that specialises in Merlot) and Van Ryn's distillery.

In Franschhoek, guests can enjoy other treats such as a visit to a chocolaterie, while the Wellington area is ideal for mountain bikers. There's also a mountain-bike tour of the magnificent Hemel-en-Aarde area near Hermanus, where some of the country's finest wines are made due to its proximity to the sea.

A new, and increasingly popular, tour is the Peninsula Pedal, which follows part of the route of Cape Town's famous cycle race, the Cape Town Cycle Tour, widely known as 'the Argus'.

This day out starts in Simonstown with a stop at Boulders, to see the African penguins, and a side trip to Cape Point. From here, there is a road transfer to Noordhoek, where guests can tackle the dramatic Chapman's Peak Pass (also known as Chappies) to Hout Bay. Along the way, guests will enjoy a

picnic and wine tasting too.

Bikes 'n Wines has 45 bikes for hire and all tours are guided, so must be pre-booked. They cater for all levels of ability (even complete novices).

[bikesnwines.com](http://bikesnwines.com)