

## Description of the Vine to Beach Slack Pack 3 Night

Day one of the Vine to Beach Slack Pack;

Your adventure starts in the Hemel en Aarde valley, which is very remote and beautiful. It is an undiscovered jewel of the Western Cape with many wine Estates, stud and olive farms. The valley is famous for its award winning Pinot noir wines, the grape variety having tightly clustered, pine cone-shaped bunches of fruit.

Arrive after lunch and settle into the comfortable farm accommodation. That evening after a traditional braai we have a look at the stars of the southern hemisphere that look so close, that it feels like one can touch them. Ralph will do a star discussion and point out the common constellations that are visible at that time of year.

Day 1 of the hike starts at the first nights farm accommodation and is a relaxed easy walk through one of the areas stud farms and a world famous berry farm. Along the base of the Babylonstoren Mountain for a wine tasting at Ataraxia wine farm. Then we walk through olive groves, ending at Spookfontein Estate. After checking into the secluded Spookfontein cottages we go for a wine tasting and then relax for the rest of the day.

That evening a home cooked dinner and a bottle of Spookfontein wine is provided, and a briefing to cover the challenging hike up the old 'baboon path' into Fernkloof Reserve for lunch at the summit of Aasvoelkop Mountain at 828 meters above sea level.

The view from the summit is spectacular, overlooking the Mossel River and the Klein Rivier estuary. One of the only locations where one can see the source and end as the Klein Rivier flows into the sea east of De Mond se Kop. After lunch we begin the long slow descent down the service path from Aasvoelkop, along the jeep track through the beautiful fields of Fynbos, with stunning sandstone outcrops and waterfalls.

The jeep track takes us past Glenvarloch Forest along Red Cliffs and around the base of Mt Cyclopia to the famous Zig Zag descent into Voelklip, Hermanus' most affluent area. Locals walk up the Zig Zag for their morning exercise. We walk through Voelklip to Baleens Hotel our destination for the night.

This is the final night of the trail and we celebrate with either a braai or a home cooked meal. The following morning after breakfast we enjoy a lovely informative beach walk from Grotto 'Blue Flag' beach to "Sopiesklip." A famous area landmark where in the 70's a local fisherman built a shelter in a naturally occurring cave in a sandstone outcrop at the high tide mark.

After a freshly brewed cup of coffee we make our way back to Baleens to be transported to collect the cars.