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Cape Town to Garden Route and Karoo Gravel Cycling Tours

Experience South Africa's legendary Garden Route on a scheduled gravel cycling tour with AWOL Tours, departing monthly from Cape Town to Port Elizabeth and Addo Elephant National Park.



Choose between two options: a 6-day or 12-day fully supported journey that showcases the best of the Cape coast and Karoo. Ride through lush forests, over historic mountain passes, along breathtaking coastal scenery, and into Big Five game reserves — all while enjoying delicious food, local wines, and handpicked guesthouses. With small-group departures and the option of electric bikes, you can cycle as much or as little as you like while we take care of the details – the ultimate South African adventure by bike.

Garden Route | Cape Town → Addo (6 days & 5 nights)

Day 1: Transfer Cape Town to Riversdale, cycle to Hartenbos, game drive & braai under the stars.

Day 2: Transfer to Wilderness, cycle the scenic Seven Passes to picturesque Knysna.

Day 3: Cycle from Knysna towards Plettenberg Bay with a transfer into the town and with optional Robberg hike.

Day 4: Transfer to Nature's Valley, cycle to enchanting Storms River along the forested coast.

Day 5: Cycle in the Tsitsikamma Forest then transfer to Addo and enjoy sunset game drive and bush buffer dinner.

Option to depart from Port Elizabeth airport

Day 6: Optional Addo cycle and game drive. *Option to arrive or depart from PE airport*

Karoo | Addo → Cape Town (6 days & 6 nights)

Day 1: Cycle Zuurberg Pass, transfer via Willowmore to timeless Prince Albert.

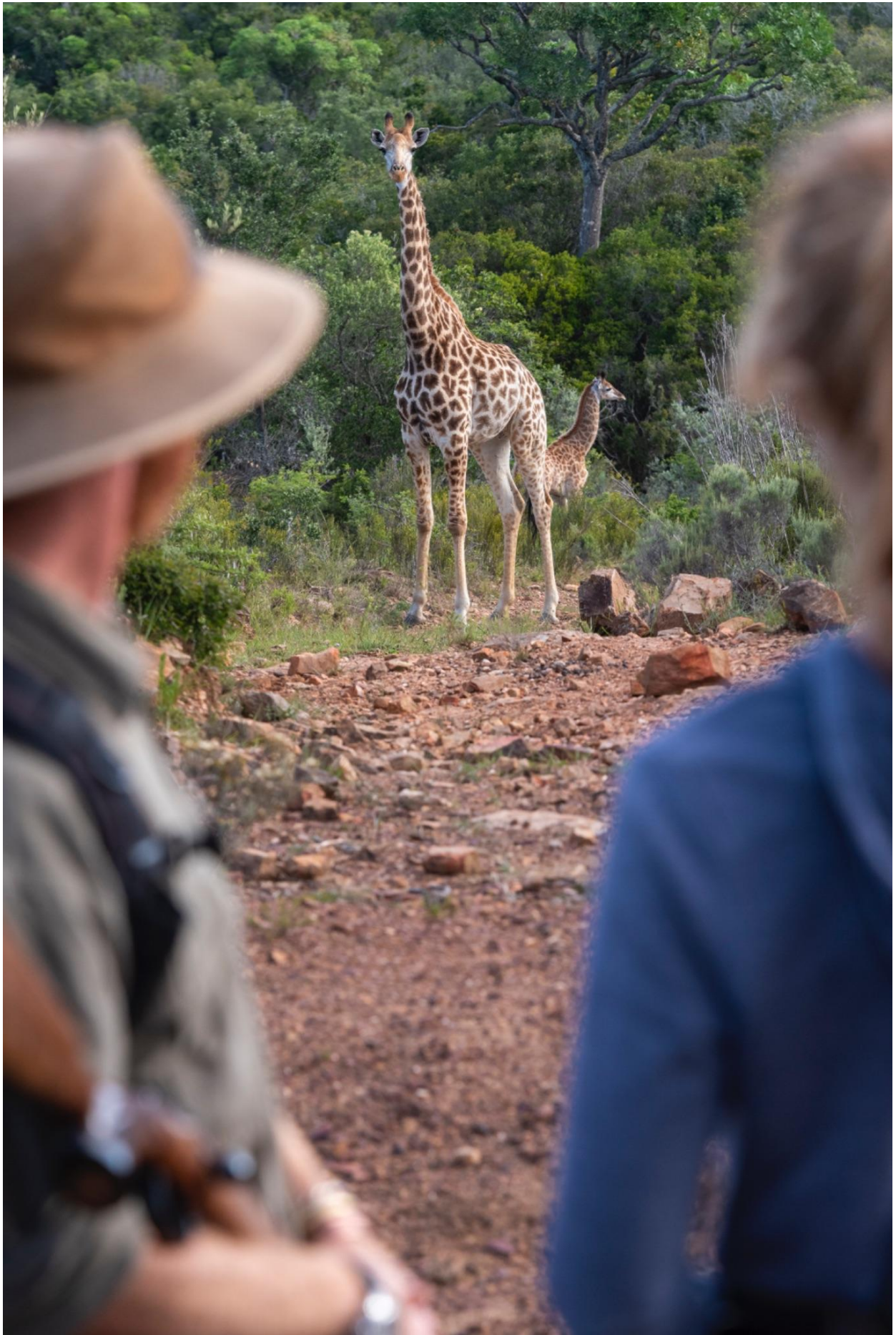
Day 2: Cycle Swartberg Pass to Oudtshoorn, visiting Cango Caves or enjoying wine tasting.

Day 3: Transfer out of Oudtshoorn, cycling parallel to the Swartberg Mountains towards Carlitzdorp.

Day 4: Transfer to Seweweekspoort Pass then cycle the magnificent gorge to the tranquil Buffels River valley.

Day 5: Cycle to Montagu, optional vintage American car sunset drive.

Day 6: Short ride to Bonnievale, transfer back to Cape Town.



Hartenbos Private Game Lodge

Garden Route | Cape Town to Addo (6 days & 5 nights)

Day 1: Cape Town to Mossel Bay

Your journey begins with a scenic transfer from the Mother City - Cape Town through the rolling hills of the Overberg to Riversdale. Then, cycle through the picturesque farmlands towards Hartenbos Game Reserve, where you'll encounter diverse wildlife on a game drive in the heart of the scenic Garden Route.

Cycling: up to 105 km, 1500m elevation

Transfer Distance: 300 km

Activities:

- Transfer from Cape Town to Riversdale
- Afternoon cycle of through the scenic farmlands to Hartenbos Game Reserve.
- Enjoy a game drive at Hartenbos Game Lodge
- Braai under the stars for dinner (weather permitting)

Accommodation: Dinner, Bed and Breakfast Stay at [Hartenbos Private Game Lodge](#) or similar accommodation.

Day 2: Mossel Bay to Knysna

Today, you'll transfer through the charming town of Wilderness, before cycling the historic and winding Seven Passes, a journey filled with breathtaking landscapes. You'll also have the chance to enjoy sweeping views of the iconic Knysna Heads, where the lagoon meets the ocean.

Cycling: up to 60 km, 1100m elevation

Transfer Distance: 70 km

Activities:

- Transfer Mossel Bay to Wilderness
- Cycle and explore the Seven Passes
- Option to enjoy the Knysna Heads view point

Accommodation: Bed and Breakfast Stay at [Knysna Hollow Country Estate](#) or similar accommodation.

Day 3: Knysna to Plettenberg Bay

Pedal your way through the Knysna forest before transferring to the lively and sun-kissed Plettenberg Bay, where, time permitting, you can hike through the stunning Robberg Nature Reserve, surrounded by the beauty of the sea and dramatic cliffs.

Cycling: up to 70 km, 1200m elevation

Transfer Distance: 30km

Activities:

- Cycle the beautiful Knysna
- Transfer to Plettenberg Bay
- Optional to hike at Robberg Nature Reserve

Accommodation: Bed and Breakfast Stay at [Cornerway House](#) or similar accommodation.



Nature's Valley

Day 4: Plettenberg Bay to Storms River Mouth

After a transfer to the peaceful Nature's Valley, cycle along roads lined with dense forests to Storms River Mouth, a place of natural beauty where lush vegetation meets the rugged coastline. Enjoy a relaxing evening surrounded by the serenity of Tsitsikamma National Park.

Cycling: up to 50 km, 600m elevation

Transfer Distance: 35 km

Activities:

- Transfer to from Plettenberg Bay to Nature's Valley
- Cycle from Nature's Valley to Storms River Mouth, passing through beautiful landscapes

Accommodation: Bed and Breakfast Stay at [Tsitsikamma Village Inn](#) or similar accommodation.

Day 5: Storms River Mouth to Addo

Begin your day with a short optional cycle through the forest, then transfer to the renowned Addo Elephant National Park. Here, you'll experience the joy of a game drive through one of South Africa's most famous wildlife reserves, known for its abundant elephant herds and diverse fauna.

Cycling: up to 16 km

Transfer Distance: 90 km

Activities:

- Optional short cycle from Storms River Mouth
- Transfer to Addo
- Sunset game drive & buffet-style meal with open fires at our Private Bush-River Venue

Accommodation: Dinner, Bed and Breakfast Stay at [Addo Wildlife](#) or similar accommodation.

Day 6: Safari & Cycle Addo

Opt to transfer to Port Elizabeth Airport or continue the journey with a short optional cycle on the outskirts of Addo Elephant National Park. Here, you'll experience the joy of a sunset game drive through one of South Africa's most famous wildlife reserves, known for its abundant elephant herds and diverse fauna.

Cycling: up to 30 km

Activities:

- Optional short cycle along the edge of Addo Elephant National Park
- Enjoy a game drive at Addo Elephant National Park

Accommodation: Dinner, Bed and Breakfast Stay at [Addo Wildlife](#) or similar accommodation.



Karoo | Addo to Cape Town (6 days & 6 nights)

Note: One-way guests joining the tour need to arrive the day before departure and spend the night in Addo.

Day 1: Addo to Prince Albert

Your adventure in the heart of the Karoo begins with a transfer from the vibrant Addo area to the scenic Bracefield. Cycle through the rugged Zuurberg Pass, offering spectacular views, before continuing your journey to Willowmore and finally arriving in the charming, historical town of Prince Albert, a quaint Karoo gem nestled between majestic mountains.

Cycling: Up to 45 km, 1100m elevation Zuurberg Pass

Transfer Distance: ~500 km

Activities:

- Transfer from Addo to Bracefield
- Cycle from Bracefield to Zuurberg Pass, then continue to Addo
- Afternoon transfer from Addo to Willowmore
- Arrive at Prince Albert, with optional scenic stops along the way

Accommodation: Bed and Breakfast Stay at [Dennehof Karoo Guesthouse](#) or similar accommodation.

Day 2: Prince Albert to Oudtshoorn

Today, cycle through the dramatic and iconic Swartberg Pass, one of South Africa's most awe-inspiring mountain passes, to reach Oudtshoorn, the ostrich capital of the world. Visit the famous Cango Caves, an underground wonderland, or enjoy a wine tasting at a vineyard.

Cycling: Up to 60 km, Swartberg Pass

Transfer Distance: ~10 km

Activities:

- Cycle from Prince Albert through the scenic Swartberg Pass to Oudtshoorn
- Visit the famous Cango Caves or enjoy a wine tasting

Accommodation: Bed and Breakfast Stay at [Que Werf](#) or similar accommodation.

Day 3: Oudtshoorn to Carlitzdorp

After a transfer out of Oudtshoorn, cycle towards Carlitzdorp, a small town surrounded by the beauty of the Klein Karoo, where the landscapes are as vast as they are stunning.

Cycling: Up to 60 km

Transfer Distance: ~40 km

Activities:

- Transfer out of Oudtshoorn
- Cycle towards Carlitzdorp

Accommodation: Bed and Breakfast Stay at [The Retreat at Groenfontein](#) or similar accommodation.



Oudtshoorn to Carlitzdorp

Day 4: Seweweekspoort Pass

Start the day with a transfer to the start of the famous Seweweekspoort Pass, where you'll cycle through one of the most picturesque and rugged areas of the Karoo. The stunning landscapes of towering cliffs and open plains will leave you in awe as you ride towards your accommodation, nestled in the tranquil Buffels River valley offering an authentic and peaceful Karoo experience.

Cycling: Up to 48 km, 640m elevation Seweweekspoort

Transfer Distance: ~60 km

Activities:

- Transfer from Carlitzdorp to the start of Seweweekspoort Pass
- Cycle the spectacular Seweweekspoort Pass

Accommodation:

- Bed and Breakfast Stay at [Wagensdrift Lodge](#) or similar accommodation.

Day 5: Langeberg Valley to Montagu

After a transfer to your starting point, cycle towards the charming town of Montagu, known for its relaxing hot springs and rugged mountain landscapes. In the evening, enjoy an optional sunset drive in vintage American cars through the surroundings of Montagu, or unwind at your accommodation.

Cycling: Up to 78 km, 570m elevation

Transfer Distance: ~180 km

Activities:

- Transfer from accommodation to the start of the cycle
- Then cycle the Langeberg to Montagu
- Optional to indulge in the Montagu Hot Springs or enjoy a sunset drive in American cars

Accommodation:

- Bed and Breakfast Stay at [Montagu Country Hotel](#) or similar accommodation.

Day 6: Montagu to Cape Town

Finish your adventure with a short but scenic cycle from Montagu to Bonnievale, surrounded by vineyards and farmland. Afterward, transfer back to Cape Town, bringing your unforgettable journey through the Garden Route and Karoo to a close.

Cycling: Up to 24 km, 125m elevation

Transfer Distance: ~150 km

Activities:

- Cycle from Montagu to Bonnievale
- End the cycling with a celebratory wine tasting in Bonnievale
- Transfer back to Cape Town

Accommodation:

- Accommodation in Cape Town is not included for this day.



Seweweekspoort Pass

Optional trip extension in Cape Town

Ask your AWOL Trip Planner what suggested adventure activities are available elsewhere in Southern Africa pre or post your trip.

TOUR PRICE per person total on a scheduled guided Garden Route cycling tour departing with min 4 guests (max 12 guests) is inclusive of the following:

One way 6 days per person sharing	R48,000
One way 6 days per person single room supplement	R56,000
Both ways 12 days per person sharing	R78,000
Both ways 12 days per person single room supplement	R89,000

- 12 days Experienced cycling tour guide and/or support driver ****See note below**
- 11 nights Accommodation in tastefully appointed 3 or 4 star establishments with breakfast included
- Airport transfers between Addo accommodation and Port Elizabeth Airport for the one way travellers
- Mountain bikes and helmets including all spares
- Guests, luggage and bike transfer in support vehicle
- Snacks and bottled water in support vehicles on rides
- Entrance fees and permits for Nature Reserve, unless marked as optional
- Game drives in Hartenbos and Addo Elephant Nature Reserve game drive
- Safari Buffet style dinner (weather permitting). Please note that vegetarian options are limited.

****For groups of 1-5 guests, our cycling tour guide also acts as the driver. Guests cycle independently with the support vehicle meeting them at key points along the route. For groups of 6-12 guests, we have both a dedicated tour vehicle driver and a cycling tour guide, ensuring a more personalized support team during the tour.**

The price excludes:

- Meals - Lunch, dinner and drinks at own expense (exceptions where specified)
- Optional activities and items of a personal nature
- Any flights (i.e. PE to Cape Town/Durban/Joburg on departure at end of tour)

Rates valid till 31st October 2026

Optional activities:

- Plettenberg Bay: Hike in Robberg
- Montagu: Vintage American car sunset drive

We can provide you with a variety of bikes which come standard with helmets, seats and flat pedals. You are also welcome to bring your own bike, or pedals & cycling shoes and/or seat that we will fit for you. (Please advise on reservation)

- The Giant Fathom 29.2 is a versatile rental bike with a lightweight aluminum frame for agile handling across various terrains. Hydraulic disc brakes provide reliable stopping power, and the 29-inch wheels. A dropper seatpost allows on-the-fly saddle adjustments, making it a dependable choice for riders of all skill levels.
- Giant Toughroad hybrid SLR2 bridges the gap between mountain and road bike. It will be very comfortable for touring with an aluminium frame and carbon fork with Shimano hydraulic disc brakes and Low Rise MTB handlebar.
- Giant Talon e-bikes **at optional extra of R700pp per day.** hydraulic disc brakes and SyncDrive Core motor, 50Nm, Powered by Yamaha. You can ride these pedal-assist electric bikes for an optional extra rate of R700per bike per day on request.

