

ES:CAPE

travel itinerary

- FARMHOUSE FITNESS -

SATURDAY

Arrival day
Light dinner snack will be served at Farmhouse Fitness (FHF)

SUNDAY (DAY 1)

Yoga
Beach Clean up
Beach Workout
Lunch
Table Mountain Hike in sunset
Dinner at FHF

MONDAY

Workout
Breakfast
Lions Head Hike
Lunch in Camps Bay
Camps Bay beach day
Workout / Yoga
Dinner at FHF

TUESDAY

Safari early morning (breakfast & lunch incl.)
Workout at FHF
Yoga
Dinner at FHF (Braai)

WEDNESDAY

Workout
Cape Town adventures, let loose in V&A ect.
Lunch
Dinner in Cape Town (Gold - starts at 18.30)

THURSDAY

Workout
Shark Cage Diving (meals included)
OR
Shimmy Beach Club
Dinner at FHF or **in CT**

FRIDAY

Workout & Yoga
Brunch (Pajamas&Jam)
Wine tastings
Late lunch at Warwick
Lourensford Night Market from 17.30
Dinner there

SATURDAY

Crystal Pools Hike
Yoga
Lunch at FHF
Pack up and head to airport around 22.00

