

# 3 DAY LGB CAPE TOWN TOUR

## ***Day 1 – Cape Peninsula***

Depending on arrival time (I will collect you guys at the Cape International Airport & drop you at our preferred accommodation, The Last Word, where you will be staying for the 1<sup>st</sup> three nights of your trip). On our way to your accommodation, we will stop at Silvermine Lookout point, with spectacular views over Constantia, the birth place of Simon vd Stel's finest wines, the 5 best known farms in the area, the high rate Golf Estate, Polls Moore prison (where Mandela spend 7 years of his imprisonment), the beautiful Cape Fold Mountains (Hottentots Holland Mountains), Muizenberg etc. [If time allows it, depending on your arrival, we might do Strandfontein or Kirstenbosch, just to take some pressure of day 2 or 3]

***Overnight: The Last Word / Constantia***

## ***Day 2 - Hottentots Holland and False Bay***

Today, I will collect you guys at you accommodation at 5h30am. We will be moving out of town early to avoid the morning traffic. We will then head to the east of Cape Town where we will be targeting some Cape Endemics. Our first stop, Sir Lowry's Pass where we will look for 3 of the Fynbos Big 6 species, the **Victorin's Warbler, Orange-breasted Sunbird & Cape Sugarbird**, with possibilities of **Cape Grassbird** as a bonus.

Our drive to our next destination (Rooiels) is a breath-taking scenic drive and pass, with the deep blue sea on your right and the mountains on your left. We will stop for coffee on the pass and at this specific point, we will keep our eyes peeled for **Klipspringers**, also chances of **Bryde's & Southern Right Whale** (in season time), possibilities of **Cape Rock Thrush**, are good.

We will then proceed to Rooiels, where we will be searching the rocky slopes for another 2 of our Fynbos Big 6 endemics, the **Cape Rock Jumper & Cape Siskin**. More species to lookout for on this short distance walk are, **Sentinal Rock Thrush, Ground Woodpecker, Karoo Prinia, Grey-backed Cisticola, Malachite** and **Orange breasted Sunbird, Cape Bulbul, White necked Raven** and possible raptor species like **Peregrine Falcon, Rock Kestrel & Verreaux's Eagle**.

We will then head to Harold Porter National Botanical Gardens. The 10 hectares cultivated garden, with over 1600 plant species, will give you great photographic opportunities to many sunbird species including **Amethyst, Southern Double-collared, Orange breasted and Malachite Sunbirds, Sombre Greenbul, Olive Thrush, Cape Batis, Bar throated Apalis**, another opportunity to **Victorin's Warbler, Southern Boubou, Fiscal Flycatcher, Cape White Eye, African Paradise Flycatcher** (in season), **Blue mantled Crested Flycatcher** often shows well, possible **Klaas's Cuckoo** and **Cape Robin Chat**.

Our next stop will be around the corner at Stony Point, where we will have lunch and spend some time with the endangered **African Penguin**. The four marine cormorant species also breeds here, the chances for **Bank, Cape, White breasted Cormorants** are good. If the **Crown Cormorants** are absent on the day, there will be a good chance that we might see it at Cape of Good Hope.

If time allows [and we didn't do Strandfontein on day 1], we will then end of the day at one of Cape Town's birding hotspots, Strandfontein Water Works. Here, on this 300 hectar wetlands, you can expect a variety of waterbirds, including **Greater & Lesser Flamigo's, Pied Avocet, Maccoa, African Shelduck, Southern Pochard**, all 3 species of **Grebe** (on a good day), the rare **Fulvous Whistling Ducks** are also a possibility these days (there are a few that made this spot their home for nearly a year now), **Black headed Heron, Grey Heron**. Possibilities are good for 3 of the 4 major species **Cisticola's** in Cape Town namely, **Levaillant's, Grey backed & Zitting**. Just to name a few, Strandfontein SW has more than 200 bird species visiting through the year.

**Overnight:** *The Last Word / Constantia*

### **Day 3 – Cape Peninsula**

Today, I will collect you guys at your accommodation at 6h45. We will then start the day with some **Rufous breasted Sparrowhawks** at Rondebosch and then head to Kirstenbosch Botanical Gardens with Table Mountain serving as a beautiful backdrop. On the menu here, we should find **African Dusky Flycatcher**, all above mentioned **Sunbirds, African Olive Pigeon, Lemon Dove, Spotted Eagle Owl, Swee & Common Waxbill**, our Western Cape Provincial bird & Fynbos endemic, the **Cape Sugarbird** can also be seen here. **Forest Canary, Bronze Mannikin, Sombre Greenbul, Cape Batis, Cape Bulbul, Olive Woodpecker** and possibilities of **Forest, Stepp Buzzard** (in season), **African Harrier Hawk** or **Fish Eagles** overhead. **Snakes & Caracal** can also be seen if we are lucky.

After this stunning walk in the garden, we will head to the most south-westerly point of the African continent, Cape of Good Hope. Here we will enjoy some lunch at the outside tables, where **Red winged Starlings** will join in on lunch (they just can not help themselves), even **Southern Rock Agama Lizards** come closer to inspect what's for lunch. **Chacma Baboons** will also join the party. **Common Ostridge**, some species of **Cormorants, Southern Fiscal, Cape Longclaw, African Oystercatchers, Cape Bunting, Cape Grassbird** to mention a few species around here. If we look through the scope, we just might be lucky and spot a nearby pelagic bird. **Cape Gannet, White chinned Petrel, Sooty Shearwater** was often reported near the coastline. Cape of Good Hope Nature Reserve is also home for **22 snake species, Cape Mountain Zebra & Common Eland**.

**Overnight:** *The Last Word / Constantia*