



The Cape Floral Kingdom

Wildflowers, Wine and the Cape Floral Kingdom Botanical Histories in South Africa

4 – 18 September 2021

3 nights Cape Town – 2 nights Hermanus – 2 nights Franschhoek – 2 nights
Clanwilliam – 1 night Langebaan – 3 nights Himeville – 1 night Durban





Cape flowers in spring

The Cape Floral Kingdom is one of the richest areas of plant biodiversity in the world. This tiny region on the southern tip of South Africa has been identified as one of the world's 35 biodiversity hotspots. One of only six Floral Kingdoms in the world – and the only one contained within a single country - it is by far the smallest and relatively the most diverse. One of the outstanding botanical stars of the show is the beautiful and distinctive Fynbos vegetation, unique to the Cape Floral Region, which includes the famous protea.

As well as its botanical significance, the southern tip of South Africa is spectacularly beautiful, particularly in the flowering season. Take a vivid journey through the plant riches of South Africa during its glorious spring, as each themed day reveals a new aspect of the region's botanical history. Travel with experienced botanical tour leaders, Bill and Helen Bynum, and learn about wildflowers and the Cape Floral Kingdom as well as experiencing the vibrant culture and history and enjoying the food and fine wine of South Africa: a journey that will leave you both uplifted and inspired.

Tour Leaders

After a PhD in the History of Medicine from University College London, **Helen Bynum** lectured at the University of Liverpool before beginning a freelance career as a medical historian and popular science writer. Together with Bill she edited *'Great Discoveries in Medicine'* before turning their attention to the world of plants and their histories in *'Remarkable Plants that Shape our World'* and *'Botanical Sketchbooks'*.

Bill Bynum is Professor Emeritus at University College London. A Yale graduate in medicine, he began his career in the history of medicine with a Cambridge PhD before moving to the Wellcome Institute for the History of



Medicine. His *'History of Medicine: A Very Short Introduction'* and *'A Little History of Science'* have been translated into 14 languages.

'Team Bynum' have led and lectured on several successful tours and cruises for Jon Baines Tours.

"The joint tour leaders, Helen and Bill Bynum, were lovely. They were helpful, always available to answer questions and friendly. Nothing was too much trouble for them."

Sibel Roller-Walach, *Caribbean Histories: Discovering the People, Plants and Medicines*, Feb 2019



The Cape coastline

3 nights Cape Town – 2 nights Hermanus – 2 nights Franschoek
 – 2 nights Clanwilliam – 1 night Langebaan – 3 nights Himeville – 1 night Durban



Day 1: Cape Town (Sat, 4 Sept) **D**

Am: Arrive Cape Town and check into hotel.

Day 2: Cape Town (Sun, 5 Sept) **B D**

Always something new out of Africa

Am: Take the cable car up Table Mountain and enjoy a guided floral nature trek. Table Mountain was the site of early collecting by Francis Masson, who was dispatched by Joseph Banks to explore this region, starting in late 1772. He travelled with the Scandinavians Thunburg and Oldenburg into the Karoo.

Pm: Visit the VOC or Company Gardens. The Gardens link the history of South Africa in its role as a way station for the Indian Ocean and Indonesian trade. Joseph Banks visited the garden on the Endeavour voyage in 1771. Continue on a walking tour through the Bo-kaap, which dates back to the Dutch colonists, who brought slaves from Indonesia, Batavia, Malaysia, India and Africa. Learn of the spices and herbs used in everyday Cape Malay cooking.

Eve: Welcome dinner

Day 3: Cape Town (Mon, 6 Sept) **B L**

Proteas ahoy: plants and stopovers at the Cape

Am: Drive to the Peninsula to the historic naval town of Simonstown. Robert Brown, regarded as one of the finest figures in British botany, called at the town in 1801 where he saw where he saw proteas (South Africa's national flower) for the first time, growing in their natural habitat. Continue to the Point itself and discover local, wild flavours including mushrooms, seaweeds, edible weeds and flowers. Return to Cape Town via the spectacular Chapman's Peak Drive.

Day 4: Cape Town / Hermanus (Tues, 7 Sept) **B D**

The Fynbos: discovering the classic plants and inventing biomes

Am: Visit the Kirstenbosch Gardens and the Compton Herbarium - the second largest herbarium in southern Africa.

Pm: Drive to the Cape Flats to visit a farming community garden, which engages in the conservation, rehabilitation and protection

of this natural environment. Head to the coast to travel along scenic and rugged cape coastline, sandwiched between the Hottentots Hollands mountains and turquoise waters.

Day 5: Hermanus (Wed, 8 Sept) B L

Postboxes and thickets: the milkwood tree

Am: Travel to Grootbos and visit the Milkwood Forest, learning of the 1000-year-old trees and the Fynbos of the Cape Floral Kingdom. Take part in a walk of the Fynbos trail with Sean Privett and learn of his conservation work within the Cape Floral Kingdom.

Pm: Return and option for whale watching along the coastal walkway.

Day 6: Cape Flats / Franschhoek (Thurs, 9 Sept) B D

Pinot Noir and Hermitage

Am: Drive to Overberg, heading inland to the famous wine growing region of Franschhoek.

Pm: Explore the town and take part in a culinary tour. Visit a tasting gallery, enjoy a vineyard tour, and see the state of the art gravity flow cellar and sample some local wine.

Eve: Wine tasting followed by dinner.

Day 7: Franschhoek (Fri, 10 Sept) B

Taking stock: Food, drink and medicine Cape style

Am: Full day leisure. Option to take the wine tram for various tastings.

Day 8: Franschhoek / Clanwilliam (Sat, 11 Sept) B L

Fertile valleys, towering hills: farming foreign and native plants in the shadow of the Clanwilliam Cedar

Am: Drive to the Karoo Desert National Botanical Gardens near Worcester. This 154-hectare garden lies at the foot of the Hex River mountain range and displays a wide variety of arid and semi-arid plants. Continue through the beautiful Tulbagh Valley towards the Cederberg Mountains. This is the only place on earth where rooibos (*Aspalathus linearis*), a unique health-enhancing plant, is found. Visit a local rooibos farm at Skimmelberg and see how both rooibos and buchu are cultivated organically and take in the spectacular wildflowers when in season.

Pm: Continue to Clanwilliam.



Proteas



Table Mountain

Day 9: Clanwilliam (Sun, 12 Sept)
Rhinoceros bushes and bulbs: the historic problems of plant collecting

B

- Am:** Drive to the village of Nieuwoudtville, renowned as the bulb capital of the world, where the Cape Fynbos meets the Hantam Karoo. A great variety of flowers, particularly geophytes (309 species!), occur on the Bokkeveld which makes Nieuwoudtville unique within Namaqualand. In periods of good rainfall, the annual spring display transforms the landscape into a picture of colour and it's not uncommon to find up to 50 different species in a square metre of the Renosterveld.
- Pm:** Visit the Hantam Botanical Garden, which comprises over 6000 hectares of Renosterveld and Hantam succulent Karoo.

Day 10: Clanwilliam / Langebaan (Mon, 13 Sept)

B L

The allure of wildflowers

- Am:** Drive to the West Coast National Park, a 27,000-hectare national park located along the coast. In the spring the park should be a spectacular sight, covered with many colours, the yellows, whites, reds and purples of a wide variety of wildflowers.
- Pm:** Drive to the Farmhouse Hotel.

Day 11: Langebaan / Himeville (Tues, 14 Sept)

B D

- Am:** Drive to Cape Town and fly to Durban.
- Pm:** Arrive Durban and meet with your local specialist botanical historian, Elsa Pooley, and drive to the Premier Resort Sani Pass.

Day 12: Himeville (Wed, 15 Sept)
Ancient flora of the Dragon mountains: plants of the 'barrier of spears'

B D

- Am:** Visit Sani Sass and Sani Topp.
- Pm:** At leisure or option to visit the town of Himeville and the Himeville Museum and Cheese Farm.
- Eve:** Dinner at Himeville Arms Pub.

Day 13: Himeville (Thur, 16 Sept)
Wild and tamed: botanical gardens and the future of South Africa's plants

B D

- Am:** Optional day to explore the southern Drakensburg, wildflowers and ancient rock art by the Indigenous San people.

Day 14: Himeville / Durban (Fri, 17 Sept)

B D

- Am:** Drive to Durban and transfer to the hotel.
- Pm:** Visit Durban Botanical Gardens, Africa's oldest surviving botanic gardens.
- Eve:** Farewell dinner.

Day 15: Durban (Sat, 18 Sept)

B

- Am:** Depart or take the safari extension.



Cape flowers in spring

The Cape Floral Kingdom

The Cape Floral (or Cape Floristic) Kingdom is located within the southern tip of South Africa and is one of only six floral kingdoms in the world. Botanist Ronald Good identified six floristic kingdoms in 1947 - Boreal or Holarctic, Neotropical, Paleotropical, South African, Australian, and Antarctic – which were the largest natural units he determined for flowering plants. Good's six kingdoms are subdivided into smaller units, called regions and provinces. The Cape Floral, or Floristic, Region is the only floristic region within the Cape Floral Kingdom.

The Cape Floral Region is the smallest of the six floral kingdoms. Home to the greatest non-tropical concentration of higher plant species in the world, the region is the only hotspot that encompasses an entire floral kingdom and holds five of South Africa's 12 endemic plant families and 160 endemic genera. Covering 78,555 km², the Cape Floral Region hotspot is located entirely within the borders of South Africa.

In spite of its small size, it is an area of extraordinarily high diversity and endemism.

It represents less than 0.5% of the area of Africa but is home to nearly 20% of the entire continent's flora and is home to over 9,000 vascular plant species, of which 69% are endemic. Much of this diversity is associated with the fynbos biome, a Mediterranean-type, fire-prone shrubland, of which the national flower, the king protea, is a member. The Cape Floral Region has enormous value, in both economic and intrinsic biological terms, as a biodiversity hotspot.



The king protea



Bayala Safari Lodge

Safari extension

Bayala Private Safari Lodge and Camp is a welcoming, family-run safari lodge in a game reserve 3 hours north of Durban, in the ancient kingdom of Zululand. The wilderness around Bayala encompasses a conservation heartland where all of Africa's 'Big 5' roam free. Daily safaris bring spectacular sightings of lion, elephant, leopard, buffalo and rhino in their natural world, along with cheetah, zebra, giraffe and a remarkable variety of other wildlife.

Bayala provides a warm, homespun experience with stylish lounges and bars that make the most of the beautiful surroundings and natural materials, both inside and out. The rooms are light filled and spacious and there is a decked pool area with views onto the surrounding wilderness. Rehabilitation of wilderness and restoration of wildlife are Bayala's highest priorities and guests are invited into their earth-friendly way of life.

Post -tour safari extension: 18 – 21 September 2021

Day 15: Durban / Bayala (Sat, 18 Sept) B D

Am: Drive up the coast to Bayala Private Safari Lodge and Camp.

Pm: Take part in an afternoon game drive.

Day 16: Bayala (Sun, 19 Sept) B D

Am: Morning game drive to spot the Big Five and other wildlife.

Pm: At leisure.

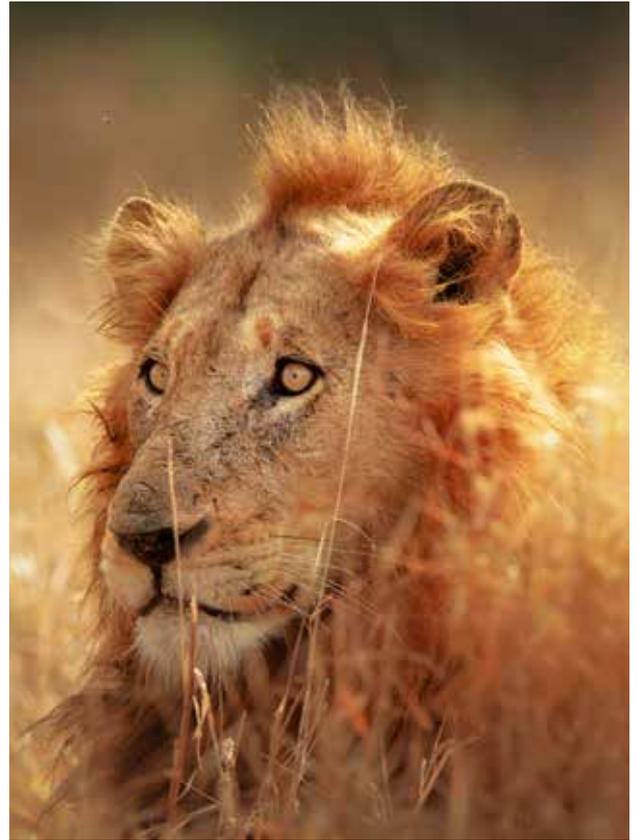
Day 17: Bayala (Mon, 20 Sept) B D

Am: Morning game drive to spot the Big Five and other wildlife.

Pm: At leisure.

Day 18: Bayala / Durban (Tue, 21 Sept) B

Am: Drive down the coast to King Shaka International Airport, Durban.



Male lion

Elephant mother and baby





The winelands

Hotels

SunSquare Cape Town Gardens (Cape Town)

A spacious and stylish contemporary hotel in a central location, the SunSquare Cape Town Gardens provides good public areas including a bar and lounge area, some wonderful views of the city and Table Mountain and a lush garden and a lovely outdoor pool surrounded by palm trees. The rooms are comfortable and well sized.

Misty Waves Boutique Hotel (Hermanus)

An elegant and very comfortable hotel located near the sea with some lovely views, Misty Wave provides friendly and efficient customer service, excellent food, spacious rooms, a swimming pool, a reading room and a cinema.

Protea Hotel Franschhoek (Franschhoek)

This charming 4-star Marriott hotel boasts ambience, gracious style and attentive service. Dating back to the 1880s, the hotel overlooks the mountains and vineyards of historic Franschhoek. The style is contemporary with classical touches and the décor makes good use of the local floral richness. It provides a pool with wonderful views, beautiful rooms and an excellent restaurant.

Clanwilliam Hotel (Clanwilliam)

This is an excellent hotel that offers exceptional

service, elegant contemporary style and comfortable, spacious rooms. Conveniently located, it is quiet with a lovely pool and a good restaurant.

Farmhouse Hotel (Langebaan)

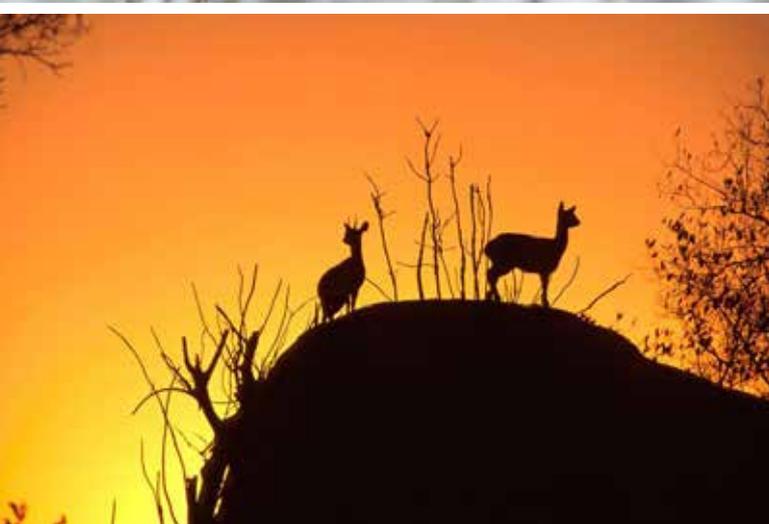
Overlooking the tranquil Langebaan Lagoon, the charming Farmhouse Hotel offers guests an authentic coastal farmstead experience. Explore the lagoon, use the Technogym, browse through the antique collection or simply relax and enjoy the sunset. There is an excellent restaurant specialising in traditional cuisine with local ingredients.

Premier Resort Sani Pass (Himeville)

Nestled at the foot of the southern Drakensberg Mountains in a spectacular and peaceful setting, the resort provides spacious and comfortable rooms and a very good restaurant. Onsite activities including swimming, chess, snooker, table tennis, croquet, petanque, volleyball, a poker table, putt-putt, & fly fishing and pony rides. There is also a beautiful golf course.

Garden Court Umhlanga (Durban)

A comfortable, contemporary hotel in a very convenient location – walking distance to both shops and restaurants and the beach - with good amenities, including a heated pool and a gym. The service and the breakfast are both excellent.



Fynbos (top); Cape Point; Cape daisies; Klipspringer at sunset (above)

**The cost of the tour is
US \$5,370 per person sharing
(excluding international
flights and transfers)**

The cost includes:

- 14 nights' accommodation in twin-bedded rooms within medium grade, heritage and boutique hotels

The single room supplement is: US \$832

- UK tour leaders (Bill and Helen Bynum)
- Comprehensive briefing notes
- Breakfast daily
- 7 dinners and 4 lunches
- Wine tasting
- Internal and all transport as per the itinerary
- A full programme of botanical cultural visits
- Admission fees where applicable
- National guide throughout (Frank Mbetse)
- Specialist botanical and naturalist guides for some visits
- Tips

The cost excludes:

- International flights (please contact us if you would like help booking these)
- Airport transfers
- Visa and travel insurance
- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits

**The cost of the extension is
US \$1,316 and includes:**

- 3 nights' accommodation in twin-bedded rooms

The single room supplement is US \$258

- Transfers from Durban to Bayala Private Safari Lodge and back to Durban airport
- Breakfast daily and dinner daily
- One game drive per day

The cost excludes:

- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits,
- Tips

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Cape Town and Table Mountain (top); Cape flowers;
White rhinos; Protea (above)



Jon Baines
tours

