



3 DAY

ITINERARY

MIDWEEK MONDAY-THURSDAY

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McGregor - Cape Town



As featured on:

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ABOUT THE FARM



Nestled in the picturesque Breede Valley, Fossil Hills is a testament to the enduring legacy of the Naudé family. Located between Robertson and McGregor, Thornvilla, our family-run farm, has been at the heart of local agriculture and winemaking since 1950. The farm's rich history is intertwined with the discovery of ancient fossils dating back 355 million years, lending the land an air of mystique and timeless beauty.

Fossil Hills is more than a farm; it's a retreat into the wonders of nature and the tranquility of countryside living. Here, amidst breathtaking mountain vistas and the gentle rhythms of farm life, guests can find a peaceful escape, a place to rejuvenate the spirit and reconnect with the essence of the natural world, offering farm-style accommodation, a wedding or private function venue and one to three-day trial wine walks.

Fossil Hills offers an array of activities for an unforgettable stay: unwind in our luxurious hot tub, fish in our large farm ponds with provided rods and spinners, and enjoy free kayaking and picnicking at the dam.

Explore the versatile 8km circle route for 4x4 driving, with a winter mud hole, jogging, walking, or cycling, with two bikes available per house or cottage (upon booking).

Immerse yourself in the daily workings of our operational farm or simply relax and soak in the serene countryside atmosphere. All our units are equipped with high speed wifi, aircon and DSTV. Some units are pet friendly and wheelchair friendly too.

FOSSIL HILLS WINE WALKS

The Fossil Hills Wine Walk is a three-day guided adventure in the scenic McGregor Valley, just two hours from Cape Town. With daily hikes of 10–13 km (or less), you'll explore beautiful landscapes, ending each day at a local wine farm for tastings and lunch. For elderly or unfit hikers, the route can be changed, we make it work at Fossil Hills for you to have the experience!

Unlike traditional wine walks, we focus on nature first!

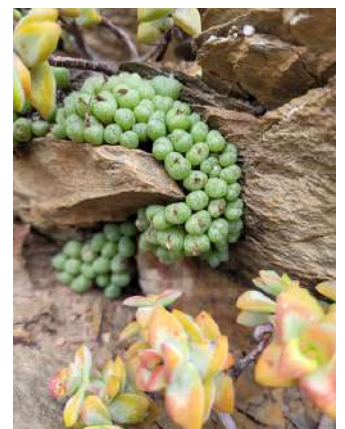
Discover the Fossil Hills Wine Walk: A Journey into Nature and Tranquility

Located in the scenic McGregor Valley, just two hours from Cape Town, the Fossil Hills Wine Walk is a three-day guided experience with daily routes ranging from 10 to 13 kilometers (or less). As you hike through this breathtaking landscape, you'll visit some of the region's finest wine farms, where each day's journey ends with a well-deserved wine tasting and light lunch.

Starting and finishing at Fossil Hills, this unique adventure is designed for small groups, with a minimum of four participants, ensuring a personal and unforgettable experience. So come and create lasting memories while exploring the beauty and tranquility of the McGregor Valley on foot.

At Fossil Hills Wine Walk, our focus is on reconnecting with nature and friends—particularly the rich landscapes of fynbos and renosterveld. We believe in offering more than just wine tastings; we provide an opportunity to rediscover yourself in the serene beauty of the outdoors—a true patch for the soul and making memories with friends.

Fossil Hills Wine Walks offers a unique approach. Our trails are designed to immerse you in nature, with single-track routes that offer a moderate challenge. It's perfect for those who seek a bit more adventure while still enjoying the best of McGregor's winelands.



INFORMATION

We offer hikes through-out the year. The most popular times to explore are in spring and autumn —when the wildflowers are in full bloom, with September being especially spectacular. These spots are booked way in advance, so don't miss out.

What to experience:

Enjoy single-track hiking, wine tastings, ice cream pairing, gin tasting, and the beauty of fynbos and renosterveld. Discover marine fossils, experience fun activities along the trail, and immerse yourself in McGregor's unique culture and countryside hospitality. Don't miss a guided tour of the Eseltjiesrus Donkey Sanctuary!

Availability:

You are welcome to invite more friends. We can accommodate groups of 4 to 20 people. Please ensure you check availability with Nadia Naudé at 076 166 9268 before booking additional spots.

ITINERARY

Daily Wine Walk Itinerary

Start Times: Every hike begins at 7:45 AM and ends around 2:30 PM.

Each evening, you'll receive a briefing to go over the next day's itinerary so you're prepared for what's ahead.

Highly recommended: Stay an extra night for more relaxation or to explore what you didn't have time for (please check availability).

Day 1 – Monday

- Day 1 – Welcome
- Meals Included: Welcome drink & canapés, 3-course dinner
- Arrive and check in from 14:00 PM at Pinotage/Tango House (Fossil Hills Accommodation)
- OPTIONAL wine tasting at Wonderfontein (Paul Rene) : 15:30 from Pinotage house
- Meet your guide
- 6:00 PM – Enjoy a welcome drink and canapés
- Short introduction, briefing, and scenery slideshow
- 3-course dinner with wine from various local cellars

"We hike not to escape life, but for life not to escape us!"



Day 2 – Tuesday (10/13km, rocky terrain)

- Day 2 – Single Track, Rocky Terrain
- Distance: 10 km or 13 km (optional)
- Meals Included: Breakfast, Light Lunch, Dinner
- From 7:00 AM – Continental and farm-style breakfast buffet at Fossil Hills Venue
- 7:45 AM – Start your first day of hiking and tastings (transport to drop-off point provided)
- Lunch and wine tasting at Lord's Cellar
- Transport back to Pinotage House for leisure time at Fossil Hills or in McGregor
- 5:45 PM – briefing and gin tasting at Pinotage House
- From 6:30 PM – 3-course dinner in McGregor with a glass of wine (optional transport available)

"At the end of the day, your feet should be dirty, your hair messy, and your eyes sparkling!"

Day 3 – Wednesday (10km, moderate trail)

- Day 3 – Moderate Single Track with Uphill hiking
- Distance: 10 km
- Meals Included: Breakfast, Light Lunch, Dinner
- From 7:00 – Continental and farm-style breakfast at Fossil Hills Venue
- 7:45 AM – Begin Day 3 of hiking and tastings
- Wine and ice cream pairing with a light lunch at McGregor Wines
- Enjoy leisure time at the farm or in McGregor (own transport) , good time to visit McGregor shops/art galleries/local bars/coffee shops/massage (book in advance)
- 5:00 PM – briefing at Pinotage House
- 5:30 PM – wine tasting at Bemind Cellar (optional transport available)
- From 6:30 PM – 3-course dinner in McGregor with a glass of wine

"The best view comes after the hardest climb."

Day 4 – Thursday (8-10km, lite trail)

- Day 4 – Easy Terrain
- Distance: 8-10 km
- Meals Included: Breakfast, Light Lunch
- From 7:00 AM – Continental and farm-style breakfast buffet at Fossil Hills Venue
- Pack bags and vacate rooms before the day's tour begins
- 7:45 AM – Final day of walking and tastings
- Wine and grappa tasting at Tanagra Cellar
- Light lunch and guided donkey tour at Eseltjiesrus Donkey Sanctuary
- From 1:30 PM – Walk or transport back to Fossil Hills for departure (showers available)
- From 2:00 PM – Farewell and safe travels!

"Jobs fill your pocket, adventures fill your soul!"

- Optional: Book a 4th Night

Day 5 – Friday (Optional)

- Meals and transport not included – we can recommend local restaurants /shuttle services
- Try one of the scenic hiking trails on Thornvillia Farm or Vrolijkheid Nature Reserve
- Unwind in a steaming hot tub at Fossil Hills
- Departure by 10:00 AM (please check availability)



RATES

Subjected to availability.

3 Day Walking Trail	Pax	2025	2026
Per person sharing	1	R7650	R8415
Single occupancy	1	R8650	R9515
Stay an extra night No meals included	1	R750	R850

Indemnity Form: After your deposit is paid, complete the indemnity form here:

Indemnity and Booking Form.

You will receive a copy via email.

Terms & Condition

When making a booking, your hereby accept our terms and conditions. Please click [here](#) to read.

Banking Details

Banking Details:

- Fossil Hills Wine Walk
- Absa (cheque) – Robertson
- Account Number: 410 697 6107
- Reference: Name + date of walk
- 30% Deposit required on booking

Before you hike:

Make sure all payments are done. Fossil Hills will send detailed information, including the itinerary and the location pin, closer to the time. Please send your WhatsApp number for more photos, a video of our wine walks, and a location pin closer to the time.

What to wear:

- Comfortable hiking clothes and shoes with good grip
- Sun hat for protection

Fitness Or Physical Requirements:

- Prepare to walk approximately 10 km daily, with the pace varying based on group fitness.
- – Day 1: Rocky terrain
- – Day 2: Uphill hiking
- – Day 3: Easy, light walk

Indemnity Form: After your deposit is paid, complete the indemnity form here:

Indemnity and Booking Form.

You will receive a copy via email.

Included

- 3-night stay at Fossil Hills (Complimentary Wi-Fi)
- 3 daily continental and farm-style breakfasts
- 3 light lunches
- 3 three-course dinners (each includes a glass of wine)
- 4 wine tastings
- 1 wine and ice cream pairing
- 1 gin tasting
- Fresh, in-season farm fruit
- Transport along the wine hike routes
- Optional transport to and from dinner in McGregor
- Park fees and guided tours by an accredited guide
- Access to Fossil Hills Farm's leisure activities: hot tubs, mountain biking, kayaking, canoeing, picnics, hiking, fishing, birdwatching, or simply relaxing with stunning views
- Filtered water provided at the guest house

Locations for dinner and wine cellars may vary according to availability

Not Included

- Self-service honesty bar available at Pinotage House
- Snacks and refreshments for picnic stops (bring a small lunch box, optional)
- Transport between Tango Guesthouse and Pinotage House/Venue (1 km)—can be arranged for an additional fee
- Extra drinks at restaurants and wine cellars (outside of the set menu) are at your own expense
- **Gratuities are at your discretion**
- Explore McGregor's local scene: restaurants, workshops, spas, and shops (check the McGregor Tourism app or our "Things to Do" guide)
- Guests are responsible for booking these activities in advance via McGregor Tourism or directly with businesses
- Experience McGregor's vibrant culture with pre-drinks at local pubs and bars (perfect if you arrive early).

What to bring:

- Snacks and drinks for energy during picnic stops (feel free to pack a small lunch box)
- 2-liter water bottle (hydration container/bladder)
- Comfortable hiking shoes and attire
- Rain jacket/poncho (prepare for any weather)
- Small backpack for snacks, water, and extra layers
- Sun hat, sunscreen, and sunglasses
- Swimwear for the hot tub
- Recommended: Walking stick and small binoculars for birdwatching
- Travel light—less is more. Embrace the light, spread the light!
- Remember: There's no such thing as bad weather, only unsuitable clothing!
- Cash for honesty bar/tips . Please note - card machine available

FB GROUP



Cancellation policy:

CANCELLATION BY THE CLIENT

We require a 30% non-refundable deposit of the total fare to secure your booking. Full payments 3 Months before the hike starts.

CANCELLATION BY FOSSIL HILLS

Fossil Hills reserves the right in any circumstances to cancel the hike and all hikes shall operate subject to a minimum of participants. At such times when the Company cannot provide the hike booked, the Company will return to the Client all money paid minus the 30% non-refundable deposit, which shall constitute the full extent of the Company's liability to the Client.

The Company will not accept responsibility for any compensation to the Client, if the Company is forced to cancel or in any way change the trip due to force majeure, namely – war, riot, civil strife, industrial dispute, terrorist activity, strikes, natural or nuclear disaster, a pandemic, a state of emergency, a state of disaster, fire, flood, adverse weather conditions or any other internal or external conditions beyond the Company's control.

Feedback

Please leave a comment in our visitors' book or [click here](#) to leave a review.

We are curious to know where you heard about us. Please let us know

Invite your friends to join you in exploring the pure culture of McGregor, fossil hunting, and the beauty of fynbos. The more, the merrier! If you want to add friends or family to your booking, simply make another booking for the same date. We will send separate invoices for each booking.

Our groups range from 4 to 20 hikers. If your group is smaller, we can place you on a waitlist until we reach the minimum number. Alternatively, we'll notify you a month ahead to possibly synchronize with another group around your requested dates. You can also check availability on our online calendar.

We look forward to hosting you and hope you enjoy your time at FOSSIL HILLS!

In the event of river flooding, adjustments will be made to ensure your safety and enjoyment. This may include shorter or alternative routes, or the use of transport to navigate around affected areas. While the original trail experience might be modified, we strive to maintain the adventure and spirit of the journey.

Your understanding and flexibility during these rare instances are greatly appreciated.

DID YOU KNOW?

WE OFFER ACCOMMODATION

Book your stay directly with us and get 10% off your booking.

www.fossilhills.co.za

Use the code: Next10%OFF

EXPLORE MCGREGOR

Want to explore the beautiful town of McGregor? Then simply click on the link below:

<https://bit.ly/McGregorTourism>

WE HAVE A VENUE

The Open Venue can host and accommodate up to 50 guests. Visit our website for

more information

www.fossilhills.co.za