




# EC Escapes

EXPERIENCES, LANGUAGE & CULTURE





# Are you a mature explorer, a culture enthusiast or a lifelong learner?

EC Escapes offers a unique English learning experience, designed especially for mature individuals looking to connect with the world through experiences, language and culture. Our programme is a perfect blend of English classes and the opportunity to experience the local culture, traditions, and history.

## Cape Town

Cape Town, often referred to as the Mother City, is a stunningly diverse metropolis where history, culture, and nature converge in spectacular fashion. Nestled between the iconic Table Mountain and the expansive Atlantic Ocean, Cape Town boasts breathtaking landscapes that range from pristine beaches to lush vineyards. The city's vibrant neighbourhoods, like the colourful Bo-Kaap and the trendy Woodstock, reflect its rich multicultural heritage. Cape Town's history is palpable in its well-preserved landmarks, from Robben Island to the historic Company's Garden. With a thriving culinary scene, world-class art galleries, and endless outdoor adventures, Cape Town is perfect for travellers seeking both adventure and cultural depth.



# Course overview



## Improve your English

Our English course is expertly crafted to help you speak confidently in everyday situations while travelling. Our dedicated and highly trained teachers create a comfortable and engaging learning environment. We understand that your primary goal is to communicate effectively, and we're here to support you every step of the way.

## Social Activities

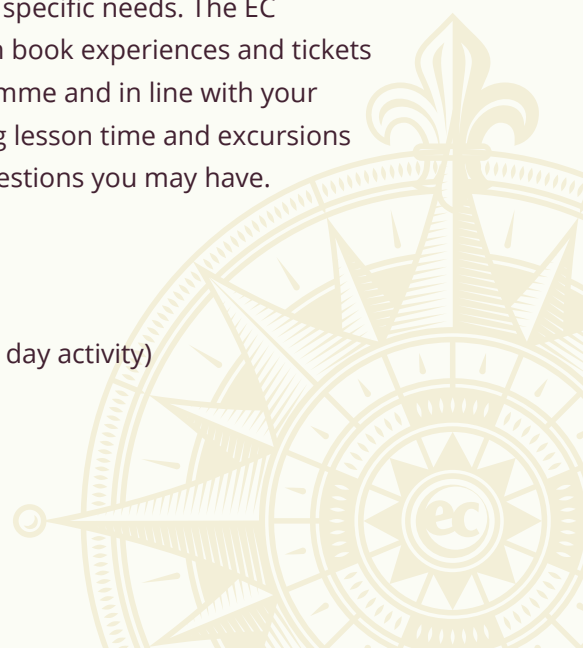
At EC Escapes, we believe that learning English should be as enjoyable as it is educational. That's why we offer an exciting mix of indoor and outdoor activities to ensure you have an unforgettable experience.

## Concierge service

We understand that every traveller is unique and that's why we provide you with a dedicated concierge at each school. They are available to ensure your journey with us is smooth, memorable and tailored to your specific needs. The EC Escapes dedicated concierge can book experiences and tickets for events outside of the programme and in line with your interests and are on hand during lesson time and excursions to guide you and answer any questions you may have.

## Course Package

20 General English lessons  
4 Weekly Activities  
(2-week bookings get 1 extra full day activity)  
Concierge Service  
Transport to and from activities  
Course Materials



### Programme Dates:

**8 Dec 2025 – 30 Jan 2026**

**11 Jan 2027 – 22 Jan 2027**

### Included in every package

Guided tours

Leisurely walks

Visits to landmarks

Social and dining activities

Culinary adventures

## Sample Timetable

## EC Escapes Cape Town 2026/27

WEEK 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	General English	Robben Island Boat Tour	General English		General English	Cape Peninsula Day Tour	
Afternoon	General Information Session						
		General English	Table Mountain	General English	Cape Winelands half day Tour		
Evening	Welcome Event						

WEEK 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	General English	Kirstenbosch Botanical Gardens	General English		General English		
Afternoon	General Information Session						
	Seal Island & Groot Constantia	General English	Township Tour	General English			
Evening					Gold Restaurant		

**\*The above is subject to change at the discretion of EC Cape Town**

The above timetable serves as an indication for the Cultural Activity start times. Please refer to the following Activity descriptions for more accurate timings.

Lesson times will be as follows:

- Morning Class: 9:00 - 12:15
- Afternoon Class: 14:45 - 18:00



# EC Escapes Cape Town



Our thoughtfully selected activities are chosen for their cultural significance, allowing you to discover the rich heritage, stunning landscapes, and unique traditions of Cape Town. Each activity is guided by our knowledgeable and friendly EC leaders or by licensed tour guides, ensuring you have a pleasurable and enriching experience.

## Cultural Activities

Welcome Event

Table Mountain

Robben Island Boat Tour

Cape Winelands Half Day Tour

Full Day Cape Peninsula Tour

Seal Island Boat Tour & Groot  
Constantia Wine Tasting

Kirstenbosch Botanical Gardens

Township Tour with Lunch

Farewell Dinner at Gold Restaurant



# Welcome Event



Duration:  
**approx. 4 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**6:00 PM**

EC's activity leader will warmly welcome our students to Cape Town by taking them to one of the city's trendy and vibrant restaurants for a memorable welcome dinner. This evening is the perfect opportunity for students to get to know each other, share stories, and build friendships while enjoying delicious local cuisine. The event provides a relaxed atmosphere where students can bond and enjoy the lively ambiance of Cape Town's dining scene. Private return transport to and from the school will be provided for a convenient and stress-free experience.

## **In a snapshot:**

Welcome dinner at a trendy Cape Town restaurant

Opportunity to meet and socialize with fellow students

Enjoy local cuisine in a relaxed setting

Private return transport to and from school



# Table Mountain



Duration:  
**approx. 3 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**2:15 PM**

EC's activity leader will guide our students on an unforgettable excursion to Table Mountain, one of the Seven Natural Wonders of the World. Students will ascend to the summit via the iconic cableway, offering a smooth and scenic journey to the top. Once there, they will be greeted with breathtaking panoramic views of the city, the surrounding oceans, and the majestic mountains. The fresh mountain air and stunning vistas provide a perfect backdrop for a memorable experience. Private return transport to and from the school will be provided for a convenient and stress-free experience.

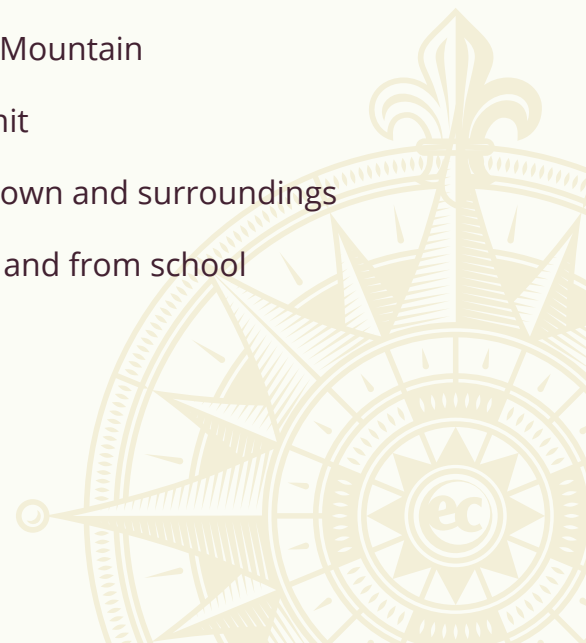
**In a snapshot:**

Guided excursion to Table Mountain

Cableway ride to the summit

Panoramic views of Cape Town and surroundings

Private return transport to and from school





# Robben Island Boat Tour



Duration:  
**approx. 4.5 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**8:15 AM**

EC's activity leader will accompany students on a deeply impactful visit to Robben Island, starting at the Nelson Mandela Gateway. Students will board a ferry that takes them across the waters to the island, famously known for its historical significance as the prison where Nelson Mandela was held for 18 years. The visit includes a guided tour of the prison by one of the former inmates, providing students with a powerful and personal insight into the harsh realities of the Apartheid era. Private return transport to and from the school will be provided for a convenient and stress-free experience.

## **In a snapshot:**

Ferry ride to Robben Island from Nelson Mandela Gateway

Guided tour of the former prison

Insight into Apartheid and Nelson Mandela's imprisonment

Private return transport to and from school





# Cape Winelands Half Day Tour



Duration:  
**approx. 4 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**1:00 PM**

EC's activity leader will join students on an enchanting half-day journey through the picturesque Cape Winelands, with a focus on the charming town of Stellenbosch. Students will be treated to a delightful wine and cheese tasting, experiencing the flavours and craftsmanship of the region's top wineries. The tour also includes an insightful visit to a wine cellar, where students can learn about the winemaking process firsthand. Private return transport to and from the school will be provided for a convenient and stress-free experience.

**In a snapshot:**

Guided half-day tour of the Cape Winelands  
Wine and cheese tasting in Stellenbosch  
Visit to a wine cellar for a tour  
Private return transport to and from school



# Full Day Cape Peninsula Tour



Duration:  
**approx. 8 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**8:30 AM**

EC's activity leader will guide our students on a comprehensive full-day exploration of the Cape Peninsula, a region renowned for its dramatic landscapes and scenic beauty. The tour follows a circular route that covers both of Cape Town's stunning coastlines. Highlights include the exhilarating drive along Chapman's Peak, known for its breathtaking views and steep cliffs, a visit to the charming penguin colony at Boulders Beach, and a trip to the Cape of Good Hope Nature Reserve, where students can spot wild ostrich, baboon, and antelope while standing at the most south-western point of the African continent. Private return transport to and from the school will be provided for a convenient and stress-free experience.

**In a snapshot:**

Full-day guided tour of the Cape Peninsula

Scenic drive along Chapman's Peak

Visit to Boulders Beach penguin colony

Private return transport to and from school



# Seal Island Boat Tour & Groot Constantia Wine Tasting

EC's activity leader will accompany students on an exciting boat tour to Seal Island, a bustling seal colony just off the coast of Hout Bay. After observing these playful marine animals in their natural habitat, students can enjoy a stroll around the harbour, where fresh, locally-caught fish is available for a delicious lunch. The adventure continues with a visit to Groot Constantia, South Africa's oldest wine estate, where students will participate in a wine tasting session, sampling some of the country's finest wines, including those favoured by historical figures like Napoleon. Private return transport to and from the school will be provided for a convenient and stress-free experience.

## **In a snapshot:**

Boat tour to Seal Island from Hout Bay  
Harbour walk and fresh fish lunch option  
Wine tasting at Groot Constantia estate  
Private return transport to and from school

Duration: **approx. 4 hours**

Meeting Point: **EC Cape Town School**

Meeting Time: **1:00 PM**





# Kirstenbosch Botanical Gardens



Duration:  
**approx. 4 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**9:00 AM**

EC's activity leader will guide students on a serene visit to Kirstenbosch Botanical Gardens, uniquely nestled within a UNESCO World Heritage Site on the rear slopes of Table Mountain. This stunning garden is renowned for its breathtaking natural beauty and is home to an incredible variety of flora, including the Cape's indigenous fynbos, which is found only in the Western Cape. The garden provides a peaceful retreat where students can immerse themselves in nature and learn about South Africa's rich biodiversity. Private return transport to and from the school will be provided for a convenient and stress-free experience.

## **In a snapshot:**

Guided visit to Kirstenbosch Botanical Gardens

Explore diverse and indigenous flora

Scenic backdrop of Table Mountain

Private return transport to and from school



# Township Tour with Lunch



Duration:  
**approx. 4.5 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**12:15 PM**

EC's activity leader will take our students on a meaningful guided tour of Gugulethu, one of Cape Town's most famous townships. This tour is essential for those who wish to gain a deeper understanding of the city's complex social dynamics. Students will visit various community projects and landmarks, offering a unique cultural exchange and an eye-opening perspective on South African life. The experience culminates in a traditional "shisa nyama" lunch, where students can savour local flavours at a township tavern, truly immersing themselves in the local culture. Private return transport to and from the school will be provided for a convenient and stress-free experience.

**In a snapshot:**

Guided tour of Gugulethu township

Visit to community projects and landmarks

Cultural exchange and traditional lunch

Private return transport to and from school



# Farewell Dinner at Gold Restaurant

Duration:  
**approx. 4 hours**

Meeting Point:  
**EC Cape Town  
School**

Meeting Time:  
**6:00 PM**

EC's activity leader will accompany our students on a spectacular farewell evening at Cape Town's premier African restaurant, Gold. The night begins with an energetic djembe drumming session, setting the tone for an evening filled with rhythm and excitement. Students will then indulge in a 14-dish African feast, experiencing the diverse and rich flavours of the continent. Throughout the evening, they will be entertained by live performances featuring traditional singing and dancing, creating a festive and memorable atmosphere. Private return transport to and from the school will be provided for a convenient and stress-free experience.

## In a snapshot:

Farewell dinner at Gold Restaurant

Djembe drumming session to start the night

14-dish African feast with live entertainment

Private return transport to and from school





