



1-DAY CAPE MOUNTAINS AND FYNBOS BIRDING TOUR



Cape Rockjumper should be seen in the Cape Fold Mountains near Betty's Bay.

This 1-day Mountain and Fynbos birding tour will give you a chance to see some of the Cape's best scenery while taking in a number of its top birds, including Cape-fynbos endemics like **Cape Rockjumper**, **Orange-breasted Sunbird**, **Cape Sugarbird**, **Cape Siskin**, and **Victorin's Warbler**. The Cape's unique fynbos (one of the world's six floristic kingdoms) has an amazing diversity of endemic plant species and because of this several bird species are endemic to the fynbos. This Cape Town birding tour targets many of these Cape endemics and takes in some spectacular scenery along the way. We recommend this Mountain and Fynbos birding tour if you are after some of the Cape's charismatic and better-known endemic bird species, in particular **Cape Rockjumper** and **Cape Sugarbird**.



Cape Sugarbird, a Cape fynbos endemic.

The below is just a rough guide, and since this is run as a private birding tour it is completely flexible. Also, we try to fit a lot in today, so please be aware that all of it is time-permitting.

Our Mountain and Fynbos birding tour starts with one of the most beautiful coastal drives anywhere, first along a long, white, sandy beach, then along a rocky coastline where high Cape Fold mountains come right down to the sea. En route we may observe **Southern Right Whales** (winter) and other marine mammals close inshore. After a one-hour drive we will reach the village of Rooi Els, famous for hosting **Cape Rockjumper**. While looking for the rockjumper we also hope to find **Cape Siskin**, **Orange-breasted Sunbird**, **Malachite Sunbird**, **Cape Rock Thrush**, **Neddicky**, **Ground Woodpecker**, and **Cape Grassbird**. **Sentinel Rock Thrush** may be seen in winter and spring only, but is normally tricky to find. We will keep a lookout overhead for raptors which breed nearby, such as **Verreaux's Eagle**, **Peregrine Falcon**, **Jackal Buzzard**, and **Rock Kestrel**. In the nearby scrub we should find **Yellow Bishop**, **Cape Sugarbird**, **Cape Bulbul**, **Grey-backed Cisticola**, and **Karoo Prinia**.

We will then continue driving beyond Rooi Els for about 20 minutes to the beautiful coastal village of Betty's Bay. Here we can observe one of only three mainland **African Penguin** colonies, and we will also get good views of four species of **Cormorants** (**Bank, Cape, Crowned,** and **White-breasted**), of which one species is endemic.



*We will visit an **African Penguin** colony in Betty's Bay.*

We next visit the nearby Harold Porter National Botanical Garden, hoping for another localized fynbos endemic, **Victorin's Warbler**, along with **Cape** and **Brimstone Canaries**, **Cape Spurfowl**, **Cape Batis**, **Cape Bulbul**, **Cape Robin-Chat**, **Fiscal Flycatcher**, **Southern Boubou**, **Black Saw-wing**, **African Paradise Flycatcher** (summer), **Southern Double-collared Sunbird**, **Swee Waxbill**, and, as usual, so many others. **Blue-mantled Crested Flycatcher** and **Olive Woodpecker** both occur; but they are low in densities.

Finally, we will start heading back to Cape Town. But, depending on time, we might stop en route at Strandfontein Bird Sanctuary. Here we should see wildfowl such as **Cape, Red-billed,** and **Blue-billed Teals**, **Cape Shoveler**, **Maccoa Duck**, **Southern Pochard**, and many others. Common waterbirds include **Greater** and **Lesser Flamingos**, **Great White Pelican**, **African Oystercatcher**, **African Swamphen**, **Great Crested** and **Black-necked Grebes**, various shorebirds, and **African Marsh Harrier**, as well as **Little Rush** and **Lesser Swamp Warblers**. In the surrounding scrub we may find **Cape Bulbul**, **Karoo Prinia**, **Cape Longclaw**, and many more. The *Eucalyptus* stands occasionally host **Black** and **Rufous-breasted Sparrowhawks**, while **Peregrine Falcon** is occasionally seen harassing unsuspecting waterbirds.

From mid-July until early September, it is possible to target **Striped Flufftail**. Flufftails are notorious skulkers and **Striped Flufftail** is no different, however, our guides often know the whereabouts of territories and we have had good success showing clients this species. Outside of

the early breeding season, this species is near impossible to see, and we do not think it is worthwhile to concentrate on this particular species.

Fynbos Buttonquail does also occur nearby; however, it is notoriously difficult to see and requires a lot of walking through tough habitat. Therefore, we do not normally try for this species on this Cape Town birding tour; however, if you are particularly interested in the buttonquail we can of course try for it.



*The incredibly elusive **Striped Flufftail** may be seen between mid-July and early September.*

Protea Canary occurs in mountains further inland, and we can arrange day trips to look for this tough Cape endemic. It would, however, be a very rushed day to try squeeze it in on this Cape Mountains and Fynbos day tour, and we would suggest at least a full morning to concentrate on the canary! Please let us know if you are looking for **Protea Canary** and we can suggest a further customized day trip.

The guide for day trips is allocated only after you have booked, as all of them are run as private trips. But we always use the country's top birding guides.

Duration: 1 day

Start: Cape Town

End: Cape Town

Price: R7,000 for one person, then R500 per extra person sharing

Single supplement: n/a

Price includes:

Guiding fees
Vehicle hire and fuel
Entrance fees to most destinations
A light lunch (a sit-down restaurant meal would be for your account)

Price excludes:

Breakfast and dinner
Incidentals and gifts
Gratuities (please see our [tipping guidelines blog](#))
All flights
Personal insurance
Drinks
Accommodation