

# YOUR GUIDE TO CAPE TOWN & THE WESTERN CAPE

DISCOVER

*Cape Town*

AND THE

**WESTERN CAPE,  
SOUTH AFRICA.**

marketed by **WESGRO**





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# WELCOME

## Welcome to Cape Town and the Western Cape

To visit our inspiring province is to love our province. Cape Town city is a bustling melting pot of cultures, tastes and experiences for young and old. You'll find state-of-the-art shopping malls, open-air markets, a dynamic nightlife and windows into our rich history. You're going to want to discover more, and a world of natural beauty lies beyond the boundaries of the city in the greater Western Cape regions: the Cape West Coast (Weskus), the Cape Karoo, the Garden Route & Klein Karoo, the Cape Winelands and the Cape Overberg.

Each area is worth exploring and has its own charm, you'll uncover diverse culinary delights, award-winning wine estates, nature in full bloom, wide open spaces and deserts, azure waters and white sandy beaches, luxury experiences and animal encounters that will make your journey truly unforgettable. But that's not all you'll find here. Drawing strength from its diversity it's the people that make our destination beautiful, and they invite you to share our colourful heritage.

### POPULATION:

7 562 588 (Stats SA) people call Cape Town and the Western Cape their home.

### CLIMATE:

We have a year-round mild Mediterranean climate, with temperatures averaging between 15°C - 27°C.

### CURRENCY:

South African Rand (ZAR): R1 = 100 cents (c)

Coin denomination: 10c, 20c, 50c, R1, R2 and R5

Banknote denomination: R10, R20, R50, R100 and R200

### FOREIGN EXCHANGE:

It is important to note that you can only pay in Rands in South Africa. Money can be exchanged at the airport, commercial banks, Rennies Travel and American Express. These can be found in most shopping centres in the Western Cape. You may also find exchange facilities in some hotels.

Banking hours are: 09h00 - 15h30 (weekdays) and 08h30 - 11h00 (Saturdays) and are closed on Sundays and Public Holidays.

All major credit cards are accepted at most establishments in the Western Cape.



## LANGUAGES

South Africa has 11 official languages, but English, Afrikaans and isiXhosa are the most frequently heard in our Province.

Some local chit-chat:

| ENGLISH                  | AFRIKAANS        | XHOSA        |
|--------------------------|------------------|--------------|
| Good morning             | Goeiemore        | Molo         |
| Hello                    | Hallo            | Bhota        |
| Goodbye                  | Totsiens         | Sala Kakhule |
| Thank you                | Dankie           | Enkosi       |
| How much does this cost? | Hoeveel kos dit? | Yimalini?    |
| Yes                      | Ja               | Ewe          |
| No                       | Nee              | Hayi         |

## DUTY FREE SHOPPING

All stores must charge the Value Added Tax (VAT) of 15% that is levied on the purchase of most goods in South Africa. As a foreign visitor you may apply for a refund of the VAT you pay while in the country provided you apply before you depart. Ensure that you receive your tax receipts for all purchases made, to claim your VAT refund, present all your tax receipts to the VAT administrator at your point of departure.

## BUSINESS HOURS

Stores at major malls including V&A Waterfront and Canal Walk are open until 9pm every day, while the stores in shopping centres close at 19h00. Informal traders and flea markets generally trade from 09h00 to 16h00. Muslim-owned businesses are closed between 12h00 – 14h00 on Fridays for Prayer Time.

## PUBLIC SAFETY TIPS

Avoid walking in deserted and dark places at night. Never allow strangers to assist you in any way at ATMs. At night, park in a secure and well-lit area with guards. Keep photocopies and all valuable documents in a safe place.

## HEALTH AND SAFETY

Cape Town and the Western Cape is open for leisure and business travel. For the latest updates on travel restrictions, visa requirements, and Covid-19 health and safety information visit [safetravels.capetown](https://safetravels.capetown)

## DRINKING WATER

Drinking water in South Africa is safe to drink and cook with when taken from taps in urban areas. Not all tap water in rural areas is safe for consumption, so take precautions if necessary.

## EMERGENCY NUMBERS

For all emergency services from your mobile dial: 112

All emergencies from landline: 107

South African Police Service: 10111











## Bucket list for Cape Town and the Western Cape



Welcome to the Western Cape, where majestic mountains meet the wild, open seas. Here, rolling green valley's blend seamlessly with vast, untouched plains. It's a place to connect with diverse cultures and rediscover yourself amidst breathtaking landscapes. Our six regions offer a wealth of experiences, from thrilling adventures to rich cultural encounters and world-class gastronomy. Let the Western Cape inspire you to explore it all.

- ✓ Take the cable car up Table Mountain
- ✓ Visit the Penguins at Boulders Beach and Stony Point
- ✓ Spot the Marine Big Five in the Cape Overberg
- ✓ See the wildflower fields bloom on the West Coast (Weskus)
- ✓ Explore unique wine tourism experiences in the Cape Winelands
- ✓ Taste your way through the Western Cape with exceptional local and fine dining gastronomy
- ✓ Enjoy world-class golfing at leading destinations
- ✓ Savour the world-famous Karoo Lamb in the Cape Karoo
- ✓ Discover 20 diverse wine routes in the Western Cape
- ✓ Take a step back in time and visit Matjiesfontein
- ✓ Experience the thrill of jumping off the world's highest bungee at Bloukrans Bridge
- ✓ Kayak through the scenic waterways of the Garden Route & Klein Karoo
- ✓ Go glamping in the beautiful Robertson Valley
- ✓ Spot shooting stars in the Cederberg and Cape Karoo
- ✓ Stand at the southernmost tip of Africa at L'Agulhas, where the Atlantic and Indian Oceans meet
- ✓ Be inspired as you explore the Cradle of Human Culture, tracing the origins of humanity over the past 160,000 years
- ✓ Meet friendly locals in colourful communities, rich in storytelling and culture







# Introduction to the Western Cape

## CAPE TOWN

Cape Town has always been considered the jewel in the crown of the Western Cape with the city's natural beauty, depth of experiences on offer and friendly locals well known. With a history as rich as it is diverse the Mother City, as it is affectionately known, is a heady mix of cultures, blended in a tumultuous past, making it one of the world's most cosmopolitan and intriguing cities to visit. With its natural beauty, blending seamlessly with its cultural, artistic and bespoke experiences, there is something on offer for travellers of all kinds.

The unmatched wonder of Table Mountain is always popular, while in the summer, the many beaches across the city's coastline are packed with both locals and foreigners alike. It is also quickly becoming a favourite for those seeking something more extreme, with abseiling and sky diving just some of the adrenaline-fueled activities on offer.

It is the gastronomic capital of South Africa, with its restaurants consistently topping the local and international lists, while it boasts not one, but two world class wine routes, with the oldest wine farm in the country at Groot Constantia.

The heritage of this great city is unmatched, its story to be found in any number of museums and heritage sites around the city. From the foreboding Rhodes Memorial, which sits along the slopes of Devil's Peak, in remembrance of the city's colonial past, to the emotional and torrid history of Robben Island and District Six, Cape Town's tale is equally one of tragedy and heartache, inspiration and a triumph.

With so much on offer, is it any wonder that Cape Town continues to welcome the world to its doorstep?



### Bucket list experience

Visit South Africa's oldest producing wine farm in the Constantia Valley.

## CAPE WINELANDS

The Western Cape is a place known for its abundance of quality wine and the Cape, in particular, is intrinsically tied to the vine. Nowhere is this truer than in the Cape Winelands, a region overflowing with award-winning vintages and home to a number of world-class vineyards.

Towns such as Stellenbosch, Franschhoek, Paarl, Wellington and Robertson are now iconic in terms of the wine they produce and together they produce wine that is as diverse as it is bountiful. Set aside plenty of time if you visit the Cape Winelands, because you will never cover it in a day.

But while the wine put the Cape Winelands on the map, it delivers plenty on the food front as well, with world-class restaurants in abundance - with Franschhoek and Stellenbosch, in particular, leading the way. Both towns are home to several award-winning restaurants, ranging from fine dining to more relaxed experiences.

And you can add craft beer and whisky to the menu now, with the region quickly becoming a leader in both, ensuring that it continues to expand on what it has to offer.



### Bucket list experience

Savour world-class fine dining cuisine

## CAPE KAROO

Known for its wide-open spaces, the Cape Karoo is where you want to go when the pace of city life is something you want to escape. This is where you go to get off the grid. A place of incredible beauty, wild game, clear skies and magical sunsets, the Cape Karoo has a number of nature reserves and game farms, boasting an abundance of wildlife. The Karoo National Park, for example, is home to black rhino, lions, and other wild game.



Another animal in abundance in the Karoo is sheep, who roam ‘freely’ around the area on large plots of land, sampling a wide range of indigenous, aromatic plants. As a result, the Cape Karoo has become famous for its succulent and tasty lamb dishes. You need to sample some when in the area!

Perhaps the best way to see this ancient land is by train, with the luxurious Rovos Rail running through the area, as well as the more affordable Blue Train and Shosholoza Meyl trains. What better way to see this magical place than by train?

While in the area, be sure to visit Matjiesfontein, a tiny 19th Century town, seemingly untouched by time, and was once considered the jewel of the Western Cape.



### Bucket list experience

Listen to ghost tales in Matjiesfontein and Prince Albert

## CAPE OVERBERG

Lying between the Cape Peninsula and the Garden Route, the Cape Overberg is known as the ‘breadbasket’ of the Cape, because of its wheat fields and large harvest of fruits.

This is a place that boasts great diversity with coastal towns such as Hermanus, known as the jewel of the Cape Whale Coast for its abundance of marine wildlife, the beautiful Elgin Valley, an under-appreciated wine region and Swellendam, a jaw-droppingly beautiful natural wonderland, combining to create a region unlike any other. With a landscape dominated by gentle, undulating hills, enclosed by the ocean and foreboding mountain ranges, the Cape Overberg is a favourite getaway for those seeking outdoor pursuits and adventure.

The region also boasts an abundance of animal life – both land and ocean dwelling – with the wild horses that roam the wetlands between Bot River and Kleinmond having been there for as long as people can remember and Hermanus a favourite breeding ground for the Southern Right whale. Visit the coastal town of Hermanus from May to October annually and you’re virtually guaranteed a sighting of these magnificent ocean animals. The Agulhas Wine Triangle, meanwhile, is made up of the southernmost vineyards on the African continent, while the region also boasts fantastic seafood, artisanal cheeses, and much more for which to pair it with.



### Bucket list experience

Stand at the southern-most tip of Africa in L’Agulhas

## CAPE WEST COAST

The Cape West Coast (locally referred to as Weskus) is a place so awe-inspiring, so jaw-droppingly beautiful, and so magical, you would need weeks to take it all in. Stretching from Malmesbury, just outside of Cape Town, to the border of the Northern Cape at Touws River, the Cape West Coast is best known for its beautiful beaches and the quaint, seaside towns that populate the region.

Towns such as Langebaan, Lambert’s Bay, Paternoster and Saldanha have all become a home-away-from-home for many Western Cape locals and are havens for those looking to escape the city. The region is also famous for its bountiful seafood, with snoek, mussels and crayfish in abundance and understandably the area has become a mecca for restaurants specializing in seafood dishes, the ingredients of which are usually fresh from the ocean in which they line.

But the Cape West Coast is not just about the sea and all things related to it! There are many wonders that lie inland with the aptly named town of Darling famous for its wildflowers, which are in full bloom over September annually, and its locally produced wines, while the Cederberg Mountains boast century-old rock art, warm, welcoming locals and some of the best hiking, mountain biking and bouldering in the world.



### Bucket list experience

See the wildflower fields bloom

## GARDEN ROUTE & KLEIN KAROO

One of the most beautiful, diverse and awe-inspiring regions in the country, the Garden Route and Klein Karoo is also one of the most-loved road trips to embark on. Stretching from Witsand to Plettenberg Bay, right around to Oudtshoorn as well as Calitzdorp and Ladismith on the world-renowned Route 62, this is a place where adventure lies around every corner.

With everything from majestic mountains – and equally impressive mountain passes – to brilliantly blue coastlines and thick forested areas, the region is a natural wonderland to explore with a hugely diverse number of experiences. Route 62 runs through some fantastic small towns, with a number of options available to you – from olive and fruit farms, lesser-known but equally impressive wineries, and nature reserves.

And while the Garden Route is often celebrated for its exquisite coastal beauty, brilliant beaches and marvellous lagoons, it is also a golfer’s paradise with a number of world-class courses on offer, including Fancourt in George and Pinnacle Point in Mossel Bay, with many designed by world famous golfers.

For the adventurous, there are few better playgrounds to explore, with a myriad of trails, running through indigenous forests and up epic, jaw-dropping passes, while for those who prefer the water are sure to be spoilt by what is on offer in Knysna, Wilderness and Plettenberg Bay.



### Bucket list experience

Glide on the longest over-ocean zipline in the world

For more destination information, please reach out to [hello@wesgro.co.za](mailto:hello@wesgro.co.za)





# Madiba Legacy Route

The Western Cape is a hugely diverse province, a melting pot of cultures and heritage, all of which have had an impact on our landscape. Few people, however, have left a bigger impression than former South African President Nelson Mandela, both in terms of the Western Cape and the country as a whole. 'Tata' (father) Madiba as he is affectionately known is largely considered as having been the patriarch of the 'new' South Africa. The Western Cape, of course, is where he took his last steps in his 'long walk to freedom' and you can retrace those steps when you visit us.

## DAY 1 | CAPE TOWN

### LONG MARCH TO FREEDOM STATUE EXHIBITION

The Long March to Freedom exhibition is a monumental procession of 100 life-size bronze statues and the largest exhibition of its kind anywhere in the world. The bronze artworks depict South African and international icons, some famous and others unknown, and tell the story of South Africa's 350-year struggle for freedom and democracy. A tour through the procession is an immersive and moving experience, connecting the visitor with the lives of the person so vividly created in bronze.

[www.nhmsa.co.za/sculptures.html](http://www.nhmsa.co.za/sculptures.html)

### APARTHEID TO FREEDOM WALKING TOUR

Get introduced to the history of apartheid in Cape Town and the places related to it. Hear about the apartheid laws and the consequences they had. Find out more about the struggle for freedom and what happened the day Mandela was released. Highlights and Cape Town attractions include St George's Cathedral and Desmond Tutu, The Cape High Court and the "apartheid benches", a stopover in District Six and the spot where Mandela made his first speech as a free man.

<http://freewalkingtourscapestown.co.za>

### TRUTH TO POWER EXHIBITION

A new and exciting permanent exhibition celebrating key aspects of the legacy of the late Archbishop Emeritus Desmond Mpilo Tutu has entered Cape Town's cultural heritage precinct. A first of its kind on the African continent, the state-of-the-art exhibition explores the multi-faceted life of this loved and respected global icon. The exhibition is housed at the historic Old Granary building, the home of the Desmond and Leah Tutu Legacy Foundation and was curated in partnership with the Apartheid Museum.

The exhibition maps the Arch's legacy through six different themes and residents and visitors to Cape Town alike are invited to come and experience.

[www.tutu.org.za/programmes/truth-to-power-exhibition](http://www.tutu.org.za/programmes/truth-to-power-exhibition)

## DAY 2 | V&A WATERFRONT

### ROBBEN ISLAND MUSEUM

Madiba spent 18 years imprisoned on Robben Island, which is located just under 7km from off the coast of Bloubergstrand, Cape Town. His stay there has formed an important part of the narrative and it's the perfect place to start learning of not just his life story, but his fellow political prisoners. Be inspired by stories of former prisoners as they guide you through the prison hallways and around the island, which includes a visit to the Lime Quarry and the house of another famous political prisoner Robert Sobukwe. This three-to-five-hour excursion is a life changing experience.

[www.robben-island.org.za](http://www.robben-island.org.za)



## NOBEL SQUARE

Based at the iconic V&A Waterfront, Nobel Square is where the statues of Nobel Peace Prize winners Mandela, Albert Luthuli, Archbishop Desmond Tutu and FW de Klerk stand side by side. It's a favourite photo spot for visitors and locals alike, while the ever-popular V&A Food Market is located a few feet away. After lunch, make sure you explore the Waterfront properly, which has more than 450 retail stores in the main centre and a further 150 in the Watershed market.

[www.waterfront.co.za](http://www.waterfront.co.za)

## DAY 3 | STELLENBOSCH

### MANDELA MEMORIAL SQUARE

The Mandela Memorial Square located at the Stellenbosch Town Hall in the Cape Winelands is home to one of the lesser-known statues of Madiba. The design consists of iron silhouettes of Mandela's face applied to two sides of a wall. The eastern side also comprises a map of the eastern part of South Africa showing the places of importance in Mandela's life. The same applies to the western side of the wall (facing the town hall). A quote from Nelson Mandela's first opening of parliament speech connects the wall with a bench on the southern side. The Mandela image and the bench are illuminated at night.

[www.southafrica.net/za/en/travel/article/mandela-memorial-square-stellenbosch](http://www.southafrica.net/za/en/travel/article/mandela-memorial-square-stellenbosch)

## DAY 4 | FRANSCHHOEK

### DRAKENSTEIN CORRECTIONAL CENTRE

Take a scenic morning drive to historic Paarl and visit the Drakenstein Correctional Centre where Nelson Mandela spent the last 14 months of his 27 years of imprisonment in a house on the property. Here, you will find a bronze statue of Nelson Mandela at the entrance of the prison, with a raised fist, signifying the freedom of a once oppressed country.

## DAY 5 | GENADENDAL

### GENADENDAL MISSION MUSEUM

The oldest mission station in South Africa, Genadendal (which means 'Valley of Grace') is home to about 8000 people and the Mission Museum, a national monument with beautifully restored historic buildings, showcasing some of South Africa's most important artefacts. You'll feel like you've stepped back in time as you learn about Genadendal's inspiring history. During his term as president Nelson Mandela decided to rename the presidential official residence in Cape Town from 'Westbrook' to 'Genadendal' in honour of the oldest mission settlement in South Africa.

[www.genadendal.info](http://www.genadendal.info)

### GENADENDAL HIKING TRAIL

The Genadendal Hiking Trail is a relatively tough but scenic, 2-day circular route that includes an overnight stay in a farm cottage. The route starts at the Genadendal Mission Museum, winds up the mountains, through a farm, where you stay over and then back down the next day. The trail offers interesting rock formations, natural rock pools to cool off in the hot summer months and breath-taking sweeping views of the Overberg valley. With flowers dotting your walk as you go, you may even get a chance to see a few Proteas in bloom.

[www.genadendal.info/genadendal-hiking-trail](http://www.genadendal.info/genadendal-hiking-trail)

For more destination information, please reach out to [hello@wesgro.co.za](mailto:hello@wesgro.co.za)







# Markets in Cape Town & the Western Cape

## CAPE TOWN

### BLUE BIRD GARAGE FOOD AND GOODS MARKET | MUIZENBERG

**Location:** 39 Albertyn Road, Muizenberg

**When:** Thursdays 16h00 - 21h00 and Fridays 16h00 - 22h00

As the cornerstone of the Muizenberg community, the Blue Bird Garage Food & Goods Market takes place every Thursday and Friday night in a beautiful old postal plane hangar on the edge of this urban village. You will find this space filled with a collection of local artisans, specialty cooks, bakers, producers and designers. We bring the butcher, the baker, the t-shirt maker together under one eclectic, creative, vibey roof. Handpicked South African wines, craft beer, delicious food, a creative kids area and great company are all part of the tapestry that makes this a very unique and inviting market experience.

<https://bluebirdgarage.co.za>

### MOJO MARKET | SEA POINT

**Location:** 30 Regent Road, Sea Point, Cape Town

**When:** Open 7 days a week from 08h00 – 00h00 (Coffee and breakfast available from 08h00 with most stalls opening from 11h00)

Located in the heart of Sea Point on the bustling Regent Road, the Mojo Market has something for everyone. This market is all about experiences with live music, food, retail and the widest selection of beverages on tap in the Southern Hemisphere.

[www.mojomarket.co.za](http://www.mojomarket.co.za)

### MAKERS LANDING | V&A WATERFRONT

**Location:** Cape Town Cruise Terminal, V&A Waterfront, Cape Town

**When:** Thursdays and Sundays, 09h00 – 18h00. Fridays and Saturdays, 09h00 - 21h00

Makers Landing is a new V&A food community, a place where connections are formed and positive change is initiated - one plate at a time. Makers Landing is a place for everyone – a place for people to connect, learn and share, with food as a passion point. As well as scheduled programmes and events, the space is open every day for people to shop, browse, eat, or simply to experience the makers, their food, and their stories.

[www.makerslanding.co.za](http://www.makerslanding.co.za)

### TIME OUT MARKET | V&A WATERFRONT

**Location:** The Old Power Station Building, V&A Waterfront, Cape Town

**When:** Sunday to Wednesday: 11:00 AM to 10:00 PM and Thursday to Saturday: 11:00 AM to 11:00 PM, Coffee and breakfast options are available daily starting at 8:00 AM

A 27,000 sq ft foodie and cultural destination featuring 13 kitchens, 3 bars, and a dedicated wine bar.

Time Out Market brings together the best of Cape Town under one roof – from award-winning chefs and much-loved local gems to up-and-coming talents. This vibrant communal food hall offers a curated taste of the city's diverse and exciting food scene, along with cultural experiences. The first Time Out Market on the African continent.

<https://www.timeoutmarket.com/capetown/eat-and-drink/>

### ORANJEZICHT CITY FARM MARKET | GRANGER BAY

**Location:** Granger Bay Boulevard, Cape Town, 8001

**When:** Every Saturday 08h15 - 14h00 and Sunday 09h00 - 14h00

Held every Saturday and Sunday at the historic Granger Bay site of the V&A Waterfront, the OZCF Market Day is a community farmers-style market for independent local farmers and artisanal food producers. At the OZCF Market customers can do weekly food shopping, try out some delicious cooked and raw foods and be inspired about helping to build an alternative food system. Additionally, customers can buy edible plants and seedlings, compost and gardening supplies and equipment. [www.ozcf.co.za](http://www.ozcf.co.za) Neighbourgood

<https://ozcf.co.za/market-day>



## NEIGHBOURGOODS MARKET | WOODSTOCK

**Location:** The Old Biscuit Mill, 373 Albert Road, Woodstock, Cape Town

**When:** Saturdays 09h00 – 16h00 and Sundays 10h00 – 16h00

This award-winning market features over 100 specialty traders every Saturday, creating a weekly platform for local farmers, fine-food purveyors, organic merchants, bakers and distributors, grocers, mongers, butchers, artisan producers, celebrated local chefs, and micro enterprises, designers, thrifters and collectors.

The market is housed in an old sky-lit brick warehouse and courtyard at the Old Biscuit Mill in the industrial neighbourhood of Woodstock, Cape Town. It is as much a source for farm fresh as well as organic foods and locally produced specialty goods, as it is a meeting point to enjoy community, swap ideas and stories, and become educated about what we buy and eat by going directly to the source.

[www.neighbourgoodsmarket.co.za](http://www.neighbourgoodsmarket.co.za)

## CAPE WINELANDS

### LOURENSFORD MARKET | SOMERSET WEST

**Location:** Lourensford Road, Somerset West

**When:** In season (September – May), open Fridays 17h00 – 21h00, Saturdays 16h00 – 21h00 and Sundays from 10h00 – 15h00. Smaller-scale Winter Edition market from June – August, Friday evenings 17h00 – 21h00; Saturdays and Sundays 10h00 – 15h00.

Discover a market experience like no other at the trendiest weekend hangout spot in the Helderberg! Join Lourensford Wine Estate for a chance to soak up the sun, and marvel at the exquisite sprawling lawns, landscaped gardens and majestic oaks. Taste award-winning wines, snack on decadent delights, or spend hours combing through the vendors' treasure-troves of unusual and offbeat offerings – there's something for everyone at The Lourensford Market, and a good time is guaranteed!

Traditionally closed for annual winter closure between June to August, Lourensford has recently introduced a smaller-scale market during this period - the Lourensford Market Winter Edition, which is hosted in the acclaimed Laurent Venue on Lourensford Estate. From familiar comfort foods to firm winter favourites, expect only the best from the seasonal menu. Warm the cockles of your heart with speciality coffees and hot chocolates; sip award-winning wines that'll knock your socks off, or enjoy a hearty meal from one of the market's carefully selected food vendors.

[www.lfham.co.za](http://www.lfham.co.za) | <https://lourensfordexperiences.co.za>

## ROOT44 MARKET | STELLENBOSCH

**Location:** Corner of R44 and Annandale Road, Stellenbosch

**When:** Fridays 16h00 - 21h00 and Saturdays & Sundays, 09h00-17h00

Root44 is a venue with a difference. It is beautifully designed to give you an outdoor and indoor experience. Come rain or sunshine, the market is always open. Root44 is surrounded by gorgeous vineyards and trees, offers funky live entertainment, an awesome selection of food, craft drinks, and fresh produce, the perfect place for leisurely browsing.

<https://root44.co.za>

## FRANSCHHOEK VILLAGE MARKET | FRANSCHHOEK

**Location:** 29 Huguenot Road, Franschhoek

**When:** Saturdays 09h00 – 15h00 in the summer. Weather permitting

This is the most amazing place to spend Saturday morning in the village of Franschhoek. The market has become very popular and has grown substantially. It now offers you a feast of produce, delicious deli items, indigenous arts and crafts and a great child-friendly outing. Experience country living at its tastiest.

[www.franschhoekvillagemarket.co.za](http://www.franschhoekvillagemarket.co.za)

## WINDMEUL CELLAR FARMERS MARKET | PAARL

**Location:** Corner of R44 & Paardeberg Road, Agter-Paarl

**When:** Every first Saturday of the month, 08h00 - 12h00

The market offers visitors a feast of produce and delicious deli treats, as well as the opportunity to enjoy a kid-friendly outing while soaking up country living at its tastiest. Small and rustic but nevertheless widely renowned, the Windmeul Cellar Farmers Market has attracted the enthusiastic attention of a host of proud locals and discerning travellers who consistently return for more of the festive fare. The initiative also provides a platform where people from diverse backgrounds can mingle to enjoy the festive spirit of our burgeoning community. All of the vendors are proudly local and have been hand-selected for the passion that they display for their craft. Visitors can look forward to everything from olives, jams, artisanal breads and quiches to botanicals, herbs, paintings, jewellery, bath products and more.

[www.windmeul.com/events/windmeul-farmers-market](http://www.windmeul.com/events/windmeul-farmers-market)

## WESKUS

### CAMPBILL VILLAGE MARKET | WEST COAST

**Location:** Klein Dassenberg Road, Cape Farms, Cape Town, 7349

**When:** First Sunday of every month (except January), 10h00 – 14h00

Camphill Village invites the general public to join in for a lovely day out in the country at Camphill's monthly market. The surroundings are relaxing and peaceful with beautiful gardens and shady trees around the market area, where visiting stallholders and Camphill residents set up their food and craft stalls.



A wide range of goods are on offer: Camphill's own produce of organic vegetables, fruits and herbs, the dairy's legendary yoghurts and cheeses, the bakery's renowned breads, biscuits and rusks, the herbal workshops fragrant lotions and soaps. The Camphill cafe serves up a tempting array of cakes, all freshly baked in the village, and tempts the appetite with bacon and egg rolls, quiches, wraps, salads and vegetarian lunches. Visiting stallholders add their own craft products to the mix, as well as plants, delectable cooked food, baked goods, jewellery and crystals.

[www.camphill.org.za/market](http://www.camphill.org.za/market)

### THE VILLAGE MARKET | RIEBEEK KASTEEL

**Location:** Sarel Cilliers Street, Riebeek Kasteel (opposite Kasteel Motors)

**When:** Every first Saturday of the month, 09h00 – 13h00

Riebeek Kasteel's Village Market is held in conjunction with the First Fridays weekends, forming a highlight on the programme. It is held on the Saturday morning, following the First Friday each month and takes place on the Village Square in the Centre of Riebeek Kasteel. This makes it an easy walk from all corners of the Village. Traders sell a variety of hand-crafted products, ranging from jewellery, clothing, shoes, bags, soaps, toys and everything in between. There is also always a selection of street-food on offer, artisanal breads, coffee on the go and a wide choice of baked goods. All profits from the market are distributed back into the community.

[www.riebeek-valley.com/village-market.html](http://www.riebeek-valley.com/village-market.html)

### HOPEFIELD MARKET | HOPEFIELD

**Location:** The Riverside Barn, 38 River Street, Hopefield

**When:** Saturdays 10h00 – 13h00

The Hopefield Market is a weekly pop-up community food market and trading space in Hopefield, run by passionate locals. The market proudly offers the best in locally sourced seasonal produce and artisanal fare, encouraging inclusive local participation and focusing on supporting local artisanal food vendors and small farmers. This is a place where travellers stop and locals catch up!

<https://hopefield-market-pop-up.business.site>

### PIKET-BO-BERG FARMERS MARKET | PIKETBERG

**Location:** Kruisementvlei Guest Farm, Piket-Bo-Berg, Piketberg

**When:** Last Saturday of every month, 09h00 – 12h00

A farmers' market held every last Saturday of the month, gives visitors and farmers the opportunity to buy or sell their goods and share in genuine country hospitality. Everything from olives, almonds, vegetables, pancakes, bread and jam, to crafts and plants are cheerfully for sale. Music is generally provided by a live local band.

<http://ksvfarm.co.za/community>

## CAPE OVERBERG

### ELGIN RAILWAY MARKET | ELGIN

**Location:** Elgin Railway Market, Oak Avenue, Elgin

**When:** Mondays – Fridays: Steam Coffee Shop, 08h00 – 16h00 | Wednesdays & Fridays: Limited selection of food vendors: bar, beer and wine shop, 16h00–20h30 | Saturdays and Sundays full market days, 09h00 – 16h00

Take a trip back to Victorian times at this delightful railway market in the valley of Elgin. This Art Deco steampunk-themed experience boasts a wide variety of stalls, including food, drink, jewellery, clothing, ceramics, and much more. Based in an old apple warehouse that has been converted into an expansive indoor market, the elaborate metal archways, overhanging bridges and lanterns provide a fascinating backdrop to the experience.

[www.elginrailwaymarket.co.za](http://www.elginrailwaymarket.co.za)

### HERMANUS COUNTRY MARKET | HERMANUS

**Location:** Hermanus Cricket Club, off Fairways Avenue, Eastcliff, Hermanus

**When:** Saturdays 09h00 – 14h00

The Hermanus Country Market is a small market with a lot of soul. Boasting an incredible array of fresh organic produce, homemade delicacies, artisan breads, probiotic yoghurts, handmade cheeses, home smoked fish, happy hen eggs, wheat-free bakes, a whole variety of arts & crafts, you are bound to leave with a bulging basket of goodies. There is also live music and plenty to keep the kids occupied as well.

<https://hermanuscountrymarket.co.za>

### GREYTON SATURDAY MORNING MARKET | GREYTON

**Location:** Greyton Market Square, Main Road, Greyton

**When:** Saturdays, 10h00 – 12h00

Greyton's Saturday Morning Market is renowned for its fresh, scrumptious fare and other close-to-nature products. Every Saturday morning Greyton's Market Square is abuzz with activity, where people flock to buy home-made and home-crafted goods. This is very much a Community Market with a variety of goods from Greyton and the villages of the Overberg. A visit to the market is the highlight of a visitor's weekend, providing an abundance of food items for those in self-catering accommodation as well as an opportunity for a spontaneous picnic while passing the time of day with new friends! Greyton has a wealth of talented artists and crafters who display their diverse work each week without fail. The market is run by volunteers from the Greyton Conservation Society, each stallholder donating 10% of his or her takings to this worthy cause weekly.

[www.greytontourism.com/activity/saturday-morning-market](http://www.greytontourism.com/activity/saturday-morning-market)

### UNDER THE OAKS MARKET | SWELLENDAM

**Location:** Behind Grace + Merci restaurant on Voortrek Street, Swellendam

**When:** Saturdays 09h00 – 13h00 (summer); 10h00 – 14h00 (winter)

Under the Oaks is a quirky country craft market with locally made great food, bakes, craft, art, plants artwork, gifts and curios, fresh organic produce, herbs.

[www.facebook.com/undertheoaksvillagemarket](http://www.facebook.com/undertheoaksvillagemarket)





## GARDEN ROUTE & KLEIN KAROO

### OUTENIQUA FAMILY MARKET | GEORGE

**Location:** Off N2 Freeway, George (follow signboards from Sasol George)

**When:** Saturdays, 08h00 – 14h00

With more than 150 food and craft stalls, you can be guaranteed that there is something for everyone! The market also offers live entertainment, lots of undercover seating, excellent ablution facilities and tons of secure parking. And for the kids, there's a Boere train ride, pedal cars, pony-cycle rides, face painting, bunnies, sand-art and a massive play park! So if it's farm fresh fruit and veggies, international cuisine, sweet treats or gifts and decor that you are after, then Outeniqua Family Market is the place for you!

<https://outeniquafamilymarket.co.za>

### WILD OATS COMMUNITY FARMERS' MARKET | SEDGEFIELD

**Location:** Along N2 Freeway, Sedgefield

**When:** Every Saturday, 07h30 - 12h00 (summer), 08h00 - 12h00 (winter)

This multiple award-winning market is located on the outskirts of the beautiful coastal town of Sedgefield, adjacent to the Swartvlei lake-lagoon. Now in its 13th year, this rustic spot brims over with 60 stalls offering the finest local farm produce, home bakes, plants and flowers of the unique Southern Cape floral kingdom, outdoor breakfasts and live music. Bliss!

[www.wildoatsmarket.co.za](http://www.wildoatsmarket.co.za)

### HARKERVILLE SATURDAY MARKET | HARKERVILLE

**Location:** Harkerville, N2 Freeway, 18km from Knysna, 12km from Plettenberg Bay

**When:** Saturdays, 08h00 - 12h00

Harkerville Market is rural and rustic, but vibey and vital - not only a farmer's market, but also a craft market - definitely all you could ever hope for in a typical South African Saturday Market ~ deep in the heart of the Garden Route, midway between Plettenberg Bay and Knysna on the N2. Make this your Saturday chill-out place, relaxing under our mighty oak

tree, enjoying a delicious breakfast and browsing our very diverse art and craft stalls, to the popular background music presented by the resident DJ. Bring the whole family, meet your friends or make new ones: enjoy this one stop country market.

[www.harkervillemarket.co.za](http://www.harkervillemarket.co.za)

### THE OLD NICK MIDWEEK MARKET | PLETTENBERG BAY

**Location:** Old Nick Village, N2, Plettenberg Bay

**When:** Every Wednesday, 09h00 – 14h00

Located at the Old Nick Village shopping destination, the Old Nick Midweek Market is the perfect destination to find all the freshest ingredients you need and to connect directly with farmers and producers. With its emphasis on locally produced, grown and made products it's the perfect complement to the established Old Nick merchants. A fresh outdoor 'supermarket' filled with naturally grown fruit and vegetables, ethically farmed meat and dairy products and tasty homemade foods. You'll also find all manner of handmade and environmentally friendly products. As long as it's local, natural and made with love, you'll find it at the market.

<https://oldnickvillage.co.za/activities>

## CAPE KAROO

### PRINCE ALBERT SATURDAY MARKET

**Location:** 42 Church Street, Fransie Pienaar Museum, Prince Albert, 6930

**When:** Saturdays, 08h30 – 12h00

In the government gazette of 30 October 1855, the Governor, Sir George Grey, gave permission for Prince Albert to hold a weekly market. The market flourished for years but eventually disappeared. In December 1997 the Prince Albert tourism association resurrected the weekly market, which is held every Saturday morning on the square next to the Fransie Pienaar Museum. Discover everything from dried fruit, home-made jams, pickles, cakes and bread, fresh fruit and organic vegetables. Enjoy a cup of coffee and a pancake or an early lunch at this historical spot.

<https://princealbert.org.za>

For more destination information, please reach out to [hello@wesgro.co.za](mailto:hello@wesgro.co.za)







# Discover Food & Wine

Home to some of the world's most bountiful vineyards and boasting numerous award-winning restaurants, Cape Town and the Western Cape is a gastronomic wonderland, with a history intrinsically tied to the vine. Dine at world-renowned restaurants, challenge your culinary notions and break bread at cutting-edge eateries, taste iconic vintages at some of the oldest wine farms on the continent, or simply combine it all with a pairing presented by the world's best. Just be sure to bring your appetite.

## INTERACTIVE GASTRONOMY EXPERIENCES

Wild Food Foraging with Veld and Sea | Cape Town

On land, at sea, in forests and mountains, there is food all around us, we just have to open up our senses and reconnect. Explore and experience our edible landscape with Veld and Sea's seasonal and sustainable foraging workshops, consultations and collaborative events.

<https://veldandsea.com>

## LAMBERT'S BAY WINE & FOOD TOUR | LAMBERT'S BAY

The Cape West Coast corridor, one of the most fascinating coastal stretches in South Africa, should be in your bucket list of tours to do when planning a holiday. Discover the smallest wine route in South Africa, 'Wine of Origin Lambert's Bay', with a cheese tasting, wine & food pairing and a wine & chocolate tasting.

[www.destinationcederberg.co.za/tour-lambertsbay.html](http://www.destinationcederberg.co.za/tour-lambertsbay.html)

## HERMANUS WINE HOPPERS | HERMANUS

Take a trip on the unique hop-on hop-off safari-style wine routes and discover the boutique wineries of the stunning Hemel & Aarde Valley in a truly unforgettable way. The fleet of safari-style vehicles offer a distinctively South African experience for you to take in the breath-taking beauty and 'champagne air' of this picturesque valley while exploring the world-class wineries at your own pace.

[www.hermanuswinehoppers.co.za](http://www.hermanuswinehoppers.co.za)

## GIN MASTERCLASS AT CAPE SAINT BLAIZE ARTISANAL DISTILLERY | MOSSEL BAY

Cape Saint Blaize is an artisanal distillery that captures the true spirit of Eden, through rare botanical selection and artful distillation. It is from this land on the Southern coast of Africa that the distillery draws inspiration and brings together the natural relationship between people and plants. Botanicals are hand foraged from a varied terrain that encompasses rugged coastline, majestic mountain plateaus, dense ancient forest and remote semi-arid deserts. Become a master distiller and learn more about the distillation process by making your own bottle of Gin.

[www.capesaintblaize.co.za](http://www.capesaintblaize.co.za)

## AFRICAN RELISH FOODIE TOUR | PRINCE ALBERT

Join a small group for a friendly and exclusive guided tour of the culinary food producers in the town of Prince Albert. Whether it is tasty artisan breads and pastries, ginger beer, vetkoek and roosterkoek (grilled bread), pickled olives and oil, figs, cheeses, biltong, wines and witblits, you are in for a charming tour of the towns' food and culture.

[www.africanrelish.com/events-activities-and-tours](http://www.africanrelish.com/events-activities-and-tours)

## FRANSCHHOEK WINE TRAM | FRANSCHHOEK

The Franschhoek Wine Tram hop-on hop-off tour is one of the best ways to discover the true essence of the Franschhoek Valley – picturesque vineyards, breath-taking scenery, warm hospitality, world-class cuisine, fine wines and a 300-year history. Passengers aboard the hop-on hop-off tour will experience a unique and leisurely way to see the Franschhoek Valley as they journey through rolling vineyards in a magnificent double-deck railway tram and an open-air tram-bus stopping in at some of South Africa's oldest and most distinguished wine estates.

<https://winetram.co.za>

## Looking for a place to Dine

Whether you're looking for a gourmet adventure or a casual meal with stunning views, these links will guide you to unforgettable dining experiences.

<https://www.dineplan.com/>

<https://www.tripadvisor.co.za/Restaurants>

<https://www.getyourguide.com>





# Explore the Wine Routes of the Western Cape

The wine routes of South Africa are mostly found within the Western Cape where the bulk of the country's wine production takes place. The wine routes include world-class wine estates, fine cuisine and unique food and wine pairings. There are many other exciting activities to discover along these routes from wildlife encounters to art galleries.

## CAPE TOWN

### CONSTANTIA WINE ROUTE

The Constantia Wine Valley offers a unique blend of centuries-old homesteads and stylish new boutique wineries in spectacular mountain countryside just 15 minutes from Cape Town's city centre. Here you can sample a wide range of premium wines, take a stroll through beautiful greenbelts, enjoy a sensational taste experience at one of the many restaurants, sip champagne on the lawns of the wineries or in the boutique hotels, and view fine art made by local artists.

[www.constantiawineroute.com](http://www.constantiawineroute.com)

### DURBANVILLE WINE ROUTE

Visitors who choose to visit the Durbanville Wine Valley are welcomed with warm hospitality by each of the 12 farms that make up this unique area situated on the urban edge of Cape Town, just 30 minutes from the city centre. Warm hospitality, rich flavours, exceptional wines and engaging experiences are interwoven into the core of what the Durbanville Wine Valley is all about. Sauvignon Blanc is the signature varietal of this cool-climate wine region.

[www.durbanvillewine.co.za](http://www.durbanvillewine.co.za)

## CAPE WINELANDS

### BREDEKLOOF WINE VALLEY

The lesser-explored Bredekloof, a valley of slow ripening vines, is home to farming families with a long tradition, some reaching back over three centuries. This wine hamlet, situated just over an hour's drive from Cape Town, offers expansive and dramatic mountain views, as well as a range of activities that cater to all tastes, whether it is a thirst for the outdoors, or for something a bit more literal in the form of wine, craft gin or craft beer.

[www.breedekloof.com](http://www.breedekloof.com)

### FRANSCHHOEK WINE VALLEY

Breath-taking scenery, world-class cuisine, fine wines and a village atmosphere. These are the hallmarks of the beautiful Franschhoek Valley, settled more than 300 years ago by the French Huguenots. Experience the Food and Wine Route, the Artisan Food Route, the Rond en Bont cultural route or the Cap Classique Route; treat yourself to a special Mystery Weekend; or go to one of the festivals covering food and wine, art, literature and music.

[www.franschhoek.org.za](http://www.franschhoek.org.za)

### PAARL WINE ROUTE

Proudly positioned, the famous Paarl Rock greets you when visiting this valley. Paarl Wine Route is one of the oldest in the country and several of South Africa's historic cellars are found here. The tranquil wine region is renowned for its rich, full-bodied, spicy reds (Shiraz is a speciality) and crisp whites. The town of Paarl, which dates back to 1657, offers nature, history, culture and food – explore it by foot, bicycle, horseback or car.

[www.paarlonline.com](http://www.paarlonline.com)



## ROBERTSON WINE VALLEY

Satisfy your wanderlust with a mere 2-hour scenic drive from Cape Town to explore the country life on Route 62. Be captivated by the producers rich history that led to this valley's authenticity and quality. Celebrate Chardonnay, Cabernet and MCC from this diverse terroir region. We are united in our passion to create the most memorable wine and food tourism experiences hosted by our unique, country-charm hospitality. Discover the stories behind the bottle and come taste the lifestyle.

[www.robertsonwinevalley.com](http://www.robertsonwinevalley.com)

## STELLENBOSCH WINE ROUTE

In 1971, Stellenbosch became the first wine region in South Africa to establish a wine route as an organised network of wineries for visitors. Today the town – with its compelling mix of world class wine and food offerings balanced with history, culture and spectacular natural beauty – provides a coordinated network of more than 100 wineries, each offering a unique cellar-door experience for the wine lover and visitor. The five sub-routes each has its own wine styles, climates and geographic location.

[www.wineroute.co.za](http://www.wineroute.co.za)

## TULBAGH WINE ROUTE

A scenic 90-minute drive from Cape Town, the rural village of Tulbagh nestles in a serene valley surrounded by magnificent mountains. The Tulbagh Wine Route is dotted with graceful old estates that have been home to generations of the same families, interspersed with new vineyards and state-of-the-art cellars belonging to more recent micro-producers and boutique wineries. One of the attractions of Tulbagh is Church Street with its 32 provincial monuments that transport visitors back in time.

[www.tulbaghwineroute.com](http://www.tulbaghwineroute.com)

## WELLINGTON WINE ROUTE

If you seek the road less travelled then there is no wrong turn when visiting the picturesque town of Wellington, declared a 'Top Wine Area' in the 2016 South African Terroir Awards. Surrounded by wine estates, fruit orchards, buchu plantations and olive groves. It's also home to South Africa's first indigenous distillery. Here's where visitors meandering off the beaten track can discover artisanal produce and scenic routes and even game reserves set among the fynbos and indigenous Renosterveld.

[www.wellington.co.za](http://www.wellington.co.za)

## WORCESTER WINE & OLIVE ROUTE

The Worcester Wine & Olive Route, about 150 kilometres from Cape Town, is home to 12 wine cellars and an olive estate, offering an unforgettable experience to all food and wine lovers, from novices to connoisseurs. This region, known for its value-for-money products, also boasts plenty of bistros and restaurants, plus a range of accommodation options for those who want to make it a relaxing getaway. A highlight on the annual calendar is the Nuy Valley Feast taking place in May.

[www.wwor.co.za](http://www.wwor.co.za)

## GARDEN ROUTE & KLEIN KAROO

### KLEIN KAROO WINE ROUTE

Spread out across the Klein Karoo with its uniquely South African cuisine, warm welcome and unspoilt landscapes, this diverse wine route stretches along the R62 from Montagu westwards through the towns of Barrydale, Ladismith, Calitzdorp and Oudtshoorn, to De Rust and Herold in the east. Various microclimates enable Klein Karoo winemakers to produce a wide variety of quality wines that include crisp whites and appealing reds, potstill brandies, and the ever-popular Muscadel and Cape Port.

[www.kleinkaroo wines.co.za](http://www.kleinkaroo wines.co.za)

### PLETTENBERG BAY WINELANDS

South Africa's smallest wine region, the Plettenberg Bay Winelands' farms are owner-run and there are 8 open to the public. You can experience their tasting rooms, restaurants, wine cellar and viticulture tours. They produce a variety of cultivars – Sauvignon Blanc, Chardonnay and Pinot Noir – while their award-winning Méthode Cap Classique varieties are turning this area into a premier bubbly experience. Indigenous forest, mountains and a temperate coastline as well as the annual Plett Wine & Bubbly Festival over Easter holidays, add year-round fizz to visit this premier Garden Route destination.

[www.plettwinelands.com](http://www.plettwinelands.com)

## CAPE OVERBERG

### BOT RIVER WINE ROUTE

In the rolling hills of the Bot River area, down-to-earth, sociable farmers make wines for lovers of the road less travelled. Here you can taste wines made from the oldest vines in the region, as well as more recent varieties from new plantings. From historic and traditional wineries to the most modern state-of-the-art cellars, the common denominators are a warm welcome, handcrafted wines, a commitment to biodiversity and the desire to share hours of sociable sipping.

[www.botriverwines.com](http://www.botriverwines.com)

### ELGIN VALLEY WINE ROUTE

The vineyards of the Elgin Valley Wine Route benefit from high altitudes and cold winters with abundant rainfall, and south-easterly sea breezes in summer. These elements ensure slow ripening, resulting in wines with purity of fruit, complexity and elegance. The route encompasses 15 wineries, while festivals include Elgin Cool Wine & Country Food and the Elgin Chardonnay Colloquium held annually in October. An exciting development is the Elgin Railway Market with a wine bar, crafts and food stalls.

[www.elginwine.co.za](http://www.elginwine.co.za)

### AGULHAS WINE ROUTE

The small town of Elim (meaning 'place of God') was established in 1824 by missionaries and vines planted to make sacramental wine. More than a century later, they replanted vineyards of the Agulhas Wine Route, en-route to the southernmost tip of the continent at Cape Agulhas, are cooled by the salt-laden winds that blow off the sea, while the area's uniquely diverse soil types encourage distinctive mineral and flinty flavours in the fruit.

[www.elimwines.co.za](http://www.elimwines.co.za)



## HEMEL-EN-AARDE WINE ROUTE

Bordering Walker Bay – a breeding ground for Southern Right whales on their annual winter migration – is a 20-kilometre stretch of vineyards known for their unique terroir and maritime character, which derive maximum benefit from the high elevation and cool sea breezes. The earth here has, over millions of years, shifted and moved, creating the wide variations that make up the area's three distinct appellations. Each winery produces small volumes of premium-quality wines in sustainably managed vineyards.

[www.hemelenaardewines.com](http://www.hemelenaardewines.com)

## STANFORD WINE ROUTE

The quaint village of Stanford in the Cape Overberg, two hours from Cape Town, is surrounded by ten wineries, ranging from large well-known farms to charming micro establishments. Here, you can taste the unique wines of the cool-climate terroir, sample wholesome, delectable country cuisine, relax into laidback village life and soak up the tranquil landscape, book into a wide range of accommodation from five-star to home-from-home and make lifelong wine friends.

[www.stanfordinfo.co.za/cat/wine-tasting](http://www.stanfordinfo.co.za/cat/wine-tasting)

## WEST COAST

### DARLING WINE ROUTE

Darling, 'the flower of the West Coast', is an hour's drive from Cape Town. The town and surrounds are the home of vineyard plantings influenced by the nautical conditions of the nearby Atlantic Ocean. Mainly dryland, the plantings yield fruit of huge intensity and flavour, resulting in wonderful wines. Darling is a member of the Biodiversity and Wine Initiative, which aims to minimise the loss of natural habitats and contribute to sustainable wine production through better land-management practices.

[www.darlingtourism.co.za](http://www.darlingtourism.co.za)

## SWARTLAND WINE & OLIVE ROUTE

The raw and rugged Swartland – an area of extreme diversity – boasts wide-open horizons. Here bush vines and trellised vines stand alongside wheat fields and olive groves in an area with many microclimates and soils. Vineyards stretch along the banks of the Berg River and clamber up the rolling hills so typical of this area and backroad wineries echo the terroir, with communities pursuing individual expression through wine, food, word and art.

[www.swartlandwineandolives.co.za](http://www.swartlandwineandolives.co.za)

## NAMAQUA WEST COAST WINE ROUTE

The varied West Coast Wine Route covers a wide range of locations, from tucked-away family-run farms to well-known mega-wineries. The route begins in the hills around the village of Trawal in the south and stretches north along the fertile Olifants River valley with its ideal growing conditions for distinctive wines, to Doring Bay to Lamberts Bay on the West Coast. The beauty of the region, popular with adventurous and active travellers, is enhanced by its down-to-earth and genuine people.

[www.visitnwc.com](http://www.visitnwc.com)

For more information on the wine routes of South Africa visit

[www.visitwinelands.co.za](http://www.visitwinelands.co.za)

For more destination information, please reach out to  
[hello@wesgro.co.za](mailto:hello@wesgro.co.za)







# Discover Active and Outdoor Adventure

From African Penguin colonies to climbing the highest mountain peak in Cape Town and the Western Cape, discover an abundance of natural beauty and daring adventure experiences.

## CAPE TOWN

### CAPE TOWN ZIPLINES | CONSTANTIA

Cape Town Ziplines boards on the Table Mountain National Park Reserve. You will be surrounded by the natural beauty, fauna and flora while walking and zipline between the 12 platforms. You could almost mistakably think that you are inside the Table Mountain Nature Reserve as you take in the amazing scenery. The Zipline experience offers you a tour of the cables starting high in the mountain and slowly descending down the slopes. The platforms offer visitors the most amazing panoramic views of Cape Town.

### SEAL SNORKELLING | HOUT BAY

Animal Ocean specialises in Seal Snorkelling trips to Duiker Island in Hout Bay, Cape Town. Join us on a trip of a lifetime to snorkel with the local Cape Fur seals in their natural environment!

### ABSEIL TABLE MOUNTAIN | CAPE TOWN

The panoramic views from the top of Table Mountain are breath taking but the views from the abseil are even better. Descending down the side of a sheer cliff you will have Camps Bay, the Atlantic Seaboard and the deep blue ocean at your feet with the Twelve Apostles at your side. The Table Mountain Abseil is guaranteed to get your pulse racing.

### SCENIC TOUR ON ELECTRICAL SCOOTERS OR BIKES | SEA POINT

The Sea Point Promenade is one of Cape Town's most lively attractions bringing together cyclists, walkers, dog-walkers, skaters, joggers and a host of locals and tourists taking in all that Cape Town has to offer. The Electrek routes take you in all different directions so be sure to choose the route that best suits you.

## CAPE WINELANDS

### CERES ZIPLINE ADVENTURE | CERES

Come and experience this 1,4km of pure adrenalin Eco Adventure, consisting of 8 slides varying from 100-290m in length. This Eco-Adventure is safe, fast and long. The tour takes place in the Schurweberg Mountains below the Koekedouw Dam in Ceres.

### HORSE TRAILS | PAARL

Wine Valley Horse Trails has a package to suit everyone. There are 1 hour, 2-hour, and 4-hour rides, with special wine tasting trails. The rides begin on the beautiful Rhebokskloof Wine Estate and proceed up and into the surrounding Paarl Nature Reserve. Riders are treated to spectacular views of the Du Toits Kloof mountain range, the Swartberg farming areas to the west, and the majestic Table Mountain to the south.



## WELLINGTON WINE WALK | WELLINGTON

Enjoy hiking through the beautiful Wellington valley in the winelands of the Western Cape. Local guides, fully accredited and well versed in the history and culture of the area, will accompany you and take you through indigenous fynbos, vineyards, fruit orchards and olive groves. Stop and taste the Wellington wines, olives and olive oil produced in this fertile valley. Meet the winemakers and learn more about their award-winning wines. Meet the local characters of the valley and hear their interesting stories. If you love the outdoors, wine-tasting and scenic walking/hiking trails; this is an ideal walking holiday for you.

## SKYDIVE ROBERTSON | ROBERTSON

Skydive Robertson is situated at Robertson Airfield just east of the picturesque and historic town of Robertson, at the heart of the scenic world-renowned Route 62, where you can find South Africa's finest wines. Skydive Robertson is the longest running Parachute Association of South Africa (PASA) approved drop zone in South Africa and operates on weekends throughout the year. We attract everyone from first time jumpers and students through to sports skydivers of all levels of experience from all skydiving disciplines and from all walks of life.

[www.skydive.co.za](http://www.skydive.co.za)

## WESKUS

### LANGEBAAN WATER SPORTS | LANGEBAAN

Enjoy windsurfing, kitesurfing, kayaking or stand-up paddle boarding on Langebaan main beach, the wind direction and speed makes Langebaan the perfect spot to enjoy these water adventure activities.

### PORTERVILLE PARAGLIDING | PORTERVILLE

Porterville is the wow-factor of paragliding. This site can be flown all year round, even when the wind is howling in Cape Town.

### BIRD-WATCHING AT LAMBERT'S BAY BIRD ISLAND | LAMBERT'S BAY

As the only accessible spot in the world to see Cape gannets breed, Bird Island is a bird-watcher's paradise. The island's hide is perfectly situated to observe their activities first-hand and learn more about their breeding habits. Other birds include the African penguin, the Cape cormorant and the kelp gull.

### CEDERBERG RIVER RAFTING | CEDERBERG

Set in the foothills of the Cederberg, this lovely area offers visitor beautiful scenery and springtime flower displays. The river winds through a beautiful canyon and offers a true wilderness experience. Experience overnight WhiteWater Rafting through the pristine Cederberg mountains.

## CAPE OVERBERG

### KOGELBERG NATURE RESERVE | KLEINMOND

Considered by many to be the most beautiful of CapeNature's protected areas, Kogelberg Nature Reserve earns that reputation largely to the fact that it occupies an area with minimal human interference. Its exceptional diversity and quality of fynbos means it is considered the heart of the Cape Floral Kingdom. A plethora of outdoor activities can be enjoyed at Kogelberg Nature Reserve including white water kayaking, bird-watching, mountain biking, whale watching, and more.

### GLAMTRAILS | HEMEL-EN-AARDE VALLEY

Glamtrails offers walking tours amongst the fabulous vineyards of the verdant Hemel & Aarde, designed to stimulate, refresh, entertain, and inform. Trails are interwoven with historical narratives, fabulous food and wine tastings and incredible vistas that equally inspire excellent conversation or quiet contemplation. The routes can be completed in a matter of hours, some a short stroll, others an uphill hike, each offering a unique experience. Take a meander through valleys and vineyards, up hills and mountain tracks, along farm roads and through incredible fauna and flora unique to the Western Cape. Picnic in vineyards, have a post-hike meal at a world-class restaurant, or just sit back and relax with a glass of award-winning wine.

### QUAD BIKE TRAILS | HERMANUS

This Quad Bike Trail in Hermanus is a must as it is rated as one of the top trails in South Africa and has often featured in movies, commercials, and on a number of travel agent itineraries. The trail is easy to moderate, and the guides will ensure you have a memorable experience. The trail starts with a curvy and flat drive but slowly as you get the hang of it the tour starts heading up the mountains and past the Honingklip Dam. Cameras on this trip are an absolute must! From the trails vantage point on your trials, you will see the entire bay and Botriver Lagoon.

## GARDEN ROUTE & KLEIN KAROO

### MOSSEL BAY QUAD BIKING | MOSSEL BAY

Experience an unforgettable quad biking adventure with a guided tour around a 5km track. For your convenience, all our quads have an electric start and equipped with automatic gearboxes. Hold on tight as you ride across sandy tracks, sending you bumping and shaking, from the absolute beginner to the experienced rider. No matter who you are, where you are coming from or where you are going, quad biking is an absolute must.



## KNYSNA ZIPLINES | KNYSNA

The Knysna Ziplines is an adrenaline-filled experience that has you gliding over the treetops and giving you a spectacular view of the surrounding forest and natural landscapes. At a relative speed! Experience a unique zipline adventure within one of South Africa's most pristine National Parks. Situated close to the N2 between Knysna and Plettenberg Bay.

## CANYONING ADVENTURE | PLETTENBERG BAY

AfriCanyon offers a multi-part canyoning (locally called "kloofing"), abseiling and river adventure experience. Professionally trained guides take you on a canyon trip packed with fun.

## SKYDIVE OUDTSHOORN | OUDTSHOORN

Few things are as exhilarating and adrenaline filled as falling safely out of a perfectly good airplane. The 20-minute flight to altitude offers spectacular and unique views of the Klein Karoo... and then it's time to jump! Attached to your instructor, you'll experience that ultimate sensation, that feeling of flight we all dream of.

## CAPE KAROO

### KAROO CYCLING TOURS | PRINCE ALBERT

The Swartberg Mountains - a World Heritage Site and the Swartberg Pass - a Thomas Bain's Masterpiece, are where you get to cycle and marvel at the unbelievable beautiful and spectacular rock formations. Discover "Sense of Peace" cycling in and around Prince Albert where you will experience that lost solitude and get back to discovering the quietness and freedom of cycling on ancient roads with lots of history.

## WOLWEKRAAL NATURE WALK | PRINCE ALBERT

Enjoy the spectacular scenery near the southern Karoo desert village of Prince Albert and learn about the geology, botany, natural and cultural history of the Wolwekraal Nature Reserve and the surrounding area on a two-hour guided nature walk led by custodians Dr Sue Milton-Dean and Dr Richard Dean.

## ROCK CLIMBING | LAINGSBURG

The Mountains around Wagendrift Lodge are the perfect setting for experienced climbers. Escape for a weekend and climb the mountain surrounding Wagendrift Lodge, which offer a beautiful environment as well as surreal landscape views of this natural yet undiscovered natural paradise.

## ANYNSBERG NATURE RESERVE | LAINGSBURG

Enjoy a full day of hiking, horseback riding and stay over at one of the unique accommodation in Anysberg Nature Reserve near the Cape Karoo town of Laingsburg. The wide-open spaces and clear night skies will allow for perfect star gazing opportunities.

### ADVENTURE AWAITS!

Visit <https://www.dirtyboots.co.za/> to find the perfect experience to get your heart racing.

For more destination information, please reach out to [hello@wesgro.co.za](mailto:hello@wesgro.co.za)





## PLACES TO STAY

From luxurious beachfront resorts and boutique hotels to cozy guesthouses and eco-friendly lodges, you'll find the perfect place to rest and recharge. Whether you prefer the vibrant energy of Cape Town, the tranquil beauty of the Winelands, or the scenic charm of the Garden Route, the region promises comfort, style, and hospitality. Use the links below to explore accommodations that cater to your needs and enhance your stay in the destination.

<https://site.nightsbridge.com/>

<https://www.airbnb.co.za/>

<https://www.booking.com/>

## YOUR PRE- AND POST-TOUR CONTACTS

Have inquiries about extending your trip? Our team is ready to assist with all your needs.

WESGRO LEISURE TOURISM TEAM

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TOURVEST MICE

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