



WESTERN CAPE ITINERARY GUIDE

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

7 113 776 (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 Kakuhle
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.

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.

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

©South African Tourism



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 Shosholozza 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

WESTERN CAPE MAP



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, combing 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 form 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

Jean’s Hill, Kleinmond



©Mossel Bay Zipline



ITINERARIES



Discover Cape Town

DAY 1 | Cape Town Central

Cape Sidecar Adventures

Have your breath taken away on a chauffeured vintage World War II motorbike with sidecar, practically unchanged in style from the late 1930’s. Experience the beauty of Cape Town in a once-in-a lifetime trip on an exotic classic from yesteryear.

www.sidecars.co.za

Eat at Villa 47

Villa 47 is a three-floor culinary concept home of Locanda and Martini Terrazza. Celebrating Mediterranean and Italian cuisine while showcasing the finest quality ingredients sourced from these regions.

www.villa47.co.za

Wine-pairing at Culture Wine Bar

A collaborative venture by Chef Matt Manning and Chris Groenewald, Culture Wine Bar offers a curated selection of fine wines from the country’s most respected names, cult classics, hidden gems, natural wines, and special imports from across the globe. And because food and wine will never be parted, the wine bar offers a small menu to whet your appetite, with snacky bits like charcuterie, cheese - and whatever else catches the chef’s fancy that day.

www.culturewinebar.com

Stayover at BlackBrick Cape Town

BlackBrick is building a network of vertical villages for free minded global citizens to accelerate their growth as they live and work freely between cities. BlackBrick Cape Town is situated 800 meters from the Cape Town Convention Centre and 900 meters from the Victoria & Alfred Waterfront, making it the perfect departure point for everything the city has to offer

www.blackbrickclub.com

DAY 2 | Constantia – Hout Bay

Wine-tasting at Beau Constantia

Beau Constantia is a boutique wine farm situated at the top of Constantia Nek overlooking False Bay. Vines are planted to an elevation of 350 metres above sea-level on some of the steepest agricultural slopes in the Cape. These lovingly nurtured vines are spoilt with panoramic views of the Stellenbosch and Helderberg Mountain ranges and over False Bay as far as Hangklip.

www.beauconstantia.com

Eat at La Colombe at Silvermist Wine Estate

La Colombe has consistently received worldwide acclaim and is positioned amongst the top restaurants in the world. As you ascend the winding road on Silvermist estate, time seems to slow down. At each bend, as the city tilts away beneath you, you rise to new heights of quiet anticipation. There’s a reason you feel this way – you’re on top of a mountain and about to dine at La Colombe, 2019 Eat Out Restaurant of the Year and no stranger to S.Pellegrino’s World’s 50 Best Restaurants.

<https://lacolombe.restaurant/food>

Chapman’s Peak E-bike Tour

A bicycle tour on Chapman’s Peak Drive is a must for anyone who is passionate about the majestic scenery of Cape Town. And now, thanks to the Giant mountain Ebikes with an electric pedal assist, this spectacular route can be enjoyed by anyone, regardless of fitness level or experience. Affectionately known as “Chappies”, this magnificently engineered marine drive is a firm favourite with local cyclists.

www.ebikecapetown.com

Stayover at Hout Bay Manor

Hout Bay Manor hotel is a luxury boutique hotel, developed around a gorgeous, restored manor house, originally built on Kronendal Estate in 1871. With its Colonial architecture, the exterior facade and courtyard gives you the feeling of stepping into a romantic bygone era– and

then as you walk through the front door you are transported into a delightful fusion of African, European and Asian cultures. The beautifully put together, and sometimes quirky, Afro-European interior decor makes you feel like you are in a contemporary art gallery, and features lots of extra-personal treats like help-yourself liquorice and marshmallows found in big glass jars in all the hallways.

<https://houtbaymanor.com>

DAY 3 | Muizenberg – Simon’s Town

Explore Muizenberg

Muizenberg attracts many locals and internationals alike because of its great weather and beautiful surroundings. Discover Muizenberg’s rich history, heritage sites and of course, the beach.

www.capetown.travel/pocket-friendly-muizenberg

Eat at Casa Labia

The Restaurant at Casa Labia offers simple Italian style food, excellent wines, the best coffee in Muizenberg and homemade cakes and pastries. Picnics and High Teas can be prebooked and enjoyed with views of the False Bay coastline. Dinner and Music evenings are hosted from 18h00 on Friday evenings and Casa Labia is the ideal summer sundowner spot on the False Bay Coastline.

www.casalabia.com

Kayak with Penguins

Take a guided tour on the very stable double kayaks and paddle the warm waters of False Bay and you will be shown some wonderful things on the visit to the penguins at Boulders Beach.

<https://kayakcapetown.co.za>

Stayover at aha Simon’s Town Quayside Hotel

aha Simon’s Town Quayside Hotel is perfectly positioned on the water’s edge of the Simon’s Town yacht basin, with breath-taking views over False Bay and the majestic Simon’s Kloof Mountains. This nautically styled, 4-star Simon’s Town hotel has a unique location, offering superb views over yachts and naval vessels in the harbour, with which no other hotel in the area can compete.

www.aha.co.za/quayside

DAY 4 | Langa – Khayelitsha

Langa Walking Tour

Walk through the township to experience Langa from a unique and authentic point of view. Come and see what makes this community unlike any other by engaging and interacting with the local community while getting a holistic view and understanding of the township

<https://ubizo-sa.co.za>

Eat at The Milk Restaurant & Bar

The Milk Restaurant and Bar is a lifestyle and entertainment boutique which serves modern quality signature dishes suitable for curious palettes. This beautiful and elegant restaurant is located at the heart of Khayelitsha.

www.facebook.com/TheMilkRestaurant

Cycle in Khayelitsha

Khaltsha Cycles is a one-stop bike shop which aims to inspire and create cycling townships by enabling people to transform their lives and their communities through bicycling. But Khaltsha Cycles is not just a bike shop but a bike hub, offering daily tours, a co-working space and a cafe. Enjoy a day in Khayelitsha, learn and uncover its beauty.

www.khaltshacycles.co.za

Stayover at The Spade Boutique Hotel & Spa

Rest and recuperate in a space designed to offer opulence, complete comfort, and relaxation. For those who want to escape and experience cultural diversity, the spirit of ubuntu (humanity), feast on African cuisine and share spaces with ordinary South Africans, while tucked in luxury accommodation. Open to travelers from all walks of life and all corners of the world. Situated in the heart of

Khayelitsha, reputed to be the largest and the fastest growing township in South Africa. Known for its rich diverse culture, friendly people, lifestyle and entertainment spots and its entrepreneurial spirit.

<https://thespadeboutiquehotel.co.za>

DAY 5 | Atlantis – Durbanville

Atlantis Dunes Quad Bike Tour

The Atlantis dunes located 50km outside of Cape Town, boasts over 20km² of sand-based terrain. The Guided Tours take you through these open dunes that are very reminiscent of those found in the Namibian desert, with beautifully white sand and dunes undulated by the wind.

www.headoutquadbikes.com

Eat at The Farm Eatery @ Diemersdal Wine Estate

Enjoy the flavours of the countryside and the relaxing farm ambience in an old stable, restored with care by the Louw family, where they have been making wine for six generations. Here locally grown and regionally sourced produce inspire Chef Martin De Kock to blend his classical French training with the flavours of Provencal France, Spain and a touch of Asia.

<http://thefarmeatery.co.za>

Wine-tasting Cave Experience at Klein Roosboom

Experience a wine tasting like no other in one of Klein Roosboom’s cosy little tasting nooks, each individually themed. Learn the stories and secrets of Klein Roosboom wines, the family and even the pets told with passion by friendly wine ambassadors.

<https://kleinroosboom.co.za/wine-experience>

Stayover at Meerendal Boutique Hotel

With spectacular views over the vineyards and the Boland Mountains, our Luxury Boutique Hotel - a Cape Dutch homestead originally built as the Meerendal family home - is truly a countryside haven.

<https://meerendal.co.za/boutique-hotel/>



Discover the Weskus

DAY 1 | Malmesbury – Riebeek Valley

Wine-tasting at Swartland Winery

Swartland Winery is situated north of Cape Town, near the town of Malmesbury in the Swartland. Apart from being a popular wine destination, the Swartland is also one of the major wheat producing areas in South Africa. The vineyards benefit from the constant cool breezes that blow off the Atlantic Ocean, effectively sustaining the many microclimates, while the proximity to mountain ranges adds its own dimension to the physical character of the fruit.

www.swartlandwinery.co.za

Eat at Café Felix

Cafe Felix is situated in the picturesque Riebeek Valley. Famous for its tranquility, good food and friendly staff. This is French Provencal at its best. Escape the city and soak up the peace and tranquillity of the countryside. Enjoy a fabulous breakfast, lunch or dinner under the old oak trees in the garden or courtyard.

<https://cafefelix.co.za>

Guided nature drive at Bartholomeus Klip

Guests are welcome (pre-booking essential) to come and enjoy the morning with Bartholomeus Klip visiting the Quagga Breeding Programme and tracking the rare geometric tortoise in the wonderful 10,000 acre private nature reserve, escorted by qualified guides in an open game-viewing vehicle. Guests can see plant and antelope species unique to the Cape, such as bontebok and Cape mountain zebra, as well as many others such as eland, springbuck and black wildebeest, and numerous indigenous plants, birds and animals.

www.bartholomeusklip.com

Stayover at Vineyard Views Country House

Vineyard Views Country House is a purpose-built luxury country house, offering four well-appointed guest rooms in the picturesque Swartland town of Riebeek Kasteel. Set within a Colombard vineyard and bordering working wine farmlands, there could not be a more apt name for this splendid guest house offering.

www.vineyardviews.co.za

DAY 2 | Darling – Yzerfontein

Olive-tasting at Darling Olives

The Basson family takes great pride in welcoming you to Darling Olives, a family-run business located on Alexanderfontein Estate just 3km outside of Darling. Darling Olives not only produces great-tasting olives, but also offers a great tasting experience so you can discover Darling Olives' range of delicious products right on the farm.

www.darlingolives.co.za

Eat at Evita se Perron

You can't visit Darling without stopping by at Evita se Perron where satirist, Pieter Dirk Uys, turned the old Darling station into a theatrical experience. Evita se Perron has everything to keep you entertained for days! There is a deli, walk-in café, bookshop, museum & theatre. Evita se Perron is home to Swartland Kitchen and Kossie Sikelela, Evita se Perron's fine dining restaurant.

<https://evitaseperron.com>

Wright's Distillery & Tasting Room

Enjoy a gin in the garden at Wright's Distillery with all the atmosphere and charm of the West Coast. Wright's is a family-run distillery with family being at the core of everything. The distillery & tasting room is the personality of the Wright's brand. The team is generous, resourceful, open and love to share their knowledge and passion for distilling with all of those who visit. Attention to detail, high quality ingredients, homemade surprises and good old-fashioned service is what you can expect when visiting Wright's Distillery & Tasting Room.

www.wrightsgin.com

Stayover at The Olive Tree Villa

The Olive Tree Villa offers breath-taking beach front accommodation in this unique location on the shores of Yzerfontein's unspoilt beaches with spectacular views of Table Mountain and Dassen Island. Experience a pristine coastline – with views from every suite.

<https://theolivetreevilla.co.za>

DAY 3 | Langebaan – St Helena Bay

Guided game drive at Thali Thali Game Lodge

Thali Thali is a 1,460 hectare Cape West Coast game and fynbos reserve situated just over 1 hour's drive from Cape Town, bordering the West Coast National Park and Langebaan. Take time out and relax at Thali Thali offering a laid-back West Coast style break-away – complete with game drives, archery lessons and sundowners on the deck of their restaurant and bar.

www.thalithali.co.za

Eat at La Petite Maison

La Petite Maison Restaurant is the culinary dream of husband-and-wife duo Yohann and LaRetha. Langebaan's first fine dining restaurant showcasing French cuisine at its finest with the best local seafood and locally sourced ingredients.

www.lapetitemaisonrestaurant.co.za

Guided Sea Kayak Tour

Explore the calm water of St. Helena Bay and the bays surrounding Shelley Point on a guided Sea Kayak tour. See wonderful wildlife such as dolphins, seals, penguins, whales, sunfish and occasionally otters in their natural environment. Shelley Point Kayaks only use high end, stable kayaks with a guide, and only go out in safe conditions. Spend time on the serene waters and get closer to nature. The perfect activity for individuals, couples, groups or families.

<https://shelleypointhotel.com/west-coast-peninsula-activities>

Stayover at Shelley Point Hotel

Nestled in the charming West Coast Peninsula, Shelley Point Hotel & Spa is a haven of tranquillity, set in acres of lushly landscaped Links Golf Course and miles of sandy white beaches! This area enjoys the best features of the Cape's Mediterranean climate with hot summers and mild winters. With endless amenities such as a spa, hair salon, childcare and cinema you are spoilt for choice.

<https://shelleypointhotel.com>

DAY 4 | Lambert's Bay – Doringbaai

Lambert's Bay Town Tour

Discover the "West Coast Diamond" with a walk through history of Lambert's Bay and our scenic coastline. The beautiful gardens of the Dutch Reformed Church with its pulpit shaped like a fishers boat. The harbour with folk tales of fishing, counting of snoek and the building of the harbour and breakwater walls. Take a trip down memory lane in the Sandveld Museum and a look at the oldest buildings in town. The Cape Gannet Island is our last stop which is the only Gannet breeding Island out of 6 in the world that is accessible to tourists and bird lovers. Enjoy some drinks while being entertained by the blue eye birds.

www.destinationcederberg.co.za/tour-town-lambertsbay.html

Eat at Jetty Restaurant

The Jetty restaurant is part of Fryer's Cove Community Development Project and it is here where Fryer's Cove wines truly shine. In their natural habitat paired with home-cooked west coast favourites such as Snoekkoekies (fish cakes), Kerrievis (pickled fish) and Roosterkoek, freshly caught line fish and more. On summer days you can sit back and enjoy a fish braai on the jetty, prawn pans and the sounds of great friends coming together.

www.fryerscovewine.co.za/the-jetty

Doringbaai to Strandfontein Hike

Doringbaai to Strandfontein is a 7.4 kilometer moderately trafficked point-to-point trail located near Doringbaai, Western Cape, South Africa that features beautiful wildflowers and is rated as moderate. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on a leash.

www.alltrails.com/trail/south-africa/western-cape/doringbaai-to-strandfontein

Stayover at Misty View Luxury Self-catering

Misty View is a newly renovated holiday home located in Doringbaai, only 1.5km away from the beach and only 8km away from Strandfontein; the jewel of the West Coast; a beach with blue flag status. The Property & Building was the first Fish Packaging Factory in Doringbaai and the back building was used to build Fishing Ships. The house is comfortable and boasts partial sea views. From here you are close to all the restaurants and attractions that Doringbaai & Strandfontein has to offer its visitors.

<https://mistyview-weskus.co.za>

DAY 5 | Clanwilliam – Citrusdal

Buchu and Rooibos Tour & Tea-tasting

Skimmelberg Tea's two main products, namely Buchu and Rooibos, are grown and processed at Skimmelberg farm. Visitors to the farm will get to see these two plants as they occur naturally in the wild, as well as how Buchu and Rooibos are being farmed organically and sustainably. Once the tour has ended, you can join the Skimmelberg team at the office for a tea tasting. Enjoy exploring the smells, tastes, and sensations, before delving into the pioneering world of Buchu-based products. If anything grabs your fancy, browse the Skimmelberg shop, stocked with the farm's full range of products.

<https://skimmelberg.co.za/pages/tours>



Fryer's Cove, Doringbaai



Eat at De Tol Farm Deli

Situated in the heart of citrus-world, freshly squeezed orange juice in winter is a must when you visit De Tol Farm Deli, or treat yourself to the best cup of coffee along the N7. De Tol's signature roosterkoek (roasted bread) is freshly made daily and can be enjoyed with a <https://detol.co.za/> variety of toppings or served with the deli's popular cheese platter. Perfect for a relaxing afternoon under majestic oak trees.

<https://detol.co.za>

Adventure activities at Piekenierskloof Mountain Resort

A gentle meander along the winding curves of Piekenierskloof Pass will bring you to the welcoming sight of Piekenierskloof Mountain Resort. Kick back and enjoy the resort facilities or tap into your inner adventurer. There's hiking, mountain biking, archery, zip lining and volleyball.

<https://piekenierskloof.co.za>

Stayover at Citrusdal Country Lodge

Escape to Citrusdal Country Lodge for the perfect hideaway accommodation in Citrusdal, Western Cape. This family run hotel feels more like a home away from home, a place where you can kick off your shoes, relax and unwind as you discover the delights of the region.

<https://citrusdallodge.co.za>

DAY 6 | Piketberg – Porterville

Walk the Town: Visit Art Galleries and Local Shops in Piketberg

A short drive along the N7 highway, less than two hours from Cape Town, lies the beautiful town of Piketberg, which is nestled at the foot of the Piketberg Mountain range and surrounded by a tapestry of wheat fields, vineyards, fruit farms and indigenous fynbos.

Visitors frequent Piketberg to enjoy – amongst many other things – the stunning natural surrounds, the abundant outdoor activities, good

food, good wine, attractive architecture (with the old town featuring gorgeously restored cottages as well as the imposing neo-gothic style Dutch Reformed Church), warm country hospitality and rich heritage. For the cultural traveler, you can look forward to indulging in the outstanding arts of internationally acclaimed local artists.

<https://piketberg.bergriviertourism.co.za>

Eat at Die Lughuis

Die Lighuis is a gallery and coffee shop owned by local artist Karien Jordaan, located on the main road of Porterville.

<https://porterville.bergriviertourism.co.za/places/south-africa/western-cape/porterville/culinary-adventure/die-lighuis>

Sundowners and Curry workshop at Ebony-moon Guesthouse

Looking for some inspiration or just wanting to learn a few new tricks? The cooking classes at Ebonymoon are hosted by a range of great and competent cooks. Each class can be individually tailored to suit your needs and requirements. Classes are approximately 3hrs and then you get to sit down and enjoy the delicious dishes that the hosts have prepared.

<https://stay.ebonymoon.co.za/ebonymoon-classes>

Stayover at Ebonymoon Guesthouse

At Ebonymoon, guests can look forward to a friendly and warm welcome in a relaxed, homely atmosphere. Ebonymoon offers the experience of staying in a private country residence located in village of Porterville, overlooking a picturesque and tranquil garden where guests can unwind and relax. It is ideal for guests looking for a comfortable stopover, close to an array of attractions within the Swartland.

<https://stay.ebonymoon.co.za>



Discover the Cape Winelands

DAY 1 | Paarl – Wellington

Quadbiking at Rhebokskloof Wine Estate

Guests can enjoy quad bike tours on the estate, led by an experienced guide. The tours take place on horse trails, allowing one to enjoy the scenery and views. Several routes are available, ranging from 30 minutes to two hours, as well as a fun obstacle course. Safety training is provided, and the trail operates 7 days a week.

<https://winevalleyadventures.com>

Eat at Grande Roche Restaurant

Nestled at the foot of the magnificent Paarl Rock is a small, luxury hotel unlike any other. Where the atmosphere of a bygone era brings a sense of gracious, unhurried living. The Grande Roche Hotel is a celebrated historical monument turned 5-star hotel boasting beautiful gardens and innovative cuisine in the Manor House of the Grande Roche Estate.

<https://granderoche.com>

Wine tasting at Doolhof Wine Estate

Doolhof Estate produces two white varietals: Sauvignon Blanc and Chardonnay and an impressive array of reds: Cabernet Sauvignon, Cabernet Franc, Petit Verdot, Malbec, Merlot, Pinotage, and Shiraz. Visitors to the Tasting Room will appreciate the understated elegance of the cool, air conditioned, blue, and white interior, the perfect backdrop for the award-winning wines. It is situated in the original wagon house built of the late 19th century. With light flowing in from its large windows and doors guests are invited to linger awhile to taste and purchase superb wines.

<https://doolhof.com>

Stayover at Wellington Country House

Wellington Country House is the perfect destination for business travellers, small groups of friends and family wishing to visit the Cape Winelands, South Africa. Wellington is on the R301 tourist route, meandering through Bainskloof and neighbouring wine farms and wedding venues. For the adventurers, cycling, MTB, horse riding, hiking and abseiling are available in the immediate area. The house only caters to private groups (between 2 and 8 people) on an exclusive-use basis.

www.wellingtoncountryhouse.co.za

DAY 2 | Wolseley – Ceres – Tulbagh

Cider tasting at Loxtonia Cider

Based in the Ceres Valley, Loxtonia Cider is a family venture that puts the emphasis on sustainability and ethical harvesting. Sit back and enjoy the view with one of these refreshing ciders! Loxtonia's new tasting room overlooks their very own apple orchards and the magnificent Ceres Valley. Loxtonia is always thinking of new and exciting cider flavors to tantalize the taste buds – and can't wait to share them with you! Cellar tours and farm tours can also be experienced.

www.loxtonia.co.za

Eat at Waverley Hills

The restaurant uses only the freshest ingredients sourced from local producers, as well as their seasonal permaculture garden. Waverley Hills strives to serve delicious, quality food in a relaxed country atmosphere with beautiful views all year round. In summer you will experience the vineyards bursting into life and an abundance of bird and wildlife on the farm. In winter, the fireplaces will be burning and the surrounding mountain snow-capped.

<https://waverleyhills.co.za>

Horse About Trails

Experience a soul-restoring horseback trail in the heart of the Cape Winelands, an easy 90-minute drive from Cape Town, Stellenbosch & Somerset West. Horse About Trails, on the R46 between Tulbagh & Wolseley, it is easily accessible not only for guests staying over in the Witzenberg Valley, but also for day trippers from Cape Town or explorers between the West and East coasts and Route 62.

www.horseabout.co.za

Stayover at Rijk's Wine Estate & Hotel

Set on a working wine farm and surrounded by the Witzenberg and Winterhoek mountains, Rijk's Wine Estate and Hotel offers a relaxing, tranquil and romantic ambience. It's all about food, wine and relaxing pleasure.

<https://rijks.co.za/accommodation>

DAY 3 | Worcester – Rawsonville

Olive tasting at Willow Creek Olive Estate

Take a break from the hustle and bustle of city life and take a drive to Willow Creek Olive Estate where one can enjoy the complete olive experience – from tree to table. Here you can only hear the sounds of birds and farm life. Visit the tasting room, nestled amongst olive trees with beautiful mountain views and enjoy the fresh air and goodness of nature.

<https://willowcreek.co.za>

Eat at Bosjes Spens

Chef Kim has created a casual menu with hearty breakfast, salads and light meals for lunch, as well as wholesome country-style pies and other delicious grab-to-go options. The shelves are stacked with an array of bottled goods like pickeld garlic, fig and almond jam, onion marmelade, freshly baked bread and pastries made by in-house pâtissier Chef Rafieq.

<https://bosjes.co.za/spens>

Gin tasting at Monk’s Gin Distillery

MONKS gins are handcrafted and double-distilled in small batch-es using a hybrid artisanal still called ‘Jennifer’. Expect intensely flavour-forward botanicals, nine of them hand-picked and many endemic to the area. Combine with crystal-clear mountain waters and the result is a rewarding one, featuring ripples of citrus, berries and Cape Buchu.

<https://monksgin.co.za>

Stayover at Pod Houses at Dwarsberg

Introducing, Dwarsberg Trout Hideaway’s new Luxurious four-sleeper Pod houses. Choose between 4 single beds or 2 king size beds, with each room equipped with an en-suite bathroom. Breath-taking views, overlooking mountains and vineyards, come free of charge!

www.trouthaven.co.za

DAY 4 | Robertson – McGregor

Robertson Wine Valley Safari

Experience unique wine tastings, delicious local cuisine, warm coun-try hospitality and stunning farmland scenery, the truly African way! Hop on-board the spacious open-air Safari vehicle as your convenient and fun means of transport. Visit a variety of wine and olive estates in the beautiful Robertson Wine Valley without the worry of driving. Rather sit back, relax and breath in the fresh countryside air while enjoying 360-degree views of rolling vineyards, blossoming orchards, olive groves and the magnificent mountains.

Hop-off and be spoiled for choice from wine-, MCC-, craft beer, whiskey, gin, grapa- and olive tastings to food and wine pairings, a lavender farming tour, a river cruise, cellar tours and amazing lunch spots.

www.winevalleysafari.com

Eat at Tebaldi’s Restaurant

The fully licensed restaurant Tebaldi’s is situated in the Temenos gardens. Come and relax in the beautiful ambiance. Breakfast and lunch is served on the restaurant’s shaded patio overlooking the rose garden or in the sunny courtyard in front of the restaurant. In the eve-nings come and relax in the beautiful, elegant ambiance.

www.temenos.org.za/restaurant

Viljoensdrift River Cruise

Trail your feet in the cool waters of the Breede River, while toasting the good life with a glass of Viljoensdrift wine on board their elegant flat-bottomed river boat named Uncle Ben 2.

<https://viljoensdrift.co.za>

Stayover at Yellowstone Cottages

Welcome to Yellowstone Cottages. The ideal place to stay when visit-ing the quaint village of McGregor and the surrounding wineries and towns. The two comfortable self-catering, country cottages are fully furnished and equipped. Each luxury cottage has a private entrance, vine-covered stoep, small garden, cosy fireplace and braai facilities.

www.yellowstonecottages.co.za

DAY 5 | Montagu – Ashton

Flying Feet Bike Tours

Explore Montagu on a hand-painted Dutch-style town bike. Visitors can choose a vibrant town tour, an art tour or a combination of the two. You’ll be immersed in the lifestyle, history and heritage of this beautiful village. Share our triple love: Montagu, Art & Cycling.

<https://flyingfeet.co.za>

Eat at Graze @ Excelsior

Come visit and enjoy one of the deli’s freshly baked ‘roosterbrood’ sandwiches with your choice of gourmet fillings. The traditional breads are baked every morning in a wood-fired oven and prepared using, where possible, local produce. The menu is changed on a monthly basis meaning that there is always something new for you to try.

www.excelsior.co.za

Wine tasting at Platform 62

Platform 62 represents more than 60 cellars and offers over 750 wines and 16 distillers! Join the wine boutique for a tutored wine tast-ing and learn something new from the very knowledgeable staff. Visit the shop and allow the team to take you on a journey and discover some of the best wine estates in the Robertson wine valley, through their specialized tutored tastings. On offer includes the following - brandy pairing, gin with the shop’s mixologist at the gin bar, wine, and liqueur tasting.

www.platform62.co.za

Stayover at Jonkmanshof Guesthouse

Jonkmanshof. A private escape, nestled in the small and picturesque Klein Karoo town of Montagu. The backdrop of captivating mountain views and manicured farm gardens enfold the Cape Dutch style her-itage house. Contemporary South African art lives with 18th century Cape furniture in the well preserved and fully restored interiors.

www.jonkmanshof.com



DAY 1 | Elgin Valley

Cape Canopy Ziplining

Only an hour’s drive from Cape Town near Elgin Valley through the scenic Viljoens Pass in the Cape Overberg you will discover the Cape Canopy Tour that offers zip lining in one of the UNESCO World Heritage Sites. Zip line above flora that forms part of the Cape Floral Kingdom and above waterfalls and rugged canyons.

www.capecanopytour.co.za

Eat at Cheverells Farm Cafe

The Country Café at Cheverells offers fresh and vibrant cele-bration of flavours derived from nature and the abundant life on an Elgin apple farm. The menu is seasonal and designed by Gourmet Chef Laura Truter.

<https://cheverellsfarm.com>

Wine tasting at Elgin Vintners

An array of wine tasting options and delightful pairings are available Wednesday to Sunday. The skilled wine tasting am-bassadors will guide you through a tailored wine tasting or wine pairing in English and Afrikaans.

<https://elginvintners.co.za/wine-tasting>

Stayover at South Hill Vineyards

South Hill Vineyards offers a luxury farm-stay experience with three luxury accommodation options in Elgin – enjoy one of six luxurious, spacious rooms in the Guest House; or relax in the tranquil, romantic one bedroom Pumphouse Honeymoon Cottage. South Hill’s latest unique House Boat, Stokies Ark is

perfect for the fun filled family or friends getaway, on the main dam, it sleeps 6 adults, or 4 adults and 4 kids. Plenty of water toys, great fishing or simply sit back on the comfortable beanbag cushions.

<https://southhill.co.za>

DAY 2 | Botrivier – Greyton

Wine-tasting at Beaumont Family Wines

By far the best place to taste Beaumont’s range of wines is by sitting on their stoep. Here you can truly sit back and take your time to watch the farm at work and soak up the Beaumont atmosphere. A visit to the tasting room is the perfect opportunity to take advantage of cellar door specials, limited releases and unusual wines. Take a tour through the historical cellar and if luck is on your side, you might get a taste of something special from barrel. Farm platters with cured meats, local cheeses and home-made spreads as well as seasonal soups are available during tasting room hours.

www.beaumont.co.za

Eat The Restaurant at Wildekran

Wildekran Wine Estate’s destination restaurant for a country gour-met experience is a ‘go-to’ for special occasions, beautiful food, and relaxed family dining. The Restaurant features contemporary dining and elegant service, with a menu showcasing a true Overberg food experience of taste driven signature dishes using fresh seasonal ingredients, along with a selection of casual classic dishes for easy family-dining. Guests may choose to dine on the terrace, which offers a spectacular setting and memorable ambience, or enjoy the beautiful decor inside with a fascinating view of the kitchen and pass.

<https://wildekran.com/eat-drink>

Von Geusau Chocolate Shop

When in Greyton, one has to go Chocolate Shopping! Visit the Von Geusau Chocolate Shop at The Courtyard, where you'll also find the Oak and Vigne Café and the Vigne Art Gallery. The iconic Von Geusau Chocolates are hand-made in Greyton in the Belgian tradition from the best quality couverture and to top it all you can over-indulge in a decadent, thick chocolate drink at the Oak and Vigne Cafe

www.vgchocolate.co.za

Stayover at Greyton Lodge

With an emphasis on personalised service and attention to detail, Greyton Lodge offers guests a selection of 16 luxurious rooms, a breakfast restaurant, wine lounge, library and an historic pool, all set amongst the lush, manicured gardens of the property.

<http://greytonlodge.co.za>

DAY 3 | Hermanus

Sea Kayaking

Explore the magic of Walker Bay's unique coastline with its abundant marine life up close and personal in stable kayaks in the company of an experienced guide. Glide across sparkling water while enjoying a view of the majestic mountain, sea cliffs and marine life

<https://walkerbayadventures.co.za/sea-kayaking>

Eat at Ficks Restaurant

An awesome addition to the local restaurant scene in Hermanus. Ficks is an outdoor eatery right on the sea, with wrap-around decks overlooking the sparkling tidal pool of the same name. The eatery and wine bar has brought new life to the 1930s tidal pool, inviting guests to unwind and soak up the serene ocean scenery.

www.ficks.co.za

Abalone Farm Tour and Tasting

Boot-up to walk through a working abalone farm. See the abalone up close in their natural and farmed environment. Enjoy a tasting of this delicacy in various forms, paired with a selection of local wines.

www.heartofabalone.co.za

Stayover at Auberge Burgundy

Auberge Burgundy is a charming Provençal style boutique hotel, centrally located on the seafront promenade of Hermanus, overlooking the picturesque Old Harbour and spectacular Walker Bay, famous for its natural beauty and whale watching.

<https://auberge.co.za>

DAY 4 | Gansbaai

Overlandy Tours

A fun-filled off-road outdoor excursion in Walker Bay Nature Reserve in Gansbaai. Enter Walker Bay Nature Reserve as a first stop is the beautiful and fascinating Klipgat caves. These caves offer a glimpse into the life of early man and the wild cliffs and rock formations make for great photography. The real fun begins from the caves as you make your way down a sandy, twisty off-road trail through the fynbos to the edge of the magnificent white sand dunes. You will have some time to enjoy the beauty of the late afternoon on the sand dunes before heading down towards the point where the rugged, rocky limestone cliff faces and ever-changing beaches off the Atlantic Ocean meet. The 4x4 trail follows a series of rocky outcroppings separated by beautifully secluded beaches. Along this trail your guide will show you a few of his favourite beaches and hidden spots for spectacular photo opportunities worthy of any Insta profile... This is where your guide will set up your optional "Local is Lekker" platter for you to enjoy surrounded by spectacular scenery.

<https://overlandy.co.za>

Eat at Coffee on the Rocks

Enjoy delicious food and spectacular scenery at this charming, cosy restaurant with stunning views over Walker Bay.

www.facebook.com/CoffeeOnTheRocksGansbaai

Marine Wildlife Tour

Enter the natural habitat of the Marine Big 5 in South Africa, for the opportunity to see whales, dolphins, penguins, seals and great white sharks.

www.whalewatchsa.com

Stayover at Whale Huys Eco Villa

Whale Huys Luxury Eco Villa is a beautiful self-catering accommodation with unobstructed ocean views over Walker Bay, stretching from the quiet fisherman's village of Gansbaai to Hermanus and beyond. Fall asleep and wake to the sound of the waves gently lapping at the rocks below, while a myriad of bird species enjoy the bounty of the surrounding natural fynbos plant life. Nestled in nature and with four well-appointed bedrooms (all ensuite), Whale Huys Eco Villa is the perfect holiday accommodation choice for large families, groups of friends or even couples looking for a private getaway.

<https://whalehuys.com>

DAY 5 | Stanford

Cheese & Wine Cellar

Klein River Cheese Farmstead is a celebration of cheese, picnics and family and exists to unleash the inner artisan in every one of us. They are not just creating cheese and picnics but inspiring chefs and romantics, nature lovers and healthy, family-centred ambassadors. Visit Klein River Cheese's Cheese & Wine Cellar at Birkenhead Brewery where you'll find all of your Klein River Cheese favourites and more

www.kleinrivercheese.co.za

Eat at The Tasting Room

Located at Stanford Hills, The Tasting Room is a wonderful breakfast and lunch venue, popular with locals and visitors alike. A renovated original farm cottage is the setting for the charming tasting and bar area, with views over a dam to the Stanford valley beyond.

www.stanfordhills.co.za

Lady Stanford Boat Cruise

Hop aboard Lady Stanford for a scenic cruise along the Klein River toward the Hermanus Estuary bird sanctuary, and back. Lady Stanford is a spacious eco-friendly riverboat offering a sheltered lower deck and open-top deck, perfect for the ultimate photo opportunities.

www.ladystanford.co.za

Stayover at Stanford Valley Guest Farm

Stanford Valley Guest Farm nestles in the valley of the Klein Rivier, 10km outside Stanford village. The farm offers comfortable accommodation in 7 self-catering cottages (of which 2 are family cottages) and 10 large en-suite rooms. Enjoy this safe and peaceful haven, have an exhilarating swim in the large dam or go hiking. Don't be surprised if you startle a duiker or rheebokkie on the way!

<http://stanfordvalley.co.za>

Anysberg Nature Reserve



Discover the Cape Karoo

DAY 1 | Touws River

Aquila Private Game Reserve

A mere two-hour drive from Cape Town, lies the Aquila Private Game Reserve near Touws River. Boasting the Big 5 – elephant, lion, rhino, buffalo and leopard – and many other iconic African animals, such as the Cape Zebra and Hippo, the 4 star Aquila Safari Lodge is the perfect place to start your journey into the Cape Karoo. Supporting a wide range of conservation initiatives, including Rhino conservation, compost recycling and maggot farming, this is responsible tourism at its finest. The family friendly reserve has something for everyone to enjoy with the Africa Boma restaurant that offers local cuisine, the pool deck overlooking the vast open spaces and a children's entertainment area just some of the offerings. Enjoy a game drive and sundowner as your guide stops en-route for light snacks and drinks, providing for perfect photographic moments.

www.aquilasafari.com

Eat at Aquila

The triple volume restaurant is perfectly situated to offer breath-taking views of the reserve. The upstairs viewing area enables guests to enjoy cocktails while watching the sun set behind the magnificent Karoo Mountains. This thatched spacious African- character building is the perfect setting for the extensive buffet-style meals served. Meals to suit all culinary/dietary requirements are prepared by our resident chefs, including traditional South African cuisine.

www.aquilasafari.com/restaurant

Stayover at Aquila

Aquila offers a perfect room for anyone, at every budget, for your relaxing overnight stay.

www.aquilasafari.com/accommodation

DAY 2 | Matjiesfontein

Tour of Matjiesfontein

Take a step back into time and visit the charming Victorian town of Matjiesfontein. Fondly known as "The Grand Duchess of the Karoo", the town was established in the year of 1884. The whole town of Matjiesfontein is a national monument and is believed to be one of the most haunted places in South Africa. And there is no better place to base yourself for the first half of your visit to the Karoo. The Lord Milner Hotel is a popular attraction as well as the London Red Bus, which will take you on the shortest tour in the country accompanied by the local tour guide, Johnnie, this humorous and informative tour is a must when visiting. Lasting no longer than 10 minutes, you will be back in no time for a quiet pint at the Laird's Arms pub right next door to the hotel. End your evening in The Dining Room at the hotel, where we recommend you order the lamb, sourced from the local Karoo farmers. The Dining Room at The Lord Milner Hotel has been serving its guests for the last 120 years; and boasts the same historic ambience found throughout Matjiesfontein. Dine in a Victorian setting filled with period antiques and let the red-jacketed porters welcome you and offer a selection of fine wines from across the Western Cape region.

www.matjiesfontein.com

Eat at Lord Milner Hotel Dining Room

The Dining Room at The Lord Milner Hotel has been serving its guests for the last 120 years; and boasts the same historic ambience found throughout Matjiesfontein. Dine in a Victorian setting filled with period antiques and let the red-jacketed porters welcome you and offer a selection of fine wines from across the Western Cape region.

www.matjiesfontein.com/pages/the-hotel-dining-room

Stayover at Matjies Mews

A number of comfortable quality motel rooms are situated within the hotel gardens, with rooms overlooking the hotel gardens or the river, with the quaint Travellers Chapel and duck pond nearby. Each room has either its own patio leading on to the garden, or a balcony-veranda overlooking the Monument river.

www.matjiesfontein.com/collections/matjies-motel

DAY 3 | Laingsburg

Anysberg Nature Reserve

Visitors will enjoy regular sightings of the numerous antelope species and black-backed jackal. If lucky, species such as Cape Mountain Zebra, caracal and the critical endangered riverine rabbit can be spotted. Leopards still roam the mountains, although these notoriously shy creatures are seldom seen. About 180 bird species are regularly spotted on the reserve, making it a popular choice for birders. Besides the mesmerising landscape and rich plant and animal life, the reserve is also home to San rock art, painted thousands of years ago.

www.capenature.co.za/reserves/anysberg-nature-reserve

Eat at Laingsburg Country Hotel

The perfect stop on the N1 in the heart of the Karoo. Travel from the N2 via the breath-taking Seweweekspoort to the West Coast, alternatively via Ceres to the Swartland with beautiful mountain passes and winelands. Come and relax alongside our beautiful pool and our renowned coffee shop and restaurant.

www.laingsburg.co.za

Adventure activities and stayover at Wagen-drift Lodge

Situated in the heart of the Karoo, next to the Buffels River, Wagen-drift Lodge offers everything for the whole family to enjoy. From 4x4 routes, hiking trails, bow hunting, mountain bike trails and rock climbing to game viewing.

Beautiful gardens populated by a vast selection of birds surrounds the luxurious cottages and lodge. Wagendrift Lodge has an abundance of game which guests can explore on foot, bicycle or 4x4 drives.

www.wagendriftlodge.co.za

DAY 4 | Prince Albert

Gin tasting at the Green Prince Gin Bar

The Green Prince Gin Bar at the Swartberg Hotel is stocked with the finest local gin including Inverroche, Wilderer, KWV’s Cruxland and the colour-changing Six Dogs Blue.

www.swartberghotel.co.za

Eat at The Rude Chef Bistro

This quaint restaurant offers delicious home-cooked meals made with fresh local produce and complemented by an exclusive range of wines. Its choice menu and vibrant atmosphere offers bistro dining at its best.

www.facebook.com/therudechefpa

Game drive and stayover at Roam Private Game Reserve

The focus at Roam Private Game is on eco-tourism and providing visitors with the opportunity to experience a conscious safari in the remote wilderness of the Karoo. Knowledgeable guides will take you on a once in a lifetime adventure tracking wild cheetah on foot through this vast and picturesque landscape. Other notable species that can be spotted on wilderness walks and guided game drives include giraffe, buffalo, bat eared fox, zebra, kudu, springbok, gemsbok, ostrich, eland, meerkats and over 200 species of bird. You are encouraged to get involved in the conservation aspect of a safari, and enjoy activities such as mountain biking, sundowners and stargazing.

<https://roamthekaroo.co.za>

DAY 5 | Beaufort West

Karoo National Park

It may have once been considered a one-night stopover, but the Karoo National Park has since become a place offering a number of activities, including a mountain bike trail, guided and self-guided walks and a selection of 4x4 trails. There is, of course, also breath-taking landscapes – this is the Karoo after all – and an array of plant and animal life to admire.

www.sanparks.org/parks/karoo

Eat at Joe’s Easy Diner

Joe’s is a much-loved retro-American diner that brings that 50’s story to life, while at the same time delivering a quality eating experience.

www.joeseasydiner.co.za/Beaufort-West.php

Adventure activities at Olive Grove Farm

Olive Grove Guest Farm lies nestled in the heart of the vast & beautiful Great Karoo landscape. Here guests can delight in country comfort and escape to an authentic, Karoo olive and game farm experience. There is a wide array of eco activities to enjoy, ranging from bird watching, hiking, farm tours, a mountain bike trail or just enjoy our large dam in one of our canoes.

www.olivegrove.co.za

Stayover at Lemoenfontein Country House

Set in the vast expanse of the South African Great Karoo, this beautiful homestead/lodge dates back to 1850. Built slowly and soundly to the exacting standards and architectural style of the time, the building remains unchanged with characteristic high ceilings, original wooden floors and wide verandahs which offer guests a sweeping panoramic view of the Karoo landscape.

www.lemoenfontein.co.za



Discover Garden Route & Klein Karoo

DAY 1 | Stilbaai – Albertinia

Cheese-tasting at Kasselshoop Cheese Factory

Kasselshoop’s traditional cheese is produced on the Kasselman family farm, Klein Soebattersvlakte. The farm is situated on route to Stilbaai, the well know holiday resort in the Southern Cape.

www.kasselshoop.co.za

Eat at Die Pienk Stoep

Die Pienk Stoep is a coffee shop you can’t miss when in the small town of Albertinia. The entire décor is pink, and food is presented in a unique way, making this not just a coffee shop but an experience.

www.facebook.com/pienkstoep

Guided Night Drive at Garden Route Game Lodge

Our game reserve is home to a variety of nocturnal mammals and birdlife rarely seen at all during daylight. As one of our residents, take the opportunity to enjoy a guided night drive offer sightings of bat eared fox, Cape fox, black backed jackal, caracal (African lynx), honey badger, porcupine and various other elusive mammals on this thrilling experience under a canopy of stars.

<https://grgamelodge.co.za>

Stayover at Garden Route Game Lodge

Visitors to the Garden Route Game Lodge can enjoy game viewing in open Land Rovers, luxury accommodation and a memorable dining experience in one of our African style restaurants.

<https://grgamelodge.co.za>

DAY 2 | Mossel Bay

Gin-tasting at Harmony Distillery

Sample and experience Harmony gin first hand by visiting the Copper Lounge, the homebase of the working Harmony Distillery. Here, the staff will prepare a variety of craft spirits using our perfect serve method. Book the lounge for any event and we will take care of your food catering and beverage needs.

www.saltandcopper.co.za/harmony-distillery

Eat at Piza è Vino Hartenbos

The restaurant has a love for simple fresh food, cooked in a traditional way of using authentic methods. Piza è Vino’s food is rigorously Italian healthy and creative through this simplicity and believe that a winning formula has been discovered. Let your taste buds that long for great Italian food bring you to Piza è Vino for that experience you have been longing for.

<https://pizaevino.co.za>

Mossel Bay Zipline

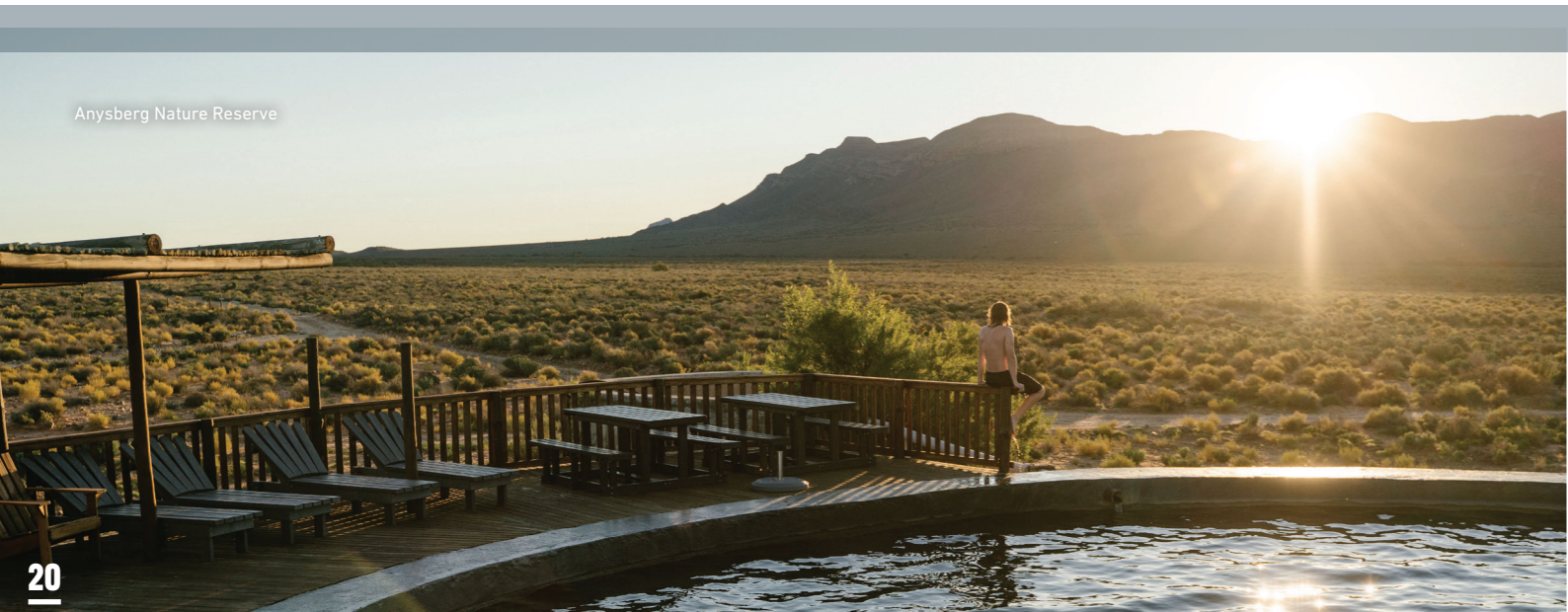
Welcome to Mossel Bay Zipline - the longest over-ocean zipline in the world! Situated over the beautiful Indian Ocean, this zip line glides you over the cliffs of the Bay while giving you an uninterrupted view of the town and famous lighthouse.

www.mosselbayzipline.co.za

Stayover at Bay Lodge on the Beach

Nesting on the sand dune at the ocean, with the majestic Outeniqua Mountains as a backdrop, lies our gem, Bay Lodge on the Beach. Here you can relax, see and smell the ocean at the same time. Closer to the ocean you will not get. Come and watch as the dolphins and whales pass by while enjoying the lodge’s lay beds and drinks.

<https://thebaylodge.co.za>



Anysberg Nature Reserve

DAY 3 | George – Wilderness

Helicopter Flight

Soar above the beautiful landscape of the Garden Route. Enjoy the scenic view of this beautiful coastline and mountains while in your seat as you take pictures and make memories! Savannah Helicopters provides you with memories worth making

<https://savheli.co.za>

Eat at Serendipity Restaurant

Serendipity restaurant is situated on the bank of the Touws River Lagoon adjacent to the Wilderness National Park. You are invited to enjoy an unforgettable, uniquely South African gourmet experience. Superb cuisine, friendly and professional service and wonderful wines in a setting that is graceful but relaxed is the credo for Serendipity’s South African inspired gourmet fare.

www.serendipitywilderness.com

Wilderness River Safaris

Enjoy the natural beauty of Wilderness by cruising on the Touws River or Island Lake in a safari style aluminium boat. Encounter magnificent bird life and breath-taking scenery. A leisurely experience for all ages.

<https://wilderiversafaris.co.za>

Stayover at Pearl Moon

Pearl Moon offers the dream getaway...surrounded by jaw-dropping natural beauty, it is a quiet sanctuary of modern-day luxury and ease, combined with good old-fashioned country hospitality and warmth. Set in a lush green garden, Pearl Moon consists of four premium self-catering suites, each with a private balcony and panoramic views of the river for lazy sundowners and bird watching. Enjoy long walks on the beach; fishing; surfing; paddle-boarding; mountain biking; hiking; or simply relishing ‘just being’ amongst nature’s abundant beauty, Pearl Moon guarantees a getaway beyond compare.

www.pearlmoon.co.za

DAY 4 | Knysna

Knysna Waterbikes

Come to The Knysna Experience on Thesen Harbour Island and have a fun day out on the water with on waterbikes !! Take the ride of your life with the world’s best water bike.

www.facebook.com/waterbikesSA

Eat at Drydock Restaurant & Terrace

The lagoon side restaurant is situated on the water’s edge in the picturesque town of Knysna, Garden Route, South Africa. From intimate lunches and dinners to large groups and tour groups, we have two separate floors to accommodate your every need.

www.drydock.co.za

Gin-tasting at Knysna Gin Distillery

The Knysna Distillery and Gin Bar boasts with award winning craft gin, distilled the traditional way with an Alembic Copper Pot Still and a flame. Knysna Gin is made with nine natural botanicals, most notably Num Num berries: a favourite of the famous Knysna Loerie.

<https://knysna-gin.com>

Stayover at Pumula Lodge

In the heart of the Garden Route, nestled between the town of Knysna and the famous Knysna Heads, lies Pumula Lodge – “the place of rest”. The well-appointed and eco-friendly lodge in a tranquil, park-land setting, is the ideal place to sit back, relax and enjoy a sundowner on your private deck overlooking the garden.

www.pumulalodge.co.za

DAY 5 | Plettenberg Bay

Wine-pairing Experience at Luka Vineyards

Luka Vineyard’s award-winning Sauvignon Blanc is legendary, sip it slowly at Luka Café. On-site you will also find a full-service bar. Located at the Vineyard, Luca Cafe offers a wine tasting & pairing experience, as well as excellent breakfasts and lunches prepared by Chef Richie. Luka wine and other exciting local wines from the Plett Winelands region can be purchased from our retails store located at Luka Café.

www.lukavineyards.co.za

Eat at Barrington’s Brasserie

Barrington’s light filled Brasserie is as serene as its surroundings, perfectly complementing the panoramic views of the Piesang Valley in Plett. They serve breakfast, lunch or dinner either inside or on the wraparound deck overlooking the garden and riverbank. The interior is a tailored mix of natural finishes, muted greens, marble tops and handcrafted wooden furniture. Lit by fireplaces and clusters of over-sized rattan pendants, the Brasserie provides an elegant and tranquil space that works regardless of the time of day.

<https://barringtonsplett.co.za>

Bitou Kayaks

Bitou Kayaks offers a 2, 3 or 4 hour guided tour to experience the peace and tranquility and magnificent bird life of the Bitou River and the pristine indigenous forests surrounding the Keurbooms River. Alternatively, you can hire a kayak and wander along the rivers at your own pace. No previous kayaking experience is required. We will provide a mandatory pre-trip safety briefing as well as the necessary safety gear. All kayaks have been certified by SAMSA. You will be provided with a waterproof pouch for your mobile and car keys.

www.bitoukayaks.com

Stayover at Villa Villekula Eco Lodge

You simply won’t find anything else like it... Eco friendly comfort conveniently situated on a 3.2hectare property in the heart of The Craggs. The property offers an indigenous forest, a dam frequently visited by a vast variety of bird life and offers stunning mountain views. The surrounds offer wine farms, wildlife sanctuaries, local art adventure destinations and the pristine forest and beaches of nature valley, all these attractions including Keurboomstrand and Plett can be found within a 15 km range. Designed by Eco Architect Dirk Haneko, the eco lodge is 100 % off the grid with solar electricity, rainwater tanks, a wood stove for slow cooking and gas geysers.

www.villavillekula.co.za

DAY 6 | Oudtshoorn – De Rust

Bush Safari at Buffelsdrift Game Lodge

During the bush safaris (game drives), you can expect to experience true Karoo vegetation from the Buffelsdrift’s open game viewing vehicles. Their wide range of animals include Hippo, Giraffe, Eland, Zebra, Buffalo, Springbok and much more.

<https://buffelsdrift.com>

Eat at Buffelsdrift Restaurant

Specializing in authentic Karoo cuisine, the Buffelsdrift Restaurant offers guests a delicious a la carte menu of homemade foods and local fresh produce. As accompaniment, the restaurant’s wine selection consists of some of the best award-winning wines on Route 62, South Africa’s longest wine route. The restaurant also expands to the wooden deck, overlooking our 5ha waterhole filled with big fish, turtles and hippo. If you are lucky, you might even spot the elephants and other game on the opposite bank.

<https://buffelsdrift.com/restaurant>

Doornkraal Full Moon Horse Riding

Ride in unspoilt Klein Karoo veld on fantastic horses while the moon rises.

The ride: 2 hours of riding in the Swartberg foothills with a stop on a koppie for drinks & snacks.

<https://doornkraal.co.za/activities/horse-riding/#ridelist>

Stayover at Surval Boutique Olive Estate

Surval Boutique Olive Estate offers luxurious accommodation in their 18th century Klein Karoo homestead, Surval Village. Encompassing 31 luxurious and individually decorated suites and bedrooms. Each room is individually styled and offers an indigenous South African feel.

www.surval.co.za



Cape Cycle Routes

A cycle through the Cape is a ride like no other. It's a chance to experience the Western Cape in a new and exciting way. It's a journey through the senses marked by the unforgettable scent of fynbos and the soothing sensation of an ocean breeze. Experience the heart of the Western Cape with awe-inspiring views from vast open semi-desert plateaus where it feels like you can touch the stars. The sounds of nature and wildlife surround you. The cosmopolitan flavour of Cape cuisine is a taste sensation. There are plenty of adventures on offer for cyclists and explorers alike with these cycling routes.

For more information on Cape Cycle Routes
visit: www.capecyclerroutes.co.za

[f](#) [i](#) [t](#) [t](#) #CapeCycleRoutes

Cycle Tour 364

Cycle Tour 364 takes you over 123.3km through all the trendiest Cape Town hotspots, over Chapman's Peak to the Cape Point Nature Reserve, and back again all in one day. Filled with awe-inspiring views, intense hill climbs and unforgettable adventures. This route can be done in 1 – 3 days.

V&A Waterfront to Hout Bay

As you leave the V&A Waterfront development it is prudent to keep the ocean to your immediate right and not at all a bad idea to use the bike path/ sidewalk for as long as possible. This will take you all along the Atlantic seaboard promenade past the Mouille Point Lighthouse and through Sea Point. The road is narrow as you pass through trendy Bantry Bay, Clifton and Camps Bay, with their popular beaches, restaurants and bars. You then find yourself following along the base of the Twelve Apostles until it rises up and over the Nek at Llandudno. The Valley of Hout Bay opens up in front of you as crest and the ride down and through the village to the beach offers numerous opportunities to be distracted.

Hout Bay to Brakkekloof

With the beach stretching out to your right you begin the climb up spectacular Chapman's Peak Drive. It hugs the mountain and seems to be tacked onto the cliff face as you round the top and descend the other side. Just as you think it cannot get any better, the views of Noordhoek Beach stretching into the distance are guaranteed to take your breath away. From here the road is flat all the way to the Sun Valley/ Brakkekloof intersection which marks the end of this section.

Brakkekloof to Cape Point Gate

From the Sun Valley/Brakkekloof intersection you climb up Black Hill for the first glimpse of False Bay at Glencairn. Then it's on to Simon's Town, which has a long naval history, made apparent by the dated gun placements. As you approach this quaint Victorian-looking town, complete with pubs, fish and chip shops and tea rooms, the road winds past Boulders Beach and its famous penguin colony. The trees on the golf course give a good indication as to the prevalent wind direction. The final Smitswinkel climb, Cape Point can be seen stretching out ahead of you. At the top of this incline is the entrance to the Cape Point Nature Reserve.

Cape Point Gate to Brakkekloof

Baboons are often seen foraging along the road on this section. The wind either blows from behind or into your face. The road swoops down past Scarborough, where you once again reach the coast. It is truly sublime riding through Misty Cliffs. There are some choice surfing spots all along here. The final hill climbs up the back of Kommetjie, and its landmark Slanghoek lighthouse. Then it is down through the village, before the long straight past Ocean View and Masiphumelele, and back to the Sun Valley/Brakkekloof intersection.

Brakkekloof to Hout Bay

From Brakkekloof/Sun Valley intersection it is a flat cruise to Noordhoek Village, nestled against the side of the mountain. Here you could easily swap your bike for a horse and gallop across the beach. Or just enjoy coffee and eat delicious pastries at the Noordhoek Farm Village, which boasts a number of restaurants and shops. Chapman's Peak Drive starts with a preliminary hill opening, up vistas, down Long Beach, and back to Kommetjie. Before turning the corner and starting the more substantial climb of the course, with dramatic drop-offs to the ocean below. Look out for surfers and the shark spotter who keeps vigil. This is a most worthy and memorable climb and the descent to Hout Bay is truly exhilarating.

Hout Bay to V&A Waterfront

The infamous Suikerbossie climb out of Hout Bay is quite busy but has a good wide shoulder. The exclusive beach suburb of Llandudno offers up a panoramic ocean view. It is complemented by the sight of Lion's Head and the back of Table Mountain as you continue on towards Camps Bay. The vibrancy of city life is evident as you pass the beaches and eateries and private balconies of this Riviera-like part of Cape Town. As you reach Sea Point it is a good idea to slow down and meander along the bike signposted V&A Waterfront, where your journey ends.

Cross Cape

The Cross Cape cycle route is the perfect way to see the Western Cape. Stretching from Plettenberg Bay on the Garden Route to Stellenbosch in the Cape Winelands, you will be challenged by long, steep climbs and rewarded with fast descents into lush, green valleys. This route can be done in 5 – 20 days.

DAY 1 | Plettenberg Bay to Knysna

Begin your trip in the coastal town of Plettenberg Bay and enjoy dinner at Enrico's Italian restaurant, to get in some much-needed carbs the night before. You will need them! Your first day of riding will be a good sign of what to expect for the duration of your stay. Steep climbs – a mix of tar and dirt – to start you off, before your legs are given a rest on some fast downhill sections. Keep an eye out for the notoriously shy elephants that roam the indigenous forest, before taking on one last big climb and then an epic downhill stretch into Knysna.

Once in Knysna, make sure you put your feet up for a bit before heading out to dinner at the Cruise Café located at the Knysna Waterfront.

DAY 2 | Knysna to George

Start your ride with Knysna Lagoon at your shoulder, before turning off onto some gentle jeep track ahead of some seriously big climbs. This section of the route offers a great mix of indigenous forest, dairy farms, and country roads, before finishing up in the town of George.

Make sure you book a room at Fancourt Golf Estate. Book some time in the spa, enjoy some drinks at the Club House, before finally heading down to La Cantina for dinner and an early night. Fuel up in the morning with a fabulous buffet breakfast at La Cantina before heading back to your bike and the trails!

DAY 3 | George to Oudtshoorn

You are about to leave the lush, green forests behind you as you enter the drier, but no-less beautiful Klein Karoo. Steel yourself for the climb up the majestic Montagu Pass, which will certainly drain the legs, but also reward you with magnificent views and lush ferny vegetation. Of course, what comes up, must come down, and the second half of this section is far more forgiving than the first.

Once in Oudtshoorn book yourself in at the Buffelsdrift Game Lodge and make sure you try out the luxury tented accommodation, which is perfect for a rugged traveller like yourself. And if you're up for it – we know you will be – enjoy an evening game drive, where you are guaranteed to see some of the fabled Big Five animals. Finally, enjoy a sumptuous meal at the Bello Cibo restaurant before retiring for the night.

DAY 4 | Oudtshoorn to Calitzdorp

This is amongst the more demanding treks along the route as you skirt the foothills of the Swartberg mountain range. Enjoy the flora and wildlife; you may spot a meerkat or giraffe along the way. The red stone hills provide a vibrant splash of colour to the left, before you disappear into the cool shadows of the Groenfontein valley. The next town is Calitzdorp, the Port wine capital of South Africa.

DAY 5 | Calitzdorp to Vanwyksdorp

After leaving the oasis town of Calitzdorp, you head out along a flat stretch festooned with ostrich farms towards the mountains in the

distance. Rooiberg Pass awaits. This 11km climb is loose and rough with a dusty film during the descent. Enjoy the ride, and the magnificent view of the endless rolling hills below as you head down to the town of Vanwyksdorp

DAY 6 | Vanwyksdorp to Riversdale

This part of the route starts off with a long and dusty stretch. Respite comes after you traverse Garcia Pass, named after one of the 1820 settlers of the area, who established a trade route to the interior by forging a route through the mountains. After the summit, you head downhill to re-enter the cool climate terrain south of the Langeberg Mountain range and the town of Riversdale.

DAY 7 | Riversdale to Swellendam

There are some testing 'rollers' skirting the mountains as you head out of Riversdale. As you near Heidelberg, the valley of Duiwenhoks provides a nice flat river course followed abruptly by the monstrous "Heartbreak Hill," taking you out of the valley and up to the Grootvadersbosch area. From here it's an easy ride down and through the old mission station village of Suurbraak, and a last stretch going into the historic town of Swellendam.

DAY 8 | Swellendam to Riviersonderend

Your journey through the Cape Overberg starts along the Breede River and its rolling hills through this grain growing region until you reach the Drew Bridge. Grab a bite to eat at Riviersonderend, which is renowned for being the gourmet pie capital of the Western Cape.

DAY 9 | Riviersonderend to Greyton

This is arguably one of the most forgiving sections of the route, with few hills to climb. After leaving Riviersonderend, you will cross a picturesque bridge over the Sonderend River as you make your way toward the quaint, oak-lined village of Greyton. Here you'll find superb cuisine and craft beer, with some lovely accommodation to boot.

DAY 10 | Greyton to Franschhoek

On this section the riding is smooth and mostly tarred with the iconic Franschhoek Pass to manoeuvre. Traffic along this section is generally slow but do keep safely to the side of the road. Check the weather forecasts as the winds at Theewaterskloof Dam can make riding a challenge. As you pass Franschhoek take advantage of the coffee shops and pastry bistros to fuel up for the final assault.

DAY 11 | Franschhoek to Stellenbosch

Riding through the heart of the Cape Winelands signals the final stretch of the route. This section is all tar but worth it, as you wind your way past some of the country's most superb and well-known wine farms. Push over the Helshoogte Pass – the final pass of the ride – and coast down to Stellenbosch for a photo finish, and a well-deserved beverage at your final destination.

Cederberg Circuit

Cederberg Circuit takes you over 247km through winding historical mountain passes, past crystal-clear rivers and unique nature reserves. This route can be done in 3 – 6 days.

DAY 1 | Citrusdal to Algeria

Leaving Citrusdal, the Ou Kaapse Pad takes you out on the eastern bank of the Olifant's River. It's easy and flat for a time, winding between the green orchards of the citrus farms that dominate the economy in this area. Just 20km out, you pass by the oldest orange tree in the southern hemisphere. You might consider a swim at the low-level bridge off to the left at 27km, as the temperatures around here can soar upwards of 50°C. At the Clanwilliam dam you turn right up the Rondegat River Valley and start climbing all the way to Algeria. This brings you to the Cape Nature campsite, where you can buy hiking permits and check into comfortable accommodation. Look out for a change in the road surface as it unexpectedly turns to brick paving for the last few kilometres, to the base of Uitkyk Pass.

DAY 2 | Uitkyk Pass to Mount Ceder

From the end of the paved road, the Uitkyk Pass rises sharply and winds spectacularly up the side of the mountain. As you hit the top you can get your last cell phone signal. While you make that final call, you can gaze over the majestic mountain peaks to the north or down the Driehoek valley to the south. The next section presents a fairly rough road surface all the way to Cederberg Cellars for 96km. There is a small shop and wine tasting is on offer - it's well worth a visit. 3km farther there is a right turn, and the road rises sharply before dropping down a steep descent to Kromriviër resort where you can swim in the stream and order an ice-cold beverage. As you pass through the gates be sure not to end up in the same pen as the Anatolian sheep dog, as he is a little protective. There are some cave paintings off to the right at Truitjieskraal. But you will need a permit, which is obtainable at the farm. From here there is still a 5km climb before heading down to Mount Ceder Resort.

DAY 3 | Mount Ceder to Op Die Berg

From Mount Ceder, on the banks of the Grootrivier, there is a 5km descent, which you zoomed down yesterday. Today, however, you will be climbing 5km to get out of the Blinkberg Pass, between the Skurweberge and the Swarttruggens mountains. As the land flattens somewhat there are beautiful rock formations seemingly scattered about with innumerable 'gargoyles' keeping watch. The road now turns to tar and the pace picks up all the way to the T-Junction, where the Op Die Berg village is to the left and the route continues to the right.

DAY 4 | Op Die Berg to Citrusdal

The first 40km is on tar and is relatively flat, but this is the Koue Bokkeveld and is not for the fainthearted. It can be hellishly hot or freezing cold, and if there is a headwind it can be really tough. As the mountains close in from both sides, the road turns to gravel and winds howl through a narrow valley before you climb the Middelberg Pass. The views across to Middelberg Peak, Meulenskop and the Elandkloof valley are brilliant. Easily as good as the descent, which is often rough and skittish. One should take care on the tar road, which is a screamer all the way into Citrusdal and the finish.

Overberg Meander

The Overberg Meander takes you over a distance of 364km through historic towns, passing through the Southern-most point of Africa and with stretches of unspoilt beauty. This route can be done in 3 – 6 days.

DAY 1 | Swellendam to L'Agulhas

Swellendam is one of the oldest towns in South Africa, set against the backdrop of the gorgeous Langeberg Mountains. Visit Wldebraam Berry Estate for some liquor tasting before making your way along undulating gravel roads, wheat fields, and sun-kissed canola fields in bloom from the start of July, up until mid-October. En-route to L'Agulhas – the southern-most point in Africa – make a detour into Bredasdorp for a quick dip in the Breede River, before refilling your water bottles and replenishing your supplies. Take caution on the tarred road between Bredasdorp and Struisbaai and stay in single-file. Once through Struisbaai, stop for a mandatory selfie at the Southern-most point of Africa, which is also where the Indian and Atlantic Ocean meet. Refuel with the local food and get some well-deserved rest

DAY 2 | L'Agulhas to Napier

This section of the Overberg Meander is made up pre-dominantly of gravel roads, periodically broken up by a few, short sections of tarred roads. The lovely little town of Elim – which was first established as a Moravian Mission Station in 1824 - is a logical halfway stop for replenishing your supplies. Make sure you stop off at one of the wine estates along the Elim Wine Route. The route is made up of six wineries - Zoetendal Winery, Quoin Rock, The Berrio, Black Oystercatcher Strandveld Vineyards, home of First Sighting wines and Lomond – and they boast some delicious red, white and rosé wines. Turning onto Elim road, you will encounter the first “climbs” of the day, surrounded by stretches of unspoilt fynbos (natural shrub land), before rolling past wheat and barley fields into the town of Napier – your home for the evening.

DAY 3 | Napier to Tessaarsdal

Depart Napier in a westerly direction, making sure to keep an eye out for the turnoff to Sandy's Glen, which is roughly 11km out of town on the R316. A sharp left off the tarred road leads to an immediate climb into the fynbos strewn mountains of the Cape Overberg. This 80km ride is made up of detours and possible options for you to cycle. Although not officially part of the Overberg Meander, Stanford is too good of an opportunity to pass up, with craft beer, wine, coffee, artisanal gin and food stops in abundance. Re-fuel your tired body before climbing the short and punchy Akkedis Pass, a 7km tarred climb on the R326. Turn off the tarred road once again in a westerly direction before embarking on more climbing, which will take you up and over the road into the Hemel-en-Aarde Valley and your base for the night.

DAY 4 | Tessaarsdal to Elgin Valley

This is arguably the toughest section of the route, but also the most scenic, taking you past award-winning vineyards of the Hemel-en-Aarde valley. You will have the option to detour into the bustling coastal town of Hermanus, or the second optional detour via the protected Kogelberg Biosphere Reserve, which forms part of the Cape Floral Kingdom a UNESCO World Heritage Site and ending up in the picturesque valley of Elgin. Ensure that you are well rested before you take on the rough and corrugated Highlands road climb, which will reward you with panoramic vistas extending over the Cape Whale Coast, as well as the Groenlandberg mountains.

Stop off at the iconic Peregrine Farm Stall and reward yourself with a freshly baked pie and artisanal coffee or fresh pressed apple juice, before crossing the N2 highway on your way to the Elgin Railway Market, which is also where you will end your Overberg Meander journey.

Karoo Crossing

The Karoo Crossing takes you on a 358km adventure as you journey through towns each with its unique charm, winding historic mountain passes and semi-desert plateaus. This route can be done in 4 – 6 days.

DAY 1 | Knysna to De Vlugt

The ride begins with a cycle via the challenging Simola and Gouna climbs, before settling into a peaceful rhythm of ups-and-downs through the lush indigenous sub-tropical Knysna forest – just beware of elephants. No, really, keep your eyes peeled, you might just be lucky enough to see one. Leaving Kom se Pad, the road opens up and the tree canopy makes way for African skies... and more climbing as you scale the first portion of Prince Alfred's Pass – a Thomas Bain masterpiece – before a helter-skelter descent to De Vlugt

DAY 2 | De Vlugt to Buffelsdrif Road

Get ready for a 13km climb to open up the lungs, as you are taken through the start of your Karoo experience. Roads, fields and the Kamanassie mountains loom over you as you get closer to Uniondale and your last taste of 'civilisation' for a while. Make your way into the surprising beauty of the Kamanassie road, with its mixture of fertile farmlands and brutal veld. Kamanassie is an ancient Khoi-San word meaning "mountain of water".

DAY 3 | Buffelsdrif Road to De Rust

Be sure to leave early to avoid the inevitable heat that will hit as you leave the lush roads along the river for some big-sky country and the semi-desolation of the Central Karoo. Next, you will pass through the outskirts of Dysseldorp and into De Rust, via a picturesque farm road along the Olifants River.

DAY 4 | De Rust to Prince Albert

Meiringspoort is a bucket-list cycling road. It is tarred and fairly busy, so keep left and single file, as it curves its way through 25 crossings of the Groot River. Stop halfway and take a short hike to the 60m-high waterfall, complete with swimmable rock pools ideal to cool off in summer. While the idea of mermaids in the Karoo may sound completely bizarre, it is firmly believed by locals that the legend of the Karoo Mermaid is true. A left turn at the top of the poort takes you onto the only gravel of the day, journeying into Prince Albert.

DAY 5 | Prince Albert to Matjiesrivier

Situated at the foot of the Swartberg Mountain range you will make your way into Prince Albert. Cycle through beautifully preserved Cape Dutch, Karoo and Victorian buildings – thirteen of which are listed National Monuments. Stop at one of the many restaurants and taste the Karoo lamb. The region is also emerging as a quality wine-producing area. Pack some food and lots of water; as you journey 22km from Prince Albert to the summit of the Swartberg Pass but after 1 000m climb, you will have conquered one of the legendary South African ascents.

DAY 6 | Matjiesrivier to Calitzdorp

Descend carefully to Kobus se Gat, thereafter joining the ever-changing scenery of the Groenfontein road into the historic Calitzdorp, a town snuggled between the Outeniqua, Swartberg and Rooiberg mountains. Ideally situated as a hub from which to partake in all that the region has to offer, including the majestic mountain passes, Cango Caves and unique Karoo architecture.

For bike-friendly accommodation and route maps visit <https://cape-cycleroutes.co.za>



Cradle of Human Culture

A journey through the Cradle of Human Culture traces the origins and development of human culture over the past 160 000 years and in the process, it also uncovers what it means to be human. From engraved ostrich eggshells and bone tools to shell beads and the first evidence of drawing, visitors will discover some of humanity's earliest use of symbols, art and technological innovation. While the Cradle of Human-kind in Gauteng holds some of the earliest evidence of the human journey starting from about 3.5 million years ago, the Cradle of Human Culture holds evidence of how our ancestors started to manifest abstract thought, to use fire to improve their tool-making skills and to systematically exploit marine resources for their nutrition.

The Cradle of Human Culture includes several archaeological and palaeontological sites in the Western Cape. The three major ones are Diepkloof Rock Shelter in the Cape West Coast (Weskus), Blombos Cave and Pinnacle Point on the Southern Cape Coast. A trip to the Cradle of Human Culture includes more than these three sites and the development and expression of human culture can be traced across all sites.

Choose a journey and start your road trip.

For more information on Cradle of Human Culture visit www.cradleofhumanculture.co.za

  [#CradleOfHumanCulture](https://www.instagram.com/CradleOfHumanCulture)

The ARTIST'S JOURNEY

DAY 1 | Cape Town

Cape Town is a fusion of diversity. It is a city overflowing with attractions for visitors interested in history, art, culture and a beautiful environment. Table Mountain is one of the most iconic attractions in Cape Town. For modern African art at its finest, visit Zeitz MOCAA and the Norval Foundation.

Stayover at Radisson Red Hotel

Experience love at first sight in this city hotel that sits on the beautiful waterfront of Cape Town. There is something to fill all the senses, with fantastic art adorning all rooms and suites, while Cape Town's craft food and drink scene are celebrated in the OUIbar + KTCHN.

www.radissonred.com/cape-town

DAY 2 | Yzerfontein – Vredenburg

!Khwa ttu San Heritage Centre Yzerfontein

!Khwa ttu is a San Heritage Centre which is located near Yzerfontein. At !Khwa ttu San culture ancient and recent history are presented through a series of exhibitions, videos and presentations. !Khwa ttu provides a platform for contemporary San to share and explore their history and culture with both the San community members and local and international visitors.

The exhibitions and guided experiences engage body and senses as much as the mind and demonstrate traditional lifestyles, culture and heritage and ancient survival skills of the San. Visitors can also take a drive in an open vehicle past zebra, springbok and other wildlife, through unspoilt fynbos, to a replica San village.

www.khwattu.org

West Coast Fossil Park

Vredenburg

The West Coast Fossil Park has an exceptional interpretation centre displaying well-preserved fossil remains of the animals that inhabited the area about 5-million years ago. The deeply buried fossil bones of now extinct animals such as saber-toothed cats, short-necked giraffes (sivatheres), hunting hyenas and African bears were uncovered in the 1950s during phosphate mining and they are now visible at the dig site in a display unique to South Africa.

This is an unforgettable visit, which will leave no visitor dissatisfied. A newly-built state-of-the-art interpretation centre, housed in an impressive eco-friendly building, will take visitors on a journey illustrating how the landscape in the area changed over the last 5-million years, what life was like when the sivatheres were alive and which other now-extinct animals roamed the land.

www.fossilpark.org.za



cradle of human culture
discover yourself

Stayover at Saldanha Bay Hotel

With fresh and contemporary decor that creates an atmosphere of space and light, Saldanha Bay Hotel occupies a magnificent waterfront. Only 90 minutes' drive from Cape Town, Saldanha Bay offers excellent accommodation on the water's edge. Come experience this seaside gem that offers true West Coast hospitality!

<http://saldanhabayhotel.co.za>

DAY 3 | Elands Bay – Redelingshuys

Elands Bay Cave

Elands Bay

Breath-taking San and Khoe rock art has been found in the Elands Bay Cave in the hills above the Elands Bay harbour, about 5km from the centre of the village. This site was first occupied during the Middle Stone Age, dating back more than 80 000 years and intermittently during the Later Stone Age until possibly 500 years ago. Rock paintings include large images of eland, regarded by the San as spiritual creatures, as well as smaller antelope and other animals. Most striking are the many small handprints on the cave walls, some of which are believed to be those of children and young teenagers.

The site is open to the public free of charge but visitors are requested to stay on the demarcated path and not touch the rock art since this may cause irreversible damage to the paintings.

Diepkloof Rock Shelter – not open to the public

Between Elands Bay and Redelingshuys

Diepkloof Rock Shelter takes its name from the nearby Diepkloof stream. It is situated between Elands Bay and Redelingshuys and overlooks the Verlorenvlei wetland. Excavated for over 40 years, this site contains one of the most complete and continuous Middle Stone Age archaeological sequences in Southern Africa. This extremely well-preserved record has allowed scientists to reconstruct in detail the lives of our ancestors, the environment in which they thrived and their adaptation over the course of the millennia to an evolving environment. In addition to the Middle and Later Stone Age deposits, the site also contains rock art dating back to San hunter-gatherers, Khoe pastoralists and the colonial period. The sequence of these rock paintings, at times overlapping, shows the long period during which the cave was occupied and used.

Diepkloof Rock Shelter was declared a Provincial Heritage Site in 2015 and it is currently on the tentative serial nomination list of UNESCO World Heritage sites. It is expected to be declared a World Heritage Site within the next few years.

Stayover at Ventersklip Guest Farm

On the wild West Coast of South Africa, just 220km north of Cape Town and 5km from the renowned surf spot, Elands Bay, lies a historic World Heritage site of outstanding natural beauty. A perfect spot for bird watching, horse riding, hiking, fishing, surfing, rock art, wild flowers – or just enjoying a wonderful piece of wilderness. Time stands still. Chill out in the outback of the West Coast.

www.vensterklip.co.za

DAY 4 | Cederberg

Riel dancing and living culture

Experience an authentic riel dance, a cultural expression of courtship rituals and joyous dance moves practiced by descendants of San and Khoe people. In recent years this dance form has enjoyed a revival among young and old. Die Nuwe Graskoue Trappers – a riel dance group from the small Cederberg settlement of Wupperthal – has enjoyed immense success on the international cultural stage. They won several gold medals at the World Championships of Performing Arts in Los Angeles in 2015.

<http://capewestcoastpeninsula.co.za>

Sevilla Rock Art Trail

Clanwilliam

The Sevilla Rock Art trail is on Traveller's Rest Farm, 34km from Clanwilliam, on the R364 regional route over the spectacular Pakhuis Pass. The 5km-round trail along the Brandewyn River includes nine fascinating rock art sites, which are some of the finest examples of San rock art in the region. This spiritual cultural journey is enhanced by the natural surroundings, the rich birdlife, as well as the indigenous wildlife along the trail such as springbok, eland, dassies (rock hyrax) and other small animals. Visitors are required to buy a permit to enter the site at the Traveller's Rest farm stall.

www.travellersrest.co.za

Truitjieskraal and Stadsaal Cave

Matjiesrivier Reserve

The Cederberg is dotted with rock art but Truitjieskraal, in the Cape Nature Matjiesrivier Reserve, is arguably one of the most impressive sites. Information boards along the Truitjieskraal interpretive trail provide insights into both the San and Khoe cultures, while at the same time educating visitors on the unique ecosystem surrounding the rock art with its various species of animals and plants. Similarly impressive, located just 20 minutes away from the Matjiesrivier Reserve, is the Elephant Paintings rock art site. These remarkably well-preserved paintings depict three lines of people and a herd of elephants. While it is difficult to exactly date rock paintings, archaeologists estimate that they are at least 1 000 years old.

To visit these two sites, visitors are required to obtain a permit from the Algeria campsite office or nearby Dwarsrivier farm, home to Cederberg Cellars.

www.capenature.co.za/reserves/matjiesrivier-nature-reserve

Stayover at Sanddrif Holiday Resort

Sanddrif Holiday Resort is situated on the farm Dwarsrivier, home of Cederberg Private Cellar, approximately 250 km north of Cape Town. The farm lies in the heart of the Cederberg Wilderness Area, which is well known for its spectacular rock formations, expansive vistas, rock art and fynbos.

www.sanddrif.com

The COASTAL JOURNEY

DAY 1 | Cape Town

Visitors can enjoy the work of local artists at the Maboneng Township Arts Experience, view collections ranging from fossils to rock art at the Iziko South African Museum, where you can explore the exhibition "Mother Africa Welcome Home". This is a compilation of multimedia, artifacts and objects offering a deep insight into the lives of our early ancestors.

Stayover at Curiosity Cape Town

Set in a modernist three-storey building in the heart of the city's Green Point neighbourhood, Curiosity Cape Town is centrally located and handcrafted from top to bottom in the hotel's signature style. Through exclusive collaborations with some of South Africa's leading local designers, Curiosity has created a sophisticated design-led hybrid hotel built for the modern traveller. From premium deluxe rooms to shared suites, a pool, outdoor lounge and onsite café-restaurant, Curiosity Hotel has got all the details covered so you can focus on connecting with your fellow travellers and discovering the Mother City.

<https://curiocity.africa/boutique-hotel-in-cape-town>

DAY 2 | Stellenbosch

Dylan Lewis Sculpture Garden Stellenbosch

The seven-hectare Dylan Lewis Sculpture Garden in Paradyskloof, Stellenbosch, is set among lush indigenous vegetation. The project was born in 2009 when its creator, the artist Dylan Lewis, started shaping the contours of the garden. A theme integral to his work includes “the untamed wilderness within the human psyche”, which he expresses through his sculptures and their positioning on the landscape. He has placed more than 60 sculptures in this beautiful setting – ranging from human and shamanic figures to large abstract works and his iconic big cats.

Visit this serene place by appointment to admire the art, be one with nature and experience a sense of spirituality and transience conveyed by this minimalist space. To arrange a visit, email reservations@dylanart.co.za or call +27 (0)21 880 0054.

www.dylanlewis.com

Dine with a local Stellenbosch

The ‘Kayamandi Township Tour’ and ‘Dine with a Local’ experience offer visitors to Stellenbosch the chance to dine with locals from different backgrounds and learn about their daily lives, listen to their stories and hear of their hopes and aspirations. Dip into traditional African or Cape Malay cuisine while enjoying local wines from one of the many local estates surrounding the university town.

www.visits Stellenbosch.org

Stayover at Oude Werf Hotel

Modern meets vintage at the oldest running hotel in South Africa. With a history spanning three centuries – it’s intimate luxury combined with chic antique style. Located in the heart of Stellenbosch in Church Street, step out to explore the wonders of the town or venture out to the nearby famous wine farms of the region.

www.oudewerf.co.za

DAY 3 | Stanford – De Kelders – Arniston

Phillipskop Mountain Reserve Stanford

The Phillipskop Mountain Reserve lies 10km east of Stanford. This is one of the few sites with rock art in the Cape Overberg region and the only known site in the Cape Whale Coast. It contains rare yellow handprints attributed to Khoen herders. There are also paintings of a group of men and an antelope representing the San hunter-gatherer tradition. Phillipskop’s rock art site is reachable through the Phillipskop Nature Reserve with a 2km walk from the reserve’s reception and carpark. The Waterfall Hiking Trail takes the visitors to the foot of the slope up to the cave. There is a short but steep path to the cave near the waterfall; appropriate shoes and steady feet are advised. Access to the reserve is via a 3km dirt road, which is best accessible by vehicles with a higher ground clearance.

www.phillipskop.co.za/news/rock-art-cape-whale-coast

Klipgat Cave

De Kelders

Klipgat Cave is located close to the seaside village of De Kelders and it is accessed via the Walker Bay Nature Reserve, managed by Cape Nature. Here visitors will be welcomed by dramatic ocean views. Klipgat Cave was occupied during the Middle and Later Stone Age from about 80 000 years ago to about 50 000 years go and then again from 2 000 to 1 200 years ago. Amongst some of the main findings in the cave, archaeologists uncovered some of the earliest human remains of Homo sapiens. The bones of early fat-tailed sheep and pottery

discovered here show that Khoen pastoralists lived in the area from about 2 000 years ago, one of the oldest dates in the Western Cape. Detailed information boards at the site will lead the visitors through the daily lives of our ancestors from the Middle Stone Age through the Later Stone Age.

www.capenature.co.za/reserves/walker-bay-nature-reserve

Waenhuiskrans Cave

Arniston

Continue your exploration at the picturesque seaside town of Waenhuiskrans, also known as Arniston, about 25km from Bredasdorp. Here discover – though only at low tide – the massive limestone Waenhuiskrans Cave falling within the Waenhuiskrans Nature Reserve. The effort to get there, walking along the beach and scampering up some rocks, is worth it for the incredible views, even though there have been no archaeological finds in the cave.

Stayover at Arniston Spa Hotel

The luxurious 4 Star Arniston Spa Hotel welcomes you with friendly service. The exquisite setting offers panoramic views of the ocean and the pristine coastline. The unspoiled, child-friendly beaches are safe and perfect for swimming and surfing.

www.arnistonhotel.com

DAY 4 | Still Bay

Tidal fish traps

Still Bay

At Still Bay at least 25 stonewalled fish traps represent the technological and economic evolution of early fishing practices in the area. These traps were built at the correct height to trap fish during a falling tide. They illustrate a traditional fishing method along the Southern Cape coast that endured through the ages. They have been declared a National Heritage Site in 2018 and are located within a Marine Protected Area managed by Cape Nature. Local fishermen and farmers have been responsible for the maintenance of these fish traps since at least the early 20th century. More recently the greater community has contributed to ensuring that the local/indigenous knowledge regarding these fish traps is not lost and that they are adequately maintained. These traps will provide visitors with a unique experience from a historical, aesthetic and scientific perspective and will shed light on a traditional fishing method still in use today.

www.explorersgardenroute.co.za

Blombos Cave - not open to the public

Still Bay

Blombos Cave is a world-famous archeological site, overlooking the sea and located in a private nature reserve not open to the public. Archaeologists have uncovered some of the first evidence of symbolism, cognitive thinking and technological advancement, traits used to define modern human behaviour. Specific findings include a piece of engraved ochre, which is the first known ochre engraving found in the archaeological record and dated to 75 000 years ago; “the oldest artist’s toolkit”, which is evidence of a 100 000-year-old ochre-processing workshop; “the oldest drawing (or hashtag)” dated to 73 000 years ago and some of the first evidence of body decoration, in the form of perforated estuarine shell beads.

Blombos Cave was declared a Provincial Heritage Site in 2015 and it is currently on the tentative serial nomination list of UNESCO World Heritage sites. It is expected to be declared a World Heritage Site within the next few years. While the site is closed to the public, the small Blombos Museum of Archaeology in Still Bay offers visitors with the possibility of exploring some of the fascinating findings of this site. The exhibition is in the process of being modernized.

www.explorersgardenroute.co.za

Stayover at Oudewerfskloof Farm

Oudewerfskloof Olive Farm offers a charming slice of rural bliss for the entire family. Our tranquil and comfortable farm stay accommodation with breathtaking views of the Goukou River and an abundance of things to do for kids and adults alike guarantees that this good old-fashioned farm experience will remain a family memory for years to come.

<https://oudewerfskloof.co.za/self-catering-accommodation>

DAY 5 | Mossel Bay

Pinnacle Point

Mossel Bay

At the archaeological site of Pinnacle Point an international team of researchers has found some of the earliest evidence for modern human behaviour. Excavations in the various caves have showed that here, for possibly the first time in the archaeological record, early humans systematically exploited shellfish as part of their diet, heated silcrete (a type of rock) to make more efficient stone tools; made advanced “micro-lithic” stone tools for projectile weapons and consistently ground ochre pigment, either for symbolic or functional purposes. This site was declared a Provincial Heritage Site in 2012 and it is currently included in the tentative serial nomination list of UNESCO World Heritage sites. It is expected to be declared a World Heritage Site within the next few years.

Visitors can plan and book a Point of Human Origins Experience tour to gain profound insight not only into the discoveries at the site and how Middle Stone Age people were living here between 170 000 and 40 000 years ago, but also to reflect on where we came from, consider where we are now – and where we are heading as the human race.

www.humanorigin.co.za

Cape St Blaize Cave

Mossel Bay

The cave at Cape St Blaize, below the Mossel Bay’s lighthouse, is the site of some of South Africa’s first Middle Stone Age archaeological excavations. More recently, parts of the cave were explored by scientists as part of the Mossel Bay Archaeology Project, which was also conducting excavations at Pinnacle Point Site Complex. Information boards on site illustrate the history of the site and its importance in the history of archaeology.

The cave is open to the public and there is no access fee. It is a short walk from the Mossel Bay Waterfront and provides beautiful views of the ocean. It is also located at the beginning of the Cape St Blaize Trail, a 13.5km trail which joins Mossel Bay and Dana Bay and which also crosses the Pinnacle Point Estate.

www.visitmosselbay.co.za

Stayover at The Point Hotel & Spa

A Premium 4-Star Hotel in Mossel Bay, set on the rocks Just below the Historical St. Blaize Lighthouse, where every Room enjoys the Magnificent Indian Ocean.

<https://pointhotel.co.za>

DAY 6 | George – Oudtshoorn

Dine with a local

George

Book a two-hour ‘Dine with a Local’ experience through the George Tourism office to share a home-cooked meal with locals and enjoy music, poetry or dancing together. Diners can experience traditional cuisine and supporting this local development project.

www.visitgeorge.co.za

Cango Caves

Oudtshoorn

The Cango Caves is one of the world’s great natural wonders, sculpted by nature through the ages to create limestone formations in a wide variety of colours. Visitors can explore the spectacular underground wonders including the finest dripstone caverns, vast halls and towering formations.

A beautiful and highly informative exhibition on the first floor of the interpretation centre explains in “A journey through time” how the caves were formed, and the human species evolved over time. It also describes in detail the intermittent human occupation of the cave and adjacent area starting from about 80 000 years ago, providing a glimpse of how the environment changed over time. A rock art exhibition also illustrates the rock art found in the cave and in the overall area and its significance. Due to a recent increase in visitors, it is essential to book in advance.

www.cango-caves.co.za

Stayover at Swartberg Country Manor

Swartberg Country Manor is nestled on the farm “Voorbedacht” situated in the Cango Valley at the foot of the world-renowned Swartberg Mountain Pass. The picturesque Swartberg Mountains will bring comfort to anyone that wants to “get away from it all” and simply soak up the peace of its tranquil surroundings.

<https://swartbergmanor.co.za>

DAY 7 | Plettenberg Bay

Nelson Bay Cave

Plettenberg Bay

Make your way to the spectacular Robberg Nature Reserve to track some fascinating archaeological discoveries at Nelson Bay Cave. The site preserves archaeological materials from the Middle and Later Stone Age and thus dates from more than 40 000 years ago up to recent San occupation. Artefacts ranging from Middle Stone Age tools to 2 000-year-old pottery, graves containing human remains buried in a fetal position and decorated with shells and ochre and many more cultural finds have been found in the cave.

Nelson Bay cave was first excavated in the 1960s and the results showed that the diet of the early humans who lived here comprised of food ranging from birds, eggs and plants to shellfish, as well as seals and bush pigs. Archaeological remains dating back to about 5 000 years, resulted in large middens. Access to the site is from inside the nature reserve, about 8km from the coastal town of Plettenberg Bay. Set aside enough time to explore the cave and its beautiful surrounds.

www.capenature.co.za/reserves/robberg-nature-reserve

Stayover at the Fountain Shack

Overlooking the Indian ocean, with spectacular views of the Robberg Peninsula, the renovated wooden shack sleeps eight people in four double bunk beds in an open-plan room. Fountain Shack cannot be reached by vehicle. The route is a 4km hike from the parking area and back, and takes about two hours to walk.

www.capenature.co.za/reserves/robberg-nature-reserve



cradle of human culture
discover yourself

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

Eat at The Company’s Garden Restaurant

In the heart of the Mother City, within the richly historical Company’s Garden, lies a restaurant built for children, families and visitors alike. Inspired by nature and by tales rooted in the past, this gentle space offers a point of peace within a buzzing urban metropolis.

<https://thecompanysgarden.com>

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

Stayover at Belmond Mount Nelson Hotel

At the foot of Table Mountain is an inviting hotel, painted pink for peace in 1918. Within, the magic of a bygone era awaits. Delight in exquisitely restored interiors with quirky modern touches. Capture the light with a painting masterclass or unwind and indulge at the Librisa Spa. You are guaranteed an unforgettable stay.

www.belmond.com

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

Eat at Karibu Restaurant

Set between the picturesque view of Table Mountain and the tranquil blue waters of the Atlantic Ocean, Karibu affords you the opportunity to experience the vibrant flavours of South Africa and be part of their unique theatre of dining. Encounter the ruggedness of Africa within the luxurious setting of the restaurant where a mixed fusion of African ambiance blends itself with the flavours of our rich and diverse cultural heritage.

www.kariburestaurant.co.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

Stayover at The President Hotel

Feel at home with 349 luxury rooms and apartments to choose from. Light, bright and spacious, there’s plenty of room to make yourself at home. Add to that an array of luxury facilities, smart technology and stylish design – and you’ll never want to leave!

<https://presidenthotel.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

Light meal and tasting at Stellenbrau Brewery

Stellenbrau Brewery’s restaurant offers a range of meals that pair well with their craft beers for a unique culinary experience. Choose from their selection of signature meals, created with locally sourced ingredients.

<https://stellenbrau.co.za>

Dine with Locals in Kayamandi

There is no better way to get to know somebody than by breaking bread with them. Dining with locals provides a unique opportunity to experience the rich and cultural diversity of Stellenbosch community, Kayamandi. Enjoy traditional African cuisine paired with exceptional wines in the company of the locals. Your host will take you on a great storytelling journey, told with vivacity and humour, while touching on customs, traditions and township life. Experience true South African hospitality in their company and emerge richer for it, simply by sharing a meal.

www.visitstellenbosch.org

Stayover at Spier Hotel

Spier Hotel in Stellenbosch is the perfect stayover for families with the hotel pulling out all the stops necessary to ensure parents AND their kids have everything they need. The hotel – and greater estate – also enjoys strong ties to the outlying community. From social investment, outreach projects and upskilling of local staff, Spier invests heavily back into their work force and locals in the area. Staying here, you will quickly pick up on the sense of Ubuntu (humanity towards others), and it creates a wonderful atmosphere for both guests and staff at the estate. While at Spier you can also discover the Heritage Walk, a free circular walk which you can start at Spier Hotel

www.spier.co.za/hotel

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.

Eat at the South African Table at Leopards Leap

The Leopard’s Leap South African Table presents guests with the opportunity to taste authentic

South African dishes and to learn more about the food heritage while sharing a meal.

<https://leopardsleap.co.za/pages/south-african-table>

Franschhoek Vineyard Hopper

Experience a Wine and Beer Tasting Service in Franschhoek. A Hop-On Hop-Off service where you can select from 27 wineries, 3 breweries & 36 restaurants to visit

<https://franschhoekvineyardhopper.co.za>

Stayover at Grande Provence Heritage Wine Estate

Sitting in the magnificent Franschhoek Valley in South Africa’s Western Cape, her lush vines spread across 47-acres with gentle vistas over the valley floor, with the rugged mountains beyond. This is heartland South African wine country at its very finest.

www.grandeprovence.co.za

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

Eat at the Old Potter’s Inn

Welcome to The Old Potter’s Inn Brew Pub, Greyton. A small kitchen space dedicated to fresh, quality cuisine. This fully licensed establishment serves breakfast and lunch. They offer TRUTH coffee as well as a variety of teas and Rooibos, along with Hot Chocolate and Red Espresso.

www.oldpottersinn.co.za

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

Stayover at Weder Guest House

This is one of the original missionary houses with all the old-world charm you could possibly expect. Thick adobe walls, thatch roof, several fireplaces, wooden shutters and oodles of character.

<https://xplorio.com/greyton/weder-guest-house>

Cape to Namibia Route

The Cape to Namibia route is jam-packed with incredible, authentic and unique experiences. Running a distance of 1478 km, you will discover among other things, the rolling wheat fields of the Weskus, the vast koppie-dotted plains of the Karoo, and the massive white sand dunes in Namibia.

For more information on the Cape to Namibia Route visit www.capetonamibia.co.za

ROUTE: Cape Town to Windhoek via N7 and B1

Total driving distance: 1 478,4km

WESTERN CAPE

DAY 1 | Cape Town

Cape Town’s unique story begins with the birth of Table Mountain eight hundred million years ago and the discovery of human footprints dating back 117 000 years. Today it’s a colourful and harmonious fusion of ethnic diversity and a city overflowing with opportunity. While walking through the streets and meeting the locals, you will fall in love with its natural beauty, creative freedom and incredible spirit. Cape Town is the city where the unexpected is always just around the corner and the beautiful province of the Western Cape lies ready to be explored across the city border.

Places of interest:

- Bo-Kaap
- Cape Town Big 6 Attractions: Kirstenbosch National Botanical Garden, Groot Constantia Estate, Cape Point, V&A Waterfront, Table Mountain and Robben Island

Distance from Cape Town to Piketberg: 129,8 km

Travel to Piketberg via Malmesbury – Moorreesburg – Koringberg

DAY 2 | Piketberg – Porterville

Piketberg stands in the middle of undulating fields of wheat, green vineyards and flowering yellow canola, at the foot of the Piketberg mountain range. Piketberg offers travellers many different activities, including horse riding, rock art, bird watching, wine tasting, hiking,

mountain biking, various sporting activities, canoeing and fishing. Don't be surprised to find yourself not wanting to leave this beautiful area.

Porterville, an unspoilt and picturesque dorp (small town) on the slopes of the stunning Olifantsrivier Mountains, was established on the farm Pomona in 1863 and named after the then quite popular Attorney General of the Cape Colony, Sir William Porter. Set in a land of extremes, Porterville boasts with one of the rarest flowers, the Disa Uniflora, easy access to the awe-inspiring Groot Winterhoek Nature Reserve and dry hot summers with powerful thermals, placing it firming on the world map as an ideal paragliding hotspot.

Places of interest:

- Groot Winterhoek Conservation Area
- Tygerkloof Distillery

Distance from Porterville to Citrusdal: 56,4 km

Travel to Citrusdal via Eendekuil

DAY 3 | Citrusdal – Clanwilliam

Those massive and monolithic mountains going by the name of Cederberg are possibly the reason why you’ve decided to mission north along the N7, but let’s face it; you’re going to have to take a break before entering this gigantic sandstone playground and Citrusdal and Clanwilliam are perfectly perched on the edge of this wilderness. Endemic rooibos and buchu tea flourish on the harsh Cederberg slopes, in stark contrast with the verdant valley carved by the Olifants River far below and its snaking irrigation canals sustaining extensive citrus farming. Come spring time the air is suffused with the scent of orange blossoms.

Places of interest:

- Rooibos Tea Route
- Maltese Cross
- Cederberg Wine Region

Distance from Clanwilliam to Klawer: 61,8 km

Travel to Klawer via Trawal

DAY 4 | Klawer – Vredendal

Klawer which means clover was given its name due to all the wild clover that used to grow here prolifically. From late July to September the area is covered with flourishing wildflowers, and is one of the reasons, other than wine, that visitors come here.

A vast number of outdoor adventures exist in Vredendal if you love holidays in nature. The wonderful climate lends itself to the exploration of this land of contrasts, and one thing is for sure - sunshine! It is recommended that you tour the area for at least five days to truly experience everything this little town has to offer.

Places of interest:

- Namaqua West Coast Wine Route
- Hiking and 4X4 Trails

Distance from Vredendal to Vanrhynsdorp: 24,7 km

DAY 5 | Vanrhynsdorp

Vanrhynsdorp is a little dorp with a lovely Victorian feel to it, and although you’ll find some interesting old buildings, the main draw card to this remote region is nature. It is here that three botanical kingdoms converge, namely the Nama-Karoo vegetation, succulents in the Knersvlakte and Cape Fynbos in the mountains, bursting with a technicoloured springtime flower display.

Places of interest:

- Gifberg Mountain Route
- The Old Gaol & Nursery

Distance from Vanrhynsdorp to Springbok: 261,3km

Travel to Springbok via Garies – Kamieskroon

NORTHERN CAPE

DAY 6 | Springbok

Set in a narrow valley bisecting the granite domes of the Klein Kop-erberge (small copper mountains), is the principal town of Namakwa, Springbok. Shortened from Springbokfontein in 1911, it owes its existence to copper-mining undertaken after 1850 and a ready supply of water. In the late 1870s, rich copper deposits at Okiep saw most Springbok residents following their dreams to drought-stricken claims, many of which returned.

Places of interest:

- Goegap Nature Reserve
- Namaqua National Park

Distance from Springbok to Vioolsdrift: 117,4km

Travel to Vioolsdrift via Steinkopf

DAY 7 | Vioolsdrift

The official border post to Namibia. There are several camp sites on the banks of the Orange River. Many river rafting trips along the Orange and through the Richtersveld start here. Stunning rock stratum and petroglyphs can be viewed. Once alone Nama man lived here, whose name was Jan Viool. He would guide travellers through the river at the shallowest part called a “drif”, hence the name “Vioolsdrif”. Only in 1956 the bridge was built across the river, linking Vioolsdrift to the Namibian border town of Noordoewer on the northern banks of the Orange.

Places of interest:

- Orange River Rafting

Distance from Vioolsdrift to Keetmanshoop: 308,4km

Border Posts:

Namibia – Südafrika

Klein Menasse / Rietfontein: 8:00 – 16:30

NAMIBIA

DAY 8 | Keetmanshoop

Capital of southern Namibia and focal point of the scenic and historic attractions in the surroundings is Keetmanshoop. Founded in 1860 by the Rhenish Mission Society and named after Johan Keetman, the town still retains vestiges of its original German buildings. The stone mission church, built in 1895, is now a museum with displays depicting the region’s colourful past. Housed in the old Post Office building (built in 1910) is the Southern Tourism Forum.

Places of interest:

- Quivertree Forest and Giant’s Playground
- Naute Kristall Cellar and Distillery
- Naute Dam

Distance from Keetmanshoop to Windhoek: 498,1km

Travel to Windhoek via Mariental

DAY 9 | Windhoek

Many visitors to Namibia start their adventure in Windhoek, the capital and largest city of this Southern African country. Nama, Herero, German, Afrikaans and British cultures have influenced the growth and development of Windhoek. Visit the statue of Hosea Kutako, a nationalist hero, in the gardens surrounding the Tintenpalast, the seat of the Namibian legislature, or chow down on ostrich kebab or zebra steak at Joe’s Beerhouse before leaving on a safari into the Namibian wilderness.

Places of interest:

- Kuiseb Pass
- Parliament Gardens
- National Botanic Garden of Namibia



EXPERIENCES



Markets

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

Makers Landing | V&A Waterfront

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

When: Thursdays and Sundays, 10h00 – 18h00.
Fridays and Saturdays, 10h00 – 20h00

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

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.

<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

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.lfhm.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

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

WESKUS

Camphill 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

The Village Market | Riebeeek Kasteel

Location: Sarel Cilliers Street, Riebeeek Kasteel (opposite Kasteel Motors)

When: Every first Saturday of the month, 09h00 – 13h00
Riebeeek 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 Riebeeek 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.riebeeek-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

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

Hermanuspietersfontein Markie | Hermanus

Location: Hermanuspietersfontein Wines, Hemel en Aarde Road, Hermanus, 7200

When: Saturdays 09h00 – 13h00

A relaxing way to spend your Saturday mornings – while the kids try break the Jenga world record building the tallest tower – to enjoy breakfast, brunch or lunch with free wine tastings and background music thrown it makes for a foot tapping happy, fun, family pastime. Adding to the casual open air diner experience the cellar’s elegant range of wines, Die Markie is a fun venue to acquaint yourself with this Addams style Wine Family who profess they don’t take themselves too seriously.

www.hpf1855.com/blogs/news/die-hermanuspietersfontein-markie

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 | Sedgfield

Location: Along N2 Freeway, Sedgfield

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 Sedgfield, 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

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

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 | Prince Albert

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>



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 planing 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

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

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

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

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>



Great Wine Capitals

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. Wesgro re-joined the Great Wine Capitals Global Network in 2020.

Founded in 1999, the Great Wine Capitals Global Network is the only wine body encompassing the so-called "old" and "new" worlds of wine. It exists to encourage of best practice around travel and tourism, education and wine business between the regions of Adelaide (South Australia), Bilbao (Rioja), Bordeaux, Lausanne, Mainz (Rheinhessen), Mendoza, Porto, San Francisco (Napa Valley), Valparaiso (Casablanca Valley), Verona and Cape Town and the Cape Winelands in the Western Cape, South Africa.

Cape Town and the Western Cape has:

- 2 693 Wine Grape Farmers
- 45 Producer Cellars
- 457 Private Wine Cellars
- 5 Wine Regions
- 22 Wine Routes

Spread over a geographical area of 92 005 hectares.

For more information about Great Wine Capitals
www.greatwinecapitals.com



Great Wine Capitals
 GLOBAL NETWORK | A WORLD OF EXCELLENCE



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

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

CAPE WINELANDS

Breedekloof Wine Valley

The lesser-explored Breedekloof, 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

Franschhoek Wine Valley

Breathtaking 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

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

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

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

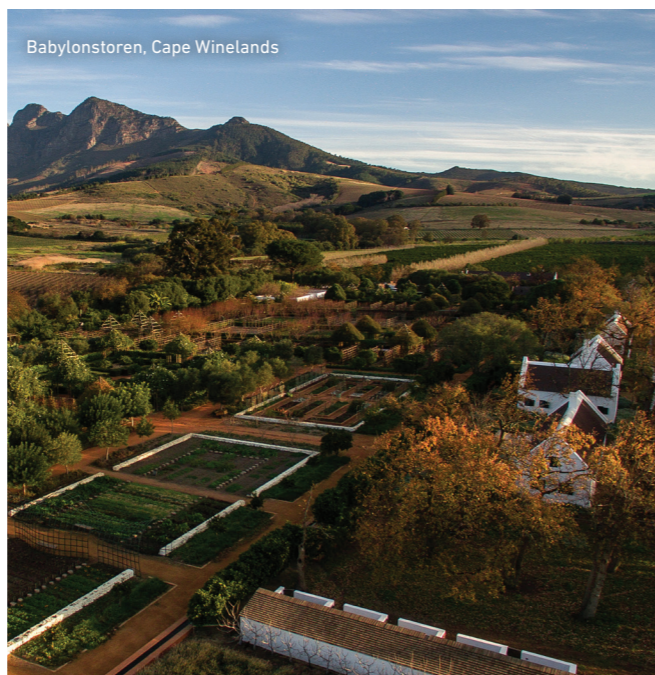
Tulbagh Wine Route

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

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 visi-



Babylonstoren, Cape Winelands

tors 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

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

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.kleinkaroorwines.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

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 varietals 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

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

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

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

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-t

CAPE 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

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

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

For more information on the wine routes of South Africa visit
www.visitwinelands.co.za



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.

www.saforestadventures.co.za

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!

www.animalocean.co.za

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.

<https://abseilafrica.co.za>

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.

www.electrek.co.za

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 Schurwenberg Mountains below the Koekedouw Dam in Ceres.

<https://ceresadventures.co.za>

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.

<https://winevalleyadventures.com/horse-mule-trails>

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.

<http://winewalk.co.za>

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

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 theses water adventure activities.

www.capesport.co.za

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.

www.paraglidesa.com/porterville-tandem-flight.php

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.

www.capenature.co.za/reserves/lamberts-bay-bird-island-nature-reserve

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.

www.gravity.co.za

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.

www.capenature.co.za/reserves/kogelberg-nature-reserve

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.

www.glamtrails.co.za

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.

www.saforestadventures.co.za/index.php/hermanus/quad-bikes-atv

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.

www.mosselbayquadbiking.co.za

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.

www.saforestadventures.co.za

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.

www.africanyon.com

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.

<https://skydiveoudtshoorn.co.za>

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.

<https://karoocycletours.com>

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.

www.wcro.co.za/guided-walks

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.

www.wagendriftlodge.co.za

Anysberg 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.

www.capenature.co.za/reserves/anysberg-nature-reserve





Discover the Cape of Great Events

From the world’s largest-timed cycling race and it’s ‘most beautiful marathon’ to international music gatherings and uniquely South African festivals, you will be hard-pressed to find more variety than in our beautiful province. This is a place of great warmth and hospitality and it is also home to world class events that draw people from around the globe, as well as more intimate, colloquial affairs. From cultural gatherings to high-octane sporting events, we have it all. Cape Town is a bustling, vibrant melting-pot of cultures and hosts a huge number of annual events, while outside the city limits, lie the greater Western Cape regions, and with them, a world of possibility. The Cape West Coast (Weskus), Cape Karoo, Cape Overberg, Cape Winelands and Garden Route and Klein Karoo all boast their own unique quirks and charms, as well as a myriad of events to keep you coming back for more.

Cape Town Cycle Tour | Cape Town

The world’s largest timed cycle race, the Cape Town Cycle Tour is the jewel in the crown for cycling in the Mother City and easily one of South Africa’s largest – and most popular – sporting events. Held every year in March, the route is 109km long and one of the most beautiful in the world, circling the Cape Peninsula with the start and the finish in the shadow of the iconic Table Mountain. Cyclists can also take on the MTB Challenge the week before, while the Cape Town Cycle Tour Expo has become almost as popular as the race itself with all sorts of cycling goodies to browse!

www.capetowncycletour.com

Cape Town Carnival | Cape Town

The Cape Town Carnival is a glamorous celebration of African identity, diverse communities and cultures, and the transformative power of creativity. Expect dazzling large-scale floats, talented costumed dancers, musicians and entertainers in tow. But the Cape Town Carnival isn’t just an annual spectacular that pops up for a day and then disappears. By bringing together some of the very best performers and artists, the event cultivates and sustains local participation in arts and culture, while showcasing creativity, encouraging celebration, and boosting tourism.

<https://capetowncarnival.com>

Two Oceans Marathon | Cape Town

Every Easter Weekend, more than 10 000 runners descend on Cape Town to take on the Two Oceans Marathon – a 56km ultra marathon dubbed “the world’s most beautiful marathon”. The route makes its way around the Cape Peninsula, incorporating both the Atlantic and Indian Oceans and some of the most jaw-dropping scenery the Cape has to offer, including Chapman’s Peak and Constantia Nek, before finishing on the fabled ‘Green Mile’ at the University of Cape Town. The Two Oceans Half Marathon – run on the same day - is also incredibly popular with 15 000 runners taking part

www.twooceansmarathon.org.za

Ride2Nowhere MTB | Cape Winelands

This 3-day mountain bike stage race takes place annually during the month of September in the beautiful and charming town of McGregor in the Western Cape. Experience proper mountain biking trails covering various terrain with beautiful views of the valley and surroundings of McGregor. It is a unique opportunity to explore this remote region of the cape on a mountain bike by getting access to routes and trails you wouldn’t on any other day. The event is well known for its unique and festive atmosphere and the amazing mountain bike routes!

www.ride2nowhere.co.za

Absa Cape Epic | Cape Winelands

An iconic stage-racing event, the Absa Cape Epic has become one of mountain biking’s biggest draws globally. The largest full-service mountain bike stage race in the world, the Cape Epic covers 700-kilometers of the Western Cape region in South Africa. The route changes significantly each year and lures amateur and professional cyclists from across the globe to test their mettle.

www.cape-epic.com

Berg River Canoe Marathon | Weskus

Four days in the middle of winter the longest canoe marathon in South Africa takes place. Canoe for 230 kilometres, from the Cape Winelands to the Cape West Coast town of Velddrif. So daunting is this four-day winter water race from Paarl to Velddrif, so hard-flowing is the Berg River, that the event attracts a breed of paddler who don’t mind competing in foul weather on an unpredictable, at times dangerous, river

www.berg.org.za

Knysna Oyster Festival | Garden Route & Klein Karoo

Running over a week in July, the Knysna Oyster Festival is jam-packed with activities sure to appeal to just about everybody. From oysters and wine to live entertainment and sports, the festival is one of the most popular events in the country and a staple for locals. What makes it so special is the incredible diversity of events on offer – from the annual bicycle race and Forest Marathon to whisky pairings and live music – everybody is catered for at the festival. Race in the morning and relax in the evening, then repeat!

www.oysterfestival.co.za

Karoo Gravel Grinder | Cape Karoo

The perfect event for adventurers who are also avid foodies, the Karoo Gravel Grinder is a three-day culinary / mountain biking adventure in the small town of Prince Albert. Covering one of the most beautiful and vast landscapes of the Western Cape – the Cape Karoo – the route is challenging, but manageable. The region is well-known for its unique terrain and it promises to be a journey like no other, with plenty of adventures – and culinary delights – in store for those who take part.

www.karoogravelgrinder.com

Hermanus Whale Festival | Cape Overberg

The oldest and largest festival on the South African whale coast calendar, the Hermanus Whale Festival is a celebration to the return of the southern right whales to the coastal waters of Southern Africa. Run over the course of 3 days, thousands of visitors descend upon the town to join in the festivities of this popular event. Accommodation establishments open their doors, restaurants dish up mouth-watering meals and the residents of Hermanus open their hearts in a warm welcome to visitors. The whales are undoubtedly the stars of the show, but you can also expect quality entertainers and musicians, an array of food stalls, kiddies’ activities and events suitable for both the young and old.

www.hermanuswhalefestival.co.za

For more Western Cape leisure events stay up to date on our events calendar www.wesgro.co.za/travel/events



Lebanon Forrest, Elgin



Discover New Experiences

Attractions & Experiences

CellarClub Tunnel & Wine Bar | Cape Town

A 150 year old tunnel in the heart of Cape Town at the V&A Waterfront. CellarClub is bringing the winelands to you in the heart of Cape Town with daily tastings of the finest South African wines. Open Tuesday to Sunday 12pm – 7pm. Every Thursday evening at 6pm is a winemakers Masterclass which showcases the incredible quality of our South African winemakers and wines.

www.cellarclub.co.za

SUP Tyger | Cape Town

Are you keen to explore the world's fastest growing water sport? Welcome to Stand Up Paddleboarding, in short, SUP TYGER, offering paddleboard hire for all occasions, located at Tyger Waterfront in Bellville.

<https://coppercollection.co.za/sup-tyger>

Avondale Bike Park | Paarl

The Avondale Bike Park is located on Avondale Wine Estate and forms part of Avondale's exciting new outdoor and active offering. The Avondale Bike Park Shuttle Day takes place on the longest flow trail on the African continent. Come and experience the thrill of the Avondale Flow Trail, a terrain-induced roller coaster experience. The Avondale Flow Trail starts high up in Echo Valley where you can enjoy magnificent views of Paarl and beyond. You then move at high pace through the epic Rock 'n' Roll section which includes some incredible jumps. This is followed by a cruise through the shady Pine Lake section and then into the bouncy terrain of Buchu Bounce. Watch out for Puff Adder Alle, a place of exhilarating jumps and wildlife. The flow trail then finishes with a bang in the End of Eden. The Avondale Flow Trail is an epic adventure that is not to be missed!

www.avondalewine.co.za/experience-avondale/avondale-bike-park

Kayak on the Berg River | Velddrif

Canoe & Kayak World offers a truly wonderful way to explore this special area. Photographers, bird watchers and nature enthusiasts will love the experience. If you're visiting Velddrif and feel like a paddle, come join one of the kayak trips.

<https://canoekayak.co.za>

Bicycle Musuem | Grabouw

Africa's first bicycle museum, which showcases the history of the invention of the wheel and pedal-powered transport, has opened in the small town of Grabouw. The museum, which is the brainchild of Trail's End Bike Hotel owner, Pieter Silberbauer, takes visitors on a journey

of the history of the bicycle that dates back hundreds of years. One of the historic highlights of the museum is a life-size mock-up of the first known bicycle design, which is widely believed to have been invented by Leonardi da Vinci in the 1500s.

www.trailsend.bike/africas-first-bicycle-museum-opens

Hart & Bosch Village | Hartenbos

An all-new, family-friendly venue located in the small town of Hartenbos in the Garden Route district, Western Cape. With its own restaurant, kid's play area, tasting room and distillery, it's going to be a must stop!

<https://hartenboschvillage.co.za>

Restaurants

Cucina at Goodman | Cape Town

The Goodman Gallery has a new Italian bistro, Cucina, in the shaded courtyard of the Cape Town Gallery. Serving breakfast and lunch, Cucina offers visitors a chance to enjoy the peaceful surroundings of the gallery's new location at De Waterkant.

www.instagram.com/cucina_goodman

UKIYO | Cape Town

The secret of great food is to add lots of love while cooking, and a little more while eating. "Ukiyo" is the concept of living in the moment, detached from the bothers of life. UKIYO is something special for those want to feel and experience something unique. From taste combinations to colour, everything has been hand crafted with one purpose. To excite your taste buds in a sensory experience that will tantalise your imagination.

www.ukiyocpt.co.za

Country Grand | Franschhoek

Country Grand embraces a free-spirited countryside café culture, nestled high on the steep south-west facing slopes of the Franschhoek Mountains, which tempers the sun, flaunting her majestic views of the famous landmarks of Franschhoek. With iconic style and playful luxury, Country Grand captures the quintessential charm and colloquial effervescence of the vineyards while offering a quaint and relaxing escape, 'a world away' in the Franschhoek mountain.

<https://grandafrica.com/country-grand>

La Petite Maison | Langebaan

La Petite Maison Restaurant is the culinary dream of husband-and-wife duo Yohann and LaRetha. Langebaan's first fine dining restaurant showcasing French cuisine at its finest with the best local seafood and locally sourced ingredients.

www.lapetitemaisonrestaurant.co.za

WILD Restaurant | Hermanus

This gastronomical venture will tick all the UNESCO Creative City of Gastronomy boxes, incorporating the region's indigenous foods and local wines, traditional elements, respecting the environment and the promotion of sustainable local products, and more –making a statement that is true to Hermanus' UNESCO status. To keep it fresh, the menu will transition with the seasons so that each new season is translated into the food and preparation, the cocktails as well as reflected in the décor. Expect some surprises for the entertainment side of things – you'll have to pop in to see for yourself

<https://wildhermanus.com>

Red Chair Bistro & Deli | Robertson

Red Chair Bistro & Deli at Rooiberg is the ideal place to stop and rejuvenate through some down time. Enjoy beautiful mountain views, award-winning wines and wholesome food. Nourish your body while you watch the world rush by and remember, that life is a journey; so slow down and enjoy the ride.

<https://rooiberg.co.za/#Restaurant>

Markets

LOCAL at Heritage Square | Cape Town

Building on the success of the Cape Heritage Hotel, this deli and restaurant experience celebrates local ingredients, artisanal products and talented young chefs. This new market eatery platform is a living conservation and empowerment project. Scattered through Local's historic spaces, you will find fresh produce from urban farmers, pantry items created by the city's cooks, and fine art from the hands and minds of emerging South African artists.

www.localheritage.co.za

Salt Food Market | Cape Town

A new food and beverage market in the CBD of Cape Town. Offering multiple food stalls with local & international cuisines paired with drinks from SALT Bar.

www.instagram.com/salt_at_thebox

The Mountain Market | Cape Town

Community market cultivating authentic food, organic produce, clothing, home goods and music. A place to support local farmers and creators. Nestled in nature, family friendly, picnic inspired.

www.instagram.com/themountainmarket

Freedom Weekend Market | Paarl

Slow down. Soak it up. Freedom Weekend Market is the bustling place to be for foodies and lovers of all things nice to meet over weekends. Situated in the heart of the beautiful Winelands between Paarl and Franschhoek on R301.

www.facebook.com/freedomweekendmarket

Under the Oaks Market | Swellendam

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

Accommodation

Kloof Street Hotel | Cape Town

As its name suggests, Kloof Street Hotel is situated on popular Kloof Street, located close to Cape Town central.

Whilst one of the larger properties in our portfolio, this spacious hotel still manages to hold on to the boutique feel that all Lion Roars properties are known and loved for.

The ground floor has a restaurant and a coffee shop to get your day started on the right note. It also has a shared working space and boardroom facilities, for those who need to be online, even when they are offline.

Strikingly natural in decor and vibrant in personality, this theme carries up to the sunny rooftop deck with its bar, pool, loungers and outside tables for those who'd prefer to dine al fresco. With its lush greenery, loungers, and an ice-cold Pina Colada in hand, you could be forgiven for thinking you were somewhere tropical, and not in the very heart of Cape Town.

www.kloofstreethotel.com

The Spade Luxury Boutique Hotel | Khayelitsha

Rest and recuperate in a space designed to offer opulence, complete comfort, and relaxation. For those who want to escape and experience cultural diversity, the spirit of ubuntu (humanity), feast on African cuisine and share spaces with ordinary South Africans, while tucked in luxury accommodation.

Whether here on business or leisure, weekend getaway or a long stay. Enjoy the heated outdoor pool, refresh and rejuvenate in the hotel's in-house spa and indulge in our local and worldly cuisine and refreshments at our restaurant and bar.

<https://thespadeboutiquehotel.co.za>

Langebaan Boutique Hotel & Spa | Langebaan

The Langebaan Boutique Hotel and Spa (LBHS) is the latest addition to 5-star hospitality on the West Coast. In keeping with global trends, Guests can expect attention to detail from arrival to departure. Discover a tranquil haven with uncompromising standards of excellence. The Boutique Hotel is less than 5 mins away from breath-taking lagoon views, natural charm and elegant surroundings.

www.lbhs.co.za

Brookdale Manor House | Paarl

Thoughtfully conceived and founded on a personalised approach to each and every stay, Brookdale Manor House is a tranquil sanctuary in the Paarl Winelands. Found on a working wine farm and surrounded by dramatic mountain vistas, dipping valleys and an abundance of fynbos, rest a while away and explore the freedom to think, feel, connect, and simply ... be.

<https://brookdale-estate.com/manor-house>

New glamping tented sites at Grootvaderbosch Nature Reserve | Swellendam

Travel light and head to Grootvadersbosch Nature Reserve. This unique, fully furnished self-catering glamping accommodation in the heart of the rustic Langeberg region between Swellendam and Heidelberg awaits you. With easing of restrictions, travellers are looking for new experiences and CapeNature heeded the call with an option of five glamping sites. Visitors can experience the beauty of nature, without compromising the comforts they love. Wake up to panoramic views of an enchanted forest and a choir of chirping birds in arguably one of the most beautiful places in the Overberg. The reserve offers an array of things to do from mountain biking, hiking and birding to lounging and stargazing at your own private fire pit. Drink in the unadulterated beauty of outdoor nature in the comfort of any one of the five newly developed glamping sites.

www.capenature.co.za/reserves/grootvadersbosch-nature-reserve

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