

# ITINERARIES FOR CAPE TOWN AND THE WESTERN CAPE



DISCOVER

*Cape Town*

AND THE WESTERN CAPE, SOUTH AFRICA.

NOWHERE DOES IT BETTER

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



## CONTENTS

Welcome	3	Western Cape Restaurants come out on Top	29
Western Cape Accommodation	5	Discover Nature and Adventure	30
Discover Cape Town and the Western Cape	7	Discover the Cape Overberg	32
Shopping	11	Discover Route 62	34
Markets	12	Discover the Weskus in 8 days	36
Cape Town Big 6	16	Epic Road Trip for the Ladies	38
Madiba Itinerary	18	Explore Franschhoek and the Cape Overberg	40
Discover Cape to Namibia	20	Discover Garden Route & Klein Karoo	42
Cross Cape Cycle Route	22	Discover Sport Events	43
Overberg Meander	24	Surfing itinerary	44
Cycle Tour 364	26	Recce the Western Cape by rail	46
Cederberg Circuit	27	Discover New Experiences	48
Discover the Cape Karoo	28		

# 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 night life 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 in our colourful heritage.

### POPULATION:

6,166,324 (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  
Coin denomination: 5c, 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, Rennie's 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: 9am – 3.30pm (weekdays) and 8.30am – 11am (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 Xhosa 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 Kakuhte
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

Shops at the major malls such as the V&A Waterfront and Canal Walk are open until 9pm everyday, while the shops in shopping centres close at 7pm. Informal traders and flea markets generally trade from 9pm - 4pm. Muslim owned businesses are closed between 12pm and 2pm on Fridays.

## 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 street 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

1.

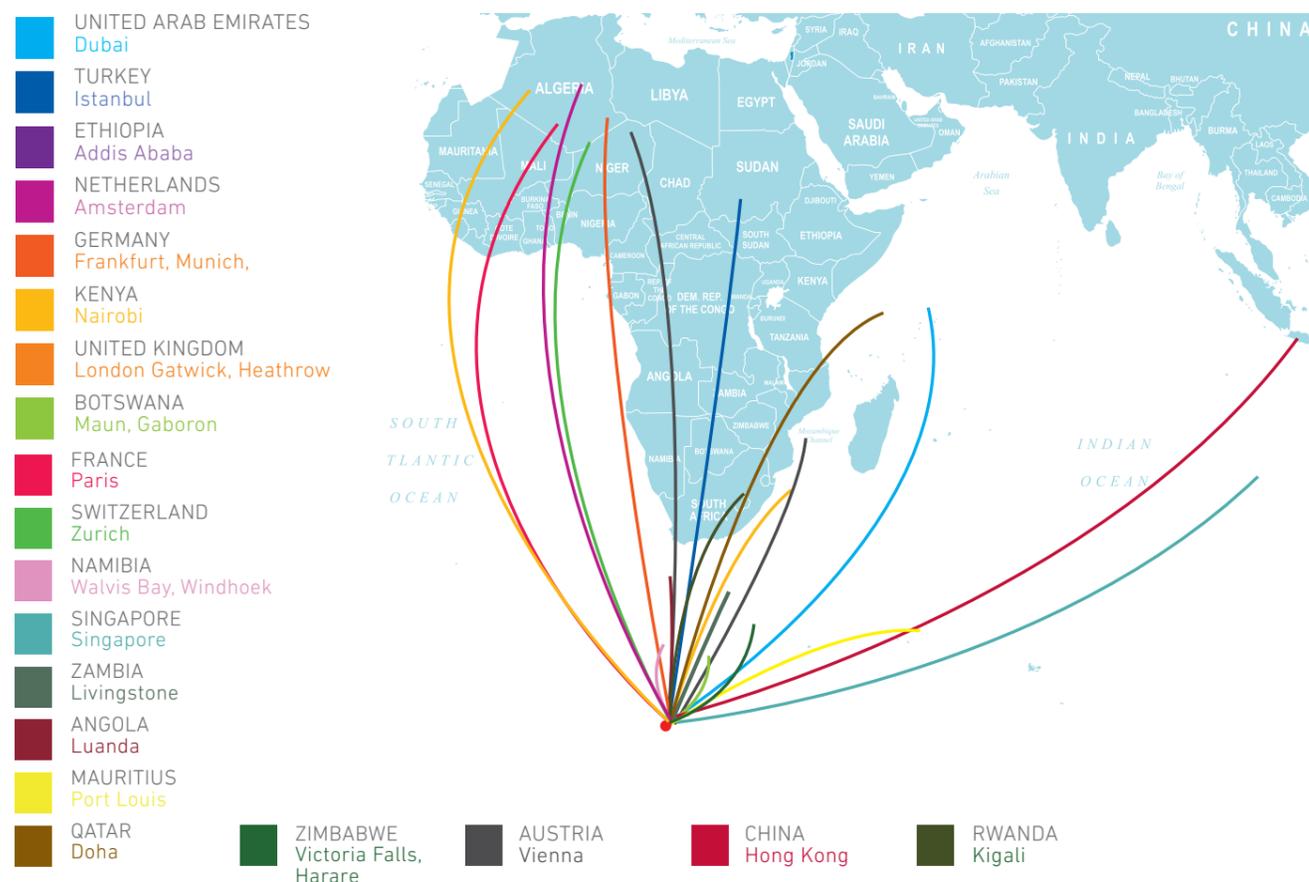


# WESTERN CAPE ACCOMMODATION

Over the forecast period to 2021, Business Monitor International (BMI) is projecting steady growth in the number of hotels and other accommodation establishments in South Africa, averaging 4.6% between 2017 and 2021.

Now, investor attention remains largely focused on the major cities of Cape Town, Johannesburg, Durban and Pretoria. However, BMI believes there could also be scope for major hotel chains to look beyond the major cities for additional investment opportunities.

## CAPE TOWN INTERNATIONAL AIRPORT ROUTE NETWORK



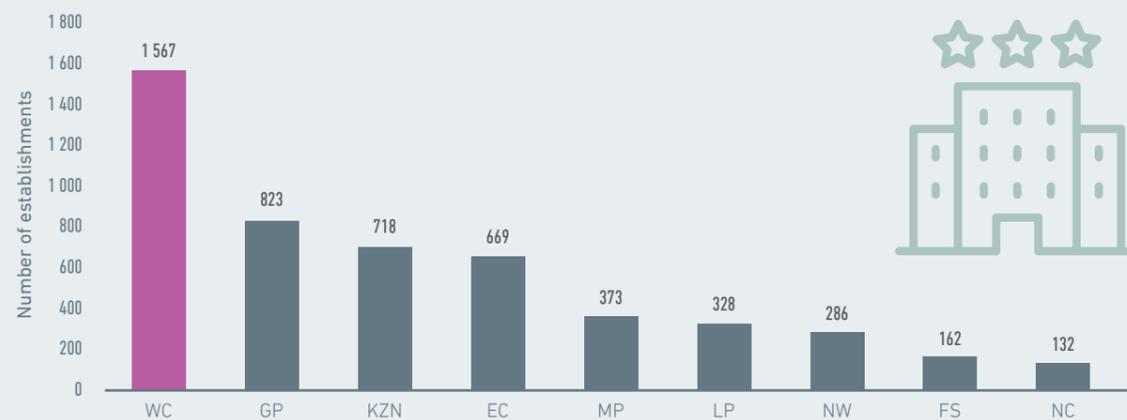
# ACCOMMODATION

Cape Town and the Western Cape offers a variety of accommodation to suit all group types, budgets and styles. Value for money, discreet first-class service and style make Cape Town and the Western Cape an inspiring choice to plan a memorable stay for any business or leisure visitor. With over 20 000 bedrooms, the greatest density of Cape Town hotels, boutique hotels, bed and breakfasts, guest houses, self-catering apartments and holiday villas are situated within the city bowl area and immediate South Atlantic Seaboard belt, all within a 10 minute drive from the Cape Town City Centre, Cape Town International Convention Centre or the V&A Waterfront.

## Western Cape Accommodation Stock

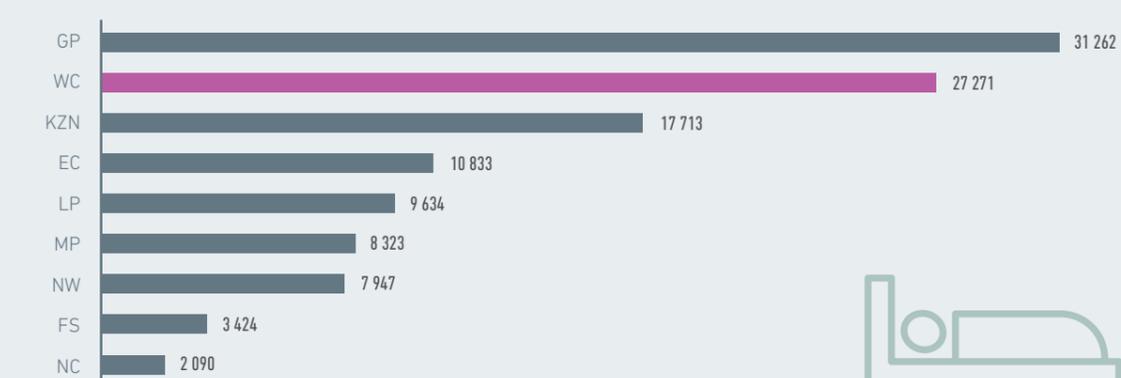
The Western Cape now has **1,567 graded properties** as of April 2018, with **27,271 graded rooms** available throughout the year.

### NUMBER OF GRADED ESTABLISHMENTS IN SOUTH AFRICA, APRIL 2018



Source: Tourism Grading Council, 2018

### NUMBER OF GRADED ROOMS IN SOUTH AFRICA, APRIL 2018



Source: Tourism Grading Council, 2018

# 2.

## DISCOVER CAPE TOWN AND THE WESTERN CAPE



**12 out of the TOP 20** attractions and landmarks visited in South Africa were based in the Western Cape.



**13 out of the TOP 25** natural scenery and game attractions visited in South Africa were based in the Western Cape.



The **Victoria Wharf Shopping Centre** is ranked as the **TOP** mall in the **TOP 20** malls and urban attractions visited in South Africa.



**Robben Island** ranked as the **TOP** landmark in the **TOP 10** culture and heritage attractions visited in South Africa.

Source: SATourism, 2018



**Camp's Bay and Clifton** ranked as the **TOP 2** beaches in the **TOP 10** beachfront attractions visited in South Africa, followed by **Mossel Bay** in 10th position.





# 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 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 traveller 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 shark diving, abseiling and sky diving just some of the adrenaline fuelled 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 in Groot Constantia.

The city is also home to some of the most dynamic and versatile theatre venues you could ask for, including the Artscape, The Fugard and Maynardville Open-Air Theatre. 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?

### Must-do Experience

#### The Test Kitchen

One of the country's top restaurants, The Test Kitchen is based at the Old Biscuit Mill in Woodstock and is the brainchild of award-winning chef, Luke Dale-Roberts. While the restaurant is renowned for its menu, the venue is not uptight or overly elaborate. The experiences take you around the world, starting off in the Dark Room, before finishing up with the full taster and wine flight experience in the Light Room. This is more than a meal, it's an experience. Booking essential.

## 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 a number of 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.

### Must-do experience:

#### Garden Tour at Babylonstoren

Babylonstoren's daily guided garden tour starts at the Farm Shop at 10am. One of the experienced gardeners will be your guide on this tour, during which guests are encouraged to pick, taste, smell and touch while walking through the garden. Each of the 300 plant varieties is edible or has medicinal value. The beautiful garden is not only pleasing to the eye, but also provides the restaurants with fresh produce, harvested daily. Babylonstoren's enthusiastic guides will share some of the garden's special stories with you and give practical gardening tips.

## 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 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 Premier Classe, Blue Train and Shosholozza 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.

### Must-do experience:

#### Stargazing:

Stargazing is a must when visiting anywhere in the Cape Karoo it only takes you to look up and view stars pinned against a black canvas. From open vast landscapes, to sunsets followed by open starry night skies. The Cape Karoo is an untouched region just waiting to be discovered by you.

## 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-dropping beautiful natural wonderland, coming 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 from May to October and you're virtually guaranteed a sighting of these magnificent ocean animals.

Walker Bay, meanwhile, produces the country's most southerly wine, while the region boasts fantastic seafood, artisanal cheeses, and much more for which to pair it with.

### Must-do experience:

#### Shark Cage Diving in Gansbaai

Shark cage diving is the best way to experience one of the ocean's most majestic, and feared, predators up close. Easily one of the most popular activities for those visiting Cape Town and the Western Cape, the small town of Gansbaai is arguably the best place to view these incredible animals. Known as 'Shark Alley', Dyer Island just off Gansbaai is a hot spot for viewing Great White sharks, giving you an opportunity to look them – and your fears – in the eye...





## Cape West Coast

The Cape West Coast (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 specialising in seafood dishes, the ingredients of which are usually fresh from the ocean in which they live.

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, 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.

### Must-do experience:

#### Rocklands Bouldering

Situated in the Cederberg Mountains, Rocklands is a beautiful area in a semi-desert setting. Famous for its world class bouldering, there are a large variety of quality climbing options in both bouldering and sport climbing. All the sport routes are single pitch and you will have to do a small amount of walking to get to the different areas. Most of the original climbing is situated on CapeNature land and thus day or week permits must be obtained as permits for bouldering are not covered by Wild Cards. Depending on the time of year you visit, the Weskus can get pretty hot, so take along plenty of water.

## Garden Route and 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 Fan-court and Pinnacle Point, 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.

### Must-do experience:

#### The Cango Caves

The Cango Caves are an iconic site and are both a cultural and natural landmark in South Africa. Dated to be around 20-millions years old, the caves are situated in the Swartberg Mountains, 30km outside of town, and are roughly one kilometre in length.

# SHOPPING

Cape Town and the Western Cape offers a variety of shopping, offerings from international luxury brands, Cape Town produced designer clothing and curios, quality diamonds, tanzanite and fine jewellery and world class collections of art.

For renowned brands and quality South African haute couture, plan a visit to one of the many shopping experiences across Cape Town and the Western Cape.



**Canal Walk**, just outside the Cape Town city centre, is one of the biggest shopping malls in the Southern Hemisphere, offering shoppers a choice between hundreds of stores offering everything from designer imports to hand-crafted South African curios.

**Trading hours:** 9am to 9pm, Monday – Sunday.

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



**Tyger Valley Shopping Centre**, a short drive out of the city centre, offers a waterfront, cinemas, restaurants and about 275 shops, boutiques and outlets to cater for every shopping need.

**Trading hours:** 9am to 7pm, Monday – Saturday and 9am – 5pm, Sunday.

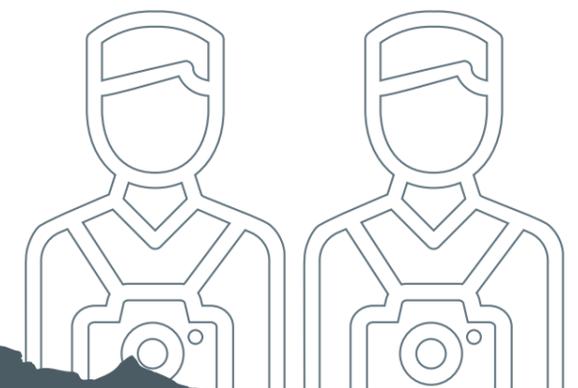
[www.tygervalley.co.za](http://www.tygervalley.co.za)



**The Victoria and Alfred Waterfront** is one of Africa's most visited destinations and attracts 24 million people every year. Its setting is in the oldest working harbour in the southern hemisphere and it has Table Mountain as a dramatic backdrop. With over 450 retail outlets

**Trading Hours:** Monday – 9am to 9pm, Monday – Sunday

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





## Markets

### Cape Town

#### Chilled Market at the Range

**Location:** The Range, Orpen Road, Tokai, Cape Town

**When:** Friday evenings 4.30pm-9.30pm

Tucked away in the middle of suburbia, the Chilled Market at the Range provides the perfect spot for a family outing. A wide variety of food is on offer with everything from freshly baked cake and doughnuts to Mexican dishes and even home-made liqueurs. There is seating inside the marquee and outside under cover, with plenty of activities on offer for the kids.

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

#### The Mojo Market

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

**When:** Open 7 days a week from 8am-11pm

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

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

#### Bay Harbour Market

**Location:** 31 Harbour Road, Hout Bay, Cape Town

**When:** Open every Friday, Saturday & Sunday. Friday: 5 pm to 9 pm, Saturday & Sunday: 9.30 am to 4 pm

Every Friday, Saturday and Sunday, an old authentic fish factory in the beautiful Hout Bay Harbour comes to life with the hustle and bustle of an eclectic marketplace. The Bay Harbour Market brings craftsmen, artists, and busking musicians together, and then aromatically infuses the scene with freshly-baked breads, local wines, craft beers and other delectable treats.

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

#### Oranjezicht City Farm Market

**Location:** Granger Bay, V&A Waterfront (Next to The Lookout Event Venue)

**When:** Every Saturday 9am to 2pm and Sunday 9am to 3pm

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

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

#### Natural Goods Market

**Location:** Central Park Field & Intaka Island Eco-Centre, Park Lane, Century City, Cape Town

**When:** Last Sunday of the month, 9am – 2pm

Winter in the Western Cape brings a bit of a chill, so the best way to warm things up comes courtesy of the Century City Night Market. Think gluhwein, bubbles, draught beer, and fires, red wine and warmth, soft fabrics, warm scents and lots of delicious comfort food. Held the last Friday of every month (winter only).

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

#### Kirstenbosch Craft Market

**Location:** Stone Cottage Grounds, Corner Kirstenbosch and Rhodes Drives, Newlands, Cape Town

**When:** Last Sunday of the month (except Winter), 9am to 3pm

The Kirstenbosch Craft Market consists of approximately 230 crafters who sell original, hand-crafted goods of a very high quality. A large variety of refreshments are available and pony rides are very popular with children. Proceeds from stall rentals go to the Development Fund for Kirstenbosch Gardens.

### Neighbourgoods Market

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

**When:** Open from 09:00 to 15:00 every Saturday, rain or shine

This award-winning market features over 100 specialty traders every Saturday and is as much a source for farm fresh organic foods as it is a meeting point to swap ideas and stories, and become educated about why we should buy directly from the source. The market is housed in an old sky-lit brick warehouse and courtyard at the old biscuit mill in the industrial and trendy neighbourhood of Woodstock.

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

### V&A Waterfront Food Market

**Location:** Old Power Station, Building 19, Dock Road, Pier Head, V&A Waterfront, Cape Town

**When:** Daily

In 1882, the Old Power Station brought power to the Cape Town dockyard, blazing a trail for trade in Cape Town and the African continent. Today, this powerhouse of innovation is still generating bright ideas through the V&A Food Market – an artisanal street food market that brings together locally produced products, cutting edge concepts and affordability together, seven days a week, in the heart of the V&A Waterfront.

### Cape Winelands

#### Blaauwklippen Family Market

**Location:** Blaauwklippen Vineyards on R44 Between Stellenbosch & Somerset West

**When:** Open every Sunday (10am-3pm)

The Blaauwklippen Family Market is THE place to relax with family and friends on a Sunday. Hosted at the beautiful Blaauwklippen Vineyards wine estate just outside Stellenbosch, the market offers a delicious selection of prepared food ranging from local to international flavours.

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

#### Franschhoek Village Market

**Location:** 29 Huguenot Road, Franschhoek

**When:** Weekly on Saturdays 9am-3pm (excluding winter months); In addition to weekly Saturdays, the market is also open on the FIRST SUNDAY of each month. 9am-3pm.

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. open every saturday morning from 9am til 2pm.

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

### Root 44 Market

**Location:** R44 & c/o Annandale Road, Stellenbosch, 7600

**When:** Open every Saturday (9am-4pm) and Sunday (10am-4pm)

Browse an incredible selection of handcrafted goods, wholesome food, fine wines, craft beers, carefully restored antiques and other wares at Stellenbosch's increasingly popular Root 44 Market. The market is set among the trees, surrounded by gorgeous vineyards making for some enticing picnic spots.

[www.root44.co.za](http://www.root44.co.za)

### Lourensford Market

**Location:** Lourensford Road, Somerset West, Cape Town, 7130

**When:** Every Friday, 17h00 – 21h00

This vibrant market boasts 70 permanent stalls and a number of pop-ups with visitors able to enjoy with sprawling lawns, majestic trees and landscaped gardens and a variety of quality products. With everything from delectable food, handmade wares and art, to organic, artisanal produce for you to enjoy, the Lourensford Market is a favourite for locals and visitors. The Estate's superb wine in-house ABRU craft beer contribute to the festive atmosphere, while local artists provide the live music. A wide array of kids' activities make this perfect for families.

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

### Cape West Coast

#### The Village Market – Riebeeek Valley

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

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

This is a true Village market offering handmade crafts and homemade foods, with everything from fresh breads and farm butter to English Pork Pies and traditional South African cuisine available here. Local crafters delight with traditional children's toys, décor and speciality items, as well as local artists displaying paintings of the region.

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

#### Groote Post Country Market

**Location:** Groote Post Estate, West Coast

**When:** Last Sunday of the month (excl. winter). 10am-3pm

Country hospitality for those who are looking for a new adventure! every last sunday of the month at groote post winery under the cork trees and fresh country air you can expect gourmet produce, hand-crafted goods, home ware and décor, live music and play area for the kids. groote post rose wine is exclusively available at this market, open from 10:00am-3pm.

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



## Porterville Farmer's Market

**Location:** Houdconstant Farm, Porterville

**When:** Open every Saturday, Market opens 9am to 2pm.

Porterville Farmer's Market is a community-focused event aimed at supporting local producers. Get farm fresh butter, eggs, milk, artisan breads, fruit, veggies, meat, cakes and more. This is a great market experience for families, with the kids able to enjoy pony rides and tractor trips while you relax with coffee and a delicious breakfast. Chilled beers and local wines are also available.

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

## Cape Overberg

### Elgin Railway Market

**Location:** Elgin Railway Market, Oak Avenue, Elgin, 7180

**When:** Every weekend. Fridays: 4pm-10pm | Saturdays: 9am-10pm | Sundays: 9am-5pm

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

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

### Greyton Morning Market

**Location:** Opposite the NG Church, Main Road, Greyton

**When:** Every Saturday morning (rain or shine); 10am – 12:00

Every Saturday morning, the lovely town of Greyton comes together for a community market. A real village market, you can fill your baskets with freshly-baked breads, pies, muffins and cakes and the delicious gourmet cheeses, pestos and home-made jams and preserves. The market also has natural body and bath products, and a number of other interesting arts and crafts on offer.

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

### Hermanus Country Market

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

**When:** Every Saturday morning. Summer (1 October – 31 March): 8am to 12pm; Winter (1 April – 30 September): 9am to 1pm

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.

### Hermanuspietersfontein Market

**Location:** Hermanuspietersfontein Wines, Hemel-en-Aarde Village, Hermanus

**When:** Open every Saturday 9am-1pm (rain or shine)

Hidden in the far corner of The Village on the corner of the R43 and R320, this is one of the area's longest running and most popular markets. Choose from a buffet of classic breakfast, savouries, confectionaries, cheeses, cured meats, olives, salads, bread; freshly shucked oysters, abalone, fish 'n chips, sliders, artisanal pies, fresh fruit and veg and much, much more. Bulging tummies and baskets guaranteed.

[www.hpf1855.com](http://www.hpf1855.com)

## Stanford Saturday Morning Market

**Location:** Stanford Hotel Veranda; 18 Queen Victoria Street, Stanford

**When:** Every Saturday 09:30 - 12:00

This Saturday morning market in the Overberg town of Stanford is an absolute gem. Find fresh breads, pates and prepared dishes, delicious decadent cakes and pastries, banting-friendly frittata & muffins, gluten-free quiches and cake, fresh farm grown vegetables and so much more. Perfect for a Saturday morning outing in the heart of the Cape Overberg.

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

## Garden Route & Klein Karoo

### Harkerville Saturday Market

**Location:** N2 between Knysna and Plettenberg Bay

**When:** Open every Saturday 8am-12:00

Description: With an emphasis on natural and organic products such as fresh breads, organic vegetables, home-cooked meals, and more, the Harkerville Saturday Market boasts a motto of 'Healthy Option', with the best locally produced products available. The market is also a platform for local crafters and artists to exhibit their wares, ranging from jewellery to clothing.

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

### Wild Oats Community Farmers Market

**Location:** Sedgefield

**When:** Saturdays – 7.30am to 12:00am (Summer), 8.00am to 12:00am (Winter)

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

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

## Cape Karoo

### Prince Albert Saturday Market

**When:** Saturday mornings – 8 am to 12 pm

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

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.

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

Neighbourgoods Market



# CAPE TOWN BIG 6

Cape Town Big 6 consists of Cape Point, Kirstenbosch National Botanical Gardens, Groot Constantia, Robben Island, Table Mountain and Victoria & Alfred Waterfront. These 6 attractions are definitely a must see when visiting Cape Town & Western Cape as they each offer their own unique beauty just waiting to be discovered.



## Table Mountain

Table Mountain needs no introduction, this iconic landmark towers over Cape Town and can be seen from almost anywhere. One of the natural 7 wonders of the world, this icon can be explored by either a cableway or hike up. Whatever you may decide, you will be amazed at the views on top of this majestic mountain.

[www.tablemountain.net](http://www.tablemountain.net)



## Cape Point

There are not many things that can compare to the beauty at Cape Point, which is situated at the South western tip of Africa. These views allow for perfect photographic moments. Take a picture at the Cape of Good Hope sign for the perfect memories.

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



## Robben Island

Robben Island forms part of the UNESCO World Heritage sites of the world and there are few places in South Africa that bear the weight and sheer historical importance. Discover a guided tour by a former inmate on the island which will provide you with a personalized experience through the prison cells and courtyard where many integral political figures such as Nelson Mandela aided in shaping South Africa.

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



## Kirstenbosch National Botanical Garden

Kirstenbosch National Botanical Garden was voted Garden of the year at the 2015 International Garden Tourism Awards and are located at the foot of the iconic Table Mountain. The garden is just over a hundred years old. It is the first garden of its kind to be devoted entirely to a single country's indigenous fauna. Visit the new Treetop Canopy Walkway, the 'boomslang' which gives you a bird's eye view of the gardens and the surrounding beauty.

[www.sanbi.org/gardens/kirstenbosch/](http://www.sanbi.org/gardens/kirstenbosch/)



## Groot Constantia

Groot Constantia is South Africa's oldest wine producing estate. You can dine at superb restaurants while sipping on some of the finest wines. The beautiful estate with Cape Dutch architecture offers a wine cellar tour and superb wine tasting opportunities. For big groups wanting to visit the farm restaurants, special dietary requirements will be made.

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

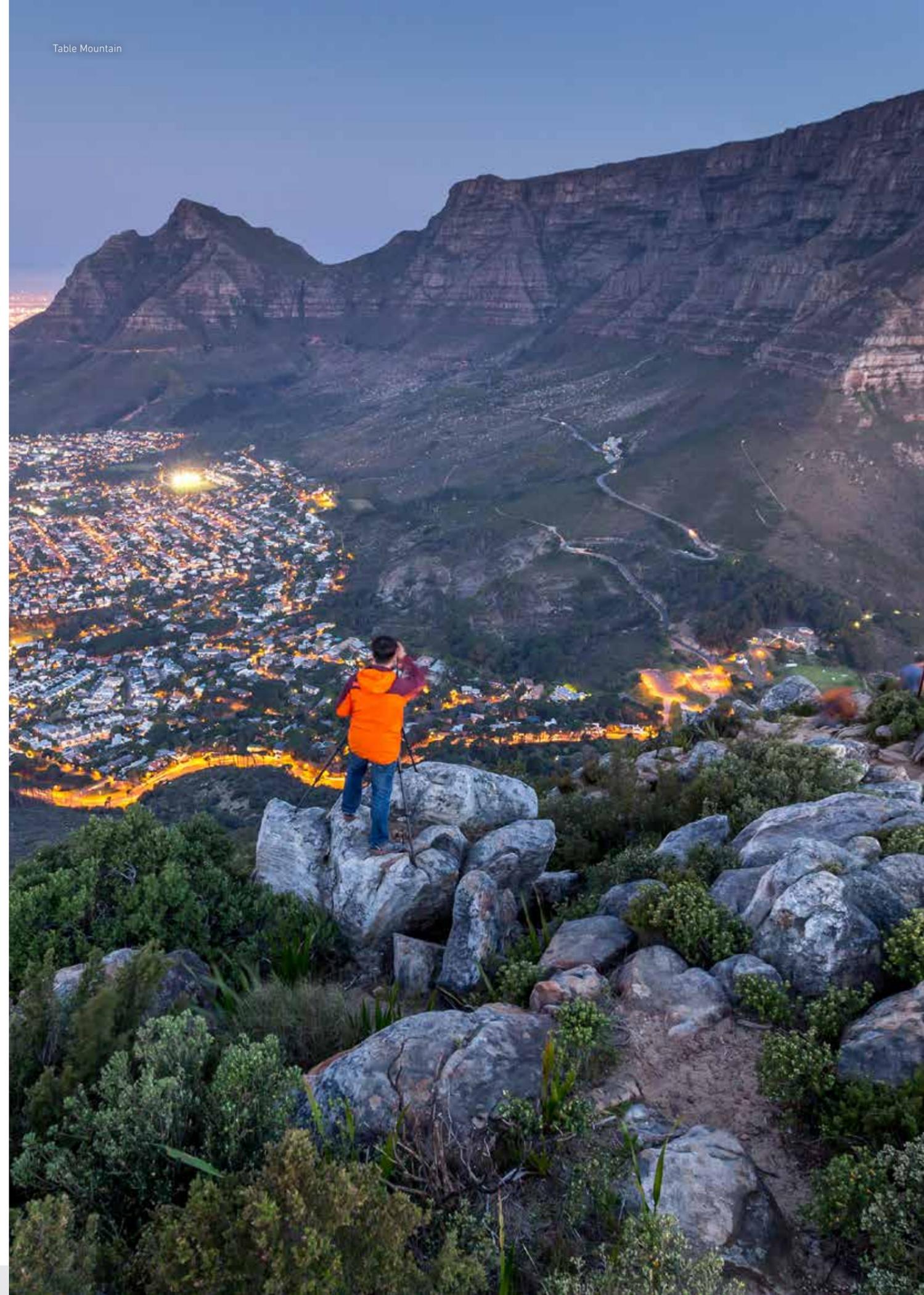


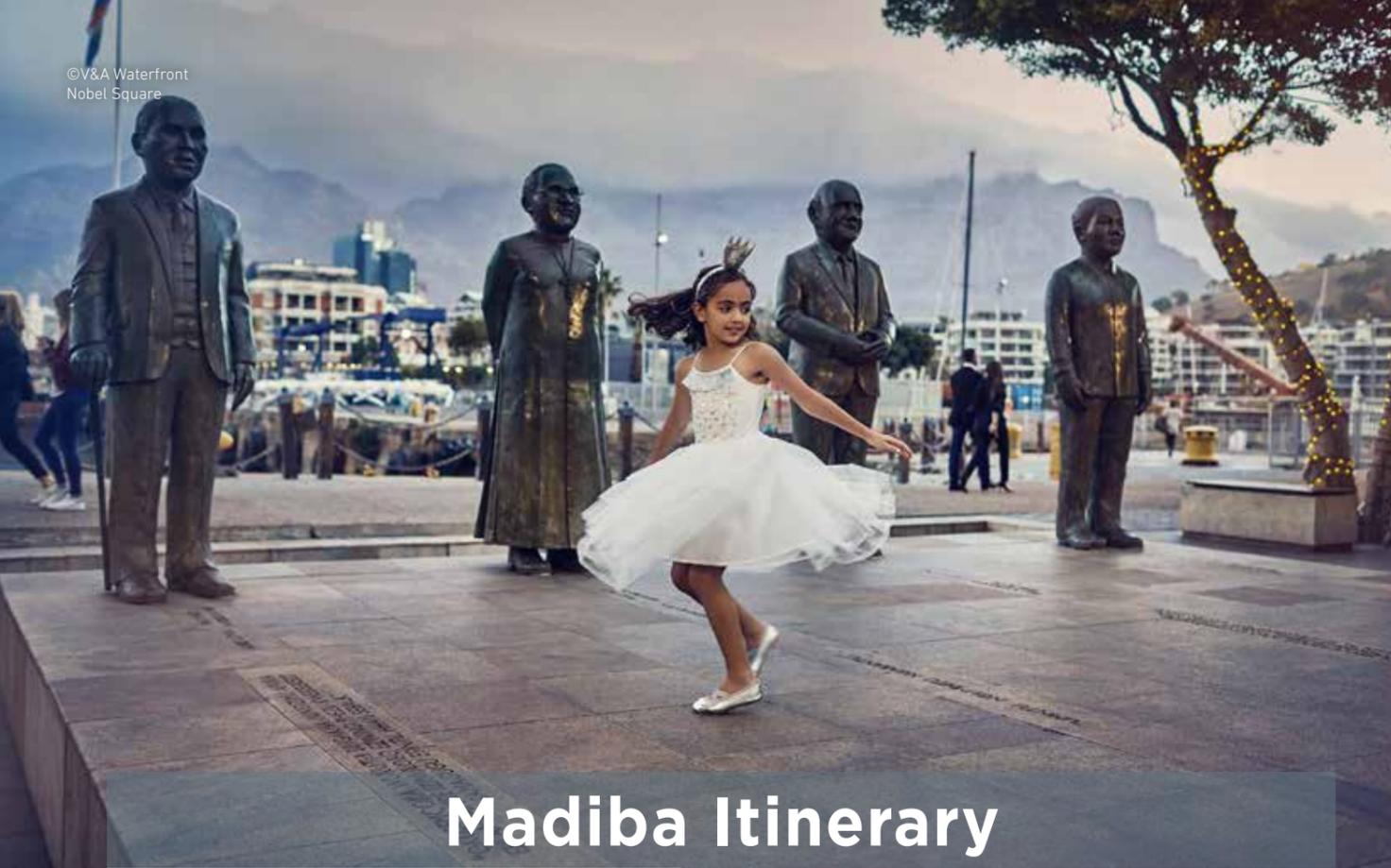
## The V&A Waterfront

The V&A Waterfront is a world recognized shopping hotspot in the Western Cape. With over 450 retail outlets selling everything from fashion, homeware and curios, to jewellery, leather goods and audio visual equipment, the V&A Waterfront is South Africa's most popular shopping destination and also has prayer room facilities.

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

Table Mountain





# Madiba Itinerary

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

### Morning

#### Robben Island Museum

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

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

### Afternoon

#### Nobel Square at the V&A Waterfront

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

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

#### Zeitz Museum of Contemporary Art Africa (MOCAA)

The newest jewel in the Mother City's crown, after having officially opened its doors to the public in September 2017, the Zeitz MOCAA has quickly become a popular attraction to both locals and visitors alike, bringing plenty of foot traffic to the up-and-coming Silo District. Boasting the largest collection of African art on the continent and rival the likes of the Tate Modern in London, MoMA in New York and Museo Nacional del Prado in Madrid, the museum itself is a work of art, having been constructed using the original grain silos.

[www.zeitzmocaa.museum](http://www.zeitzmocaa.museum)

#### Cape Town City Hall

A newly-freed Nelson Mandela made his first public speech from the balcony of Cape Town City Hall on the 11th of February 1990. The speech became a defining moment of his legacy. A new larger than life Nelson Mandela statue was erected in his honour on the 24th July 2018 on the very spot he delivered his speech. The Cape Town City Hall is a large Edwardian building located on the Grand Parade, which was where tens of thousands of people gathered to hear and see Mandela address the country.

### Evening

#### Bree Street restaurant meander

First there was Long Street with its bars and eateries, then there was Kloof Street with its trendy boutiques and quirky concept stores, and now Bree Street has taken its place as one of the city's most vibrant street with its wide array of amazing restaurants and bars. From African delicacies to Euro-centric tapas, a stroll down this bustling street is bound to be a rewarding one.

#### Mandela Rhodes Place

The iconic Mandela Rhodes Place hotel is located in the heart of Cape Town's cultural quarter, making it the perfect place to spend your first night exploring the great man's journey. The hotel also offers guests a timeline, displaying the life of Mandela in 14 sections, while a number of abstract portraits of Nelson Mandela are displayed in the corridors.

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

## Day 2

### Morning

#### Tour of Parliament

Enjoy a free tour of Parliament, where Nelson Mandela from the years 1994 to 1999 was the president of South Africa. Parliament located in the City Centre is open to the public, free of charge, and visitors can tour the floor where Mandela made historic speeches. There are also a number of free walking tours offered around the city that will provide you with a deeper understanding of Mandela as a man and leader.

[www.parliament.gov.za](http://www.parliament.gov.za)

### Afternoon

#### Mandela Memorial Square, Stellenbosch

The Mandela Memorial Square in Stellenbosch 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.

#### Lunch at Overture, Stellenbosch

The Cape Winelands is a world renowned destination for both food and wine. After visiting Memorial Square, stop for lunch at Overture in Stellenbosch. Based at the Hidden Valley Wines in the iconic Cape Winelands, under the guidance of Chef Owner Bertus Basson, Overture is a favourite destination for its exemplary service and fine dining experience. Regularly placing amongst the top 10 venues in the country, it has been awarded three stars in the Rossouws Restaurant Guide for five years running.

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

#### Walking tour of Kayamandi

A walking tour of Kayamandi – which means "sweet home" in Xhosa – is part of Stellenbosch's Route 360 cultural tourism initiative. Tours run Monday to Saturday, from 10am till 1pm, starting at Stellenbosch 360's head office in town, from where you will walk to the taxi rank to catch a ride in a taxi to the township. Considered the second oldest township in the country, Kayamandi is a place of great contrast, and the tour will illustrate this as you walk through the paved streets and brick houses, to the narrow alleys between the shacks. Meet and engage with locals before dining with them later in the evening.

**For more information:** [ann@stellenbosch360.co.za](mailto:ann@stellenbosch360.co.za)

### Evening

#### 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.stellenbosch.travel/dining-locals](http://www.stellenbosch.travel/dining-locals)

#### Stay over 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.

[www.spier.co.za/hotel](http://www.spier.co.za/hotel)

## Day 3

**Route: N1 | take exit 59 from N1 | R301**

### Morning

#### 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.

[www.dcs.gov.za](http://www.dcs.gov.za)

### Afternoon

#### Franschhoek Wine Tram

Franschhoek Wine Tram recently launched their long-awaited, beautiful double-decker trams. Also added to the list of new additions are two new routes to choose from. The Orange Line departs on the tram bus first and includes the following wine estates: Noble Hill Wine Estate, Babylonstoren, Backsberg, Glen Carlou, Solms Delta Wine Estate, Vrede en Lust Estate and Plaisir de Merle, while the Purple Line departs on the tram first and showcases the western region of the Franschhoek Valley stopping at the following wine estates: Vrede en Lust Estate, Plaisir de Merle, Allée Bleue Wine Estate, Noble Hill Wine Estate, Babylonstoren, Backsberg and Glen Carlou. There is no better way to explore and taste this exquisite valley.

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

#### Lunch at Foliage

Foliage is a comfy, casual and a family friendly venue offering dishes with the freshest local ingredients. Chef Chris Erasmus is well-known for his foraging abilities and at Foliage he uses a variety of indigenous flora and fauna to create something quite incredible and unique. It's the perfect venue for you and your family to relax and consider all you have seen and heard during your visit to the Western Cape.

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





# Discover Cape to Namibia

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.

**CAPE TOWN – WESKUS**  
**ROUTE: CAPE TOWN TO WINDHOEK VIA N7 – B1**  
**Total distance: 1,478km**

## Town 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's top attractions (Kirstenbosch National Botanical Gardens, Groot Constantia, Cape Point, V&A Waterfront, Table Mountain and Robben Island)

**Distance from Cape Town to Porterville: 144,6km**  
**Travel to Porterville via Malmesbury – Moorreesburg – Piketberg**

## Town 2: Porterville

**Route via R44**  
 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:**  
 Proudly Porterville Route  
 Paragliding

**Distance from Porterville to Clanwilliam: 111,0km**  
**Travel to Clanwilliam via Citrusdal**

## Town 3: 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 Clanwilliam is 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  
 The Old Gaol (Ou Tronk) Museum  
 Ramskop Wildflower Garden  
 Traveller's Rest and the Sevilla Rock Art Trail  
 Heuningvlei Donkey Cart trail  
 World class Bouldering Sites  
 Rieldancers

**Distance from Clanwilliam to Vanrhyndorp: 83,5km**  
**Travel to Vanrhyndorp via Klawer and Vredendal**

## Town 4: Vanrhyndorp

Vanrhyndorp 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:**  
 Kokerboom Nursery  
 Gifberg Mountain Route  
 Old Gaol & Nursery

**Distance from Vanrhyndorp to Springbok: 261,4km**

## NORTHERN CAPE

**Travel to Spring via Garies – Kamieskroon**

## Town 5: Springbok

Set in a narrow valley bisecting the granite domes of the Klein Koperberge (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: 91.0km**  
**Travel to Vioolsdrift via Steinkopf**

## Town 6: 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.

**Border Posts**  
**Namibia - Südafrika**  
**Klein Menasse / Rietfontein: 8:00 - 16:30**

**Places of interest:**  
 Orange River Rafting

**Distance from Vioolsdrift to Keetmanshoop: 265km**

## NAMIBIA

**Travel to Keetmanshoop via Grunau**

## Town 7: 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  
 The stone mission church

**Distance from Keetmanshoop to Windhoek: 498,1km**  
**Travel to Windhoek via Mariental**

## Town 8: 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:**  
 National Museum of Namibia  
 Kuiseb Pass  
 Karibu Safari  
 Parliament Gardens  
 Kalahari Sands Casino  
 National Botanic Garden of Namibia



!Khwa ttu

# Cross Cape Cycle Route

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.

The Western Cape is currently in a drought and while some regions are worse affected than others, please remember to be water wise, save a little like a local, and of course, travel responsibly. This seven-day itinerary below highlights areas most affected by the current drought and we suggest when, and where, to stock up on fluids and when to carry in with you.

Be mindful, be aware, and please, be responsible.

## Day 1

### Plettenberg Bay to Knysna: 80km

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: 80km

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: 80km

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 Rooiberg: 127km

The vegetation spreads out on this section of the route and best you be prepared for a long day in the saddle. The Rooiberg Pass will be your big challenge for the day – if you choose to take it on – an 11km climb on loose, rough terrain. If it rains, it could be an even longer day than you prepared for, but never fear, there is a magic lodge nestled in the mountain – perfect for you to put your feet up after a tough day of riding.

Accommodation for the night is at the fantastic Ra Molopo Lodge where you can enjoy fine dining on lavish buffets or a la Carte in the restaurant for breakfast, lunch or dinner. In summer, have your dinner on the deck, before reliving the day's riding around a moonlit campfire.

## Day 5

### Rooiberg to Swellendam: 169km

Have a hearty breakfast before leaving Rooiberg, because this is the longest section of the route and we would recommend you consider hopping on and off here – it's a tough ride with some long stretches of road. But it's not without its rewards, including the fantastic section through the Duiwenhoks Valley and a ride-by of the oldest farmhouses in the district. The tar road from Suurbraak to Swellendam offers a welcome respite at the end of the day.

After a long day in the saddle, you will want some real downtime and A Log Home in Swellendam will give you just that. Off the grid, this self-catering log home is the perfect stopover, with a small pool to soak your weary feet, a comfortable sitting area and a lovely outside area, complete with a big fire pit for cooking. Here you can truly put your feet up with nobody to bother you as you unwind after your big ride.

## Day 6

### Swellendam to Greyton: 106km

Follow the Breede River, across rolling terrain, through grain fields, before turning off to follow the Riviersonderend River towards Greyton. Swellendam is famed for its natural beauty and eateries along the main road and we would advise taking your time to soak it all in. Be sure to make a pit stop at Die Ou Meul pie shop for a vital refuel before flying into the finish line.

Greyton is a lovely little town, with wonderful warmth of character and welcoming hosts. Your accommodation for the night – the Post House – has a great bar on site where you can enjoy a couple of drinks before heading down to Searle's Trading Post for dinner. The restaurant is about 100 metres down the stretch, so even your tired legs will make it with time to spare.

## Day 7

### Greyton to Stellenbosch: 107km

If you've made it this far without hopping off, congratulations, you're a biking machine and clearly up for the challenge. This section of the route has a fair bit of tar and two iconic passes for you to get over – the Franschoek Pass and Hellshoogte (aptly named – we assure you). Make sure you sample some coffee and cuisine in the town of Franschoek, before summiting and free-wheeling down into Stellenbosch for a well-earned rest.

For more information visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)



## Overberg Meander

Nestled between the Cape Peninsula and the Garden Route, the Cape Overberg is a place of unsurpassed beauty, fondly referred to as the 'breadbasket of the Cape' due to its bountiful harvests of wheat and fruit. The latest addition to the Cape Cycle Route network, The Overberg Meander, is an exploration of a region that is a playground for those seeking adventure and the great outdoors.

Made up of towns such as Swellendam, Cape Agulhas, Elim, Hermanus and Grabouw, the Cape Overberg boasts a landscape that is dominated by gentle, undulating hills, deep, green grass and golden wheat fields enclosed by the ocean and foreboding mountain ranges, making for great adventure activities.

### Swellendam to L'Agulhas

Swellendam is one of the oldest towns in South Africa, set against the backdrop of the gorgeous Langeberg Mountains. Visit Wlodebraam 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.

### 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 unspoiled fynbos (natural shrub land), before rolling past wheat and barley fields into the town of Napier – your home for the evening.

### Napier to Tesselaarsdal

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.

### Tesselaarsdal 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 that takes place every Saturday and also where you will end your Overberg Meander journey.

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.

For more information visit [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)

Elim





## 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.

### 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 Glencarin. 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's down through the village, before the long straight past Ocean View and Masiphumelele, and back to the Sun Valley/Brakkekloof intersection.

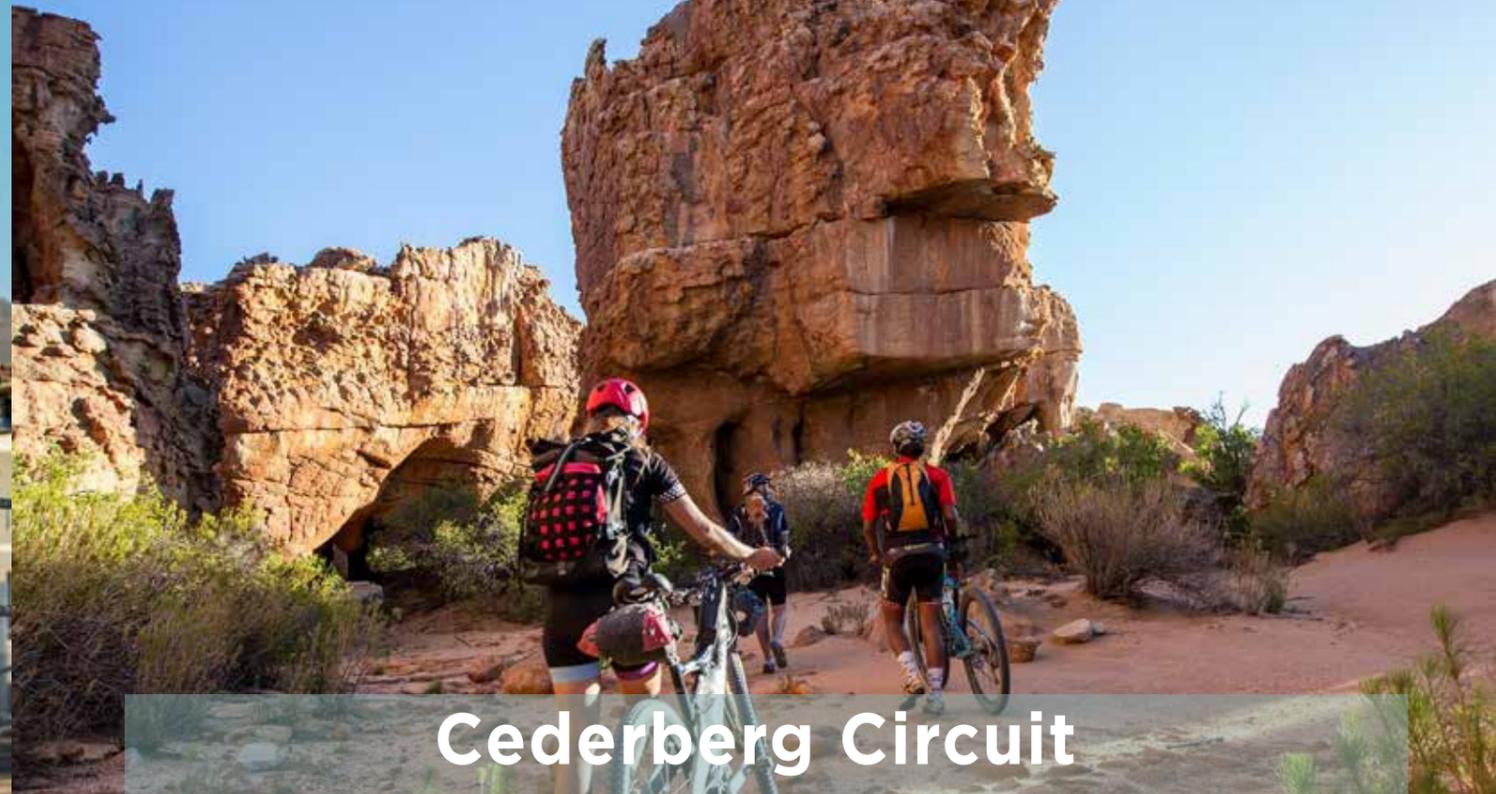
### Brakkekloof to Hout Bay

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 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.

For more information visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)



## 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.

### 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 kms, to the base of Uitkyk Pass.

### 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 Kromvliet 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.

### 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 Swartruggens 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.

### 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 faint hearted. 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.

For more information visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)



## Discover the Cape Karoo



## Western Cape Restaurants come out on Top

### Day 1

#### 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 African 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](http://www.aquilasafari.com)

### Day 2

#### 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.

Just 20km from Matjiesfontein, the charming town of Laingsburg offers old-school hospitality and with buildings dating back to the 1800s, you will remain in time capsule mode. Make sure you visit the Flood Museum in town, which allows you to view artefacts and images from the terrible flood that hit the town in 1981.

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](http://www.matjiesfontein.com)

### Day 3

#### Prince Albert

The charming town of Prince Albert in the Cape Karoo is a 40km drive off the N1. Along this road you will discover vast landscapes and empty roads making for perfect photographic moments true Karoo style. Visit the Showroom theatre that hosts a number of unique productions, jump on board the Red bus for a historic tour around the town. Enjoy a ghost tour that happens every Friday as you discover the spooky stories as your journey through the graveyard and the quiet streets at night. Easy accessible from the town of Prince Albert you find Meiringspoort a scenic drive to Oudtshoorn and then back again via the Swartberg Pass makes for a perfect day trip. This historic town has a charming coffee shops, art shops and accommodation that make for the perfect getaway.

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

#### Discover O for Olive at the Swartrivier Olive Farm

Enjoy some Olive tasting at O for Olive just outside of Prince Albert. A short gravel drive allows you to taste picked olives and a number of Olive jams, chutney and products to purchase. Go on a guided tour through the olive factory and discover how the olives are stored and sorted before packaging.

[www.princealbert.org.za/farms/olives/swartrivier](http://www.princealbert.org.za/farms/olives/swartrivier)

#### The Swartberg Hotel

The Swartberg Hotel - a national monument is a Victorian styled hotel in the charming town of Prince Albert. The Swartberg Hotel offers single, twin rooms, and double rooms as well as five cottage suites in the garden. Enjoy traditional Karoo cuisine in the Victoria Room or collect unique trinkets and locally produced products such as jams and breads at the Gift Shop near hotel reception.

[www.swartberghotel.net](http://www.swartberghotel.net)

#### Stargazing

Stargazing is a must when visiting anywhere in the Cape Karoo it only takes you to look up and view stars pinned against a black canvas. From open vast landscapes, to sunsets following open stary night skies. The Cape Karoo is an untouched region just waiting to be discovered by you.

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

#### The restaurant at Waterkloof, Somerset West

A modern space, featuring spectacular vistas, Waterkloof Wine Estate's signature restaurant is literally taking quality Winelands dining to new heights. Chef Czarnecki places an emphasis on using only the freshest seasonal ingredients, such as free-range eggs, farm-reared Schapenberg lamb, and a variety of common and rare herbs and vegetables – many of which are grown and sourced at Waterkloof. The menu is seasonal, and subject to change, but what always remains consistent is the incredible quality.

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

#### The Test Kitchen, Woodstock, Cape Town

One of the country's top restaurants, The Test Kitchen, is based at the Old Biscuit Mill in Woodstock and is the brainchild of award-winning chef, Luke Dale-Roberts. While the restaurant is renowned for its menu, the venue is not uptight or overly elaborate. The experiences take you around the world, starting off in the Dark Room, before finishing up with the full taster and wine flight experience in the Light Room. This is more than a meal, it's an experience. Booking is essential.

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

#### La Colombe, Constantia, Cape Town

After having moved from its original home at Constantia Uitsig, La Colombe – now based at Silvermist Estate in the Constantia Valley – has grown its reputation through the hands of celebrated chefs like Franck Dangereux, award-winning maestro Luke Dale-Roberts, and now the exceptionally talented Scot Kirton. Since taking the reins, Kirton has seamlessly integrated classic and modern French cuisine with an Asian influence, with each dish combining to create a fantastic all-round dining experience.

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

#### Wolfgat, Paternoster

Named the world's restaurant of the year for 2019 this iconic West Coast restaurant takes guests on a food adventure, with seven tasting courses designed to showcase indigenous ingredients that are specific to the West Coast. Focusing on seafood – for which the area is famous – Chef Kobus van der Merwe brings his foraging skills to the table with local plants and seaweed added to the dishes.

Website: [www.wolfgat.co.za](http://www.wolfgat.co.za)

#### La Petite Colombe, Franschhoek

La Petite Colombe in Franschhoek is new to EatOut 20 list with excellent reviews from guests. La Petite Colombe perfected the art of classic French cooking, making Chef John Norris-Rogers one of the new chefs to watch.

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

#### Greenhouse at the Cellars-Hohenort, Constantia, Cape Town

Another fabulous restaurant in the Constantia Valley, Greenhouse at The Cellars-Hohenort has a number of awards on its shelves thanks to three sensational tasting menus alongside an a la carte menu, expertly paired with some of Cape Town's best wines.

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

#### Camphor's at Vergelegen, Somerset West

Beautiful trees and expansive lawns set a relaxing scene where fine dining at Camphors, named after the forest of Camphor trees, is a favourite with both local and international food lovers. The signature restaurant of the estate with its seasonal menu reflects a modern take on classic favourites that are designed to complement Vergelegen's award-winning wines.

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

#### Jardine Restaurant, Stellenbosch

The Renowned George Jardine has brought his signature skills to the Jardine Restaurant in Stellenbosch. With a focus on seasonal flavours, show casing local, organic produce, the regularly changing menu offers bold, contemporary fare, while the venue itself is warm and intimate.

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

#### Chefs Warehouse at Beau Constantia, Constantia, Cape Town

Ranked the fourth best restaurant in the country in the 2017 Eat Out Mercedes-Benz Restaurant Awards, you will struggle to find a more beautifully situated restaurant than The Chef's Warehouse at Beau Constantia. But not only does the venue boast incredible views of the Constantia Valley, but with chef Ivor Jones running the kitchen, you can expect the same cutting-edge cuisine and laid-back atmosphere that Liam Tomlin's original eatery became famous for.

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



# Discover Nature and Adventure

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

Two day itineraries in each region:

## Cape Town

### Day 1

Scoutours offers you the unique opportunity to discover Table Mountain differently. Make your way down this iconic landmark with some of the best city views. Other Scoutour adventures include Franschoek Adventure Scootour is where you will free-wheel along sections of the historic 1825 Holloway Pass and 1819 Cats Path ox wagon trail that ends at Haute Cabrière Cellar Restaurant. Scootours can be done in vibe-filled Cape Town and lush forests in Knysna.

**Trading hours: 7 days a week**  
[www.scootours.co.za](http://www.scootours.co.za)

Enjoy some surfing lessons at Muizenberg Beach known for consistent waves making it conducive to learning the art of surfing quickly and safely.

**Trading hours: 7 days a week**  
[www.garysurf.co.za](http://www.garysurf.co.za)

The panoramic views from the top of Table Mountain can certainly take your breath away, but abseiling down this icon, provides even better views. 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.

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

### Day 2

Explore the City and surrounds by Sidecar. This trip includes a tour through the inner city, the scenic Atlantic Seaboard, Constantia Winelands and one of the most scenic passes – Chapman's Peak drive.

**Trading hours: Monday to Saturday 08h00 – 17h00**  
[www.sidecars.co.za](http://www.sidecars.co.za)

Snorkel with Cape Fur seals in their natural habitat in Cape Town. This is the ultimate wildlife experience for the adventurous. Drop into the cool Atlantic Ocean and swim with hundreds of playful seals, that will surround you in an instant. This half day excursion will allow you to interact with these friendly creatures and will definitely be one of the highlights when visiting Cape Town and the Western Cape.

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

City Cycle Tours recently introduced a niche tour of the city on a skateboard, led by an expert skateboarder- a tour with a twist. Duration is between 3-4 hours, starting at the Cape Town Stadium and ending in the in City Centre via Sea Point Promenade. Tours on scooters are also available for the less adventurous.

Trading hours: Weekdays 07h00 – 17h00  
[www.citycycletours.co.za/city-skateboard-tour](http://www.citycycletours.co.za/city-skateboard-tour)

## Weskus

### Day 1

E-bike through the West Coast National Park the perfect destination for birdwatching as there are a number of bird houses dotted throughout the park or choose from a number of hiking trails such as Eves Footprint and Trail. In season (September - October) you will see a kaleidoscope of wild flowers throughout the park and go for a swim in the warmer months in the clear waters of the Langebaan Lagoon.

**Trading hours: Monday to Friday: 07:30 - 17:00 Saturday: 08:00 - 13:00**

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

Enjoy windsurfing or Stand up Paddle Boarding on Langebaan main beach, the wind direction and speed makes Langebaan the perfect spot to enjoy this water adventure.

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

Porterville paragliding, Porterville hang-gliding and Porterville free-flying are all the ideal way to discover Porterville and surrounds from a birds eye view.

**Trading hours: 7 days a week**  
[www.flyporterville.info](http://www.flyporterville.info)

### Day 2 – Cederberg full 1 to 2 day trip

The Cederberg slack packing trails allows you to bask in beautiful rock formations unique to the Cederberg region in the Weskus. Depending on the hiking trail it includes all accommodation at guesthouses and homestays, some in picturesque Moravian towns, meals, guided rock art visits, donkey drives and entrances and fees.

**Trading hours: Monday to Friday 8h00 to 17h00**  
[www.cedheroute.co.za](http://www.cedheroute.co.za)

## Cape Winelands

### Day 1

You can now abseil down the iconic Paarl Rock in the Cape Winelands. The unique adventure experience allows for beautiful scenic views of the Paarl Valley. The abseil is just short of a 100m. This is an easy abseil, because the start gradient is easy and not vertical. Included in this experience is a picnic and a guided tour. Booking is essential.

**Trading hours: 7 days a week**  
[www.cascademanor.co.za](http://www.cascademanor.co.za)

Scootour adventures include Franschoek Adventure Scootour is where you will free-wheel along sections of the historic 1825 Holloway Pass and 1819 Cats Path ox wagon trail that ends at Haute Cabrière Cellar Restaurant.

**Trading hours: 7 days a week**  
[www.scootours.co.za](http://www.scootours.co.za)

### Day 2

Take in the exquisite wine valleys through dramatic Cape Mountains and orchards, tastings on exclusive wine estates. Horse riding is an environmentally friendly way of discovering the destination, highly skilled guides will safely escort you on various.

**Trading hours: 7 days a week 08h00–17h00**  
[www.capewinelandsriding.co.za](http://www.capewinelandsriding.co.za)

## Cape Overberg

### Day 1

Visit the Stony Point Eco Centre in Betty's Bay. Visit the On the Edge restaurant and the Whale Museum providing guests with the history of the old Whale Station. The initiative was implemented to uplift the community of Mooluitsig in Betty's Bay.

**Trading hours: 09h00 – 17h00**  
[www.whalecoast.info](http://www.whalecoast.info)

The cliffs of De Kelders are a geological wonder and home to a number of ancient limestone caves. The Drip Cave or 'druipkelder' (as it is called by locals) is located under a natural spring and large amounts of fresh water percolate through its limestone floor to form crystal clear, natural pools.

**Trading hours: 7 days a week**  
[www.dekeldersdripcave.wordpress.com](http://www.dekeldersdripcave.wordpress.com)

### Day 2

Marloth offers various day trails, ranging from easy, short walks to more strenuous, longer hikes. These trails lead into the shady green indigenous forest, where cool pools and waterfalls wait to be discovered. Day walks are open from sunrise to sunset.

**Trading hours: 07h30 - 16h00**  
[www.capenature.co.za](http://www.capenature.co.za)

Visit Agulhas National Park, where the Indian and Atlantic Ocean meet and is also the southern-most tip of Africa. Enjoy a walk along the boardwalk and visit the second oldest operating lighthouse in South Africa. Make sure to visit the new addition Iconic Map of Africa Monument at the Southernmost Tip of Africa

**Trading hours: Monday to Friday: 07:30 - 17:00 Saturday: 08:00 - 13:00**

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

## Cape Garden Route & Klein Karoo

### Day 1

Enjoy the Point of Human Origin which could provide evidence on how early humans adapted to climate change, but also how they survived it.

**Trading hours: 7 days a week 08h00 – 18h00**  
[www.humanorigin.co.za](http://www.humanorigin.co.za)

Sand board in Mossel Bay. Discover the world-famous 'Dragon Dune' which is the biggest and longest sand board ride in South Africa! With the focus on having fun! They cater for all age groups, beginners and Pro's. If you don't feel confident enough to stand up on your board, you can also sit down or enjoy a belly board ride.

**Trading hours:**  
**10 Dec to 10 Jan from 08H45**  
**11 Jan to 9 Dec from 09H00**  
**Afternoon session Contact them to confirm time**  
[www.dragondune.com](http://www.dragondune.com)

Cango Caves Zip line near Cango Caves in Oudtshoorn is a new experience at the Cango Caves Estate. Look forward to beautiful views of the estate and surrounds. One of the longest being up to 180m.

**Trading hours: 7 days a week 09h00 – 16h00**  
[www.cangocavesestate.co.za](http://www.cangocavesestate.co.za)

### Day 2

Discover this unique adventure with Meerkats in Oudtshoorn. Located on the De Zeekoe Guest farm, the original meerkat conservation site, this is the only site in South Africa where you can do an exclusive 2-3 hour tour with wild meerkats in their natural habitat.

**Trading hours: 7 days a week**  
[www.meerkatadventures.co.za](http://www.meerkatadventures.co.za)

Discover Featherbed Nature Reserve in Knysna for the perfect views of the Knysna Heads and Lagoon. Go on a boat trip and enjoy a number of nature trails throughout the reserve for picturesque moments.

**Trading hours: Monday – Friday 08h00 – 18h00**  
[www.featherbed.co.za](http://www.featherbed.co.za)

## Cape Karoo

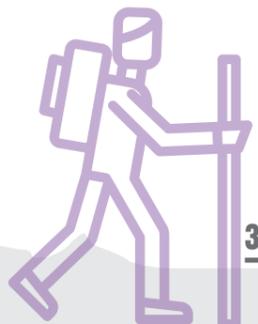
### Day 1

This experience is near Laingsburg opposite Matjiesfontein. The Karoo being the largest ecosystem in South Africa, there is no better way to explore than on a quad bike. The farm offers three unique scenic routes, ranging from moderate to challenging terrain. Basic instruction is provided for beginners ahead of the ride. Some of the wildlife to that can be seen on these routes include Grey Rhebuck, Duiker, Steenbok, Springbok, Blesbok, Kudu, Gemsbok, Zebra & Sheep roam the farms pristine expansive arid plains & hills.

### Day 2

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 Karoo town of Laingsburg. The wide open spaces and clear night skies will allow for perfect star gazing opportunities.

**Trading hours: 07h30 - 16h00**  
[www.capenature.co.za](http://www.capenature.co.za)



# Discover the Cape Overberg

Uncover new, exciting experiences and re-acquaint yourself with the old favourites, from the rugged trails of Grabouw to the coastal vibes of Hermanus. The Western Cape is the ultimate road-tripping destination with its wide-open spaces and towns just waiting to be explored. From sleepy coastal villages to surfing hot spots, from the vast open spaces to the majestic valleys, the possibilities are endless. It's time to reclaim the road trip!

**Niche target market: Wine & Cuisine | Family | Culture & Heritage**

**Route: N2 – R44 – R43 – R319**

**Duration: 7 days**

**Travel time with no pit stops: 2 hours**

**Mode of transport: Self-drive**

## Day 1

**Town: Elgin Valley**

**Route: N2**

**Cape Canopy Zip lining**

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.

**Trading Hours: 08:00 – 15:00**

**www.capecanopytour.co.za**

**Quad Biking Waterfall Trail**

The 3½ to 4 hour waterfall trail is undoubtedly the most popular trail, this 30km tour takes you to the Old Gantouw Pass Wagon Trail which is known as a world heritage site, the original Dutch and British settler's original wagon route used for over 150 years.

**Trading times: 08:00-17:00**

**www.naturediscovery.co.za**

**Suggested lunch spot: Hickory Shack**

In the tradition of Texas-BBQ Hickory Shack has created a smoke-house in Elgin Valley, where wood-fires and blue smoke set the perfect moment for the pit-masters craft. They never use electric smokers, only use local woods and organic chips and believe that only time will serve the cut.

**Trading Hours: Tuesday – Sunday 09:00 – 17:00**

**www.hickoryshack.co.za**

**Almenkerk Wine Estate**

Art @ Almenkerk is an experience based sculpture garden and gallery that finds its home at the award winning Almenkerk Wine Estate, which overlooks the picturesque valleys of Elgin. Experience the perfect combination of art and wine at its best.

**Trading Hours: Tuesday to Sunday 10:00 – 16:00**

**www.art-at-almenkerk.com**

**Suggested stayover: Trails End Bike Hotel**

Trail's End is the perfect base to relax and have fun exploring the delights of the Overberg with family and friends or to use as a training ground for your next race!

**www.trailsend.bike**

## Day 2

**Town: Greyton | Genadendal**

**Route: N2 – R406**

**Explore Greyton on Retro Rides**

Hire a retro bicycle in Greyton! Explore the town on stylish bicycles. Park your ride and enjoy lunch at the quaint Brewers Bistro Restaurant at The Old Potters Inn

**www.facebook.com/pg/retroridesgreyton**

**Suggested pit stop: Genadendal Historic Village and Museum**

Genadendal Historic Village and Museum is a mere 6 km from Greyton. To visit Genadendal's church square, Die Werf, is to journey back in time. It boasts both a watermill in working condition and a fascinating museum that gives visitors insight into life in Genadendal centuries ago.

**Did you know?**

Genadendal is the oldest Moravian mission village in Africa dating back to 1738!

**Suggested stayover: The Old Potters Inn**

Nestled among the oaks, this charming 1830 heritage building - once a pottery - now offers comfortable bed and breakfast accommodation.

**www.oldpottersinn.co.za**

## Day 3

**Town: Hermanus**

**Route: N2 – R43**

**Hermanus Wine Hoppers**

Hop on Hop off safari-style wine tours and discover the boutique wineries of the beautiful Hemel & Aarde Valley in a truly unforgettable way.

**www.hermanuswinehoppers.co.za**

**Suggested lunch spot: Creation Wines**

The story of Creation Wines is as old as the hills - dating back to when Mother Nature created South Africa's beautiful Hemel-en-Aarde. Enjoy carefully crafted cuisine with some of the best wines.

**www.creationwines.com**

**Verona's**

Depart for Zwelihle and stop at Verona's for umqombothi (a local beer which is made from maize, maize malt, sorghum malt, yeast and water). Drive through New Harbour and stop at Heart of Abalone. Here you will learn more about the South African abalone and why Abalone Farms are necessary. Tastings can be arranged on request.

**Trading Hours: 09:00 – 17:00**

**www.heartofabalone.co.za**

**Dinner at Stanford Manor**

Enjoy contemporary country cooking prepared by the talented Manor House kitchen team at this popular Overberg restaurant. The food can be best described as wholesome and traditional.

**Suggested stayover: Stanford Hotel**

Built in 1920 and situated in the heart of the village, the Stanford Hotel has remained true to its original era both in decor and furniture. It is the oldest existing business in Stanford.

**www.stanfordinfo.co.za**

## Day 4

**Town: Stanford | Gansbaai**

**Route: R43**

**Cheese tasting at Klein River Cheese**

All cheese is made using age-old artisanal methods on the Klein River Farmstead, Stanford. They only use locally sourced, pasture-fed cow's milk that is pasteurized according to legislation, enjoy a cheese tasting or picnic while kids have fun on the rolling lawn and kid play area.

**www.kleinrivercheese.co.za**

**Suggested lunch spot: Sir Robert Stanford Estate**

Situated on the southern slopes of the Klein River Mountains and overlooking the peaceful village of Stanford, this historic estate is immersed in Cape Overberg history. An environmentally friendly approach to farming includes a Biodiversity and Wine Initiative Championship Award.

**www.robertstanfordestate.co.za**

**De Kelders Freshwater Drip Cave**

The cliffs of De Kelders are a geological wonder and home to a number of ancient limestone caves. The Drip Cave or 'druipkelder' (as it is called by locals) is located under a natural spring and large amounts of fresh water percolate through its limestone floor to form crystal clear, natural pools.

**www.dekeldersdripcave.wordpress.com**

**Suggested stayover: Saxon Lodge**

You can unwind and feel at home in one of their spacious, individually decorated en-suite suites or rooms, all with private entrances, some with their own verandas.

**www.saxonlodge.co.za**

## DAY 5

**Town: Gansbaai | Elim**

**Route: R43**

**Fat Bike Tours**

This is the ultimate ride near Grootbos Nature Reserve down the mountain to the top of the Sand Dunes. The trail to the dunes is special, running on a narrow sandy horse trail through the Fynbos.

**www.fatbiketours.co.za**

**Suggested lunch spot: Coffee on the Rocks**

Relax and enjoy delicious coffee, freshly baked goods and wholesome cuisine at the coffee shop and bistro with the best view on earth.

**Nuwerjaars Guided Tour**

New Nuwerjaars Guided Tour: allows the opportunity to view game that has been reintroduced to the Agulhas Plain after 100 year absence. The trip takes 2 hours and showcases buffalo and other fauna and flora.

**www.nuwejaars.com**

**Suggested stayover: Black Oystercatcher**

The four Black Oystercatcher Cottages are beautifully furnished with king-size beds or two single beds and private bathrooms. In the chilly winter months two cottages feature an inside fireplace in the lounge area.

**www.blackoystercatcher.co.za**

## DAY 6

**Town: L'Agulhas | Arniston**

**Route: R319 via R316 through Bredasdorp**

**Agulhas Lighthouse**

The Cape Agulhas lighthouse boasts the only lighthouse museum in South Africa and has done more than 150 years' duty as possibly the most important sea beacon along the South African coastline.

**Trading Hours: 09h00 to 17h00**

**www.sanparks.org/parks/agulhas/**

**Struisbaai Harbour**

Struisbaai harbour is home to a well-known couple of Stingrays. Parrie the larger one is a long-time resident and travelled from the Two Oceans Aquarium. Parrie the stingray can often be seen around the slipway, waiting for morsels from returning fisherman.

**Suggested lunch spot: Struisbaai Sea Shack**

Situated on the Main Beach Struisbaai, panoramic views of the ocean and a relaxed kid friendly dining experience.

**Trading Hours: Wednesday – Sunday 10:00 – 17:00**

**Suggested stayover: Arniston Spa Hotel 4 stars**

Arniston Spa Hotel is set in one of the Cape's most exquisite locations, next to an old fishing village, surrounded by pristine beaches and nature reserves offering the best in Arniston accommodation.

**www.arnistonhotel.com**

**Traveller Tip:**

Visit Waenhuiskrans a magnificent limestone cave

**Did you know?**

Kassiesbaai is a National Heritage Site with its humble cottages and unusual houses hugging the soft sand cliff above a majestic bay, these white washed cottages are popular amongst artists.

## DAY 7

**Town: Riviersonderend | Swellendam**

**Route: R316 – N2**

**Railton Township Tour**

Going on a township tour with Meisie Bokwana is one of the most inspiring short trips in Swellendam. This new experience will take you away from the Drostdy and the mountain to the other side of the national road in Railton.

**Trading hours: 08:00 to 17:00**

**Suggested lunch spot: Tredici**

Enjoy a delicatessen stocked with baked goods that took as long as 36 hours to prepare, the restaurant offers the best European cuisine personalized with African flair.

**Suggested stayover: Aan de Oever Guesthouse**

On the banks of the Koorlands River, at the foot of the Langeberg Mountains; in the historical town of Swellendam, nestled between oak trees you will find this charming guesthouse.

**www.aandeoever.com**

**Umshanti on Buffelsjags**

Enjoy peace, tranquillity, adventure and excitement. Fun for the whole family! Enjoy nature's wonderland with boat cruises, swimming, canoeing, hiking/cycling to stunning mountain pools, waterskiing, and much more.

**www.umshanti.co.za**

**Drostdy Restaurant**

Serving traditional and contemporary dishes with french flair. When dining here you will have a magnificent view of the Langeberg Mountains.

**Trading Hours: Monday – Wednesday: Dinner 6pm Saturday: Dinner 6pm Sunday: Lunch 12:30 - 3pm & Dinner: 6pm CLOSED: Thursdays & Friday**



## Discover Route 62

Travel along Route 62 to reach the Ostrich Capital of the World. En route to Oudtshoorn are many new and niche experiences. Driving through wine valleys, natural beauty and some of the most scenic mountain passes you will soon discover how hard it is not to stop along the way to absorb all its beauty.

**Niche target market: Wine & Cuisine | Adventure | Family**

**Route: N1 – R60 – R62**

**Duration: 5 days**

**Travel time with no pits stops: 4 hours**

**Mode of transport: Self-drive**

### DAY 1

**Town:** Breede River Wine Valley | Robertson Wine Valley  
**Route:** Drive along the N1 turn off on the R43 towards Ceres.  
**Toll:** The Huguenot Tunnel extends the N1 national road through the Du Toitskloof Mountains.

#### Bosjes

Enjoy a gourmet lunch at the recently opened Bosjes – A design showcase of architecture offering a contemporary lunch menu; designed by local celebrity chef Pete-Goffe Wood. Bosjes also boasts a chapel – the perfect new venue to host weddings.

**Wednesday to Sunday between 10h00 – 16h00**  
[www.bosjes.co.za](http://www.bosjes.co.za)

**Route:** Depart for Robertson Wine Valley via R60 and R317  
 The Robertson wine valley is a wonderful town for visitors looking for an authentic ‘road less travelled’ experience, whilst visiting award winning wine farms. Extend your stay and experience the hospitality and charm at annual events such as Hands on Harvest in March, the Wacky Wine Weekend in June; Slow Food Festival in August or Wine on the River in October.  
[www.robertsonwinevalley.com](http://www.robertsonwinevalley.com)

#### Weltevrede Wine Estate

The Western Cape boasts an abundance of wine tasting tours and pairing experiences. Weltevrede Wine Estate however offers tasting tours with a difference, with an underground vault Cellar Tour by candlelight.  
**Trading Hours: 08h00 - 1700**  
[www.weltevrede.com](http://www.weltevrede.com)

**Suggested stayover:** AfriCamps in Pat Busch Mountain Reserve opened its doors in November 2016 and is a new and fun way to camp in nature with all of the luxury needed for a comfortable, warm and an unforgettable stay.  
**Trading Hours: 09:00 - 17:00**  
[www.africamps.com](http://www.africamps.com)

### DAY 2

**Town:** Ashton | Montagu | Barrydale  
**Route:** Depart for Ashton on R60  
**Suggested pit stop:** Platform 62 in Ashton  
 Purchase wine from the Robertson Wine Valley and surrounds, your one stop shop. Courier services are also available to visitors.

#### Farmer Redbeard Bush Braai

Combining nature and history with traditional South African ‘braai’. Listen and learn about the tales of ox wagons that passed through the vineyards and fruit orchards over 300 years ago.  
[www.farmerredbeard.co.za](http://www.farmerredbeard.co.za)

**Route:** Depart for R62 via the Cogmanskloof Pass which connects the towns of Ashton and Montagu. Its entire 6.5 km stretches through a majestic landscape of towering rock formations.

#### Did you know?

Rock climbing is one of the most popular activity sports amongst outdoor enthusiasts and Montagu is a popular spot to do this extreme sport in the Western Cape. The mountain ranges in Montagu have an endless array of rock faces that differ in their angle and ruggedness, providing a huge variety of exciting climbing opportunities.  
[www.montaguclimbing.com](http://www.montaguclimbing.com)

**Route:** Route 62 Barrydale and Ladismith  
**Suggested pit stop:** Diesel & Crème’s famous “Roadhouse” or stayover at the Karoo Moon Motel  
**Trading Hours: 08:00 – 17:00**  
[www.dieselandcreme.co.za](http://www.dieselandcreme.co.za)

**Suggested stayover:** Consider staying over at Bosch Luys Kloof in Ladismith. There are an abundance of nature drives that include the “Big 5” look out points. Also discover the indigenous Karoo plant life, scenic vistas, endemic game life and diverse bird species.

### DAY 3

**Town:** Ladismith | Calitzdorp

#### Bosch Luys Kloof

Explore Bosch Luys Kloof. The walks were carefully developed to give visitors a broad exposure to many of nature’s wonders. The routes differ in grading and can take from 2.5 to 4 hours to complete. Some of the experienced tours requires guides. Try “To Moer ‘n Gone” (To hell and Gone) which is their new trail in their south-western region. This latest route boasts truly spectacular scenery, vegetation types, etc. with viewpoints including one overlooking the Bosch Luys Kloof River Canyon, views of the Seweweekspoort Peak of the Swartberg (highest in Western Cape).  
[www.boschluyskloof.co.za](http://www.boschluyskloof.co.za)

**Route:** Depart Bosch Luys Kloof travel along R62  
**Suggested lunch spot:** Porto Deli Restaurant in Calitzdorp

**Route:** Depart for Oudtshoorn via R62  
**Suggested stayover:** Buffelsdrift  
 A unique, luxury tented accommodation in Oudtshoorn. With the Swartberg mountains as backdrop and a magnificent waterhole on your doorstep.

### DAY 4

**Town:** Oudtshoorn

#### Meerkat Safari

Offered daily at Buffelsdrift, this is a unique opportunity to view the local Meerkat “mob” rising for the day. A unique experience, requiring patience, as guests have to wait as the animals emerge from their burrows to soak in the sun and prepare to go about their daily activities. Safaris are run by experienced guides and great care is taken to ensure there is no direct interaction with the animals. For other life changing experiences visit their website below.

#### Did you know?

A group of Meerkats is called a “mob”, “gang” or “clan”.  
[www.buffelsdrift.com](http://www.buffelsdrift.com)

**Suggested lunch spot:** Safari Ostrich Farm

#### Ostrich Tractor Safari

The Tractor Tour on Safari Ostrich Farm is an hour long activity and allows for an “insiders” view on a working ostrich farm. This activity replaced the Ostrich riding experiences aligning with international Responsible Tourism practises. Tours are guided in the following languages: German – French – English – Afrikaans  
[www.safariostrich.co.za](http://www.safariostrich.co.za)

#### Star-gazing

Inhale, savour and capture the breathtaking natural display of stars and galaxies in the Klein Karoo (meaning Little Karoo). Visitors will be mesmerized experiencing a spell-binding tour through the Southern Hemisphere’s celestial “High Five” hosting by experienced guided.  
**Time: 20:30**  
[www.truesouthtravel.co.za/swartberg\\_activities\\_index.php](http://www.truesouthtravel.co.za/swartberg_activities_index.php)

**Suggested stayover:** Queens Hotel  
 Finished in 1880, this grand dame of South Africa was recently been restored to her full original beauty and continues to offer lavish accommodation.  
[www.queenshotel.co.za](http://www.queenshotel.co.za)

### DAY 5

**Town:** Oudtshoorn | Swartberg Pass

**Coffee Roastery & Zip lining at the Cango Caves Estate**  
 Cango Caves Estate offers an array of facilities to suit the taste of connoisseurs, whether it be freshly brewed coffee, local cheeses and wines, or local delicacies. With only two lines at the moment, the Cango Caves zipline does not have as many platforms as other operators around the province, but with the second line being 500m long, it is the longest zip line in the Western Cape.  
[www.cangocavesestate.co.za](http://www.cangocavesestate.co.za)

**Suggested lunch spot:** De Oude Meul Restaurant  
 Enjoy lunch and dinner in our a la carte Restaurant, Oudtshoorn in Schoemanshoek, just a few kilometres from Oudtshoorn. All of their ostrich and chicken dishes are Halal.  
**Monday - Saturday: 11:00 - 22:00 | Sunday: 18:00 - 22:00**

#### The Swartberg Pass

Built by Thomas Bain in the 1800s, the Swartberg Pass is an incredible sight. With its highest point at 1585m above sea level, you will be blown away by the breath taking views of the Klein and Groot Karoo. A world heritage site, there are a number of activities available to guests, such as, sundowner or sunrise trips over the pass allow visitors to explore the area, taking in the geology and huge variety of flora and fauna. The Swartberg Mountain Circular Route runs all the way through to Prince Albert.  
[www.truesouthtravel.co.za](http://www.truesouthtravel.co.za)

Prince Albert is a town at the foot of the Swartberg Mountains rich in history. Enjoy anything from traditional cooking classes at African Relish, to Olive tasting and the popular Showroom Theatre. Looking for something a little different? Why not partake in a Ghost Tour as Ailsa takes you through the streets after dark.  
[www.princealbert.org.za](http://www.princealbert.org.za)

Meerkat Safari





# Discover the Weskus in 8 days

## Day 1

### Malmesbury to Swartland Wine Cellar

#### 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](http://www.swartlandwinery.co.za)

#### Het Vlock Casteel

Het Vlock Casteel (Môrester) lies at the foot of Kasteelberg ("Castle Mountain"), in the fertile Riebeek Valley. Up to 95% of the fruit grown on the farm is for the export market through Capespan, with local sales being shipped under the Kasteelberg label. All of the olives grown on the farm are handpicked and processed locally.

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

#### One Wine Bar & Bistro

A relaxed and enjoyable Wine Bar & Bistro that serves simple, but delicious food, made from locally sourced produce.

[https://www.facebook.com/pg/onewinebarandbistro/about/?ref=page\\_internal](https://www.facebook.com/pg/onewinebarandbistro/about/?ref=page_internal)

#### Riebeek Kasteel Town visit

Walk around the town exploring, visiting and browsing the interesting shops and businesses. Also visit the Riebeek Valley Tourism office.

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

#### Riebeek Valley Garden Centre

Visit the interesting garden center with a superb collection of Bonsais an Aridarium (Indigenous & exotic succulents), Hothouse with tropical and edible plants, Organic swimming pool, Cycads collection and land scaped garden.

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

#### Shiraz Estate Guest House

Shiraz Estate Guest House is designed with a modern touch and laid-back luxury in mind.

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

## Day 2

### Shiraz Estate Guest House

Shiraz Estate Guest House is an oasis nestled between the vines in the charming village of Riebeek Kasteel. We offer six double rooms and one suite. The spacious rooms are appointed with king beds (Changed into single beds), quality linen and elegant en-suite bathrooms.

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

#### Darling Sweet

Came into existence when Frits van Ryneveld and Hentie van der Merwe met in September 2013 and decided to start a toffee factory in Darling; Hentie, with his passion for art and food, and Frits with his love for quality and design. Frits, who had been living in Darling for some years, was the first to come up with the idea.

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

#### Darling Brew

One of South Africa's first well established and award-winning micro-breweries since 2010, we brew a wide range of great craft beers that are loved for their flavour, high quality ingredients and slow brewing process. Each beer in the range has unique characteristics and an inspiring story.

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

#### Alexanderfontein

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. Delicious chocolate and cheese products also available for the tasting.

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

#### !Khwa ttu

Stay over – where one is taken on an exciting journey of discovery into the world of Southern Africa's San/Bushman people.

## Day 3

### !Khwa ttu Cultural Tour

San Spirit Discovered – The tour is a fascinating insight into the culture, heritage, knowledge, skills and contemporary life of the San. Guided tours are offered daily at 10 am & 2 pm. The tour is conducted either on foot or on a bicycle.

[www.khwattu.org](http://www.khwattu.org)

#### The West Coast National Park

A mere 120 km north of Cape Town in the Western Cape province of South Africa. It is 27,500 hectares in size.

[www.sanparks.org/parks/west\\_coast](http://www.sanparks.org/parks/west_coast)

#### Geelbek Restaurant

Lunch at Geelbek Restaurant stimulates all five senses when it comes to 'plating up' West Coast and South African cuisine.

[www.geelbek.net](http://www.geelbek.net)

#### E-biking West Coast National Park

Depart for the West Coast National Park for an e-bike Experience in a typical West Coast landscape of fynbos, wild flowers, small wildlife and the blue of the Atlantic Ocean

#### Windtown Langebaan

Windtown Lagoon Hotel offers exclusive accommodation in this kite-surfers' paradise, next to the West Coast National Park in South Africa. Surrounded by a huge lagoon and breathtaking nature, this is the place to have your well deserved kite trip, laidback holiday or active getaway.

[www.windtown-sa.com](http://www.windtown-sa.com)

## Day 4

### SUP

Try your hand at other water sports, like SUP, windsurfing and sailing.

#### West Coast Fossil Park

Near the coastal town of Langebaan, is where fossils of bears, sabre-tooth cats, shortnecked giraffes and the many other exotic animals which inhabited the west coast area some 5 million years ago can be seen

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

#### West Coast Oyster Growers

Since the early 1950's, Saldanha Bay has been recognized as a prime location for oyster culture. Its waters are rich in plankton brought in from the cold Benguela current on the unpolluted tides, making it a prime growing ground for the renowned Pacific oyster seeds.

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

## Day 5

### Travel to Vredendal

#### Maskam Brewing Company

With water from a fountain in the Maskam Mountain Range, the Botha family of Vredendal has created craft beer on their family farm.

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

#### Viswater Mountain Bike Trail

Is a circular route of approximately 30km that starts at Doring Bay and meanders to Papendorp and back again. It spans a wide variety of surfaces and diverse vegetation. At certain places you will be as close as 50m from the ocean where the cool sea breeze is very welcome on those warm summer days! At the start you will experience incredible single-track paths up to Papendorp and then you will take on an open gravel road back to Doring Bay, just as your legs are getting tired and the southern wind moves around.

#### Jetty Restaurant

Enjoy some local cuisine with an ice cold beer or local wine at the Jetty Restaurant

[www.fryerscovewine.co.za/the-jetty](http://www.fryerscovewine.co.za/the-jetty)

#### Thornbay Accommodation

Located in Doringbaai, enjoy self-catering accommodation with stunning sea views.

[www.doringbaai-accommodation.co.za](http://www.doringbaai-accommodation.co.za)

## Day 6

### Kommetjie Restaurant

A family run, seaside restaurant with spectacular views, catering for the young and old, with a seasonal set menu.

[www.namaquawestcoast.com/restaurants/view.php?restaurant=21](http://www.namaquawestcoast.com/restaurants/view.php?restaurant=21)

#### Crayfish Trail

If you love the idea of exploring unspoilt stretches of coastline and pioneering new trails, but hate the thought of carrying a crippling load on your back, then slackpacking is for you. The stretch of coastline be-

tween the Berg and Olifants Rivers offers superb hiking opportunities which the Crayfish Trail takes full advantage of. There are a number of different routes from which to choose. These include the Five Day Trail and a choice of Two Day Trails.

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

#### Namaqua Restaurant ZAR

Come and visit the Zuid Afrikaanse Restaurant or ZAR Restaurant, as locals prefer to call it. Our A-la-carte menu is the best you will get in Namaqualand. Located at the village on the Gifberg road.

[www.namaquawestcoast.com/restaurants/view.php?restaurant=9](http://www.namaquawestcoast.com/restaurants/view.php?restaurant=9) Vanrhynsdorp Caravan Park.

#### Bo Tuin Olives

At Botuin, its all about organic and sustainable farming and thus everything is done with love and by hand. They grow their own vegetables and a wide variety of fruit – pomegranates, quinces and figs, available in season.

#### Letsatsi Lodge

Situated just outside Vanrhynsdorp, this is a convenient Lodge destination for every discerning Tourist or Business person. Accommodation at this Namaqualand paradise satisfy's everyone's taste.

[www.ncfamouslodges.co.za/Letsatsi.htm](http://www.ncfamouslodges.co.za/Letsatsi.htm)

## Day 7

### Visit Klawer Wine Cellar

Klawer Wine Cellar is the gateway to the Olifants River Valley and offers a warm and friendly welcome to visitors. The cellars aim is to produce top quality wines through the limited production of cultivars such as Chenin Blanc, Shiraz, Sauvignon Blanc and Pinotage.

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

#### Travel to Clanwilliam

#### Reinholds Restaurant

Situated on Main Road in an old Victorian House. Enjoy a quiet atmosphere and personal attention as you overlook a peaceful garden and the Cederberg Mountains. Bookings are essential.

#### Rocklands Bouldering

De Pakhuys offers accommodation in the middle of the world famous Rocklands climbing area. Enjoy some of the best bouldering spots in the world.

[www.depakhuys.com/bouldering](http://www.depakhuys.com/bouldering)

#### Kliphuis

stayover at the shady Kliphuis campsite lies in the far northern section of the Cederberg reserve, in the Pakhuys Pass, some 20km from Clanwilliam.

<http://www.capenature.co.za/reserves/cederbergwilder-ness-area/?accommodations=kliphuis-2>

#### Braai at Kliphuis

## Day 8

### Sevilla Rock Art Trail

The Sevilla Rock Art Trail, which starts about 36km from Clanwilliam, at Traveller's Rest Guest Farm on the road to Wupperthal, is a four-kilometre ramble along the Brandewyn River that most can manage, and the easiest access to the plentiful Bushman rock art in the Cederberg. The Sevilla rock art site's paintings are estimated to be between 8 000 and 800 years old, and there are around 2 500 paintings in the Cederberg

[www.travellersrest.co.za/cederberg-accommodation-activities.php](http://www.travellersrest.co.za/cederberg-accommodation-activities.php)

#### Veldskoendraai

Send your taste buds on a journey as you try local cuisine. Veldskoendraai consists of the Farmer's Market, gift shop and restaurant.

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

#### Travellers Rest

Located on the beautiful Pakhuis Pass, nestled in an area with ruggedly beautiful landscapes and mind blowing rock formations.

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



## Epic Road Trip for the Ladies

Cape Town and the Western Cape is the ultimate destination for an epic road trip with the ladies! We bring you a road trip that ticks all the boxes - whether you enjoy hair-raising adventure, tranquil spa treatments or days of endless shopping, the Western Cape has it all, for all the women of the world.

**Here are some of the experiences we chose especially for you.**

### Cape Town | the shopping hub

This is for the ladies who love to shop! The Cape Town city centre has everything you need to satisfy your retail needs, from world class malls and trendy boutiques selling renowned designer goods, to unique arts and craft markets specialising in handmade and locally produced items.

**MOJO Market - Trading hours: 7 days a week 09h00 – 22h00**

**Watershed – Trading Hours: 7 days a week 10h00 – 18h00**

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

### Cape West Coast | hidden beach coves

If your heart is by the sea and you fancy the ideal beach getaway, the Cape West Coast has got you covered. Waking up to the turquoise sea is something you will wish continued forever, while you can expect nothing but the freshest crayfish, bikkoms (dried salted fish) and seafood during your time here. You will leave satisfied, yet hungry to visit again. There are number of hidden beach coves that offers privacy ad you escape the crowds.

**Secluded beach spots:** Pearl Bay Beach, Paradise Beach, Stomp-neusbaai, Kraalbaai Beach, 16 Mile Beach

### Cape Winelands | Unique Wine Pairings

Wander the oak-lined streets of Stellenbosch, pop into at art galleries and coffee shops, or pick and choose from the many excellent restaurants. The Cape Winelands are widely acknowledged for their intangible cultural heritage, from diverse styles of architecture to 400-years of winemaking. This region is also home to the oldest wine route in South Africa, the Stellenbosch Wine Route founded in 1971. You ladies will love the unique wine pairings this region has to offer, so send your taste buds on a journey, with everything from pizza to ice cream paired with world class wines.

### Cape Overberg | Rejuvenation and Tranquillity

For the ladies who love to be pampered and love to feel relaxed and rejuvenated then the Cape Overberg is for you! Indulge in a weekend getaway or a mid-week break at a world class golf resort and spa on the edge of the Bot River lagoon or in nature soaking up the beauty of the region.

### Garden Route & Klein Karoo | the adventure destination

This region will be well suited for the adventurous ladies. If you love the adrenaline rush, the Garden Route & Klein Karoo is for you! Enjoy anything from sandboarding the dunes in Mossel Bay to paragliding, abseiling and zip lining. These activities will get your blood pumping!

**Suggested adventure activities:** Sandboarding in Mossel Bay, Afri-Abseil in Plettenberg Bay, Paragliding in Wilderness, Zip lining in Tsitsikamma and Oudtshoorn, Scootours in the Knysna Forest

### Cape Karoo| open spaces

Imagine bright stars, pristine landscapes and roads that go on and on and on... The Cape Karoo region is special and will be even more special with a group of your ladies. Its windmill-peppered landscapes inspire poetry, with its rough and rugged terrain straight out of the movies. It is the ultimate escape from the world of urgent phone calls, emails and Facebook. Discover a place where you get to reconnect with nature, the people and yourself.

**Suggested detox activities:** Cooking classes at African Relish, A show at the Showroom Theatre, Open night skies for stargazing, Horse riding at Anysberg Nature Reserve



# Explore Franschhoek and the Cape Overberg

In this four-day itinerary, you can explore Franschhoek in the Cape Winelands and the Cape Overberg – both its valleys and its coastal beauty. There is food and wine, flora and fauna and more to enjoy in this jam-packed exploration of the area. **Franschhoek (distance from Cape Town, 1h12):**

## Day 1

### Breakfast at babel restaurant

Babel Restaurant's menu is guided by what is available in the garden and their food always reflects the season. So, in summer they may serve you a yellow salad of pineapple, gooseberries, granadillas, yellow tomatoes and apricots while in winter a slow-cooked leg of lamb in red wine is more likely. Dessert subscribes to four flavours, namely: salty, bitter, sweet and sour. And while their meals are creative, they don't like to tamper unduly with their food. Meals are always clear in structure, so that fruit and vegetables gathered daily from the garden is often served with its skin on. Helpings are generous and depending on the weather you can take your meal in the glass-enclosed restaurant or under the plane trees in the courtyard.

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

### Garden tour at babylonstoren

Babylonstoren's daily guided garden tour starts at the Farm Shop at 10am. One of the experienced gardeners will be your guide on this tour, during which guests are encouraged to pick, taste, smell and touch while walking through the garden. Each of the 300 plant varieties is edible or has medicinal value. The beautiful garden is not only pleasing to the eye, but also provides the restaurants with fresh produce, harvested daily. Babylonstoren's enthusiastic guides will share some of the garden's special stories with you and give practical gardening tips.

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

### Lunch at the werf restaurant at boschendal

Situated in the beautifully revamped original cellar of the Manor House, the focus at The Werf Restaurant is on presenting contemporary farm to table dining using the best of available local, seasonal and ethically-sourced ingredients. This is offered in an eclectic environment of decor and cooking spaces where the kitchen comes out of the shadows and comes alive inside the restaurant. Expect fragrant fermented breads, slow-roasted ribs and brisket sourced from the herd of Angus cattle on Boschendal farm, or house-smoked meat and fish, and accomplished desserts.

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

### Explore Main Street

Walk off lunch by exploring the main street of Franschhoek's vibrant village, which is lined with shops, specialist stores and arts and crafts studios and galleries. It is very much the heart of the Franschhoek valley and is the perfect way to immerse yourself in the town's unique culture and heritage.

## Day 2

Start your morning in town with a visit to the Franschhoek Motor Museum which offers visitors an opportunity to look back at more than 100 years of motoring history with its unique and exciting collection of vehicles and motorcycles.

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

### Huguenot Monument & Memorial Museum

Probably one of the most prominent features of Franschhoek is the Huguenot Monument. It's impossible to miss, located at the end of the Main Road. Stop by to learn all about French Huguenots, their ways of life and their reasons for settling in this valley at the Huguenot Memorial Museum. There is an entry fee to the museum and also to the monument.

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

### Chocolate tour & tasting at huguenot fine chocolates

This fantastic tour outlining the story of chocolate includes a chocolate tasting and a demonstration of how chocolates are made. Huguenot Fine Chocolates has a wonderful selection made from imported Belgian chocolate. A wide variety of boxed chocolate, local jams and gourmet products are also available.

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

### Dutoitskop Hike

The Dutoitskop Hike might just be what you need to either build up an appetite or walk off all that chocolate. This is Franschhoek's most beautiful spot for hiking. The route climbs the Franschhoek Pass, and at the top the incredible views make for great photos. Choose between day hikes or 2-hour hikes. Permits are available through the Tourism Office and Huguenot Museum.

### Suggested stayover: Pearl Valley Hotel

The luxury hotel is the latest development for the Val de Vie Estate, and it boasts – apart from its prime location, of course – a swimming pool, two flood-lit tennis courts, horse-riding, a restaurant open for breakfast, lunch or dinner, wine-tasting at the L'Huguenot Venue & Vinoteque on the estate, and of course, a golf course designed by one of the world's greatest-ever players. The hotel rooms – there are 38 all showcasing the incredible views of the estate – are just 100 metres away from the clubhouse and boast all the luxurious amenities expected of a luxury hotel.

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

## Day 3

### Hermanus / Stanford (time from Franschhoek, 1h16)

Order an early breakfast and then depart for Hermanus in the Cape Overberg, where you can continue your exploration of the Western Cape vineyards, sample local beer and then enjoy dinner in one of the Overberg's most beautiful towns – Stanford.

### Hermanus wine hoppers

Hop-on Hop-off safari-style and discover the boutique wineries of the beautiful Hemel & Aarde Valley in a truly unforgettable way.

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

### Suggested lunch spot: creation wines

The story of Creation Wines is as old as the hills – dating back to when Mother Nature created South Africa's beautiful Hemel-en-Aarde. Enjoy carefully crafted cuisine with some of the best wines, while taking in the gorgeous surroundings.

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

### Verona's

Depart for Zwelihle and stop at Verona's for umqombothi (a local beer which is made from maize, maize malt, sorghum malt, yeast and water).

### Dinner at stanford manor

Enjoy contemporary country cooking prepared by the talented Manor House kitchen team at this popular Overberg restaurant. The food can be best described as wholesome and traditional.

### Suggested stayover: stanford hotel

Built in 1920 and situated in the heart of the village, the Stanford Hotel has remained true to its original era both in decor and furniture. It is the oldest existing business in Stanford.

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

## Day 4

### Stanford | gansbaai

#### Cheese tasting at klein river cheese

All cheese is made using age-old artisanal methods on the Klein River Farmstead in Stanford. They only use locally sourced, pasture-fed cow's milk that is pasteurized according to legislation, enjoy a cheese tasting or picnic while kids have fun on the rolling lawn and kid play area.

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

#### De kelders freshwater drip cave

The cliffs of De Kelders are a geological wonder and home to a number of ancient limestone caves. The Drip Cave or 'druipkelder' (as it is called by locals) is located under a natural spring and large amounts of fresh water percolate through its limestone floor to form crystal clear, natural pools.

[www.dekeldersdripcave.wordpress.com](http://www.dekeldersdripcave.wordpress.com)

#### Fat bike tours

This is the ultimate ride! Starting in the Grootbos nature reserve down the mountain to the top of the Sand Dunes, it's basically all downhill and loads of fun! The trail to the dunes is special, running on a narrow sandy horse trail through the Fynbos, with epic views and big downhill to keep you on your toes.

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

#### Suggested stayover: saxon lodge

You can unwind and feel at home in one of their spacious, individually decorated en-suite suites or rooms, all with private entrances, some with their own verandas.

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



# Discover Garden Route & Klein Karoo

## Day 1

### Mossel Bay Point of Human Origin

The Point of Human Origin archaeological site at the Pinnacle Point Caves has been the subject of intense study since 2000 and provides the earliest evidence for modern human behaviour. They were first found during an environmental impact assessment for the development of the Pinnacle Point Beach & Golf Estate, forever tying the site to the luxury estate. You can explore this incredible site under the direction and guidance of Dr Peter Nilssen, with half-day excursions departing from the Pinnacle Point Club House.

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

#### Golf at Pinnacle Point

Now that you've discovered the Point of Human Origin, it's time to rediscover your swing! Named South Africa's best golf course in 2016, this Darren Clarke-designed golf course is one of the most beautiful and unique in the world. Nestled along the coastline, just outside of Mossel Bay, and overlooking the Indian Ocean, the 72-par course is perhaps best characterised by the seven holes that line the rocky ocean cliffs. Dramatic views, along with world class facilities, make this course a must for those golfers visiting the Western Cape.

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

#### Alternative:

##### Sandboarding in Mossel Bay

Discover the world-famous 'Dragon Dune' which is the biggest and longest sand board ride in South Africa! With the focus on having fun! They cater for all age groups, beginners and Pro's. If you don't feel confident enough to stand up on your board, you can choose to go on your knees or belly.

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

#### Dinner at Route 57

Part of international golf star Louis Oosthuizen's 57 brand, Route 57 Restaurant is open Tuesday through to Saturday, serving fresh, local cuisine. Offering a large, varied menu, Chef Anzelle Zeelie has created something special that showcases the diversity of the region with a modern twist.

[www.route57.co.za](http://www.route57.co.za)

#### George

##### Outeniqua Power Van

Perfect for the whole family, both the little kids and the big kids (moms and dads) will get to experience the beauty of the Outeniqua Mountains on this unique railway journey. The power van leaves from the Outeniqua Transport Museum in George and travels upwards through six tunnels, natural forests and fynbos, including an abundance of King Proteas, and culminates with epic views of the valley from the summit. The return trip includes a picnic about halfway down the track and ends back at the museum.

[www.showme.co.za/george/tourism/the-outeniqua-powervan/](http://www.showme.co.za/george/tourism/the-outeniqua-powervan/)

#### Golf at Fancourt

Considered one of South Africa's best golf courses, and designed by SA legend Gary Player, the Montagu course at Fancourt offers a typical parklands format. The Par 72 course is only available to members, their guests, and those staying at the resort, making it an exclusive experience for those playing. Facilities are world class and include a warm-up and practice area featuring a full-length range, as well as a chipping and bunker practice area.

[www.fancourt.co.za/en/golf](http://www.fancourt.co.za/en/golf)

#### Suggested stayover: Fancourt Golf Estate

Book a room at Fancourt Golf Estate and be sure to book some time in the spa as well, then enjoy some drinks at the Club House, before finally heading down to La Cantina for dinner.

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

Tip to enhance your road trip: Hit Route 62 early and make your way to Oudtshoorn. This stretch of road is regarded as one of the ultimate road trips in the country. There are few drives as iconic and storied. Recently named the world's best road trip destination by CNN Travel, it is a feast for the eyes, the soul and, of course, the belly. No trip down this stretch of road can be considered complete without a visit to establishments like Ronnie's Sex Shop and Diesel and Crème, the latter making possibly the most decadent milkshakes on the planet.

## Day 2

### Oudtshoorn

#### The Swartberg Pass

Start your day on the Swartberg Pass. Built by Thomas Bain in the 1800s, the Swartberg Pass is an incredible sight, snaking up and over the mountains. With its highest point at 1585m above sea level, you will be blown away by the jaw-dropping views of the Klein, and Great Karoo, below. The Swartberg Mountain Circle Route runs all the way through to Prince Albert – although currently this is not possible because of flood damage – and is a must for any traveller, with non-stop photo-ops along the way. To Hell and Back takes you into 'Die Hel' an isolated valley in the mountains. Only accessible by a 4x4 road, Die Hel is very isolated and cut off over the rainy season.

[www.truesouthtravel.co.za/swartberg\\_activities\\_index.php](http://www.truesouthtravel.co.za/swartberg_activities_index.php)

#### The Congo Caves

The Congo Caves are an iconic site and are both a cultural and natural landmark in South Africa. Dated to be around 20-millions years old, the caves are situated in the Swartberg Mountains, 30km outside of town, and are roughly one kilometre in length. You can choose from the Heritage Tour, which lasts for one hour, and runs through the larger chambers, or the Adventure Tour, which runs for 90 minutes and requires a bit more courage when it comes to tight spaces! Both tours are led by experienced and knowledgeable guides. You can also grab a bite to eat here in the Congo Caves restaurant.

[www.cango-caves.co.za](http://www.cango-caves.co.za)

#### Velskoen Shuffle Heritage Walks

There are few people who know Oudtshoorn and its culture as well as local tour guide Jeremy van Wyk. His new tour – the Velskoen Shuffle – takes visitors on a journey through the town centre, explaining how it was shaped by its history. Incorporating everything from the ostrich feather trade to the town's large Jewish community, the Velskoen Shuffle looks beneath the skin of this charming Klein Karoo town and brings the past to life.

**For more information: 073 240 7898**

#### Visit an ostrich farm

The ostrich feather industry is indelibly linked to Oudtshoorn, with the town's growth connected to the industry as early as 1860, and you cannot travel to the town without paying one a visit. While the birds' feathers are no longer considered as fashionable in high society as they once were, there are still a number of show farms operating in the area that showcase not only the industry, but the birds themselves. Highgate Ostrich Farm, Safari Ostrich Farm and Cango Ostrich Farm are three farms that offer various tours highlighting the town's link to these magnificent birds.

[www.oudtshoorn.com/default.php?ipkCat=49&sid=49](http://www.oudtshoorn.com/default.php?ipkCat=49&sid=49)



## Discover where we came from: Discover the origins of human culture

Africa is the continent that gave birth to humankind. Some of the oldest human fossil bones were discovered in Gauteng province, South Africa, in an area north of Johannesburg now called the Cradle of Humankind.

While the dawn of biological humankind began in the limestone caves of northern Gauteng, our human story continued and developed more south, in the Western Cape province. It is here that we have some of the first evidence of humans starting to explore their potential for social, behavioural and cultural innovation. Archaeological evidence shows that this was one of the first places where our ancestors worked with fire to create better tools, where we started regularly eating seafood that may have allowed for our brains to develop, and where we started to express ourselves creatively and express spirituality.

This is where our modern-day culture began and where our ancestors started shaping our future through their behaviours.

This is the Cradle of Human Culture, and it's not just a place or even a destination, but a journey of self-discovery.

## Discover yourself

A trip to the Cradle of Human Culture in the Western Cape does not start or end with these three sites only. The evolution of our human culture can be experienced across the whole province. So take a road trip and time travel through the Western Cape. Explore sites like the West Coast Fossil Park (which has the largest concentration of fossils dating back 5-million years) and the famous Cango Caves in Oudtshoorn. Then experience the present and immerse yourself in the incredible collection of contemporary African art at the Zeitz MOCAA at the V&A Waterfront in Cape Town. These are just a few of the many amazing attractions in the Cradle of Human Culture that will fascinate you and change the way you see yourself. So start planning your road trip of a lifetime today.

## Discover the three main sites

The Cradle of Human Culture is rooted in three main archaeological sites in the Western Cape. These sites preserve some of the world's earliest evidence of the evolution of modern human behaviour.



### Diepkloof Rock Shelter, east of

Eland's Bay- contains some of the earliest evidence (dating back 60 000 years) of the human use of symbols, in the form of patterns engraved onto ostrich egg shell used as water containers. Diepkloof is unfortunately not open to the public, but there are many other surrounding historical and archaeological places to visit that link to this site, amongst which Eland's Bay Cave with beautiful rock paintings. Refer to the map.



### Blombos Cave, on Blombosfontein Private

Nature Reserve, close to Stilbaai, is where a small stone flake marked with intersecting lines of red ochre pigment (dated to around 73 000 years ago) was found. This artefact represents, what archaeologists have called, the oldest-known example of human drawing. Blombos Cave is unfortunately not open to the public, but a current exhibition at Iziko South African Museum explains its history and findings. Refer to the map.



### Pinnacle Point, in Mossel Bay, - presents

some of the oldest evidence of heat treatment of rock. The record from this world renowned archaeological site shows that humans were regularly eating seafood at about 162 000 years ago. Pinnacle Point is open to the public and offers tours with local guide Mr Christopher Jantjies or Dr Peter Nilssen. There are also many other surrounding historical and archaeological places to visit that link to this site. Refer to the map.

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



**cradle of human culture**  
discover yourself  
[cradleofhumanculture.co.za](http://cradleofhumanculture.co.za)



## Discover Sport Events

### Cape Town 10s

The brainchild of former Springboks, Bob Skinstad and Robbie Fleck, and their friend Ron Rutland, the Cape Town 10s has come a long way since the first tournament in 2008. Starting off as purely a 10s rugby tournament, it has blown up in terms of popularity and has quickly evolved into a multi-sport event with the inclusion of Netball, Beach Volleyball and Dodgeball, while the newest additions will see Hockey, Soccer and Running join the fold. 2018 marked the 10-year anniversary of the tournament and it shows no signs of slowing down with it recently being billed as the biggest ten-a-side rugby tournament in the world, with some of the game's biggest names having taken part, including Jonah Lomu, Carlos Spencer and Christian Cullen.

[www.capetown.10s.co.za](http://www.capetown.10s.co.za)

### IRB World Sevens Series

Few countries are as sports mad as South Africa and none are as obsessed with the rugby as we are. Apart from football, it is the most popular game in the country and the Cape Town leg of the IRB World Sevens Series brings the city to a grind halt for one weekend in December. Hosted at the Cape Town Stadium, the festival of rugby sees the world's best Sevens teams battle it out in front of a sell-out crowd. The home team is always in the running for the top prize winning the tournament in 2015, placing second in 2016 and third in 2017.

### Cape Town Sixes

Held annually at the Green Point Cricket Club, the Cape Town Sixes was first staged in 2016 and it has already become a major fixture in the city's sports calendar. The format has a number of leagues, ranging from social to corporate, and is the perfect option for touring teams looking to take on some of the locals in a fun, vibey environment. If the cricket is not a big enough lure, the event has also added Five Futbol with three divisions to choose from, while there is plenty of entertainment to enjoy if your team suffers an early exit.

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

### Cape Town Cycle Tour

The world's largest timed cycle race, the Cape 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](http://www.capetowncycletour.com)

### Two Oceans Ultra

Every Easter Weekend, more than 10 000 runners descend on Cape Town to take on the Old Mutual Two Oceans Marathon – a 56km ultra and "the world's most beautiful marathon". Don't believe the hype? You should, because 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. The Two Oceans Half Marathon is also incredibly popular with 15 000 runners taking part, and while the shorter distance doesn't quite boast the same views, it is still easily one of the prettiest runs of its kind.

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

### Cape Epic

One of the most brutal events of its kind, the Absa Cape Epic has grown to be one of mountain biking's biggest draws globally. The largest full-service mountain bike stage race in the world, the Cape Epic covers 700kms of the Western Cape region in South Africa – a route that is matched in toughness by the beauty of its surroundings. The route changes significantly each year and lures amateur and professional cyclists from across the globe to test their mettle. In 2015, 55 countries were represented at the race, which kicked off with a prologue on the slopes of Table Mountain and culminated in the Grand Finale finish at Meerendal Wine Estate in Durbanville. Few, if any, races can compare to what the Epic showcases.

[www.cape-epic.com](http://www.cape-epic.com)



## Surfing itinerary

Cape Town and the Western Cape is a surfer's paradise. Offering surfers great conditions in every direction, virtually all year round, the Western Cape has point breaks and beach breaks, even giant reef breaks. It would take month to explore the options available to surfers on a road trip. Take a look at this five-day journey down the Garden Route to get you started and for the non-surfers in the family, never fear, there is plenty to keep you occupied.

### Day 1

#### Cape Town

Named by Surf Magazine as one of the world's best surf cities, Cape Town is your first port of call on this trip. In truth, one day may not be enough with numerous spots around this great surf city to explore. There is something for everybody on this portion of the trip – from beginners to experts – with Muizenberg a great beach to learn the tricks of the trade with a number of surf schools lining the beachfront and beaches like Llandudno and Dungeons great options for the more experienced surfers.

#### For the none-surfers:

Cape Town is a city that caters to all sports lovers, with so many things to choose from. The Mother City has some of the best golf courses in the world, boasting world class facilities, and is also home to two of the most iconic sports stadiums on the globe – Newlands Rugby Stadium and Newlands Cricket Stadium – where the provincial and national teams are often in action. The annual IRB Sevens Series is held at the Cape Town Stadium in December and it has been hugely successful.

#### Outside of sport:

A foodie city and cultural hot spot, there is plenty to offer visitors outside of the sporting realm. Cape Town and surrounds boasts some of the best restaurants in the country, with the likes of The Test Kitchen and Chef's Warehouse frequently topping the awards, while the Zeitz Museum of Contemporary Art Africa in the Silo District of the V&A Waterfront has firmly established the city a cultural heavy-hitter.

### Day 2

#### Stilbaai

Next up is the famous surf town of Stilbaai, a favourite amongst local surfers and visitors alike. This awesome town on the Garden Route has something for all levels of skill, with rookies enjoying the softer breaks of Lappiebaai, advanced surfers preferring the rocky Morris Point Cape above the Stilbaai Harbour and pros paddling out at the rough – yet spectacular – coast of Jongensfontein.

#### For the non-surfers:

Stilbaai is rugged beach town and like all the towns along this beautiful stretch of coast, it is incredibly beautiful and ripe for exploration. Hike or cycle along the coast from Stilbaai to Jongensfontein and enjoy the incredible views or take a walk in one of the three nature reserves: Pauline Bohnen, Geelkrans and Skulpiesbaai. You can also canoe, kayak or get some fishing done on the Goukou River if watersports is more in line. Stilbaai also has a magic nine-hole golf course with incredible ocean views from every tee.

#### Outside of sport:

Have a picnic or simply take a stroll down the gorgeous main beach, Lappiesbaai, which stretches for kilometres, visit the ancient fishing traps that are visible at low tide and were built by the Khoi-San around 3000 years ago or explore the historic buildings, the Palinggat homestead, that houses the tourism office, and Jagerbosch.

### Day 3

#### Mossel Bay

With those in the know, Mossel Bay is right up there with Jeffrey's Bay and Outer Pool is arguably the town's most famous break. The town, which sits at the beginning of the Garden Route, is a great surf spot for old hands and those starting out, while there are a number of surf school so take advantage of for those in the family who have yet to give it a go. Other spots to explore include Inner Pool, Mystery Reef and Ding Dang.

#### For the non-surfers:

Pinnacle Point Beach and Golf Resort is home to one of the country's best golf resorts, so while the surfers in your group explore the breaks, you can explore the fairways and greens. The St Blaize Hiking trail is a long, but not too challenging, hiking trail with incredible views of the surrounding area, including the lighthouse and cave, and the local flora and fauna.

#### Outside of sport:

Discover the Point of Human Origins at the Pinnacle Point Caves with Dr Peter Nilssen. Providing the earliest evidence for modern human behavior, this is an experience not to be missed. Want to spot some game? Spot the endangered Cape Mountain Zebra and Black Harrier as they roam freely with Big Five game. Situated just 25kms outside Mossel Bay, Gondwana offers an authentic African game experience.

### Day 4

#### Victoria Bay

Next up is the cosy Victoria Bay – or Vic Bay as it's known to the locals – just outside of George. This great surf spot is classic point break with an inside and outside section. The water here is also a lot warmer than Cape Town, so you may be able to brave it with a shorty – paddle out via the beach or jump off from the tidal pool / rocks at the end of the promenade.

#### Outside of surfing:

If you're more in the pitch of the green than the break of the surf, you're in luck, with George boasting some truly fantastic golf courses. Fancourt is considered one of South Africa's best courses – the facilities are world class and include a warm-up and practice area, while George Golf Club is also a fantastic course, albeit not quite as exclusive

as the Fancourt experience. Cycling is also a big deal in George with more than 1000km of MTB trails ready to be explored. George is also situated on the Cross Cape Cycle route – a recently launched route running from Plettenberg Bay to Stellenbosch.

#### Outside of sport:

Looking for some family fun? Lose yourself in the largest permanent maze in the Southern Hemisphere at Red Berry Farm near George. Offering a wide range of kid's activities from pony rides, bumper boards, bubble ball, paddle boats and cherry picking. Another fantastic family experience is the Outeniqua Power Van, which explores the beauty of the Outeniqua Mountains. This unique railway journey runs from the Outeniqua Transport Museum in George, travels upwards through six tunnels, natural forests and fynbos and culminates with epic views of the valley from the summit. The return trip includes a picnic about halfway down the track and ends back at the museum.

### Day 5

#### Nature's Valley

End your trip in the gorgeous, and aptly named, Nature's Valley – just 32 minutes outside of Plettenberg Bay. With beautiful scenery and surfing conditions offering up beach break tubes, it is an epic location to finish your surfing journey along the Garden Route. Great, and uncrowded waves, and one of the most beautiful places on earth. Magic.

#### Outside of surfing:

For something quite unique, take a dip with the beautiful spotted gully sharks that gather in large groups during the summer months in the Nature's Valley gully. As you would expect in an area with such a name, there are some wonderful hikes in Nature's Valley with superb views wrapped in forest, fynbos and coastal settings. Spot a dolphin from 'the point' – a short but lovely hike – or keep an eye out for sea otters, bush pigs and even some leopard tracks. Nature's Valley estuary is a great spot for fishing – beautiful, safe and without the worry of waves hitting the rocks. Perfect for kids.

#### Outside of sport:

You find yourself in paradise, what better activities than exploring this piece of heaven. This is the perfect place for bird watching with the Afromontane Forest surrounding the valley, the boardwalk along the Groot River Trail and the path down to the pump house are the best spots. The valley is also a hot spot for orchids and there are a number of varieties to explore in the valley. Finally, sunsets here are beyond amazing. Take a picnic basket down to the beach, relax and enjoy the simplicity of Mother Nature.

©Dane Staples  
Jordy Smith





# Recce the Western Cape by rail

What better way to evoke a sense of nostalgia and classic adventure than by taking a trip on a train? From 'Forgotten Routes' to a steam train voyage through a lush, green valley, you will get enjoy a remarkable journey by boarding something once thought to be left in the past, which has thankfully been granted a new lease of life.

## Steam train to Elgin Market

Brought to you by the Ceres Rail Company, travel from Cape Town through lush valleys and the rolling green hills of the Cape Overberg to the beautiful Elgin Valley, stopping at the steam-punk themed Elgin Railway Market. Enjoy live music, a huge selection of food and drink, clothing stalls and art. The whole trip – including your time at the market – will last around 9 hours and you'll be back in the Mother City by 5.30pm.

**Cost: R750 per Adult / R500 per Child / Infants under 2 – FREE**

## The Forgotten Route

Start your journey by bus from Cape Town to Worcester, before boarding the Trans Karoo train for the wonderful town of Matjiesfontein in the Cape Karoo. The train ride is only two hours, but the journey lasts two days, with activities including guided walks, a braai under the clear Karoo sky and a wine-tasting experience at a local olive estate. This route was once used by adventurers seeking their fortunes during the late 19th Century Gold Rush.

**Cost: R1950 p/p/sharing with a maximum of 13 guests, bigger groups will be quoted on enquiry.**

## Diaz Express

Not so much a train trip, than a rail experience, the Diaz Express is still a spectacular journey. The coaches run through the gorgeous landscapes of the Garden Route and Klein Karoo. Starting in Mossel Bay, the train's first stop is Seeplaas, a boutique coffee shop and art gallery with stunning views, and then it trundles on to either the Maalgate Bridge or the Glentana viewpoint (depending on your choice of route), where the train turns around. On the way back, the coach stops at the Great Brak River, where you can enjoy lunch at the award-winning Trans-Karoo Restaurant or the Opispoor Pub & Grill before heading back.

**Cost: R150 for return ticket / R120 for children 12 and younger**

## #ReclaimTheRoadTrip via the Cape Karoo

Road-tripping the Western Cape is like no other place on the planet. This festive season go off the grid away from the hub of the cityscapes and explore the majesty of the Cape Karoo. Capture the joys of this regions with its open roads and many hidden stops and treasures in this 3 day journey of discovery.

## Day 1

Head out along the N1, towards Matjiesfontein, your first stay-over on this road trip, but make sure you break up the drive with a pit-stop in the lovely town of Worcester, a gem of the Cape Winelands and the perfect place to stretch your legs.

### Quick detour: Shop at the Fairhill Craft Co-operative

Around 15-20 minutes outside of Worcester is Rawsonville, home to the Fairhill Craft Co-operative. Shop for a variety of edibles and treats, gifts and locally handmade crafts.

There are also a number of great restaurants to choose from while in Worcester, with all offering something different:

**The Barn Gallery and Café:** If you have a taste for art and delicious food, this restored barn from the 1790's is a must. The café is also child-friendly.

**Opstal Restaurant:** For a gorgeous view of the valley – and a cracking fireplace if you make the trip in winter – Opstal is a fantastic venue to recharge before hitting the road again.  
[www.opstal.co.za/restaurant](http://www.opstal.co.za/restaurant)

### Continue on to Matjiesfontein:

Whether you are on a family road trip or a getaway for two, the charm of this beautiful old Karoo town manages to infect all that visit. Kids – and adults – will love the 'tour' of the town in the old London Double Decker bus (hint: it's known as the shortest tour in the world), while the historic buildings and Lord Milner Hotel speak to an age gone by. Enjoy a dinner of Karoo lamb and chase it down with a couple of brandies in the Laird's Arms Pub

## Day 2

Next up on your whistle-stop tour of the Cape Karoo is Prince Albert – another gem of the region and a must-visit for all intrepid road-trippers. It's just under two-hour's drive, so plenty of time to enjoy an idle breakfast at the Lord Milner before departing.

You're going to want to spend the day in Prince Albert, so make a bee-line for town, enjoying the drive along the way. Once in town grab early

### lunch at:

**Gallery Café:** A local favourite, with some lovely dishes, we recommend the pork and pear starter, oxtail and lamb curry and the malva pudding.  
[www.princealbertgallery.co.za](http://www.princealbertgallery.co.za)

### Or

### O for Olive:

Fresh breads, light lunches, tapas and tasting sessions, O for Olive is a great stop for a light lunch. The newly added patio and outdoor area, complete with manicured garden and water features, is complemented by a magnificent view of the surrounding mountains.  
[www.oforolive.co.za](http://www.oforolive.co.za)

### Catch a movie / show at the Showroom

This art deco gem is the last thing you would expect to find in the Karoo, but make sure you check the website before you head out and you could catch a movie or a show at this gorgeous theatre.  
[www.showroomtheatre.co.za](http://www.showroomtheatre.co.za)

### Dinner at:

**Simply Saffron:** Tuck into freshly-made samosas, lamb breyani and more at this incredible gem of a restaurant. The menu is made predominantly from locally source produce and leans towards plant-based cuisine.  
[www.princealbert.org.za/simply-saffron](http://www.princealbert.org.za/simply-saffron)

**Karoo Lodge:** Traditional comfort food from the Cape and Karoo – the speciality is the lamb. The menu changes regularly, with aged Grade A steak, natural lamb, ostrich and vegetarian dishes permanent features.  
[www.karoolodge.com](http://www.karoolodge.com)

### Star Gazing:

Stargazing is a must when visiting anywhere in the Cape Karoo it only takes you to look up and view stars pinned against a black canvas. From open vast landscapes, to sunsets following open starry night skies. There are few place better to enjoy this than Prince Albert. Wrap yourself in some blankets and take in the majesty of the moment.

## Day 3

Pack some food for the trip home and hit the road early. Take the scenic route via the Swartberg Pass – the historic pass built in the 1800s. With its highest point at 1585m above sea level, you will be blown away by the breath taking views of the Klein, and Great Karoo.

### Quick detour: Ostriches

If you have the time, stop-over in Oudtshoorn for a Tractor Tour on Safari Ostrich Farm. This hour long activity allows for an "insiders" view on a working ostrich farm and replaced the Ostrich riding experiences aligning with international Responsible Tourism practises. It's something different and a great way to get the kids some fresh air before continuing on with the trip.  
[www.safariostrich.co.za](http://www.safariostrich.co.za)

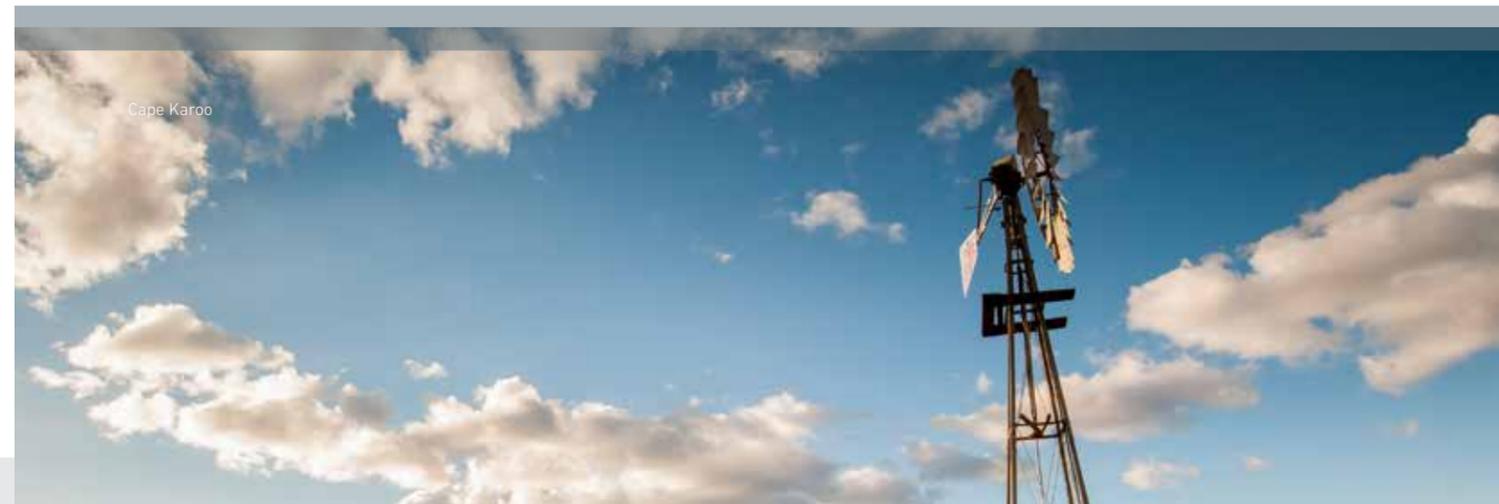
### Lunch in Barrydale:

### Diesel and Crème

This vintage diner and motel (The Karoo Moon Motel) in Barrydale is a feast for the eyes, with an eclectic look and feel to it, but more importantly it is a feast for the taste buds with its gourmet milkshakes reaching near-legendary status amongst road-trippers.  
[www.dieselandcreme.co.za](http://www.dieselandcreme.co.za)

### Ronnie's Sex Shop

Ronnie's Sex Shop is iconic on Route 62 and the story of how it came to be is equally so. Originally planned as a farm stall, Ronnie's friends changed the name from Ronnie's Shop to Ronnie's Sex Shop, and despite being initially upset with the prank, it didn't take long for the name to stick – a favourite pit-stop on Route 62.  
[www.ronniessexshop.co.za](http://www.ronniessexshop.co.za)



Cape Karoo



## Discover New Experiences

### Cape Town

#### The Alba Restaurant

Alba Restaurant is a first for Cape Town and is unique in every way, here's why! The Alba Restaurant is a floating restaurant. Enjoy a fine dining restaurant experience while floating on the waters of the Table Bay Hotel. This 72 seater restaurant is designed to be stable and smooth in the water, with floor to ceiling glass windows which results in great views regardless of the weather.

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

#### Cape Camino

Walk for seven days along the Cape Camino route with 16-20 other walkers. Visit diverse sacred spaces, neighbourhoods and communities and magnificent terrain around the Cape peninsula. Group Caminos offer individual pilgrims and small groups, who seek the solitude of a personal journey, within the comfort and company of other like-minded walkers, sharing accommodation, food, wine, stories, laughs and blisters. Both guided and self guided days available. Plus a range of options such as backpacker shared, homestay or private guesthouse accommodation.

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

#### Norval Foundation

New to the art scene in Cape Town is the Norval Foundation for art and cultural expression located in Steenberg. Visitors can enjoy a sculpture garden, an outdoor amphitheatre, research library, an on-site restaurant that serves classical South African cuisine and The Apartment is also available to rent for an exclusive "night at the museum" experience.

[www.norvalfoundation.org](http://www.norvalfoundation.org)

#### Cape Town City Hall

A newly-freed Nelson Mandela made his first public speech from the balcony of Cape Town City Hall on the 11th of February 1990. The speech became a defining moment of his legacy. A new larger than life Nelson Mandela statue was erected in his honour on the 24th July 2018 on the very spot he delivered his speech. The Cape Town City Hall is a large Edwardian building located on the Grand Parade, which was where tens of thousands of people gathered to hear and see Mandela address the country.

#### Kwa Ace

Dance the night away at Kwa – Ace also known as the "The Castle", in Khayelitsha. This is where partygoers can enjoy music styles ranging from Gqom to deep and commercial house and kwaito at this recently relaunched hotspot.

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

#### Battery Park

Battery Park is a new urban park that forms the gateway to the V&A Waterfront. Officially opened in October 2018 this is where visitors can engage in a range of outdoor recreation, entertainment and retail activities in various levels of public spaces.

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

#### The Milk Restaurant & Bar

The Milk Restaurant & Bar opened to the public on 19 December 2018. This up-market restaurant right next to Rands Cape Town. Split up into three floors. The first floor is the restaurant with an elegant ambience, serving breakfast, lunch and dinner. One level up and you will find yourself in the lounge area where drinks and cocktails are sold and the entertainment area that will attract the youth of Cape Town situated on the third floor.

Tel: +27 (0)74 208 3688

Email: [gunyalakha@gmail.com](mailto:gunyalakha@gmail.com)

### Cape Garden Route & Klein Karoo

#### Featherbed Eco Experience

The Featherbed Eco Experience has officially reopened on 1 December 2018 after the 2017 Knysna Fires.

There is no better way to experience the rejuvenation of nature than taking a journey with a qualified guide through the Featherbed Nature Reserve. The tour includes a return ferry trip on the Knysna Lagoon to the Western Head, 4x4 vehicle & trailer drive up the headland onto the Reserve, stopping at spectacular viewpoints and optional guided 2.2km walk through coastal forest and fynbos into ancient sea caves. This experience is suitable for all ages.

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

### Cape West Coast

#### 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.

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

#### West Coast Fossil Park

West Coast Fossil Park has a new visitor centre which enhances the visitor experiences at this unique location. The West Coast Fossil Park near the coastal and popular holiday destination of Langebaan, has one of the world's richest concentration of fossils dating back to the early Pliocene era some five million years ago. Discover the story when once sabre-toothed cats roamed this land, along with short-necked giraffes, four-tusked elephants and strange, three-toed horses.

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

#### Heritage Centre at Khwa ttu

On Heritage Day, 2018, the only heritage centre in the world dedicated to the San opened at !Khw ttu.

The Heritage Centre building at !Khw ttu is co-curated by San communities and serves as a vibrant demonstration of culture and beliefs and the digital archive will link you to one of the most recorded indigenous group in existence.

[www.khwattuheritagecentre.org](http://www.khwattuheritagecentre.org)

### Cape Winelands

#### Bosjes

Located near the historic town of Worcester lies something truly magical and unique surrounded by the inspiring Slanghoek and Waaihoek mountain ranges. Bosjes meaning "small bushes" in Dutch is the new name given to the old Bosjes-man's Valley Farm dating back to 1790. The striking new chapel designed by Coetzee Steyn from Steyn Studio is the highlight to many visiting.

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

#### Wine Valley Safari

The Wine Valley Safari offers a safe, reliable, convenient and extremely fun transport in an open-air safari vehicle. Guests have the option to choose from self-guided hop-on hop-off routes to pre-packaged wine tasting tours. There is no better way to explore the Robertson Wine Valley.

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

#### The Franschhoek Wine Tram has doubled

Franschhoek Wine Tram recently launched their long-awaited, beautiful double-decker trams. Also added to their list of new additions are two new routes to choose from. The Orange Line departs on the tram bus first and includes the following wine estates: Noble Hill Wine Estate, Babylonstoren, Backsberg, Glen Carlou, Solms-Delta Wine Estate, Vrede en Lust Estate and Plaisir de Merle; the Purple Line departs on the tram first and showcases the western region of the Franschhoek Valley stopping at the following wine estates: Vrede en Lust Estate, Plaisir de Merle, Allée Bleue Wine Estate, Noble Hill Wine Estate, Babylonstoren, Backsberg and Glen Carlou.

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

### Cape Karoo

#### Heuningland Karoo Trail - Karoo Camino

Follow in the footsteps of Sylvester the lion, by walking a circular route for about 100 km over four days through the beautiful and tranquil Karoo. This trail will revitalise your soul as you take in the natural surrounds and clear starry night skies. The hiking trail will be clearly marked and every one walks at their own pace.

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

### Cape Overberg

#### Elgin Rail Market

The Elgin Valley is an ideal week-end getaway destination for nature lovers, wine enthusiasts, culinary explorers and adventure seekers. The Elgin Rail Market officially opens on the 16 June 2018, this is an art deco and art nouveau inspired market. A host of local traders will be available in a very interesting space.

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

#### Overberg Meander

The newly launched Overberg Meander forms part of the Cape Cycle Route network. Pedal through the rolling hills of the Swellendam Valley with the Langeberg Mountains as your backdrop, as you arrive at the southern-most tip of Africa at Cape Agulhas as you embark on your Overberg Meander journey. Stop over at the historic town of Elim – a former Moravian Mission station – and sample the unique vintages of the Elim Wine Route, the southern-most wine route in South Africa. Discover the quaint, idyllic village of Stanford, a quiet town that despite its size punches well above its weight in the production of craft beer and artisanal gin and produce. Cruise into - and through - the aptly-named Hemel-en-Aarde Valley (Heaven on Earth), before finishing your journey in Elgin Valley, a gem of the Cape Overberg - an adventure traveler's dream, with some of the most epic mountain biking trails; with wine thrown in for good measure.

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

**CAPE TOWN  
& WESTERN CAPE**

marketed by **WESGRO**

DISCOVER

*Cape Town*

AND THE WESTERN CAPE, SOUTH AFRICA.

**NOWHERE DOES IT BETTER**

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

**#nowherebetter**

**#capetown**

**#discoverctwc**