

discover a food & wine journey through cape town & the western cape

Diverse flavours of our regions permeate each bite and enrich each sip.

Looking for a weekend break? Feel like a week away in an inspiring province? We've made it easy for you. Discover four unique itineraries, designed to help you taste the flavours of our city and 5 diverse regions. Your journey is colour-coded, so check out the icons on the map to see what you're in for.

Fall in love with food and wine in the Western Cape, whichever route you choose.

2 NIGHTS (Cape Town – Cape Overberg) (+163kms)

Escape to coastal living for the weekend. Within two hours of the city, you'll reach the town of Hermanus, the Whale-Watching Capital of South Africa. Meander the Hermanus Wine Route to the wineries situated on an eighteen-kilometre stretch of the Hemel-en-Aarde Road. Sample award-winning Pinot Noirs, Chardonnays, Sauvignon Blancs, Syrah or innovative blends while enjoying views over fynbos-bordered vineyards that fade into the Atlantic Ocean. Continue the tasting experience at the boutique cellars in and around the town of Stanford and be sure to make lunch reservations at one of the cellar restaurants.

7 NIGHTS (Cape Town – Cape Overberg – Garden Route & Klein Karoo) (+628kms)

From countryside living to Nature's Garden. Your first stop is in the fruit-producing Elgin Valley in the Cape Overberg, where you can zip-line over the canyons of the Hottentots Holland Nature Reserve. This fun-filled activity was named the "2nd hottest new experience of 2015" by Lonely Planet. Once you're in Greyton, chocolate taste and craft beer taste at a range of local spots. Just before Swellendam, do a self-drive through Bontebok National Park and see an array of wildlife. Choose from the many eateries on the Main Rd in Swellendam on foot, you'll find fine homemade pastries, preserves, cured meats and fresh breads that will leave you wanting more and more.

Shop at the Aloe Factory in Albertinia and listen to the fascinating stories of production. Walk the St Blaize Trail in Mossel Bay for picture perfect backdrops next to a wild ocean. This a popular 13.5 km (6-hour) hike that follows the 30 metre contour along the cliffs. It begins at the Cape St. Blaize Cave and ends at Dana Bay (you can walk it in either direction). The Outeniqua Pass will take you to Oudtshoorn, the Ostrich Capital. Once you've visited the underground wonder that is the Cango Caves, Ma Betty's is waiting for you. Discover a traditional Xhosa Cultural Village situated in the township of Bongoletu (translates to "our pride" in Xhosa). Experience the culture, cuisine, dancing and storytelling. All good things take time. Get on the "slow food route" as you make your way to Sedgefield and Knysna.

Sample craft goods at Kilzer's Kitchen Cook and Look, The Veg-e-Table-Rheendal, Leeuwenbosch Factory & Farm store, Honeychild Raw Honey and Mitchell's Craft Beer. Wine lover? Bramon, Luka, Andersons, Newstead, Gilbrook and Plettenvale make up the Plettenberg Bay Wine Route. It has recently become home to a number of new wine farms. With many more on the horizon, it seems like Plett will soon be a "sparkling" wine destination for wine fundi's and connoisseurs alike. Got the kids with you? Take them to see the animals at Birds of Eden, Monkeyland and Tenikwa Wildlife Awareness Centre. Plett is a good place to start a self-drive tour via Knysna (stop to enjoy the local draught beer), then on up into the Klein Karoo and along the R62 brandy and wine route to Cape Town.

1 NIGHT (Cape Town – Cape West Coast) (+232kms)

Leave the city for the azure waters of the Cape West Coast. Have breakfast in Cape Town, known for its trendy, artisanal bakeries and home-brewed coffee. An hour's drive will take you to the Cape West Coast, famous for "Bokkoms", snoek and fresh seafood straight off the boats. Have lunch right on the beach, next to turquoise waters and white-washed houses. In the afternoon, mountain bike amongst the veld flowers of the West Coast National Park, a kaleidoscope of colour in full bloom. In the morning, make your way along The Rooibos Route, sampling various teas and learn more about the cultivation process of this plant, which is unique to the region.

5 NIGHTS (Cape Town – Cape Winelands – Cape Karoo) (+464kms)

Get lost in the good life. Travel from the city of Cape Town through the exquisite Cape Winelands to the sublime open spaces of the Cape Karoo. There's no rush, take your time and savour the journey. 45 minutes from Cape Town, have lunch in Franschoek, where you will be spoilt for choice. Sip on award-winning wine in boutique wineries, taste the finest cuisine at grand old estates or hop on the tram to the various farms in the valley. Combine wine tasting with mountain biking in breathtaking scenery, next to dams and vineyards. The whole family will enjoy walking through the town, stopping at shops along the way.

In Paarl, discover a piece of history when you visit the Taal Monument, which celebrates the various languages which shaped our country. Over the spectacular mountain pass of Du Toitskloof, you'll see the valley and surrounding nature. Go through the tunnel to get to Worcester and the Hex River Valley. The Cape Karoo will mesmerize you with its windmill-peppered, semi-desert landscapes. After an inspiring sunset, stop in Matjiesfontein for a ghost tour and tuck into some succulent Karoo lamb. Olive taste in Prince Albert and stargaze as night falls. Want to try something really different? Make your way to Beaufort West for a donkey cart tour of the township, where you can have lunch with the friendly locals.

cape town and western cape
destination guide

an inspiring place to discover

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& WESTERN CAPE**
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cape town

Our city draws people back year after year because of its exquisite natural beauty and cosmopolitan vibe. It's hard not to recognise the iconic Table Mountain, an official 7th wonder of nature that looms over the busy city. To visit Cape Town is to love Cape Town.

Top 6 attractions in Cape Town:

- V&A Waterfront
- Table Mountain Cableway
- Kirstenbosch National Botanical Gardens
- Groot Constantia
- Cape Point
- Robben Island



cape west coast

Still an almost undiscovered treasure trove of unspoilt beaches, incredible mountain ranges, rich geographical diversity, and the most astounding carpet of wild flowers in spring. Listen to the stories of passionate people in a region known for its warm hospitality.

Top 5 attractions in the Cape West Coast:

- Wildflowers - in season
- Rooibos Tea Route
- West Coast Fossil Park
- Rock Art in the Cederberg
- West Coast National Park



cape karoo

Escape the hustle and bustle of the city and find serenity in a region known for digital downtime, fine cuisine, stargazing and sublime sunsets on movie-like landscapes. The Cape Karoo will mesmerise you.

Top 5 attractions in the Cape Karoo:

- Stargazing
- Karoo National Park
- Traditional Karoo Cuisine - succulent lamb
- Scenic Mountain Passes - Swartberg Pass, Meiringspoort, Seweweekspoort and Gamkaskloof
- Ghost Tour - Matjiesfontein



cape winelands

Take your time exploring a magnificent part of our province. Walk through beautiful towns, shop along the way and stay overnight. Taste some of the finest cuisine in the world. Sip on award-winning wines in grand old estates and boutique wineries. Mountain bike next to vineyards, dams and breathtaking scenery.

Top 5 attractions in the Cape Winelands:

- The Franschhoek Wine Tram
- The Afrikaanse Taal Monument in Paarl
- Oldest Wine Routes in SA
- River Rafting on the Breede River
- Cape Dutch Architecture
- Spice Route



cape overberg

The Cape Overberg has rugged mountain ranges, fynbos, rolling wheat and canola fields, and splendid coastal vistas. It also has artisan markets, whale-watching, an array of birdlife and a charming country-style way of life.

Top 5 attractions in the Cape Overberg:

- L'Agulhas – the southern-most tip of Africa
- Shark Cage Diving
- Whale Watching – In Season
- Zip Lining in Elgin Valley
- The Marine Big Five



garden route & klein karoo

Make your way to "Nature's Garden". Lagoons, lakes, incredible coastlines and a world of activities for adventure-seekers await. The region is an easy drive from Cape Town and stretches from the town of Mossel Bay to Storm's River.

Top 5 attractions in the Garden Route & Klein Karoo:

- Cango Caves
- Garden Route National Park MTB Trails
- World-Class Golf Courses
- Unique Animal Encounters
- Knysna Heads
- Cape St. Blaize Hiking Trail - Mossel Bay

Fast facts:

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

climate:

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

airport:

Cape Town International Airport is 20mins drive from the City and has been awarded Best African Airport for 2010, 2011, 2012 and 2013. Our airport is serviced by 20 international airlines.

duty free shopping:

All stores must charge the Value Added Tax (VAT) of 14% 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. To apply, make sure you get tax invoices for your purchases. Then present these to the VAT Refund Administrator at your point of departure.

languages:

Our country has 11 official languages but English, Afrikaans and Xhosa are the most frequently heard in our Province.

business hours:

Shops at major centres like the V&A Waterfront and Canal Walk open until 9pm everyday while the shops in other shopping centres close at 7pm. Informal traders and flea markets generally unpack before 9am and start packing up after 4pm, depending on foot traffic and weather conditions. Muslim-owned businesses close at noon on Fridays and re-open at 2pm.

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.

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.

emergency numbers:

For all emergency services from your mobile dial: 112
All emergencies from landline: 107
South African Police Service: 10111

some local chit-chat:

English	Afrikaans	Xhosa
Good morning	Goeiemore	Molo
Hello	Hallo	Bhota
Goodbye	Totsiens	Sala Kakhule
Thank you	Dankie	Enkosi
How much does this cost?	Hoeveel kos dit?	Yimalini?
Yes	Ja	Ewe
No	Nee	Hayi

