



**Cape Overberg Media Trip**  
**28 August - 01 September 2017**  
**Elgin Valley – Swellendam**



**Day 1 – 28 August: Hermanus**

- 08H00** Depart for Hermanus
- 10h00** Wine tour with Hermanus Wine Hoppers  
Hermanus Wine Hoppers offers A hop on hop off wine tour that will take you around the Hemel & Aarde Valley discovering boutique wineries.
- 12h30** Enjoy a unique wine and food pairing at Creation Wines
- 14h00** Depart for Zwelihle  
Stop at Verona's for umqombothi (a local beer which is made from maize, maize malt, sorghum malt, yeast and water).
- 15h00** Tour at Heart of Abalone  
Drive through New Harbour and stop at Heart of Abalone. Enjoy a tour of a working abalone farm in the heart of the South African abalone industry, in the coastal town of Hermanus. Learn more about abalone, see it, feel it, and even taste it.
- 18h00** Dinner at Bientang's Cave  
Created out of a traditional cave previously inhabited by a Koi Strandloper of the same name, the restaurant spills out onto the rocks of Walker Bay in Hermanus, where Whale Watching is the preferred local pass-time.

Stayover at Whale Coast Hotel  
 The Whale Coast Hotel offers elegant 4 star accommodation to both leisure and corporate visitors in Hermanus, Western Cape.

**Day 2 – 29 August: Elgin Valley**

- 07h00** Breakfast at Hotel
- 08h00** Depart for Elgin Valley
- 09h30– 13h00** Cape Canopy Zip lining  
A zipline canopy tour in the company of soaring eagles, surrounded by breathtaking Cape fynbos panoramas and mountainscapes only an hour's drive from Cape Town by car could well be exactly what you are looking for. Thrilled zipliners who have completed the course have described it as super safe.
- 14h00** Lunch at Hickory Shack  
Honour the Texas tradition of dry rub meat for you to enjoy the right amount of smoke, juice and flavour.
- 17h00** MTB Ride at Trails End  
Some of the countrys top mountain biking trails can be found in Elgin Valley.
- 18h30** Dinner at Grabouw Lodge  
Situated at the heart of the verdant Elgin Valley, Grabouw Lodge is a haven, a home from home and a comfortable base from which to explore the beautiful surroundings, enjoy some traditional curry.

Stayover at Trails end Hotel  
 In the heart of some of South Africa's most legendary and breath-taking mountain trails. 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!

**Day 3 - 30 August: Stanford**

- 07h00** Enjoy breakfast at your hotel
- 09h00** Cheese tasting at Klein River Cheese  
All cheese are made using age-old artisanal methods on the Klein River Farmstead. They only use locally sourced, pasture-fed cows milk that is pasteurized according to legislation.
- 10h00** Site visit of new Africamps opening in October  
Come indulge in delicious local food and wine at AfriCamps at Stanford Hills. This camp is set on a boutique wine farm in Stanford, an exciting slow food destination with chefs serving an array of fresh and locally produced food.
- 12h00** Enjoy lunch at Stanford Hills Estate  
The farm first became recognised for top quality Pinotage in very small quantities, and has since grown into a boutique wine farm to be reckoned with. We also now produce a Sauvignon Blanc, a Shiraz and a Chardonnay under the Stanford Hills label, as well as the popular Veldfire range.

Depart for Gansbaai

- 14h00** Fat bike Tours  
This is the ultimate ride from 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.

- 18h30** Dinner in Gansbaai  
  
Stayover at Saxon Lodge  
Conveniently positioned overlooking the traditional Gansbaai harbour with horizon views across Walker Bay and within walking distance to shops, restaurants and pubs.



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 Elgin Valley: @elginvalley #elginmagic  
 Stanford Tourism stanfordtourism @visitstanford visitstanford #visitstanford #stanfordtourism  
 Gansbaai Tourism|: Gansbaai-Tourism @GansbaaiTourism gansbaai\_tourism #Gansbaai  
 Cape Whale Coast: whalewatchingsouthafrica @whalecoastsa whalecoastsa #capewhalecoast #CWC #wedotourism #overstrand  
 Swellendam: Cape Trade Route @capetraderoute2292 @capetradetoute #capetraderoute #visitswellendam

**Day 4 – 31 Gansbaai**

- 08h00** Breakfast at hotel
- 11h00** De Kelders 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 it's limestone floor to form crystal clear, natural pools.
- 13h00** Lunch in De Kelders
- 14h30** Depart for Arniston  
  
Explore Arniston Waenkrans  
Holding the origin of one half of the town's two names, the Waenhuiskrans Cave is a natural wonder not to be missed. Make sure to ask about the time of low tide before you go.

- 18h30** Join RTO group for dinner

Stayover at The Dunes in Arniston



**Day 5 – 01 September**

- 08h00** Breakfast at Hotel
- 10h00** Hike in Marloth Nature Reserve  
Marloth Nature Reserve is hidden away in the imposing Swellendam Mountains, between Swellendam, Ashton, Barrydale and Suurbraak. Swellendam is the third oldest town in South Africa and has many interesting cultural-historic features.
- 12h00** Lunch at Old Gaol  
The Old Gaol is situated opposite the Dutch Reformed Church on the edge of the Old Quarter. Roosterkoek and Melktert are some of the traditional foods they serve
- 13h00** Railton Township tour  
Going on a township tour with Meisie Bokwana is one of the most interesting short trips in Swellendam. This will take you away from the Drostdy and the mountain to the other side of the national road, in Railton.
- 15H00** Depart for Cape Town