

FOR THE FOOD & WINE LOVERS

This is a tour for the food and wine lover interested in exploring local specialties and fine dining alike. Several meals have been left unplanned so that the experience can be tailored to your preference (naturally, we will assist with making reservations, but the cost of the meal is not included in the price).

South Africa has a fascinating mixture of climates and cultures, which has led to a diverse food offering. This is an opportunity to try many aspects of South Africa's cuisine, and at the same time meet people and understand cultures. We have created an itinerary of fabulous foodie experiences that combine well-known icons with hidden gems.

DAY 1

Arrive in Cape Town and check in to your lovely b&b Antrim Villa. You are only a stone's throw from the Atlantic coast, and we suggest a walk along the popular promenade in the afternoon.

In the evening, you will go on your first foodie adventure. In an old house (that once belonged to the Mayor of Cape Town) you will enjoy a 6-course fine dining adventure. La Mouette is considered one of the 20 best restaurants in South Africa. Despite this, it has a homely atmosphere which is popular with locals and tourists alike. The menu changes with the season, and the wine pairing is always interesting.

Accommodation: Antrim Villa

Meals: Dinner at La Mouette

Travel: a few km



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DAY 2

Today is all about nature! Get in your car and drive south along the beautiful western coast of the Cape Peninsula. You will pass little fishing villages, picture-perfect beaches and rugged coastlines as you make your way to Good Hope Nursery. Here, you will meet your guide Roushanna who is an expert on everything wild and edible. Depending on your preferences (and the season) you will either make your way into the nature reserve or to the coast for a lesson in foraging. Once you have collected nature's bounty, you will prepare and eat a truly local feast.

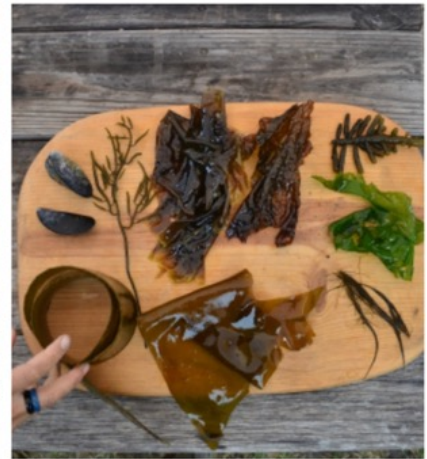
In the afternoon, you have time to continue the short distance to Cape of Good Hope: the south-westernmost point of the African mainland. It is a humbling feeling to stand at the edge of the cliffs, with nothing but wide open ocean between yourself and Antarctica! The views along the coast and over False Bay are breathtaking, and you may also spot some wildlife in the park (such as baboons, zebra, ostrich and eland). On the way back, pass through Simonstown to meet the cute African penguins.

Accommodation: Antrim Villa

Meals: breakfast, lunch at Good Hope Nursery

Activities: guided fynbos or coastal foraging

Travel: 150km



DAY 3

Today, you will be exploring the Cape Malay heritage. During the Dutch colonial time, the East India Company brought many slaves to the Cape from their colonies in south-east Asia. As time went by, their Muslim faith held them together and many settled on the slopes of Signal Hill (which was then at the outskirts of the city). Still today, this area is defined by its history, and entering the Bo-Kaap is like entering a different country. Your guide, who has lived here all her life, will take you on a tour and tell you about the history and daily life here. She will take you shopping for exotic ingredients, and then you'll head to her house for a cooking class and lunch. This is a wonderful way of understanding a different facet of South Africa's food culture, and now that you know what to look for you will see that the Cape Malay heritage has had a big impact on the South African cuisine. The class ends with lunch, so that you can try the dishes you've helped prepare.

The rest of the day is open for your own explorations. We recommend getting tickets for the red hop on, hop off bus that takes you to all big attractions in town including the Table Mountain cable car station.

Accommodation: Antrim Villa

Meals: breakfast, lunch

Activities: Guided tour of Bo-Kaap and cooking class



DAY 4

It's time to explore the world-famous Cape Winelands! Your goal for the day is the foodie mecca Franschhoek, but along the way there is plenty of time to explore Stellenbosch and surrounding areas. It is almost a must to have a picnic when visiting the winelands. Our favourite is at the Solms-Delta vineyard. Here, you will get a basket filled with local specialities, many of which are produced on the farm or in the neighboring area. The picnic site is by a river, where you can take a swim after lunch.

You will be staying at the luxurious La Fontaine guest house. With only a few rooms, it has a lovely familiar feeling and it is within walking distance of the village main street and many of the famous restaurants. We will help you to select restaurants that are perfect for your taste and interests.

Accommodation: La Fontaine

Meals: breakfast, picnic lunch at Solms Delta

Travel: 85km



DAY 5

Today you have a full day to explore Franschhoek and its vineyards. The town was founded by French settlers, who arrived in the Cape Colony at the end of the 17th century. Many consider this settlement to be the cradle of South Africa's wine industry. While the French-sounding names have remained on many vineyards, the descendants of the French Huguenots speak Afrikaans today. The valley enjoys a climate and geography that enables exceptional wines across the range, from delicate Methode Cap Classique (South African champagne) to full-bodied reds.

We will help you to find vineyards and restaurants according to your interests. The best way to enjoy Franschhoek is to make use of the Wine Tram, so that there is no need for a designated driver.

Accommodation: La Fontaine

Meals: breakfast



DAY 6

It's now time to explore one of South Africa's most interesting and dynamic wine districts: Swartland. While it is much less known than areas like Stellenbosch and Franschhoek, this is one of the rising stars of the South African wine industry. As an example, it is home to Mullineaux Wines and Andrea Mullineaux: winemaker of the year 2016. But you will also find some of South Africa's oldest and best-known wineries, like Allesverloren. Many small boutique vineyards and winemakers are attracted to Swartland, producing small quantities of terroir specific, biodynamic wine. You can also expect to find varietals that are relatively unusual in South Africa, like Grenache, Carignan and Cinsault. The area is also home to a number of olive producers.

Make sure you pass through the picturesque village of Riebeek Casteel. Here, you can find South Africa's oldest hotel, Royal Hotel, many quaint eateries and also a micro brewery. After lunch, it is time to head to your next destination: Bartholomeus Klip.

Bartholomeus Klip is a working wheat and sheep farm where guests stay in one of only five exquisite rooms at the old farm house. The homestead, which dates back to the late 16th century, is set beneath a spectacular mountain range, and surrounded by well-kept farmland and a 10,000 acre nature reserve.

Accommodation: Bartholomeus Klip

Meals: breakfast and dinner

Travel: 100km



DAY 7

Bartholomeus Klip is famous for its food, which is generous, imaginative and mostly made from a variety of local produce. The day is planned around the meals (breakfast, lunch, afternoon tea and dinner) and you can be as lazy or active as you wish. There are nature drives through the reserve, mountain bike and hiking trails, kayaking, fishing and bird watching. Or maybe you just want to wind down and soak up the wonderful atmosphere of this historic farm. Either way, we promise that you will find this one of the highlights of the trip!

Accommodation: Bartholomeus Klip

Meals: breakfast, lunch, afternoon tea and dinner

Activities: all activities included



DAY 8

Today you set your sights on Paternoster on the beautiful West Coast, where white beaches stretch into the distance, and the air is scented with salt. This is a traditional fishing village, where many fishermen still launch their small, wooden boats in the morning and return with their catch in the afternoon. Your lovely b&b is located just a stone's throw from the beach, where you can enjoy spectacular sunsets and lovely morning walks. After the indulgence at Bartholomeus Klip, we expect you want only a light dinner and there are several pubs and restaurants to choose from.

Accommodation: Smuggler's Cottage

Meals: breakfast

Travel: 150km



DAY 9

Before you head back to Cape Town, we have one more amazing food experience in stall for you: lunch at award-winning restaurant Wolfgat. Chef Kobus van der Merwe takes his inspiration from the indigenous people that once inhabited the coast, the weather, and the season. Some menu items have been collected fresh that morning, others have been prepared for long periods. Expect to find lots of seafood and other interesting things from the ocean and nearby dunes on the 7-course set menu, combined with delicacies from the surrounding area like venison and, of course, wine from the region. This restaurant is also a strong contender for the best views in South Africa. A fitting way to end a food and wine tour of the beautiful Cape!

The itinerary ends today, but if you want to enjoy the superb wine pairing at Wolfgat, we recommend that you extend your stay by one night.



COST: From R13,000 per person

INCLUDES: Accommodation, activities and meals as per program
Maps, directions and information about optional activities
Assistance with reservations for restaurant and optional activities

EXCLUDES: Flights
Rental car
Optional activities
Drinks
Personal expenses and tips