

Gastronomy, Wine and Safari



Trip Highlights

Explore Cape Town:

Cape Malay Cuisine, fresh seafood, local wines, live music – and the beautiful scenery from Table Mountain and the Cape Peninsula.

Savour local produce at carefully selected lodges, where the focus is on food, wine and hospitality

Cycle, canoe, walk or fish on a beautiful nature reserve just 1.5 hours from Cape Town

Explore pretty villages along Route 62: take the local tractor ride and shop for arts and crafts produced locally

Game Drives & Bush Walks on a Big 5 Reserve just 3 hours from Cape Town

Take a 1 day cookery course in creating local dishes such as Bobotie and Cape Malay curries.

Stay on a wine estate, where organic produce and wine tasting are par for the course!

Day 1

Overnight flight to Cape Town

Days 2 - 4

Arrive Cape Town, pick up your hire vehicle and drive to your accommodation for 2 nights stay on a bed and breakfast basis.

Your accommodation is in an exclusive and luxurious boutique hotel on the slopes of Table Mountain. There are eight luxurious rooms which boast marble baths, private terraces, exquisite fabrics and original artworks from mostly South African artists. Each room is equipped with satellite television, a DVD player and air conditioning. The city, its harbour and the surrounding mountains are all visible the private terrace in each of the rooms.

The hotel is within easy reach of the City Centre, historical sites, beaches, and the Winelands which are only 30 minutes away. The hospitable staff can arrange day trips and excursions around the Cape, as well as sports activities and spa sessions.

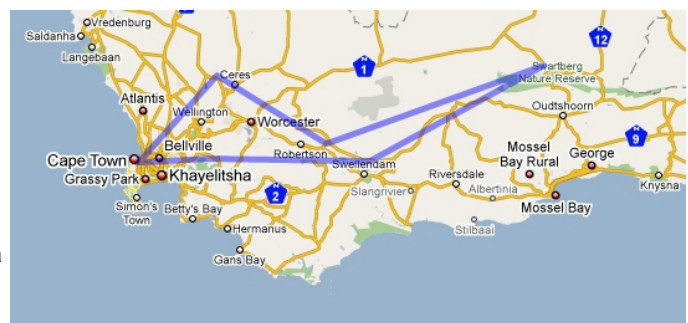
With excellent and discreet personal service, interiors that have an unmistakably contemporary feel, and stylish African touches throughout the hotel's recent inclusions in Tatler's 'Top 101 Hotels in the World' and Conde Nast UK's 'Top 10 Places to stay in Cape Town' are more than justified!

Cape Town is a vibrant, cosmopolitan city offering outdoor activities, a lively music scene and a host of trendy bars and restaurants. Contrasts abound in this city, with beaches, vineyards, and of course Table Mountain within easy reach, and of course the stark differences between the townships and beach-side mansions provide a constant reminder of this nation's tumultuous history. We can provide advice on things to do: some suggestions include: Take the cable car to the top of Table Mountain for fabulous views

Take the ferry to Robben Island for an insight into South Africa's tumultuous past. (Note: Robben Island tickets must be booked in advance in order to avoid disappointment)

Spend an afternoon soaking up the atmosphere at the V&A Waterfront: this area is buzzing usually some live music on and this is a great place to sit in the sun with a beer overlooking the water and Table Mountain.

Take a Township Tour: we can advise on trips that are sympathetic to



the communities.

Take a cookery course in Cape Malay cuisine this normally includes either lunch or dinner.

Drive the Peninsula circuit, including a visit to Simons Town and Boulder Beach, home to a large colony of African Penguins. There is an option to rent kayaks, take a walk with the resident baboons with an expert biologist, or an unusual experience watching wild white sharks take their feed from the sealife.

Visit Kirstenbosch Botanical Gardens, 528 hectares of gardens that support diverse fynbos flora and natural forest. This is a popular place with



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locals to take a picnic and take in the scenery of Table Mountain and the City in peace: your guesthouse will help if you wish to do this.

Take a guided 'Gastronomy Tour' of the local winelands: a dedicated guide will consult and choose the most appropriate wine estates to visit for tastings, and help choose an appropriate restaurant for lunch.

We have a list of recommended restaurants for Cape Town which we will include with your Booking information.

Days 4- 7

Today, you drive an hour and a half to a romantic Victorian farmstead on a large wheat and sheep farm with its own 10 000 acre private nature reserve, renowned for its fabulous home produced food and in an excellent location for exploring local wine farms.

The food at this farmhouse in the French tradition but with a local flavour is one of the highlights of a stay. Locally produced salmon, trout and lamb feature on the evening menus, whilst cold meats, cheeses, freshly baked pastries, scones with whipped cream and jam or grated cheese, miniature quiches, and always a spectacular cake are served for brunches and afternoon teas. The choice of wines emphasises local cellars, and expert advice is on hand to help with selections.

This is a fabulous place to relax, however, mountain bikes are provided for cycling through the reserve and there are plenty of wonderful routes to choose for walks. Down at the dam guests can take to the water in canoes, or go windsurfing, trout fishing or birdwatching. On the morning and evening game drives through the reserve, visitors may spot eland, springbuck, black wildebeest, zebra and bontebok.

Days 7- 9

Today, you drive along the popular Route 62 to Montague, for a 2 night stay at a lodge with a superb reputation for its cuisine. The lodge's award-winning restaurant and Swiss Chef takes pride in using only the freshest ingredients to create gourmet masterpieces, incorporating local specialities such as Lamb, Springbok and Ostrich. Dishes are paired appropriately with the suitable wine from the Robertson Wine Valley fit for aficionados and gourmands alike.

Beautifully appointed en-suite rooms open up onto a rambling garden littered with myriad facilities including a sparkling swimming pool and deck, a herb and vegetable garden, croquet lawn and boules pitch a perfect spot for a tasting of the chef's handcrafted wine label or perhaps, fine dining al fresco.

Visitors can explore the Robertson Valley for an intimate wine route experience or visit neighbouring town and villages such as Robertson, Bonnievale, McGregor, Ashton, Barrydale and Swellendam with local galleries and studios producing sculptures, wire-work, clothing, linen and pottery. Alternatively, enjoy local sites such as relaxing at the hot springs, lumbering along the numerous nature trails and rock climbing, a picnic at one

of the local wine estates or an olive tour on one of the local olive farms.

The Montagu Tractor Trip -takes visitors you to the summit of the Langeberg with stunning views of the Koo and Robertson Valleys. Fresh fruit, grown on this working farm, is served on the way up, with local muscadel being served at the summit.

Days 9- 11

Today, you drive to the Sanbona Wildlife Reserve for a 2 night stay on this 54000 hectare reserve situated in the heart of the Little Karoo with undulating mountains and plains, indigenous flora and fauna, rock formations and rock art.

Sanbona is home to the Big Five as well as various other species such as gemsbok, springbok, red hartebeest, eland, kudu, black wildebeest and zebra. Natural small game such as jackal, caracal, aardwolf, aardvark, brown hyena, grey rhebok, steenbok, klpsspringer, grysbok and the common duiker thrive. Sanbona is also home to the White Lion Project, which aims to return white lions to the wild.

Activities include guided walks, visiting rock art sites which record the spiritual beliefs and the lives of the San, dating back more than 1,500 years, Star Gazing, and of course morning and afternoon game drives.

Days 11- 12

Today, you drive through the Karoo to the charming village of Prince Albert for a 1 night gourmet experience, including a cookery lesson, dinner at the chef's table, and bed & breakfast.

Eating famous food is a rare enjoyment, but preparing it in the authentic kitchens of its origins is a thrill all of its own.

The region is famous for olives and its annual crops of apricots and spectacular figs. Abundant grape crops are grown in the Prince Albert Valley, where the wine industry is flourishing. Local Karoo lamb is unequalled and the town's Guernsey dairy has won international fame for its distinctive cheeses.

The course is run by a top chef, and recipes will reflect the core and heritage of South African cuisine influenced by African, Dutch, French, English, Mediterranean, Indian and Malay cultures. Hearty local dishes like bobotie, Venison pie and Cape Malay curries are on the menu.



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Days 12-14

Today, you make your way back to the Winelands area, for a 2 night stay at a beautiful wine estate in Franschhoek.

This Wine & Country Estate is set in a peaceful corner of the Franschhoek Valley, just 5 minutes drive from the centre of Franschhoek village. Home-made food, thoughtful service and pampering beauty treatments are part and parcel of this sensory experience and guests can expect to leave this luxurious choice of accommodation with a regenerated sense of spirit. These premises retain the comfort and warmth associated with a homestead, with lush, expansive lawns which lead you to vegetable patch where fresh produce is grown in tidy rows. Afternoons may be spent strolling on a path along the river or simply lounging by the crystalline pool with a refreshing drink.

Breakfast is served in the sunny dining area which is warmed by a well-stoked fireplace in winter time. Picnic baskets can be enjoyed on the estate or at the myriad picnic spots and hammocks along the Franschhoek River.

The Farm's owners have commissioned a Tulbach cheese-maker to create special cheeses to complement the Estate's wines. Although not yet a perfectly organic estate, the team here take great care in growing their produce with only the most natural of possible means. When summer rolls around, everything served comes from their abundant gardens. Herbs (such as basil, chives and coriander), seasoning, jams, juices, chicken, eggs, blue-gum honey and even the mustard is produced right on the estate!

One of the more delicious smells, guaranteed to make anyone weep at the knees, is the smell of freshly baked bread which infuses the main building with enough doughy goodness to make anyone salivate as if they were being served their very last meal. The blue-gum honey is harvested from multiple fixed-frame beehives that the estate shares with their neighbours.

Day 14

Today, you return to Cape Town airport for your return flight.

Day 15

Arrive London.

Cost: £2,815.00 per person

Cost is based on 2 people sharing and includes return flights from London, vehicle hire, accommodation and some evening meals. Call us on 01342 834700 / 0818 719321 (Eire local rate) or email info@nativeescapes.com for more information.

General Information

Visas

Visas are NOT required by UK citizens for South Africa. (Note that all nationalities travelling to South Africa must have 2 consecutive blank pages in

their passport which lie side by side when the passport is open. Passports must also be valid for at least six months from the date of entry to South Africa. Passengers travelling to South Africa with passports that do not comply with these requirements could be refused entry. Note: Passport and visa requirements are liable to change at short notice. Travellers are advised to check their entry requirements with their embassy or consulate.

Health

The World Health Organisation (www.who.int/en/) recommends that all travellers are inoculated against diphtheria, tetanus, measles, mumps, rubella and polio as well as for hepatitis B.

Hepatitis A, malaria and typhoid are also recommended by the Centres for Disease Control & Prevention (www.cdc.gov) for travel in South Africa. All travellers should seek advice from their local GP or travel clinic for up-to-date advice on vaccinations and different malarial options.

Insurance

Travel insurance is compulsory for all bookings. Guests on group departures must take their policy documents with them on the trip as the guide will ask to see this at the start. The documentation must state in writing that you are the named policyholder and that the cover is valid for the period of travel. The policy document must also indicate that medical expenses and emergency repatriation cover is included and a 24 hour contact telephone number for the insurance company must be shown on the documentation in case of emergency. Guests unable to provide all this information at the start of the trip will be asked to purchase a policy prior to joining the trip.

Electricity supply

220v, 3pin South African plug. Adaptors are required to charge cameras, etc.

Money

Currency is the South African Rand. There will be ATM's en route for guests to withdraw money.

What to bring

Binoculars, torch, walking shoes, swimming gear, plenty of high factor sunscreen, sunhat, insect repellent, camera, a day pack. Warm clothing is recommended for evenings, and a waterproof jacket. Lightweight clothing is recommended for the day. Avoid brightly coloured clothing for game viewing.

Tipping

It is normal to tip for good service in bars and restaurants in South Africa. Guests may also consider tipping their guide at their discretion.