



Stanford Itinerary

Day 1

08:30 – 09:30 Breakfast in Stanford

Start your day with a delicious breakfast at one of Stanford's popular cafés and bakeries. Choose from the freshly baked treats and farm-style favourites at Ou Meul Bakery & Farmstall, the wholesome menu and artisan coffee at Union Grocery & Eatery, or the warm hospitality and relaxed atmosphere at Searles.

For more dining options, visit: <https://www.stanfordinfo.co.za/restaurants/>

9:30 – 11:30 Historical Walking Tour of Stanford (2 hours) Guided or self-guided

Stanford is very proud of its Cape Victorian and Edwardian architectural heritage. The pristine Market Square dates back to 1785 while the original farmhouse is one of the oldest houses in the Overberg. The village exudes a charm of yester-year, and the central core of Stanford was awarded heritage status in 1995.

The Stanford Conservation Trust has printed a booklet, called Historical Stanford on Foot, which enables people to guide themselves around Stanford, reading about the numbered heritage buildings.

11:30 – 14:00 Lunch at Stanford Kitchen

Visit Stanford Kitchen and experience great food in a cosy heritage setting where fresh, flavourful dishes are served in the heart of our historic village. Whether you're catching up with friends, enjoying a family meal, or taking a break from exploring, you'll find delicious food, warm hospitality, and a relaxed atmosphere. From handcrafted pizzas and hearty favourites to fresh seasonal specials, there's something to satisfy every appetite. For more restaurants in Stanford, visit www.stanfordinfo.co.za.

14:00 – 15:30 – Explore Stanford's Unique Shops

Take a leisurely stroll along **Queen Victoria Street** and discover Stanford's charming collection of boutique shops. Browse for locally made gifts, home décor, clothing, artwork, antiques and handcrafted treasures at **Antjies Opwipwinkel**, **Journey**, **Maker**, **Locaal**, **Kiwinet**, and **Village Emporium**. Whether you're searching for the perfect keepsake, something special for your home, or a unique gift, Stanford's independent shops offer a delightful shopping experience. For more information, visit www.stanfordinfo.co.za.

15:30 – 18:00 Cruise on the Klein River

Cruise on the African Queen, the River Rat or the Lady Stanford and enjoy the tranquillity of the Klein River, the shortest river in the world as the crow flies from source to mouth. The birdlife is abundant and offers many photograph opportunities.

Two of the boats have toilets and braai facilities, and passengers are welcome to bring picnic baskets, and cooler boxes, and to make use of the braais. <https://www.stanfordinfo.co.za/activities/>

18:00 Dinner at one of Stanford's fine village or farm restaurants

Stanford offers a variety of food, from casual family grills to organic slow food, from authentic German, Mexican and Italian booking to fine dining. All meals best enjoyed with local Stanford Wine Route wines.

<https://www.stanfordinfo.co.za/restaurants/>

Stay in Stanford

Sleep at one of the amazing accommodation options in Stanford. From to farm cottage, B&B to country lodge or glamping, Stanford has something perfect for you either in the heritage village, or in our surrounding area.

<https://www.stanfordinfo.co.za/accommodation/>

Stanford Itinerary

Day 2

08:30 – 09:30 Farm Breakfast Just Outside Stanford

Enjoy a leisurely breakfast at one of the beautiful farm restaurants just outside Stanford. Choose from **Stanford Hills Estate**, **Zesty Lemon**, **Rivergate Eatery**, or **Blue Gum Restaurant**, where you'll be treated to delicious farm-style breakfasts, freshly brewed coffee, and stunning countryside views.

It's the perfect way to start your day, surrounded by the natural beauty and peaceful atmosphere of the Stanford countryside. For more dining options, visit: <https://www.stanfordinfo.co.za/restaurants/>

09:30 -12:00 Stanford Wine Route – 1st leg

Stanford's Wine Route includes 9 different wine farms, and many of the farms make handcrafted beer, cider and even gin. To best enjoy the route, it is worth taking things slowly and savouring the tastes and the craftsmanship. Hire a local shuttle to drive you for the morning and explore the R326 leg of the Stanford Wine Route which includes Birkenhead Brewery/ Walker Bay Wines, Raka and Boschrivier.

<https://www.stanfordinfo.co.za/wine-and-craft-beverages/>

12:00 – 14:00 Lunch at the Casa Cello on Stanford Hills Estate

The restaurant has a reputation for laid back fun, with the emphasis on fresh and inventive food of an exceptionally high standard. Under the guidance of Chef Jose Marinho, the restaurant Casa Cello offers a refined Portuguese-inspired menu. The chalkboard menu changes daily according to what is locally fresh and available, including items from their own vegetable garden. Embark on a sensory journey through carefully curated selection of Stanford Hills wines. Wine tasting is offered at the Wine Shop, both of which are open seven days a week. <https://www.stanfordhills.co.za/>

14:00 – 16:30 WildX Quad Biking tours at Stanford Hills

WildX Adventures at Stanford Hills Estate is where families, friends, and thrill-seekers come together to explore the Overberg like never before.

Whether it's your first ride or your hundredth, our scenic trails wind through breathtaking mountain views, open landscapes, and pure outdoor freedom.

<https://www.wildx.co.za/stanford-hills/>

16:30 – 19:00 Mountain Biking

Explore Stanford Hills on two wheels and enjoy the fresh air, flowing farm tracks and stunning Overberg views at your own pace. Our mountain bikes are perfect for both casual riders and adventure seekers wanting to get off the beaten path and into nature. Mountain Bike Hire Rates on <https://stanfordhills.co.za/activities/>

19:00 Dinner Indulge yourself and experience a culinary delight by dining @ Springfontein

Springfontein Wine Estate is pleased to announce the much-anticipated seasonal reopening of Wortelgat, the estate's fine dining restaurant, set amidst the picturesque landscapes of Stanford village.

<http://www.springfontein.co.za/>

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Stanford Itinerary

Day 3

08:30 – 09:30 Breakfast in Stanford

Start your morning at one of Stanford's excellent restaurants or coffee shops. Enjoy a freshly prepared breakfast, expertly brewed coffee, and warm hospitality in the heart of our historic village. Whether you prefer a hearty country breakfast or a light meal with a perfectly brewed cappuccino, Stanford offers a variety of welcoming cafés and eateries to suit every taste.

09:30 – 11:00 Hire canoes and paddle on the Klein River

Why not enjoy the mirrored surface of the Klein River in the morning light by hiring canoes from Strandveld Adventures or a kayak from Lady Stanford? The Klein River is one of the most picturesque rivers in the Western Cape.

11:00 – 12:30 Art Stroll

Walk down Queen Victoria Street and enjoy the local art on display in the fine galleries including Stanford Art Gallery & Studio, Michelle Ngrini's Art, Siobhan Thomey Art Gallery, and Stanford Kitchen. Some local artists also open their stoeps to visitors so pick up a map at Stanford Tourism and make your way to Sanette Upton, Sara Abbott, Su Wolf's homes to see their art.

12:30 – 13:30 Honey Tasting at Overberg Honey Company

Taste the various honeys harvested from hives where bees visit different flowers from Fynbos, to aloes, blue gum to canola and taste the difference. The gift shop has a wide variety of honey products for sale, and you are welcome to browse through the honey equipment, even looking into the inside of a live beehive through a glass window. <http://www.overberghoney.co.za/>

13:30 – 14:30 Lunch at The Jolly Rooster Fynbos Distillery

Enjoy Portuguese food pairing with gin and liqueurs. <https://www.fynbosdistillery.co.za/>

14:30 – 16:30 Phillipskop hike to see the rock art

Phillipskop Mountain Reserve discovered original Khoi-San rock art in a cave which was announced to the public in November 2016. Book beforehand to take a walk up to the cave to enjoy the art which is unchanged as it would have been 5 000 years ago. Alternatively, Chris Whitehouse can guide you on this walk and inform you of all the Fynbos botanicals along the way. <https://www.phillipskop.co.za/>

16:30 – 18:00 Spa treatment

Relax at the Milkwood Spa at Mosaic Lagoon Lodge or the Poplar Spa at Stanford Valley Guest Farm and be pampered with a facial or massage or book a universal massage with Beatrice Pook at Stanford Health Practice.

19:00 Dinner at La Cantina

Enjoy an authentic Mexican meal at La Cantina in Stanford. Tacos, Burritos, Nachos, Quesadillas and Chilli Con Carne. Our beef, chicken and pork are seasoned and slow cooked overnight in an open fire. All meals are accompanied separately with guacamole, sour cream and of course our signature sauces that add the heat and authentic Mexican flavour.

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