



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. Enjoy locally sourced ingredients, freshly brewed coffee, and the charm of Stanford's vibrant village before setting off to explore the area.

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 Bliss

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. A new chapter in its story, driven by the culinary bravery of the esteemed Chef Janine van der Nest.

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

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Stanford Itinerary

Day 3

08:30 – 09:30 Breakfast at one of the excellent restaurants/ coffee shops in Stanford.

Enjoy freshly prepared breakfasts, great coffee, and a warm, welcoming atmosphere in the heart of Stanford.

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

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. <https://www.stanfordinfo.co.za/stmember/la-cantina-stanford/>

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Stanford Itinerary

Day 4

08:30 – 09:30 Breakfast at one of the farm restaurants outside Stanford.

Choose between Riverland Tea Garden, Zesty Lemon and BlueGum Country Estate, for a delicious breakfast.

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

09:30 – 10:30 Wandelpad Stroll

Take a casual stroll along the Wandelpad which stretches from the 'Ou Krake' along Vlei Laan, and then along the river front. Spend some time in the bird hide at Willem Appel Dam enjoying the water birds and insects which live there.

<https://www.stanfordinfo.co.za/stmember/wandelpad-walking-trail-link-to-map/>

10:30 – 11:30 Beer Tasting at Birkenhead Brewery

Discover the flavours of Stanford with a craft beer tasting at Walker Bay Vineyards and Birkenhead Brewery.

Sample a selection of six award-winning craft beers while taking in the beautiful views of the Klein River and surrounding mountains. No booking is required for the tasting. For more information on wine and craft beer experiences, visit www.stanfordinfo.co.za.

11:30 – 14:00 Lunch at the Manor House at Stanford Valley Country Lodge

Enjoy the breathtaking views of the Akkedisbergpas from the Manor house as you taste delicious food prepared using local ingredients. Manor House celebrates local produce, with a wine list that is similarly rooted in Overberg terroir. <http://stanfordvalley.co.za/>

14:00 – 15:30 Cheese Tasting at Stone House Cheese

Stone House Estate is a little further down the R326 and makes a variety of white mould cheeses such as Brie, Camembert, Nguni Camembert, Cambrini and Grand Brie, alongside the popular semi-soft range including Cajun, Black Pepper, and Garlic & Chives. For lovers of aged cheeses, we offer Creamy Cheddar, Boerenkaas, Boerenkaas with Cumin, Bergkaas, Alpina and StonePeco. Stanford has your covered if you are a cheese fan.

www.stonehousecheese.co.za

15:30 – 17:30 Stanford Wine Route 2nd leg

Taste the wines at Landskein Wines, Welgesind and Maanschjin. Do not miss the craft gin at Fynbos Distillery at Jolly Rooster.

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

17:30 – 19:00 Champagne Sunset on the river

Drive to the Springfontein Bar(n) to taste wines of the final member of the Stanford Wine Route and then enjoy a trip on the African Queen for champagne at sunset.

<https://www.stanfordinfo.co.za/stmember/african-queen-cruises/>

19:00 – Dinner

Begin your evening at Springfontein Bar(n) with a tasting of exceptional wines from the final member of the Stanford Wine Route. Then board the African Queen for a relaxing sunset cruise along the tranquil Klein River, where you can sip a glass of bubbly while taking in the spectacular scenery as the sun sets. After your cruise, return to Springfontein to enjoy a memorable dinner featuring seasonal, locally inspired cuisine in a beautiful countryside setting.

Overnight – Stay at Springfontein

Complete your perfect Stanford experience with an overnight stay at Springfontein. Surrounded by vineyards, fynbos and breathtaking countryside, Springfontein offers luxurious accommodation where comfort, tranquillity and warm hospitality come together. Wake up to spectacular views, enjoy a leisurely breakfast, and immerse yourself in the peaceful charm of the Stanford countryside before continuing your journey.

For more information, visit: <https://www.stanfordinfo.co.za/stmember/springfontein-wine-estate/>

Stanford Itinerary

Day 5

08:30 – 09:30 Breakfast at one of the restaurants in Stanford.

Enjoy a delicious breakfast or leisurely lunch at Union Grocery & Eatery, one of Stanford's favourite gathering spots. From freshly brewed coffee and wholesome breakfasts to flavour-packed lunches, every dish is prepared with fresh, quality ingredients. Browse the deli for local treats and gourmet products or simply relax and soak up the friendly village atmosphere.

09:30 – 11:00 Antique shopping

Pick up a map at Stanford Tourism and stroll down Queen Victoria Street and Church Street to visit one of our local antique shops, like Withers Antiques and Decor, Maker, Sir Robert Stanford Home and Collectables and Moondance.

11:00 -12:00 Cheese tasting or picnic lunches

Wine tasting always puts you in the mood for cheese tasting and a lazy outdoor picnic in a lush garden. Klein River Cheese makes award winning hard cheeses, one of which is called the Stanford which is oak smoked. Find our cheese shop in Queen Victoria Street, open every day of the week where you can build your own picnic basket or take-home delicious deli items for later in the day. <https://kleinrivercheese.co.za/shop-online/>

12:00 – 14:00 Lunch at Madre

Treat yourself to a delicious lunch at Madre in the heart of Stanford. Whether you're in the mood for a fresh seasonal salad, a hearty homemade meal, or something sweet to finish, Madre offers wholesome food made with quality local ingredients in a warm and inviting atmosphere. Gather with friends, relax over lunch, and enjoy one of Stanford's favourite dining spots. For more great places to eat in Stanford, visit www.stanfordinfo.co.za/restaurants/.

14:00 – 16:00 Horse Trail

Book a 1- or 2-hours horse ride with the African Horse Company. Trails start at Stanford Hills Estate and enjoy riding through the Fynbos on horseback. Longer trails are also available to the beach, or multi-day trails. <http://www.africanhorseco.com/>

16:00 – 18:00 Oh!Padel

At Oh!Padel, we bring people together through the joy of padel. We deliver exceptional playing experiences, foster a supportive team culture, and actively invest in staff and player development.

Our club thrives on fun, professionalism, community spirit, and a shared passion for always learning
Call 082 519 6578

18:00 – 20:00 Stanford Sunset Market

Join the festivities at the food and wine market on the last Friday of the month. This market is on the untouched heritage Market Square in the center of Stanford, and live music will keep you entertained. (Closed June – Sept) Like their FB page for detailed information. <https://www.facebook.com/stanfordsunsetmarket/>

Saturday mornings are market mornings in Stanford, offering a wonderful opportunity to experience the village's vibrant community spirit. Visit the markets in Queen Victoria Street where you'll find fresh farm produce, homemade country bakes, preserves, artisan foods and local crafts.

For more information, contact Stanford Tourism on 028 341 8516 or visit the Tourism Office in the village.

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