

## Stanford Itinerary

### Day 1

#### **08:30 – 09:30 Breakfast at one of the excellent bakeries/ restaurants in Stanford**

Choose between Ou Meul Bakery & Farmstall, Stanford Kitchen, or Union Grocery and Eatery.

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

#### **9:30 – 11:30 Historical Walking Tour of Stanford (2hours) 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. Cost R10 each which includes the paper booklet of the Walking Tour route and information on each building.

**Stanford Tourism 028 341 8516**

#### **12:00 – 14:00 Lunch at the Tasting Room on Stanford Hills Estate**

The Tasting Room restaurant has a reputation for laid back fun, with the emphasis on fresh and inventive food of an exceptionally high standard. The chalkboard menu changes daily according to what is locally fresh and available, including items from their own vegetable garden. Wine tasting is offered at the Wine Shop or at the Tasting Room, both of which are open seven days a week. <https://www.stanfordhills.co.za/>

#### **14:30 – 16:30 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. From R180 pp for the cruise.

These 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/>

#### **16:30 – 17:30 Shops of Interest**

Visit our shops in Queen Victoria Street, Antjies Opwipwinkel, Village Imporium, Journey, etc. Come wander through a maze of charming vintage pieces and alluring antiques. Looking for something special for your home? A gift? We may just have the thing for you. [www.stanfordinfo.co.za](http://www.stanfordinfo.co.za)

#### **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 and Italian booking to fine dining. All meals best enjoyed with local Stanford Wine Route wines.

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

#### **Goodnight**

Sleep at one of the amazing accommodation options in Stanford. From 5 star 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/>

## Day 2

### **08:30-9:30 Breakfast at one of the excellent farm restaurants outside Stanford**

Choose between Stanford Hills Estate, the Manor House at Stanford Valley, Zesty Lemon, Blue Gum Restaurant, for a delicious farm breakfast. <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 -14:30 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 & wine cellar at Birkenhead Brewery 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/>

Stone House Estate is a little further down the R326 and makes soft cheeses like camembert. Stanford has your covered if you are a cheese fan. <https://stonehousecheese.co.za/shop/>

### **15:00 – 16:30 Quad Biking tours at Mosaic Lagoon Lodge**

Our fynbos quad biking tours are a favourite activity with our guests! You will ride along the edge of the lagoon and up to high points on Mosaic. There, 360-degree views of the ocean, lagoon, and mountains will accompany you. Along the way you will learn about magnificent flora, birds, mammals, and lagoon wetlands.

<https://www.mosaiclagoonlodge.co.za/activities>

### **17:00 – 18:00 African Wings**

Take a sunset flight with African Wings over Walker Bay and view the Southern Right Whales and their calves in the Walker Bay Whale Sanctuary. This is the most magical way to see the pairs of whales who visit our coastline between June and November each year.

Call 074 106 1972 or visit their website: [www.africanwings.co.za](http://www.africanwings.co.za)

### **19:00 Dinner Indulge yourself and experience a culinary delight by dining at Springfontein Wine Farm**

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

*connect to country life*

## Day 3

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

On Thursdays Martin's Deli holds an all-day fresh market in which local and organic produce is sold. Fill a basket and enjoy! <https://www.stanfordinfo.co.za/stmember/martins-deli/>

### 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 Ernie's Canoe 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 Kitchen, Siobhan Thomey Art Gallery, and Stanford Art Gallery & Studio. 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 – 16:00 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 or the Poplar Spa at Stanford Valley Farm and be pampered with a facial or massage or book a universal massage with Beatrice Pook at Stanford Health Practice.

<https://www.mosaiclagoonlodge.co.za/>

### 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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