

Stanford Itinerary

Day 1

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

Choose between Ou Meul Bakkerij, Egret and the Owl Book Cafe, or Union Eatery and Grocer. <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 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** stanfordtourism@overstrand.gov.za www.stanfordinfo.co.za

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

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, Field & Tedder, TAT, Village Imporium, 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. stanfordtourism@overstrand.gov.za 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 savoring 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.

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

Our fynbos quad biking tours are a favorite 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 whale who visit our coastline between June and November each year.

Stanford Tourism 028 341 8516 stanfordtourism@overstrand.gov.za www.stanfordinfo.co.za

19:00 Dinner

Indulge yourself and experience a culinary delight by dining at Springfontein Wine Farm. This restaurant presents gastronomic delights from the hands of Chef Jürgen Schneider who held a Michelin star for over 18 years with a successful restaurant in Germany. Ingredients are locally sourced and masterfully presented, and paired with excellent local wines. Ingredients are locally sourced and masterfully presented, and paired with excellent wines.

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

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

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 Moon & Bird Art House. Some local artists also open their stoeps to visitors so pick up a map at Stanford Tourism and make your way to Sanette Upton, Nora Newton, 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 bee hive 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. Pick up a map at reception and 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.

19:00 Dinner at la Trattoria

Enjoy an authentic Italian meal at la Trattoria in Stanford, also home of Don Gelato. They recommend specific Italian wines to complement each dish. <https://www.stanfordinfo.co.za/stmember/la-trattoria/>

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Day 4

07:30 – 08:30 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 Country Estate for a delicious farm breakfast. <https://www.stanfordinfo.co.za/restaurants/>

08:30 – 10:00 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/>

10:00 – 12:00 Panthera Africa

Book an educational visit to Panthera Africa and enjoy the respectful treatment of these Wild Cats in a no-touching tour. Learn about conservation programs to protect these cats and the work they do to try to save big cats from inappropriate petting, breeding and hunting programs.

<https://pantherafrica.com/>

12:00 – 13:00 Lunch at the Manor House at Stanford Valley Guest Farm

Enjoy the breathtaking views of the Akkedisbergpas from the Manor house as you taste delicious food prepared using local ingredients. <http://stanfordvalley.co.za/>

13:30 – 15:00 MTB Trails

Enjoy the challenge of a mountain biking trail. Ride with Cycle Down South which includes a multi-day trail from Stanford to the southernmost tip at Cape Agulhas.

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

15:00 – 17:00 Stanford Wine Route 2nd leg

Taste the wines at Stanford Hills Estate, Sir Robert Stanford Estate, Welgesind and Misty Mountains. Don't miss the Fynbos Distillery at Jolly Rooster Restaurant for grappa and liqueurs and the craft gin at Misty Mountains. <https://www.stanfordinfo.co.za/wine-and-craft-beverages/>

17:30 – 19:30 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/>

19:30 Dinner

Enjoy dinner at one of the village restaurants like Table 13 or Stanford Kitchen which makes fresh pizzas and grilled dishes. <https://www.stanfordinfo.co.za/restaurants/>

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Day 5

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

Enjoy a freshly made breakfast at one of our local Stanford restaurants/ coffee shops – choose from Ou Meul Bakery, Egret and the Owl Book Cafe, or Union Eatery and Grocer.

09:30 – 11:00 Antique shopping

Pick up a map from Stanford Tourism and stroll down Queen Victoria street and church street to visit one of our local antique shops, ie. Withers Antiques and Decor, The New Junk Shop, TAT, Stanford Trading Store, Sir Robert Stanford Home and Collectables and Lace at The Stanford Hotel. <https://www.stanfordinfo.co.za/activities/>

11:00 – 12:00 Kiwinet

Visit Kiwinet, a local business that makes beautiful mosquito nets and take a tour through their factory where the whole process is on show to the public. Purchase a Kiwinet or buy some of the natural linens, perfect for a boudoir or for wedding gifts. <https://www.kiwinet.co.za/>

12:00 – 13:00 Horse Trail

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

13:00 – 15:30 Lunch at Stanford Kitchen

Stanford Kitchen, a hearty family restaurant, right in the center of Stanford. Well known for their artisan pizzas, beautifully done steak and of course your morning breakfast with exceptional coffee. The restaurant also doubles up as an art gallery selling the most exquisite art made by our own talented local Stanford artists. <https://www.stanfordinfo.co.za/restaurants/>

16:00 – 17:00 Viva Art Community art project

Using your map from the tourism office, ride or drive to see the murals painted by the Viva Art Project in Stanford. These houses have been painted and decorated by local artists.

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 happens on the untouched heritage Market Square in the center of Stanford, and live music will keep you entertained. (Closed June – Sept)
Saturday Mornings also see the Saturday Morning Market on the Hotel Stoep for fresh produce, bakes, and preserves, Stanford Junktique Market and Stanford Square Market.

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