

## 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 & Eatery.

<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. 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, Mexican 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/>

## Stanford Itinerary

### 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.

#### **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 @ 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.**

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 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 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, 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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## Stanford Itinerary

### Day 4

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

Choose between Stanford Hills Estate, the Manor House at Stanford Valley Country Lodge, Zesty Lemon, Blue Gum Country Estate, Fork & Farm for a delicious farm breakfast. <https://www.stanfordinfo.co.za/restaurants/>

#### **09:30 – 11:00 Wandelpad Stroll**

Take a casual stroll along the Wandelpad which stretches from the 'Ou Krale' 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.

We strongly believe in the importance of educating you about animal welfare and the captive big cat industry and bring to your attention the truth behind the many breeding farms and cub petting facilities. We will also inform you about the wild population of big cats and the threats they face in the wild with regards to human-animal conflicts. <https://pantherafrica.com/>

#### **12:00 – 13:30 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. We have always wanted Manor House to be a place where locals can enjoy really good food and great service, but now attract gourmards from across the globe and are delighted to have become something of a destination restaurant.

<http://stanfordvalley.co.za/>

#### **13:30 – 15:30 Stanford Wine Route 2<sup>nd</sup> leg**

Taste the wines at Stanford Hills Wine Estate, Sir Robert Stanford Estate, Welgesind and Misty Mountains. Do not miss the craft gin at Misty Mountains.

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

#### **15:30 – 17:00 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/>

#### **18:00 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 restaurants in Stanford.**

**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, like Withers Antiques and Decor, Maker, Sir Robert Stanford Home and Collectables and Lace at The Stanford Hotel. <https://www.stanfordinfo.co.za/activities/>

**11:00 – 12:30 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 – 13:30 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/>

**13:30 – 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) Like their FB page for detailed information. <https://www.facebook.com/stanfordsunsetmarket/>

Saturday Mornings is market day in Stanford. See the [#stoepmarkets](#) in Queen Victoria Street. The Saturday Morning Market is on the hotel stoep for fresh farmers produce, country bakes, and preserves. The Junktique and Stanford Square Market are in the center of town with something for everyone.

**Stanford Tourism 028 341 8516**

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