



Stanford Itinerary

1 Day

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

Choose between Coffee Corner, Ou Meul Bakkery, or Yum Eat for full breakfasts or continental style, or breakfast at Graze Café which hosts a Wednesday Morning Market with organic fresh produce

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 R40pp which includes the paper booklet of the Walking Tour route and information on each building.

Stanford Tourism 028 341 0340; email: ask@stanfordinfo.co.za www.stanfordinfo.co.za

12:00 – 14:00 Lunch at Stanford Harvest – Gallery – Meadery

Stanford Harvest is a farm restaurant, art gallery and meadery. Light and savoury lunches of assorted salads, vegetables and quiches are served. Taste the honey mead which is made with local honey from the farm, and browse through the art and ceramics on display. The farm has a successful vegetable garden from which they source many of their ingredients.

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 R150 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.



16:30 Authentic Italian gelato from Don Gelato

Taste the homemade gelato at the local gelateria

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. <http://www.stanfordinfo.co.za/cat/places-to-eat/>

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.

<http://www.stanfordinfo.co.za/cat/accommodation/>

2 Day

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, Stanford Harvest, Zesty Lemon, Barke at Blue Gum Country Estate, for a delicious farm breakfast.

<http://www.stanfordinfo.co.za/cat/places-to-eat/>

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, Vaalvlei, Raka and Boschrivier.

<http://www.stanfordinfo.co.za/cat/wine-tasting/>



12:00 -14:30 Cheese tasting and picnic lunch at Klein River Cheese

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. Klein River Cheese has a picnic shed where you can build your own picnic basket, or take home delicious deli items for later in the day.

Stone House Estate is a little further down the R326 and makes soft cheeses like camembert, so Stanford has your covered if you are a cheese fan.

15:00 – 16:30 Eco Quad Nature Trails at Grootbos

Quad biking is perfect for those with a sense of adventure and a thirst for fun. An experienced guide will take you along a designated trail, running through pristine fynbos and indigenous forests towards dramatic lookout points.

<https://www.grootbos.com/en/experiences/quad-biking>

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 0340; email: ask@stanfordinfo.co.za www.stanfordinfo.co.za

19:00 Dinner

Indulge yourself and experience a culinary delight by dining at Springfontein Eats. 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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3 Day

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

On Wednesday's Graze Café holds a Farmers' Market in which local and organic produce is sold. Fill a basket, and stay for delicious Eggs Benedict.

<http://www.stanfordinfo.co.za/item/graze-slow-food-cafe/>

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 and Kayak Hire? The Klein River is one of the most picturesque rivers in the Western Cape, and hosts the Stanford River Festival in April of each year.

11:00 – 12:30 Art Stroll

Walk down Queen Victoria Street and enjoy the local art on display in the fine galleries including Dante Ruben's Gallery, the Stanford Modern 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 Nicky , Sanette Upton, Nora Newton, Sara Abbott , Su Wolf, Siobhan and Gabriele'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 though a glass window. <http://www.overberghoney.co.za/>



- 13:30 Picnic lunch at Mosaic Lagoon Café – Spookhuis**
Build your own basket and choose a spot at a table or under the ancient milkwoods and take in the majestic views of Maanschynkop and the Klein River Mountains across the Klein River Estuary.
- 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/>
- 6:30 – 18:00 Spa treatment**
Relax at the Rain Milkwood Spa at Mosaic Private Sanctuary and be pampered with a facial or massage, or book a universal massage with Beatrice Pook at Stanford Health Practice.
<http://www.mosaicsouthafrica.com/>
- 19:00 Dinner at la Tratorria**
Enjoy an authentic Italian meal at la Tratorria in Stanford, also home of Don Gelato. They recommend specific Italian wines to compliment each dish.
- Goodnight**
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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, Stanford Harvest, the Royal Oke, Barke at Blue Gum Country Estate for a delicious farm breakfast.
<http://www.stanfordinfo.co.za/cat/places-to-eat/>



08:30 – 10:00 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.

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 programmes to protect these cats and the work they do to try to save big cats from inappropriate petting, breeding and hunting programmes.

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

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.

13:30 – 15:00 MTB Trails

Enjoy the challenge of a mountain biking trail. Ride your bike on the routes set up at Beloftebos Country Bike Trails, or ride with Cycle Down South which includes a multi-day trail from Stanford to the southernmost tip at Cape Agulhas.

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 for grappa and liqueurs and the craft gin at Misty Mountains.

<http://www.stanfordinfo.co.za/cat/wine-tasting/>

17:30 – 19:30 Champagne Sunset at Die Plaat

Drive to the Springfontein Bar(n) to taste wines of the final member of the Stanford Wine Route, and then enjoy a Unimog trip from Mosaic Private Sanctuary to Die Plaat for champagne at sunset. Die Plaat is the pristine beach managed by Cape

Nature which edges the Walker Bay Whale Sanctuary. Enjoy the sight of pods of dolphins or pairs of whales breaching from the beach.



19:30

Dinner

Enjoy dinner at one of the village restaurants like Table 13 or Stanford Republic which makes fresh pizzas and grilled dishes.

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5 Day

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 Yum Eat, Graze, Ou Meul Bakery and Coffee Corner.

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. Bellairs Withers, The New Junk Shop, Tat, Stanford Trading Store and The House of Sir Robert Stanford.

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 Lingering Lunch at Tikka Palace or Havercraft's

Feast on delicious local food at one of Stanford's best loved restaurants. Join Tikka Palace for the best authentic Indian and Pakistani food in town. Havercroft's Restaurant is much loved for its generous delicious food and quirky service by husband and wife team, Innes and Brydon.



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 centre 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.

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