Route 9 west coast wines

Fryer's Cove Vineyards

On route R362 in Doringbaai. Fryer's Cove Vineyards is located about 6 hundred meters from the Atlantic Ocean and therefore benefits from its cool ocean breeze. One can experience the Fryer's Cove Sauvignon Blanc and Pinot Noir from the charming wine tasting venue at Doringbaai harbour, with its delightful view over the bay and jetty, while enjoying a cheese platter or picnic basket. The Wine Cellar and Tasting Room in Doring Bay are now open daily from Monday to Friday: 08:00 - 17:00, Satrudays: 10:00 - 17:00.

Day 1

Tel: +27 27 215 1092, **E-mail:** fryerscove@mylan.co.za

Seal Breeze

We bring you a vintage from the Olifants River Valley as a unique and exclusive nandmade wine with no help from modern equipment. The grapes are handpicked close to the Atlantic Ocean on the West Coast of South Africa. Seal Breeze Wines are nestled on the banks of the Olifants River, where it flows into the diamond rich ocean of the South African West Coast. A few miles downstream, the Atlantic Ocean's bracing Benguela current brings cool breezes to create perfect conditions for our brilliant, multi-faceted fine wines. The mild climate, dominated by misty nornings, sunny days and prevailing south-westerly sea breeze, is perfect for growing top quality grapes. Only three tons per cultivar is organically grown. All wines are matured in French and American oak barrels. Open Monday to Friday:

Tel: +27 27 217 1458, E-mail: jwiggins@kingsley.co.za

Lutzville Cape Diamond Vineyards

Lutzville Cape Diamond Vineyards is the second biggest cellar volume-wise in the country. Its unique setting on the banks of the Olifants River not only makes it the most westerly cellar in South Africa, but also exposes it to the cooling influence of the nearby Atlantic Ocean. Open Monday to Friday: 09:00 - 17:00, Saturdays and Public Holidays: 10:00 - 14:00.

Tel: +27 27 217 1516, E-mail: info@lutzvillevineyards.com Return to Vredendal or .

Olifants River Valley

Spend the evening in the heart of the heart of the Valley at one of the many accommodation facilities.

Tourism info: +27 27 201 3376



A typical West Coast scene

Namaqua Wines - Spuitdrift

Day 2 On the R363 between Vredendal and Klawer, Namaqua Wines was founded on 28 October 1968 and is equipped with the most modern technology in the production of various types of wines, Climatic conditions are conducive to producing soft, flavourful wines which are typified by their remarkable drinkability and overall complexity. The Keldery is the winery's stylish, spacious visitor centre on the farm which offers a complete wine and food experience. The menu offers a selection of delicious dishes with a traditional flavour. Open Monday to Friday: 08:00 - 17:30, Saturdays and Public Holidays: 09:00 - 15:00. Tel: +27 27 213 3698/9, E-mail: info@namaquawines.co.za

Klawer Cellar

Travelling further south, you'll find the pride of the Olifants River Valley - Klawer Cellar. The impressive facade of the cellar dominates the landscape on the outskirts of Klawer. The cellar, founded in 1956, currently processes some 25 000 tons of grapes annually. The cellar is producing top quality wines through limited production of cultivars like Shiraz, Pinotage, Sauvignon Blanc, Chenin Blanc (Stein) and Chardonnay. Open Monday to Friday: 08:00 - 17:00, Saturdays and Public Holidays:

Tel: +27 27 216 1530, E-mail: klawerwyn@kingsley.co.za

Return to Cape Town or ...

Tourism info: +27 27 201 3376 **E-mail**: matzikammatourism@gmail.com

Overnight at one of the guest houses and enjoy a leisurely 3-hour drive to Cape

To your health!

The West Coast offers three wine routes. This itinerary is just a taste of

what's on offer. For more information contact: Santam Swartland Wine & Olive Route - Tel: +27 22 487 1133/2063,

Darling Wine & Art Experience - Tel: +27 22 492 3361,

West Coast Wine Route - Tel: +27 27 201 3376, Day trips are based on departing Cape Town at 9am and returning

Route 10

There are many MTB Trails on the Cape West Coast where families and beginners to experts will find a mountain bike trail to suit them. The fitter expert riders will find other, more challenging, MTB trail options in the Koringberg, Piketberg, Porterville and Cederberg mountains

MTB Trails for Beginners

Routes on the **West Coast Peninsula Trails** are mostly eco rides and more for leisurely riders looking for a scenic, interesting and fun ride. West Coast National Park near Langebaan has 13km and 17km trails with a mix of tar and jeep tracks with awesome views of small game and birds. West Coast Fossil Park near Langebaan has 4 marked trails from 3km to 10km which wind their way around the historical fossil site.

Intermediate to Advanced MTB Trails

high level of fitness.

Mountain Biking Trail @ Koringberg Mountain bike

Closest Town: Koringberg

Description: Koringberg is 16 kilometres from Moorreesburg and the core of the trail is about 35km long. It includes fast jeep track, hard granny-ring climbs, panoramic views, steep rough down hills, sharp hairpin single tracks, country roads and rolling farm hills. This ride can vary from 35-60km and

requires good mountain biking skills and a moderate to

Misverstand Dam is about 10km from there - where one can relax, enjoy water sport, drinks and meals, at the resort

Mountain Biking Trail @ Aurora Mountain bike

Closest Town: Aurora

Description: an easy to moderate trail of 20-30km and runs from the little town Aurora at the west of the Piketberg Mountain range, all the way to Kapteinskop. It has a long and steady climb to more than 1000 meters.

Mountain Biking Trail @ Aurora

Mountain bike

Closest Town: Aurora

Description: Easy to moderate. 20-30km. No permit except to enter farm. equipped cottages, sleeps 6.

Perfect base to experience the Swartland. Craggy mountains. St Helena Bay in the distance. Mist Farm (Anne Villenski)

Tel/Fax: +27 22 952 1750 +27 82 677 5770 book@mountainmist.co.za Difficulty: Moderate

Mountain Biking Trail @ Cederberg

Comments: Explore the stunning Cederberg Wilderness and see Lots Wife and Window Rocks on two wheels. This awesome landscape offers incredible mountain bike opportunities. Grab a permit and map at Dwarsrivier or Algeria Forest Station (Nature Conservation HQ for Cederberg Wilderness). Take lots of water and don't forget sunblock and a puncture

12.5km. The Wolfberg Mountain Bike Trail is 7.5km long. **Warning:** Watch out for hikers.



Friendly faces cheering us on...

ountain Biking Trail @ Citrusdal

Mountain bike Closest Town: Citrusdal

Description: 11 scenic circular routes. Permits needed. Accommodati at various venues. July to October best time to hike. Many interesting routes. Picnic spots. Some terrain boneshaking. Tranquil atmosphere and vista over valleys. Sandveldhuisie (Jolanda Basson)

+27 74 415 5871

Nountain Biking Trail @ Maltese Cross Mountain bike

Closest Town: Citrusdal

Description: 16km cycling route. Difficult: various options. 12 person max. Overnight facilities and camp site.

Enquiries: H Nieuwoudt Tel/Fax: +27 27 482 2825

ountain Biking Trail @ Wolfkon

Mountain bike Closest Town: Citrusdal

Location: 5km from Citrusdal village on the Cape West Coast Road **Description:** 8km - in Wolfkop Nature Reserve and 10km town and

Comments: Ground and surface terrain vary greatly for mountain biking There is everything from sand and loose gravel, to hard packed concrete, to rocky climbs, to mountainous single track. The cool moist winter months mean that many of the sandy tracks become rideable for 3-4 months of the year, allowing for the single track routes. The route includes natural Fynbos, sandstone rock formations, Rooibos tea

plantations and orange orchids. Accommodation available. +27 83 260 5071 or +27 83 260 4822 E-mail: info@wolfkopnaturereserve.co.za www.wolfkopnaturereserve.co.za

mountain biking events

DATE	TOWN	EVENT		CO	NT	ACT
24 May	Malmesbury	Amarider 100 Miler				
			+27	21 8	384	4547
24 May	Vredendal	Maskam Challenge				
		+27 27 201 3376	/ +27	27 2	213	1595
28 Jun	Vanrhynsdorp	Gifberg Maltrap				
			+27	27 2	201	3371
6 Sep	Riebeek valley	Riebeek Valley MB Race				
			+27	82 5	523	9804
Sep	Citrusdal	Tip Trans MBT Challenge				
			+27	22 9	921	3210
25 Oct	Vredendal	Namaqua Mountain Bike Chal	lenge			
			+27	27 2	201	3376
29 Nov	Langebaan	Lagoon Challenge				
			+27	22 7	772	2787
Dec	Langebaan	Breezathon Triathlon				
			+27	83 6	335	2557





West Coast, because of its rural nature, is an agricultural node where the main agricultural activities are:

 Wheat and livestock predominantly in the southern part of the region. Tablegrapes and deciduous fruit in the central part of the region and Potatoes and rooibos tea in the northern part of the region.

Wheat & Livestock The following can be found in the area:

• Sheep - Döhne Merino, Dormer, SA Meat Merino, Damara

• Cattle - Black & Red Angus, Hereford, Bonsmara, Simmentaler, Santa Gertrudis, Nguni, Dairy - Friesland, Jersey, Ayeshire • Pigs - SA Landras, Big White, Duroc, Pietrain

Horses - Hackney, SA Flemish

The following are being planted during May and harvested in October/November: Wheat, Lupine, Oats, Canola, Coriander

Wheat Silos

MKB - biggest in Southern Hemisphere.

Wheat Industry Museum (Moorreesburg)
One of only three of it's kind in the world. It reflects the history, production and

processing of wheat in SA. **Tel**: +27 22 433 1093 For more information contact the Swartland Tourism Regional tourism office at

+27 22 487 1133, swartlandtourism@westc.co.za

Deciduous Fruit & Table Grapes

Deciduous fruit farms are congregated on Piket-Bo-Berg that can be reached via the scenic Versfeld Pass (55km tarred). While in the area, visit Inthaba: Inthaba Jam Factory

These products are usually made out of whole fruit or fruit that is scarce. The visitor will be able to experience a guided tour through the factory. After the tour the visitor s invited to a tasting session where all the different jams are discussed and tasted on freshly baked bread. After the tasting session the customer can buy the jams and chutneys from the factory shop. Tours by arrangement only: +27 22 914 5050

Table grapes are grown along the banks of the Bergriver. For tours on harvesting and packaging, visit Broodkraal Estate. **Broodkraal Estate:** +27 22 423 8400 Morester Farm: +27 22 423 8205 Kruistementvlei

Tours by arrangement only: +27 22 914 5652

For informative potato tours to the in vitro laboratory, the green houses, the field and the shed, contact or visit Sandberg Farm. Tel: +27 83 235 4717. E-mail: tillia@donkevskraal.co.za

Safaris

Table Grapes

ours on a safari vehicle of the Rooibos plantations and the processing plant on the second largest Rooibos tea estate. This is normally combined with a tour through parts of the estate focusing on the wondrous "secret" life of plants (e.g. the ingenious ethods they adopt to lure pollinators, how they protect themselves against heat and frought, etc.), the rock formations and on wildlife For tours and directions: www.elandsberg.co.za

Tel: +27 27 482 2022, E-mail: eland.eco@mweb.co.za www.elandsberg.co.za



Another winner from the region

