



Cape Flava

5-Day Taste the Cape Tour - 4-5★ & 5★*

Cape Peninsula, West Coast, Wineland and more...

"For those seeking a brief yet indulgent taste of the Cape's finest."

Group size: Age range

4 - 28

12+

Experiences: 10+

Destinations: 7

WHAT'S INCLUDED

- ✓ 6 Nights in Handpicked Luxury Accommodation
- ✓ All Meals – 6 Breakfasts, 5 Lunches & 5 Dinners
- ✓ Vegetarian Options Available
- ✓ All Transfers, Taxes, Gratuities & Activity Fees
- ✓ Local Wines & Beverages with Meals*
- ✓ 1 Fine Dining Evening with Wine Pairing
- ✓ Bottled Water & Air-Conditioned Touring Vehicle

EXCLUDES

- ✗ Flights, optional add-ons, minibar items, and additional alcoholic beverages not specified.
- ✗ Meals on arrival day are at guests' own expense.

OPTIONAL ADD-ONS (AVAILABLE ON REQUEST)

Pre-Tour Hotel Stay – Arrive early with a night at the same luxury hotel near the V&A Waterfront.

Post-Tour Extension – Add extra nights at the final hotel to relax or explore further.

Flight Assistance – We can assist with international or domestic flight bookings. Flights are not included.

★ FOOTNOTE

- Bottled still/sparkling water with lunch & dinner
- *Lunch: 2 drinks | Dinner: 3 drinks (alcoholic or non-alcoholic, set menu)
- ***Please note:** Alcohol is not served at halal venues, such as the Cape Malay lunch in Bo-Kaap
- No alcohol for under 18s
- Fitness: Leisurely – short walks, vehicle access
- Not suitable for wheelchairs or walking aids

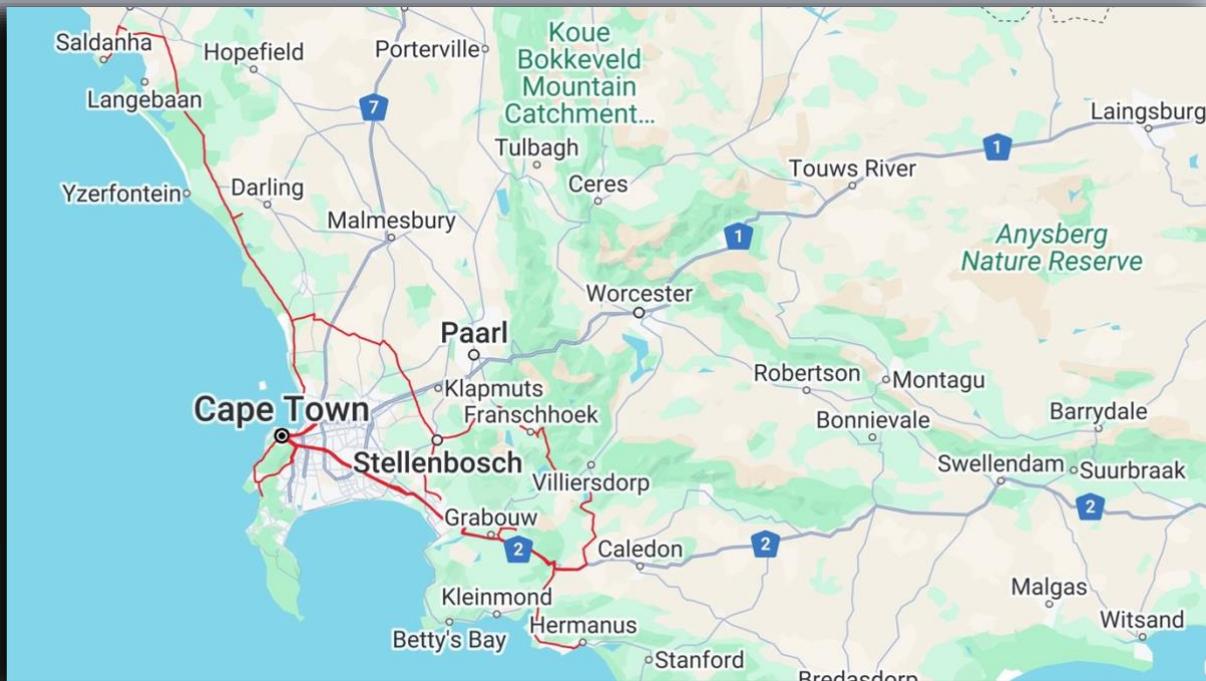


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Welcome & Transfers

- **Airport Transfer**

From the moment you arrive in Cape Town, we prioritise your safety, comfort and convenience, ensuring a seamless start to your holiday. We will greet you at the arrival gates and escort you to your hotel where you will get a chance to settle in and rest.

- **Two-night stay near the Waterfront**

Enjoy an unforgettable four-night stay in Cape Town, just a short distance from the iconic V&A Waterfront

Day 1 – Flavours of the Mother City

“People who love to eat are always the best people.” — Julia Child

- **Morning Hotel Collection**

Your Cape Flava journey begins with a personal hotel collection between **08:00 and 09:00**. From the moment we meet, your comfort and peace of mind are our priority.

Please be ready in your hotel lobby at the scheduled time with your belongings. Relax as we handle the details — today marks the start of an unforgettable experience through the flavours, culture, and landscapes of the Cape.

- **Cape Town Coffee Roasting Company – Demonstration & Roastery Tour**

An indulgent experience for true coffee lovers — We will enjoy a private booth, guided tasting with a dedicated coffee expert, a dessert of your choice, a behind-the-scenes tour and live roasting demonstration. Take home a curated gift bag including a Company branded mug, a 225g bag from their range, and a sample from your roasting session.



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- **Cape Malay Cooking Class & Traditional Lunch – Bo-Kaap**

We will step into a welcoming home kitchen in the heart of Bo-Kaap for an immersive Cape Malay cooking experience. Learn the stories, spices, and techniques behind this rich culinary tradition as you roll rotis, fry chilli bites, cook fragrant curries, and wrap samoosas — in no time, you'll feel like a local in the kitchen.

The class is designed to suit all tastes, with vegetarian and vegan options available, making it an inclusive and enjoyable activity for everyone. It's more than just cooking — it's a shared experience, a chance to bond with fellow travellers while discovering the soulful flavours of the Cape.

After the class, gather around the dining table to enjoy a lovingly prepared Cape Malay lunch — a warm and authentic moment of local hospitality in the heart of the community.

- **Beer Experience Tour at Newlands Brewery**

Our next stop takes us to South Africa's oldest brewery, where we'll explore the country's rich brewing heritage and savour a selection of its finest local beers.

- **Casual and Fun Dinner at a funky street food diner**

Urban Playground is a dynamic street food diner situated in Maitland, Cape Town, offering a distinctive and flavourful dining experience. Beyond being a restaurant, it serves as a learning environment, housing the Sense of Taste Chef School on its upper level. The ground floor functions as a chef's playground, providing students with hands-on practical experience.

Day 2 – West Coast to Winelands

"Tell me what you eat, and I will tell you what you are." — Jean Anthelme Brillat-Savarin

- **Saldanha Bay Oyster Tour**

From Cape Town, we head north along the R27 to Saldanha Bay, a coastal town known for fishing and its deep-water harbour. On arrival, we join The Oyster Lady for a boat tour of an oyster farm.

- **!Kha ttu – Ancestral Food Experience & Leisure Time**

We continue to !Kha ttu, where guests immerse themselves in the heritage of the San people. Enjoy an authentic San-led ancestral food experience, with leisure time to explore the cultural museum and surrounding facilities.

- **Drive to Stellenbosch**

We will continue from Fairview in Paarl to Franschhoek, which offers a delightful journey through the Cape Winelands.

- **Leisure Time in Stellenbosch**

Leisure time at your hotel, with the option to explore the town's cafés, boutiques, and lively atmosphere.

- **Fine Dining with Wine Pairing at a Stellenbosch Estate**

We will enjoy an exquisite six-course tasting menu at one of Stellenbosch's premier wine estates. Each dish is thoughtfully paired with estate wines to highlight local flavours and seasonal ingredients. Surrounded by vineyard views and sophisticated design, this experience is a true celebration of gourmet South African cuisine.

- **Oner-night stay In Stellenbosch**



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Day 3 – Flavours of Stellenbosch

"There is no better way to experience the wild, than with a plate full of adventure and a glass of sunset" Anon

- **Vergenoegd Löw Wine Estate Duck Parade**

Visit Vergenoegd Löw Wine Estate, known for its Indian runner ducks – a suitable, eco-friendly alternative to using pesticides.

- **Scenic drive from Stellenbosch to Franschhoek**

The route offers rolling hills, vineyards, and quiet country roads framed by mountain views. It's a peaceful drive between two of South Africa's most beloved wine towns.

- **Fine Chocolate Tasting & Workshop Experience**

We will enjoy a delightful 30-minute experience featuring chocolate tastings, live demonstrations, and a brief journey through chocolate history — all from within the open-view kitchen.

- **A Taste of Tradition: South African Table Experience**

Enjoy a warm and interactive dining experience that celebrates South Africa's rich culinary heritage. Seated around a shared table, you'll explore the stories behind each dish in a multi-course lunch that blends traditional flavours with contemporary flair. The experience includes a curated **wine tasting and pairing**, thoughtfully selected to complement the meal and enhance each flavour along the journey.

- **Leisure Time to wander Franschhoek's streets**

- **Chef-Curated Dining in Central Franschhoek**

Experience a chef-curated dinner in the heart of Franschhoek, celebrating the bold and diverse flavours of South African cuisine. Paired with exceptional regional wines, this refined dining experience showcases the essence of local culinary artistry in a warm and elegant setting.

- **One Night Stay in Franschhoek**

Day 4 – Whales & Coastal Wonders

"The only thing I like better than talking about food is eating." — John Walters

- **Scenic drive to Hermanus**

We will start our day with a scenic drive from Franschhoek to Hermanus along Route 45, winding through a mountain pass and passing Theewaterskloof Dam.

- **Abalone Farm Tour & Tasting Experience**

Discover one of South Africa's hidden coastal delicacies with a behind-the-scenes tour of a working abalone farm in Hermanus. Learn about the sustainable cultivation of this sought-after marine species and its importance to local culture and cuisine. Guided by knowledgeable staff, you'll explore the production process from hatchery to harvest, followed by a tasting of tender, locally prepared abalone — a true taste of the ocean.

- **A Taste of the Coast – Old Harbour Lunch Experience**

Enjoy a relaxed seaside lunch overlooking the iconic Old Harbour in Hermanus. This coastal dining experience offers a selection of locally inspired seafood dishes, including fresh abalone, prawns, and West Coast mussels. With sweeping views of Walker Bay, it's the perfect setting to savour the ocean's bounty while soaking in the charm of Hermanus's historic waterfront.

- **Hermanus Hotel Arrival and Leisure Time**

Check in and enjoy some free time to relax or explore the Hermans before Dinner.



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- **South African Heritage Dining Experience**

Enjoy an authentic taste of South African heritage in a charming, historic setting in the heart of Hermanus. This traditional dinner features beloved Cape classics such as bobotie, karoo lamb, and fresh line-caught fish, prepared with local flair. Set in one of the town's oldest fisherman's cottages, the experience blends warm hospitality, rich flavour, and coastal character in every bite.

- **One Night Stay in Hermanus**

Day 5 – Whales to the Mother City

- **Overberg Honey Tour Experience**

We will discover the sweet side of the Overberg with a guided visit to a working honey farm in the charming village of Stanford. Learn about the vital role of bees in the local ecosystem, observe active hives up close, and enjoy a curated honey tasting at the on-site honey shop.

- **Cape-Inspired Lunch with Xhosa & Zulu Authentic Meals**

We will enjoy an authentic South African lunch inspired by traditional Xhosa and Zulu home cooking. Rooted in the beloved "seven colours" style, this meal features a spread of richly flavoured dishes — each prepared using time-honoured methods and locally sourced ingredients. A true taste of culture, comfort, and community on a plate.

- **Gin Tasting & Leisure Time at the V&A Waterfront**

Enjoy a curated gin tasting experience at Cape Town's iconic V&A Waterfront, sampling handcrafted local gins infused with uniquely South African botanicals. After the tasting, take time to explore the Waterfront at your own pace — stroll along the harbour, browse boutique shops, or simply relax and soak in the vibrant atmosphere.

- **Farewell Braai Dinner (BBQ) Experience in Hout Bay**

We will spend your final evening in the coastal town of Hout Bay with a contemporary take on South Africa's most cherished culinary tradition — the braai (BBQ). Watch as organic, grass-fed meats like Karoo lamb are expertly wood-fired and smoked, showcasing deep, authentic flavours of the land. Set in a stylish yet rustic space, the experience is complemented by boutique wines, local craft beers, and warm Cape hospitality.

It's more than a meal — it's a celebration of culture, connection, and the rich heritage of South African cooking.

- **One-night stay near the Waterfront**

Farewell & Transfers

- **A Final Cape Town Breakfast**
- **Optional activities for late departures: Table Mountain**
- **Airport Transfer**