

Food & Wine Itineraries



Duration: Two/three days

Area: Cape Winelands (Western Cape)

Itinerary: The verdant regions in the Western Cape encompassing Stellenbosch, Wellington and Franschhoek offer some of the country's most majestic scenery and fine-dining restaurants. The Franschhoek Wine Valley is renowned for its 300-year-old winemaking heritage. The full-day curated wine experience on the vintage double-decker Franschhoek Wine Tram and open-air trambus begins with an interactive lecture that delves into the unique aspects of South Africa's viticulture. Visitors can even dig their hands into the soil to understand the terroir. The wine routes of Stellenbosch are the largest and oldest in the country. They take in more than 200

wine and grape producers, divided into five sub-routes: Greater Simonsberg, Bottelary Hills, Stellenbosch Valley, Stellenbosch Berg and Helderberg, each with unique climates and wines. Stellenbosch is also home to many top restaurants, most of which are on wine estates. The town itself is the second-oldest in the country, with a youthful culture thanks to its university.



Duration: Five days

Area: Cape Town (Western Cape)

Itinerary: Check out 4Roomed eKasi Culture, run by former MasterChef South Africa contestant Abigail Mbalo. This fine-dining establishment in Khayelitsha melds traditional township food with haute cuisine. Don't miss the slowcooked mlegwa chicken. Kloof Street in the city centre is a foodie hotspot, with one of the brightest gems being Bombay Bicycle Club. This Bollywood/bohemian-themed restaurant offers a contemporary international menu as eclectic as its decor. The Neighbourgoods Market is at the Old Biscuit Mill in Woodstock every Saturday.

Sample fresh produce, hear live music and check out local crafts, while trying some of the best street food in the world. Try to get a booking at the Test Kitchen, which made it on to the 2018 World's 50 Best Restaurants list. Chef Luke Dale-Roberts puts together hugely ambitious menus focused on innovation.



Duration: Two days

Area: Durban (KwaZulu-Natal)

Itinerary: Durban's cuisine reflects its rich history, with Indian, Zulu and European influences. The Indian community's influence is apparent in Durban's most famous street food: half a loaf of bread filled with curry, known as bunny chow. The dish dates back to when migrant Indian workers worked in the cane fields in KwaZulu. Craft drinks are on the rise in Durban. That Brewing Company was founded by pioneering craft brewers its bar is now housed in S43 in the trendy Station Drive precinct. Check out Distillery 031, also at Station Drive, for craft spirits,

including gin, vodka, rum and brandy. The bar is open on the first Thursday of each month for Station Drive First Thursdays, a late-night shopping, food, drink and creative event.

