



## THE CAPE OF GOOD FOOD PRIVATE FOODIE TOUR

South Africa is well-known for its natural beauty and safaris; but what many travellers discover is that the quality (and affordability) of South African food & wine is one of the highlights of their trip. This tour mixes the best of both worlds – exploring the beautiful scenery of Cape Town and surrounds, whilst sampling great food & wine all along the way.

### Tour includes:

- Services of a professional tour guide/driver (days 2-4; 6-7)
- Arrival airport transfer
- Private transport, as described in itinerary
- 6 nights' accommodation
- Daily breakfast
- Introduction tour of Cape Town with foodie tastings
- Return Table Mountain Cableway tickets
- Touring and wine tastings in the Cape Winelands and Elgin Valley
- Entrance to Cape of Good Hope Nature Reserve
- Visit to a colony of endangered African penguins OR visit the Hemel-en-Aarde Wine Valley
- Donation to a local charitable project

### Tour price (September 2026 – August 2027):

| Number of people<br>(Cost per person sharing)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 1        | 2       | 3       | 4       | 5       | 6       | single supplement |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------|---------|---------|---------|---------|---------|-------------------|
| Tour including 5-star accommodation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | HIGH SEASON | R102,600 | R81,950 | R75,100 | R72,450 | R70,250 | R68,750 | R44,450           |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | LOW SEASON  | R92,800  | R72,150 | R65,300 | R62,650 | R60,450 | R58,950 | R35,750           |
| Tour including 4-star accommodation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | HIGH SEASON | R81,450  | R59,950 | R52,750 | R50,050 | R47,700 | R46,150 | R26,500           |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | LOW SEASON  | R74,000  | R52,500 | R45,300 | R42,550 | R40,250 | R38,700 | R20,250           |
| <p><i>Rates are indicative; final price varies by specific travel dates and room category availability. Please enquire for a fixed quote - our private tour consultants will be happy to advise on options to meet your group size, available dates &amp; budget.</i></p> <p><i>High season: September – April, <b>excluding</b> peak season of 15 December – 15 January; Low season: May – August.</i></p> <p><i>Single supplements: for odd numbers of guests (1/3/5), one person will pay a single supplement for a single room.</i></p> |             |          |         |         |         |         |         |                   |



## Tour itinerary:

### Day 1: Cape Town arrival

Welcome to Cape Town! We will arrange a driver to meet & greet you at Cape Town International Airport and take you to get settled into your accommodation. Depending on your flight arrival time, you have the rest of the day at leisure to shake of the jet lag, relax at your accommodation or to explore Cape Town and surrounding area on your own.

|                                  |                                                                                                                               |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | None                                                                                                                          |
| <i>Included activities:</i>      | Airport transfer                                                                                                              |
| <i>Optional activities:</i>      | <b>Add more foodie:</b> Food & Wine pairing dinner at Reverie Social Table                                                    |
| <i>Approximate driving time:</i> | +/- 30 minutes, 25 km                                                                                                         |
| <i>Overnight:</i>                | Cape Town 5-star: <a href="#">Cape Cadogan Boutique Hotel</a><br>Cape Town 4-star: <a href="#">Parker Cottage Guest House</a> |

### Day 2: Cape Town for the foodie & Table Mountain

Known as the “Rainbow Nation,” South Africa’s diverse culinary influences will be sampled as we get to know the city of Cape Town through its food. Cape Town is home to artisanal coffee roasters, responsibly sourced cocoa chocolatiers, free-range meat, local seafood, excellent farmer’s markets, world-class restaurants, and of course, award-winning wines and bubbles.

We’ll visit foodie hotspots like the trendy Bree Street; the colourful Cape Malay neighbourhood of Bo-Kaap; and the Company’s Gardens, established in 1652 by the Dutch as a food & water supply station between Europe and the East. Bring your walking shoes and dress for the weather – the best way to experience the energy of the city is exploring on foot with your tour guide. Another highlight of the day is riding to the top of the famous Table Mountain in a cable car, for magnificent views over Table Bay, Robben Island, The Cape Peninsula and Lions Head.

If the tour day occurs on Friday - Sunday, we highly recommend a stop at the famous Biscuit Mill or Oranjezicht City foodie Markets, to taste fresh local treats and visit with the locals.

|                                  |                                                                                                                               |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                                     |
| <i>Included activities:</i>      | Return Table Mountain Cableway Tickets<br>Introduction tour of Cape Town & 4-5 foodie tastings                                |
| <i>Optional activities:</i>      | <b>Add more foodie:</b> Cultural cooking class (lunch or dinner)                                                              |
| <i>Approximate driving time:</i> | +/- 2 hours, 80 km                                                                                                            |
| <i>Overnight:</i>                | Cape Town 5-star: <a href="#">Cape Cadogan Boutique Hotel</a><br>Cape Town 4-star: <a href="#">Parker Cottage Guest House</a> |

### Day 3: Cape Peninsula Tour

Join us on a spectacular journey to the Cape of Good Hope. We’ll explore Cape Point National Park on foot by taking a walk up to the lighthouse (or opt to take the “Flying Dutchman” funicular). We will then head to the Cape of Good Hope, the furthest southwestern point in Africa. Our day will include driving along the beautiful Atlantic seaside suburbs of Clifton and Camps Bay, with views of the Twelve Apostles Mountains. We will also enjoy a spectacular coastal drive along Chapman’s Peak, to take in one of the best views in the region. Plan for a late lunch – some of the best options in the area are: [Crofters Kitchen](#), [The Food Barn](#), [Chefs Warehouse](#), or [Cape Point Vineyards](#) (lunch for guests’ account).



|                                  |                                                                                                                                                                |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                                                                      |
| <i>Included activities:</i>      | Entrance to the Cape of Good Hope Nature Reserve                                                                                                               |
| <i>Optional activities:</i>      | <b>Add more adventure:</b> <a href="#">Kayak</a> near the Penguins<br><b>Add more wine:</b> Explore the Cape's oldest wine region with a tasting in Constantia |
| <i>Approximate driving time:</i> | +/- 3 hours, 130 km                                                                                                                                            |
| <i>Overnight:</i>                | Cape Town 5-star: <a href="#">Cape Cadogan Boutique Hotel</a><br>Cape Town 4-star: <a href="#">Parker Cottage Guest House</a>                                  |

#### Day 4: Cape Town - Cape Winelands

The Western Cape of South Africa is home to more than 500 wineries, and today we will visit a few of our favourites in the Stellenbosch wine region. We typically visit three wineries, and we like to consult with our clients on the day to tailor the stops to their tastes. Some of our current favourites are:

- [Uva Mira](#), a boutique winery situated on the slopes of the Helderberg Mountain range
- [Jordan Wine Estate](#), a picturesque family-owned estate with panoramic views over False Bay and Table Mountain
- [Warwick](#), award-winning wines and the first estate to produce a 'Cape Blend'
- [Stark-Condé](#), spectacular Cabernet Sauvignon with spectacular views
- [Babylonstoren](#), at the foot of Simonsberg Mountain in the Franschhoek wine valley, with a fruit and vegetable garden of amazing beauty and diversity
- [Boschendal](#), with its garden-to-table restaurant, historic manor buildings, garden picnics, and exceptional food & wine
- [Muratie Wine Estate](#), a Stellenbosch farm dating back to 1685, one of the oldest estates in South Africa (with the cobwebs to prove it)
- [Rust en Vrede](#), specializing in robust red wines like Cabernet Sauvignon and Syrah
- [Oldenberg](#), a hidden gem with great views of the Banhoek Valley

|                                  |                                                                                                                                                                                                                                                                 |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                                                                                                                                                                       |
| <i>Included activities:</i>      | Wine tasting at three different wine farms                                                                                                                                                                                                                      |
| <i>Optional activities:</i>      | <b>Add more foodie:</b> Farm-fresh picnic lunch at <a href="#">Boschendal</a><br><b>Add more foodie:</b> "Soil to fork" seasonal lunch at <a href="#">Verf at Boschendal</a> , or <a href="#">Babel at Babylonstoren</a> , or <a href="#">Faber at Avondale</a> |
| <i>Approximate driving time:</i> | +/- 2.5 hours, 140 km                                                                                                                                                                                                                                           |
| <i>Overnight:</i>                | Stellenbosch 5 Star: <a href="#">Lanzerac Hotel &amp; Spa</a><br>Stellenbosch 4 Star: <a href="#">Boschendal Wine Estate</a>                                                                                                                                    |

#### Day 5: Relaxing in the Cape Winelands

Enjoy a day at leisure at your accommodation on the wine estate to soak in the beautiful surroundings. There is plenty to do: Enjoy wine tasting, relax around the pool, sample at the farm shop & deli, or enjoy a spa treatment. Multiple great dining options are available on the estate for dinner, or a transfer into town (Stellenbosch/Franschhoek) can be easily arranged.



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|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                                                                                                                                                           |
| <i>Included activities:</i>      | None                                                                                                                                                                                                                                                |
| <i>Optional activities:</i>      | <b>Add more exploration:</b> add a tour guide and vehicle for the full day<br><b>Add more foodie:</b> Enjoy a 3-4 hour foodie walking tour through Stellenbosch<br><b>Add more adventure:</b> <a href="#">Cycle or e-bike</a> in the Cape Winelands |
| <i>Approximate driving time:</i> | n/a                                                                                                                                                                                                                                                 |
| <i>Overnight:</i>                | Stellenbosch 5 Star: <a href="#">Lanzerac Hotel &amp; Spa</a><br>Stellenbosch 4 Star: <a href="#">Boschendal Wine Estate</a>                                                                                                                        |

### Day 6: Cape Winelands – Elgin Wine Valley – Hermanus (Whale Coast)

Today we travel via the Elgin Valley to Hermanus. The Elgin Valley is known for its cool-climate wines, particularly Chardonnay and Pinot Noir, and produces 60% of South Africa's apple crop.

We will start with an olive and olive oil tasting at Morgenster in Somerset West. Next stop is the popular Peregrine Farm Stall for some coffee and rusks and to browse the many locally produced farm goods, from honey and chocolates, to preserves and cheeses, to fresh local apples produced in the Valley.

Then we visit one of the many boutique wine farms in the Elgin Valley. Here you will get a feel for the off-the-beaten-track intimacy which Elgin is famous for amongst locals, and taste some of the best wines this region has to offer, from elegant reds, to crisp whites and renowned M.C.C. (sparkling wine).

For lunch, we recommend Cheverell's Farm, a country-style café (*lunch for guests' account*).

If the tour occurs on Friday - Sunday, we highly recommend a stop at the Elgin Railway Market, to taste freshly made apple cider and visit with the locals. In the afternoon we travel to Hermanus where we will overnight.

|                                  |                                                                                                                     |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                           |
| <i>Included activities:</i>      | 3-4 food or wine tastings                                                                                           |
| <i>Optional activities:</i>      | <b>Add more adventure:</b> <a href="#">Cape Canopy Tour</a> , zip lining in the Hottentots-Holland Nature Reserve   |
| <i>Approximate driving time:</i> | +/- 2.5 hours, 140 km                                                                                               |
| <i>Accommodation:</i>            | Hermanus 5 Star: <a href="#">The Marine Hotel</a><br>Hermanus 4 star: <a href="#">1 Marine Drive Boutique Hotel</a> |

### Day 7: Hermanus Whale Coast & Hemel and Aarde Wine Valley – Cape Town

Enjoy a morning in the beautiful coastal town of Hermanus. Filled with shops, restaurants, and art galleries, guests can enjoy a stroll through town; or a walk along the cliff path, to catch a glimpse of the whales that visit the shores between July – November annually. (*You can also opt to join a boat-based whale watching trip to see these marine mammals up close; additional fee applies*).

For lunch, you can enjoy fresh local seafood at [Perlemoen](#); casual beach vibes at [Milk on the Beach](#); or a light meal amongst the fynbos at [Bosman Family Vineyards Hermanus](#) (*lunch for clients' account*).



Guests have a choice for which road to take back to Cape Town: the scenic coastal route, stopping in Betties Bay to see a colony of endangered African penguins; or the scenic mountain route through the Hemel & Aarde (“Heaven and Earth”) Valley, for a tasting of the cool-climate wines at [Creation Wines](#). We will arrive back in Cape Town in the early evening.

|                                  |                                                                                                                                                                                                                                                |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Included meals:</i>           | Breakfast                                                                                                                                                                                                                                      |
| <i>Included activities:</i>      | Visit to the African penguins at Betties Bay <i>OR</i> wine tasting at Creation                                                                                                                                                                |
| <i>Optional activities:</i>      | <b>Add more wildlife:</b> <a href="#">Whale watching boat trip</a> (in season, July – November; must be pre-booked)<br><b>Add more wildlife:</b> Visit to the endangered African Penguin colony at <a href="#">Stoney Point Nature Reserve</a> |
| <i>Approximate driving time:</i> | +/- 2.5 hours, 150 km                                                                                                                                                                                                                          |



### Private tour notes, terms & conditions :

- This is a private tour for your group. It includes the passengers you have booked, plus a guide/driver. We have included the guide and driver's meals and accommodation in our quote as necessary.
- The company reserves the right to change itinerary, accommodation, and transport along the way should circumstances dictate.
- Your guide will be available to do the activities mentioned in this itinerary, which is generally 8-10 hours for a full day. If you would like additional help planning evening activities and dinner, please speak to your guide – he or she can assist you with making arrangements for evening taxis or dinner reservations.
- All vehicles have valid operating licences to convey paying customers.
- Please advise in advance if you require a car seat for children booked on the tour. Car seats are available at an additional charge.
- All guides are well trained, experienced, and African born. By law we are required to use CATHSSETA registered and qualified guides with professional drivers' licenses.
- Earthstompers, or its employees and agents shall not be responsible for and shall be exempt from any liability in respect of loss, damage, injury, accident, delay or inconvenience to any person or their luggage or other personal property under any circumstances whatsoever whilst on tour.
- It is the sole responsibility of the traveller to ensure that they hold valid passports, visas, permits, vaccination certificates, and any other required travel documentation for all countries included in the tour itinerary, including transit countries, prior to departure. Earthstompers cannot be held responsible for any costs, losses, delays, denied boarding, denied entry, or interruption to travel resulting from incomplete or incorrect travel documentation.
- Customised quotes are valid for 5 days.
- We require a 20% deposit to confirm a tour. The balance of the payment is due 60 days before tour departure.
- Cancellation policy (private tours):
  - Cancellation 31+ days before departure date: fee of 15% of total tour price
  - Cancellation 30 days – 15 days before departure date: fee of 50% of total tour price
  - Cancellation 14 days – 8 days before departure date: fee of 75% of total tour price
  - Cancellation 7 days or less or no show for departure date: fee of 100% of total tour price
  - Peak season (15 December – 15 January) payment and cancellation terms can differ – please ask your tour consultant for specific terms.
  - Earthstompers makes use of hundreds of different hotels, guest houses, and safari lodges in our tour packages. Each of these has their own cancellation policies, which will prevail in the event of a cancellation. Please ask your tour consultant for specific terms.
- Tour price is dependent on group size and vehicle size. Should the group size fluctuate from the original quote, your Earthstompers consultant will provide you with a revised quote.
- All Earthstompers tours are priced in South African Rand (R or ZAR). In case of a refund, any amount will be refunded in South African Rand, which then gets converted to your local currency by your bank or credit card company. Please note that due to currency fluctuations, the refund amount in your local currency might be higher or lower than the amount originally paid. In the case where a tour is paid for in a foreign currency, such as Euros or US Dollars, you will be informed of the amount received in Rand, and any refunds will be calculated based on the Rand amount received.
- We strongly recommend that clients take out travel insurance to cover fees in case of cancellations or other unforeseen circumstances.
- Earthstompers is committed to responsible and sustainable tourism practices that support local communities, protect wildlife, and preserve the natural environment for future generations. Guests are encouraged to travel responsibly by minimising waste, conserving water and energy, respecting local cultures and wildlife, and making environmentally conscious choices throughout their journey.

