



CONSTANTIA AND BEYOND

WHERE TO SHOP, EAT & PLAY

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AREA GUIDE

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1. SHOPPING



The two nearest small shopping centres are **Constantia Village** on Constantia Main Road, and the **Constantia Emporium** on Ladies Mile Road. Less than 5 minutes drive from Le Vine, both centres have anchor supermarkets and a range of smaller convenience stores, gift stores, salons, health stores and pharmacies. Constantia Village is larger and has a broader offering that includes a number of clothing and homeware stores, a tailor, banks, mobile phone stores, a home store, a post office, a camping shop and a range of restaurants and coffee shops.

The Constantia Emporium offers a new Checkers supermarket with experiential elements that include a sushi bar, a coffee bar, a chocolatier, freshly-made artisanal breads and stone-ground pizzas, and good fresh meat, fish and cheese counters.



There are two other large malls less than a 15 minute drive away, both of which have Ster Kinekor movie theatres and more extensive retail offerings. These are **Blue Route Mall** (16 Tokai Road, Tokai) and **Cavendish Square** (1 Dreyer Street, Claremont).

2. MEDICAL



PHARMACIES:

There are two pharmacies at Constantia Village. Constantia Pharmacy can be found in the main building and Clicks, a large retail pharmacy, is located in the Courtyard shopping area. There is a Clicks at Constantia Emporium too. There is also a Dischem pharmacy about an 8-minute drive away in Wynberg (open until 7pm most days) located at 222 Main Road Wynberg.

MEDICAL EMERGENCIES:

Should you have a medical emergency, you can call an ambulance by dialling 10177 from any phone.

HOSPITALS:

The closest private hospital is Mediclinic Constantiaberg which has a 24 hour casualty unit. It is located in Burnham Road, Plumstead (approximately an 8 minute drive away from Le Vine). You can also find a casualty unit at Kingsbury hospital in Claremont (about a 15 minute drive)

DOCTOR:

If you need to see a doctor during your stay, we can assist you to set up an appointment with our family GP, Dr Peter Sandell or any of his partners, who work at the Fairmont Family Practice at the Kingsbury hospital in Claremont. Their contact details are: +27 (021) 683 6810.

3. HAIR & BEAUTY



HAIR: The following hair salons are located in the area:

- Gary Rom: 021 879 1787
- Carlton Hair: 021 794 4417
- Sorbet Style Bar: 021 794 6687
- Partners for Men: 021 795 0086
- Edge for Men: 021 794 2929

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NAIL BARS:

- Sorbet (Constantia Village):
- Mani Pedi (Constantia Village):

021 794 6687
021 794 4895



BEAUTY SALONS / SPAS:

- The Skin Aesthetics Clinic (High Constantia)
- Skin Renewal (High Constantia)
- Gingerlily Spa (Constantia Main Road)
- Africology Spa (Constantia Main Road).

021 794 4858; www.skinaesthetics.co.za
021 794 6843; www.skinrenewal.co.za
021 761 9034; www.gingerlily.co.za
021 001 0528 www.africologyspa.com

MOBILE MASSAGE:

- Queen mobile massage

062 001 9667 www.queenmobilemassage.com

4. GYM (INCL. POOL & SQUASH COURTS)



The closest health club is Virgin Active Constantia, located at the Constantia Sports Ground, Constantia Main road. Visitors can pay per visit to use the extensive facilities at the gym which include a 25 metre indoor pool, fitness classes, strength & training equipment and squash courts. There is also a healthy restaurant on site for tasty breakfasts and lunches after your workout. (www.virginactive.co.za)

5. GOLF



We are lucky to be in relatively close proximity to two beautiful golf estates:

- The **Steenberg Golf Club** is rated as one of the top 3 clubs in South Africa and is approx 12 minutes drive from Le Vine. (www.steenberggolfclub.co.za: Bookings - 021 715 0227)
- The **Westlake Golf Club** is located at the foot of the Silvermine mountains and is approx 15 minutes drive from Le Vine. (www.westlakegolfclub.co.za; Bookings - 021 788 2020)

6. BEACHES

Cape Town boasts some of the most beautiful beaches in the world. From Le Vine, the two closest recommended beaches are Muizenberg and Llandudno, but there are many others to explore.



Muizenberg (approx 25 minute drive, accessible via the M3 South). The water is warmer at Muizenberg and it is the perfect place to go for a surf (there are loads of surf shops along the beachfront where you can get an instructor and rent boards and wetsuits). Muizenberg gets very busy during season, so if you prefer a slightly quieter beach where the water is still warm enough for swimming, you can drive along the coast from Muizenberg to the St James or Fishhoek beaches.

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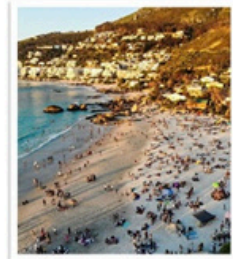
St James (approx 30 minutes drive). Beyond Muizenberg, if you continue to follow the coastline towards Simonstown, you will get to Kalk Bay. There you will find St James Beach, a smaller beach with a tidal pool. You may also want to visit the **Dalebrook Tidal pool**, which is a firm favourite with locals, for a dip.

Boulders beach (approx 45 minutes drive). Increasingly popular with tourists, Boulders beach is found even further along the same coastline as Muizenberg and St James. Here you can find small alcoves and if you're lucky, to swim with the penguins. See more under 'Kids'.



Llandudno (approx 30 minute drive, in the other direction - accessible over Constantia Nek). Llandudno's water is generally cold, but the beach one of Cape Town's most beautiful and is particularly recommended for sundowners and evening picnics. Note that parking can be tricky during peak season.

If you keep driving beyond Llandudno you will reach the most popular of Cape Town's Atlantic seaboard beaches (approx 40-45 minutes drive from Le Vine) – **Camps Bay** and **Clifton**. Although parking can be difficult and these beaches get packed during high season, they are both very beautiful. Camps Bay beach is easily accessible, just off the main road, while Clifton is accessed via some steep steps and is generally well protected from the wind.

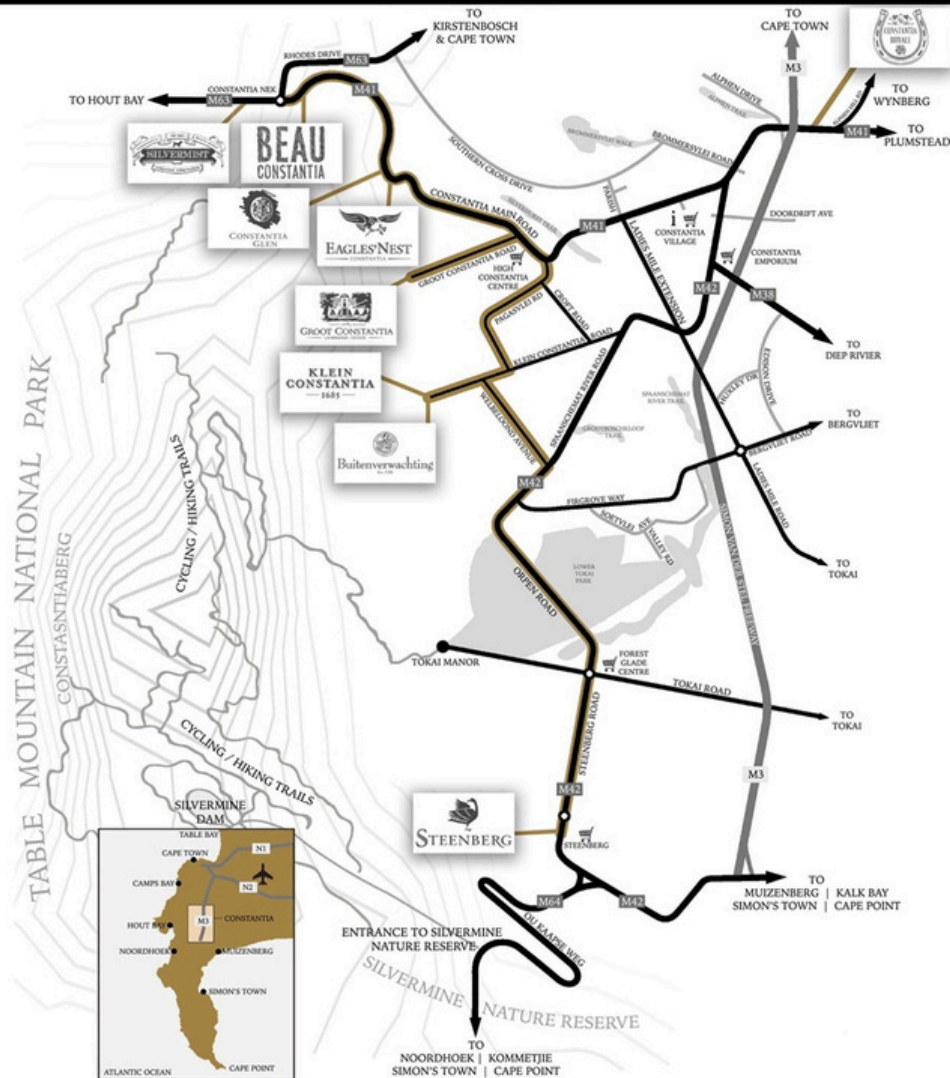


If your preference is a long beach walk or a horse ride along the beach then we recommend a visit to **Noordhoek beach**, also known as Long Beach, which is a 30-35 minute drive away. Noordhoek is not a swimming beach.

CONSTANTIA WINE ROUTE



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WELCOME TO THE CONSTANTIA WINE ROUTE

ROADS OUTLINED IN GOLD INDICATE OUR WINE ROUTE

APPROXIMATE LENGTH OF COMPLETE ROUTE: 18KM

MAP NOT TO SCALE

ARRIVE ALIVE | DON'T DRINK AND DRIVE

Your visit to Constantia would be incomplete without a visit to some of the outstanding wine farms that make the Constantia Valley what it is today. The information below is extracted from the specialist website www.constantiawineroute.com - please visit their site for more details!

THE CONSTANTIA TERROIR

The Constantia Valley lies on the southern slopes of the Table Mountain range and its vineyards climb up the east-facing slopes of the Constantiaberg, where the vines benefit from cool sea breezes blowing in from False Bay. The average age of the vines in Constantia range between six and fifty years. Vineyards are planted at altitudes between 55 and 420 meters above sea level. The Wine Route properties, combined with independent Constantia farms, comprise a total planting of 421 hectares of vine for the ward. This amounts to 0,44% of the total plantings in South Africa. The terroir motivated 63,58% of white varietals lead the production in this area.

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WINE FARMS

The Constantia Wine Route comprises 9 spectacular wine farms which produce a wide range of iconic, premium wines of world class quality:



STEENBERG

The oldest registered farm in the Cape, Steenberg Vineyards produces a variety of wines, including Méthode Cap Classique, Sauvignon Blanc, Semillon, Cabernet Sauvignon, Merlot, Shiraz, Nebbiolo and the ICON wine Magna Carta. Steenberg offers guests a selection of wine tasting experiences, with a Wine Tasting Bar, Tasting Lounge and Outdoor Terrace.

www.steenbergfarm.com



KLEIN CONSTANTIA

Renowned as one of the most beautiful wine estates in the country, Klein Constantia produces a premium Estate range (including one of the Cape's top Sauvignon Blancs), an accessible and easy-drinking KC range and their iconic natural sweet dessert wine, Vin de Constance. Klein Constantia offers a range of tastings as well as cellar and vineyard tours.

www.kleinconstantia.com



GROOT CONSTANTIA

The oldest wine-producing farm in South Africa, Groot Constantia produces a range of award-winning wines including a fresh and cheerful Blanc de Noir, a complex Chardonnay, a bold Shiraz and their iconic Grand Constance. The visitors route includes a museum experience, walking tours and 3 tasting rooms as well as a delicious chocolate and wine pairing.

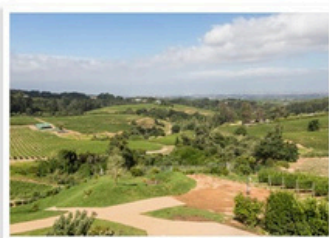
www.grootconstantia.co.za



CONSTANTIA GLEN

Situated just below Constantia Nek, Constantia Glen is picturesque boutique wine estate producing ultra-premium, cool climate wines. This makes for crisp white wines and fresh, vibrant reds, of which Constantia Glen has produced 4 award-winning varieties. Tastings are available in the beautiful tasting room.

www.constantiaglen.com



BEAU CONSTANTIA

Beau Constantia is a boutique wine farm situated at the top of Constantia Nek. The cultivated varieties include Viognier, Sauvignon Blanc, Semillon, Cabernet Franc, Merlot, Cabernet Sauvignon, Malbec, Shiraz and Petit Verdot. Beau Constantia is home to the well known fine dining restaurant Chefs Warehouse and is well worth a visit.

www.beauconstantia.com



SILVERMIST

Silvermist Organic Wine Estate has planted three cultivars, namely Sauvignon Blanc, Shiraz, Cabernet Sauvignon and Chardonnay. Silvermist has an African-style deli and wine bar, and is home to the world-renowned African drumming show - Drumstruck. It also offers some of the most spectacular views in the City. It is open for tastings from Wed-Sun.

www.silvermistestate.co.za

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CONSTANTIA UITSIG

Being the lowest lying farm in the valley, Constantia Uitsig's rich, fertile soils are ideal for producing world-class whites (like Semillon, Sauvignon Blanc and Chardonnay). Pop in for a wine tasting, paired with an artisanal cheese or charcuterie platter at the Wine Shop on Uitsig Farm.

www.uitsig.co.za



BUITENVER- WACHTING

Buitenverwachting, which literally means 'beyond expectation', specialises in Sauvignon Blanc, as well as some Bordeaux red varieties. Wine tastings are housed in the historic wine cellar and casual charcuterie platters with fresh baguettes are available as well as an artisan ale to cleanse your pallet.

www.buitenverwachting.com



CONSTANTIA ROYALE

Constantia Royale is a limited production Sauvignon Blanc made from grapes grown on the 17-hectare, family-owned farm of Nova Zonnestraal. Wine tastings are offered in an unusual location: a tunnel under the M3 freeway. Once inside there is no noise and just impeccable views of the Constantiaberg.

www.constantiaroyale.co.za

HIKES AND TRAILS

There are many beautiful places in and around Constantia for hiking / walking. For your safety, we recommend that you do not hike alone - rather stick to groups of 2-4 people if possible. Remember to take extra water, a hat, good walking shoes and a windbreaker or warm sweater (even if it is a hot day). Don't forget your cellphones (in case you get lost and need to give us a ring). For more details about these hikes and for maps with routes, visit: <http://www.cape-hike.co.za>



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GROOT CONSTANTIA

For a beautiful walk just on our doorstep - you can walk directly into Groot Constantia via the Gate on Ou Wingerd Pad and meander along the paths through the vineyards. For a more strenuous walk, head up the circular path to the very top of the vineyard and loop back down. You can also extend your walk to the bottom of the vineyard around the dam.

Duration: Half an hour to 1.5 hours

Skill level: Easy



THE CONSTANTIA GREEN BELT

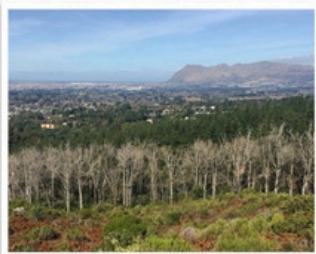
In Constantia's green belt there are no fewer than 9 interwoven trails that provide inner city walking that is easy to reach but which still gives you a feeling of being away from it all. Each of these walks takes about 30 mins to 1 hour and require very little skill. Some of the most popular walks include:

Alphen Trail: Park on Alphen Drive off of Constantia Main Road and set off along the path next to the Diep River. There are a couple of bridge crossings where you can choose to walk on the other side. This isn't a circular route and you can also start the walk on the other end and park on Le Sueur Avenue.

The Diep River Trail: Can include the Alphen Trail or join it at Le Sueur Meadow on the bend of Brommersvlei Road, on Avenue Beauvais or Southern Cross Drive.

Silverhurst Trail: Starts just down Constantia Main Road as you pass High Constantia where you can park your car. It is a beautiful lush walk that runs along Silverhurst Estate.

The Brommersvlei walk: Almost encased by Rathfelder avenue where the road makes the famous loop around the Bel Ombre Meadow.



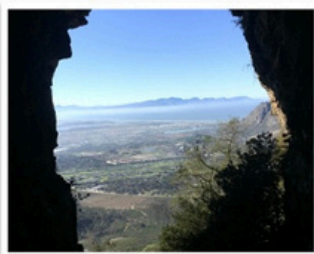
CONSTANTIA NEK

There are various routes starting at the Forestry road at Constantia Nek. You can either choose to veer left and take you upwards via some steep steps, or choose the more gentle winding route up the mountain. There is an option to walk into Kirstenbosch Gardens along this route.

Duration: 2-4 hours

(depending on route)

Skill level: Easy to moderate



ELEPHANT'S EYE

A little further afield, the Elephant's Eye hike starts at Silvermine Dam near Noordhoek. Elephant's Eye is a large cave in the Silvermine Nature Reserve that resembles the head of these majestic creatures. A stunning hike with gorgeous views, and the option of having a swim in the dam afterwards.

Duration: 2-2.5 hours

Skill level: Moderate



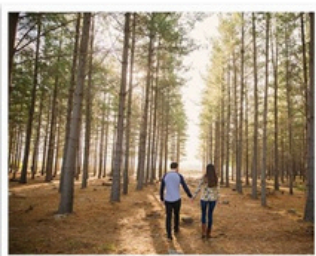
MUIZENBERG TO KALK BAY

St James Coastal Walk on the Muizenberg Mile is a gorgeous, seaside walkway winds its way along the beach and rock pools in Muizenberg. Start in Muizenberg and follow the walkway through to St James. We recommend stopping in Kalk Bay to look at the shops and for a bite to eat.

Duration: 1.5 hours

Skill level: Easy

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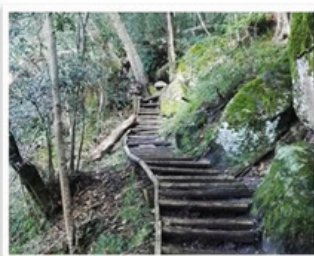


TOKAI FOREST

This is a lovely circular route around the Tokai forest where you will find many locals in the early mornings and evenings jogging or walking their dogs. This is an oasis in the middle of Tokai which is part forest and part gorgeous open fynbos views.

Duration: 45 mins - 1 hour

Skill level: Easy



SKELETON GORGE

This hike begins in Kirstenbosch gardens and takes right up to Maclear's Beacon, the highest point on Table Mountain. This is a long hike with ladders so you should be fit. The ladders and rocks are slippery when wet so during the rainy season it is better to do Nursery Ravine.

Duration: 2-4 hours

Skill level: Moderate to hard



NURSERY RAVINE

An alternative route to Skeleton Gorge, this is a steep, mostly shaded climb from Kirstenbosch Gardens up to Table Mountain. The top of the Ravine involves some rough boulder hopping on large steps. There is also a ladder at the top.

Duration: 2-3 hours

Skill level: Moderate

MARKETS



The Cape is well known for its outstanding markets, and locals gather regularly to enjoy good food, wine and locally made goods. Pop-up markets are also common in our area, and if you'd like to find out what's happening during your visit, you can check online at www.capemarkets.co.za.

Our personal favourite foodie market is **ORANJEZICHT CITY FARM MARKET**, a farmer's style market held every Saturday and Sunday (and Wednesday nights through the summer) at the historic Granger Bay site of the V&A Waterfront. The food and the vibe are amazing & we highly recommend popping past for a casual meal.

Location: Granger Bay, V&A Waterfront.
Contact: www.ozcf.co.za
Hours: Saturday & Sunday: 9am to 2pm. Wednesdays (October to April): 5pm-9pm

Below we've provided an overview of some of the regular markets in the vicinity of Le Vine.



CHILLED MARKET AT THE RANGE

A weekly Friday night market nestled in the woods of Tokai forest, the Range market offers tantalising food options to cater for all tastes, local wines from the valley, cold draft beer on tap as well as a gin and cocktail bar. Seating is available inside the marquee and outdoors, there is a kids' play area and live music.

Location: Orpen Road (off Spaanschemat River Road)
Contact: www.therange.co.za
Hours: Friday evenings 4.30pm-9.30pm.



EARTH FAIR FOOD & CRAFT MARKET

This small Wednesday and Saturday market offers delicious food, snacks, drinks, crafts from our local traders, and enjoy the beautiful outdoor setting while your children have fun in the kiddies section. Drinks are available at the bar & there is live music for entertainment.

Location: Corner St Joans Road & Timour Hall Road, Constantia
Contact: www.earthfairmarket.co.za
Hours: Wednesdays 4pm - 9pm; Saturdays 9am - 3pm



THE BAY HARBOUR MARKET

A vibrant weekend market that kicks off on Friday evening with live music and runs through to Sunday late afternoon, this market is home to over 100 entrepreneurial traders and at least 26 food stalls. The market is located at the edge of the sea overlooking Chapmans Peak. It's a great place to buy gifts & curios.

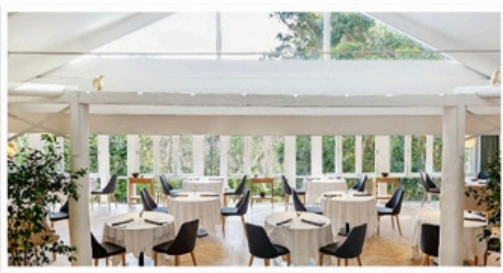
Location: 31 Harbour Road, Hout Bay
Contact: www.bayharbour.co.za
Hours: Fridays: 5 pm to 9 pm; Saturday & Sunday: 9.30am to 4pm

WHERE TO EAT

If you're looking for good food and wine you've come to the right place! We've put together a list of our favourite local restaurants, coffee shops and deli's especially for you. 4 of the top rated restaurants in the country at the moment are located right on your doorstep here in Constantia, but if you're looking for something a little bit more low-key, there are lots of other options. We've categorised

FINE DINING

In Constantia you are spoilt for choice with several fine dining options that rate amongst the top in Cape Town, in South Africa and in the world!. In 2023, La Colombe was rated the best restaurant in South Africa in the Eat Out Awards. Both La Colombe and Chefs Warehouse received 3 star ratings (of only seven 3 star restaurants in the country), while Foxcroft and beyond received 2 star ratings. All of these restaurants are located within a 2 to 10-minute drive from Le Vine Constantia and require advance bookings.



LA COLOMBE

Our all-time favourite fine dining restaurant, guaranteed to give you an immersive culinary experience, La Colombe, is located just over Constantia Nek on the Silvermist Wine Estate. La Colombe is one of South Africa's most iconic and internationally acclaimed fine dining establishments presented by Chef Proprietor Scot Kirton. La Colombe gifts guests a multi-course experiential meal that is guaranteed to be unforgettable.

OUR INSIDE TIP: Keep a look out for La Colombe's winter lunchtime specials!

Location: Silvermist Estate, Main Road Constantia Nek
Contact: reservations@lacolombe.co.za ; www.lacolombe.restaurant/food
Hours: Monday to Sunday 12.00pm to 1.30pm (last seating) and 6pm to 8pm (last seating)
Child policy: No kids under Age 10



CHEF'S WAREHOUSE

Situated at the top of the Constantia Valley, with sweeping views over the vineyards and Cape Town, Chef's Warehouse is another perennially buzzed-about restaurant. Restaurateur Liam Tomlin and chef /partner Ivor Jones offer a four-course menu of fine-dining calibre tapas with an emphasis on the harvest from the farm's gardens.

OUR INSIDE TIP: Dinners end very early here - skip lunch, book an early dinner and watch the sun go down from this spectacular location!

Location: Beau Constantia Wine Estate, Constantia Nek
Contact: <https://www.chefswarehouse.co.za/beau-constantia> +27 21 794 8632
Hours: Monday - Saturday, 12pm - 2.30pm; 6pm - 8.30pm. Sunday, 12pm - 2.30pm
Child policy: No children under Age 10



FOXCROFT

Foxcroft is just a 2-minute drive away from Le Vine Constantia, in the High Constantia Centre. The sister restaurant of La Colombe and is co-owned by Glen Foxcroft Williams' and feted La Colombe chef-proprietor Scot Kirton. The vibe at Foxcroft is more laid back than its sister restaurants and its really good value for money, but the food is equally exceptional.

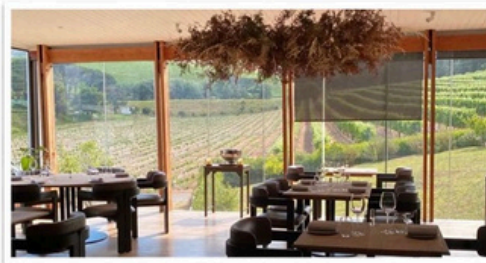
OUR INSIDE TIP: Check to see if the Sunday Supper Club or Winter lunch specials are running during your visit!

Location: Shop 8, High Constantia Centre, Constantia Main Road

Contact: reservations@foxcroft.co.za or book online at www.foxcroft.restaurant/home; +27 21 202 3304

Hours: Open daily for lunch from 12pm to 2.30pm and for dinner from 6pm to 8.30pm

Child policy: Kids are permitted but no children's menu



BEYOND RESTAURANT

Situated on the Constantia wine estate Buitenverwachting, Beyond is headed up by the trio behind the international-award-winning FYN restaurant: chefs Peter Tempelhoff and Ashley Moss. The menu is clear with considered, balanced options, offering diners the choice of two, three or six courses. It offers an incredible dining experience that is memorable, unique and exceptional, and great value for money

OUR INSIDE TIP: Try something from the 'Before the Meal' section of the menu!

Location: Buitenverwachting wine estate, 37 Klen Constantia Rd, Nova Constantia

Contact: info@beyondrestaurant.co.za / +27 21 794 0306. www.beyondrestaurant.co.za

Hours: Lunch: Tues-Sat: 12pm-2.30pm

Dinner: Tuesday to Saturday 6pm to 8.30pm

Sunday lunch 12pm-2.30pm

Child policy: Not recommended for kids under 12.

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ELEGANT WINE FARM MEALS

CONSTANTIA GLEN



Known for its cool-climate sauvignon blancs and Bordeaux-style reds, Constantia Glen offers wine tastings - with or without its delicious but limited charcuterie, cheese, salad and Flammkuchen menu.

The verandah, with its wicker chairs and tables, is the best spot to take in the sun-drenched vineyards and lawned terraces, as well as the spectacular mountain and valley views. The Glass Room also boasts glorious views and is probably a safer bet in winter.

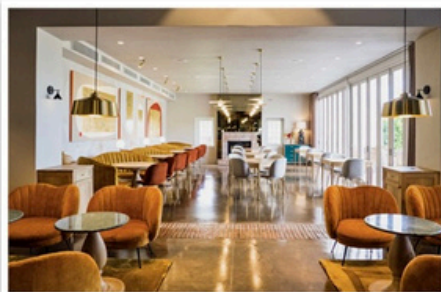
Location: Constantia Glen, Constantia Main Road, Constantia

Contact: 021 795 5639, reservations@constantiaglen.com

Hours: 10am-6pm Monday- Thursday and Sunday; 10am-8pm Friday and Saturday

Child policy: Children welcome

TRYN AT STEENBERG



Tryn is contemporary in spirit with delicious food, a bold and modern interior, gorgeous views and a relaxed atmosphere.

Nestled in the idyllic Constantia Valley winelands on the beautiful Steenberg estate, here you can indulge in refined dining in a serene setting with delightfully wholesome breakfasts, light and easy lunches and sumptuous and flavoursome dinners.

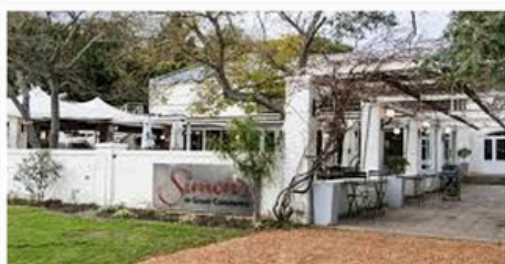
OUR INSIDE TIP: Book a spa experience at the Steenberg hotel before or after your meal!

Location: Steenberg Road, Tokai, Cape Town

Contact: 021 713 7178, info@tryn.co.za

Hours: Mon-Sun. Breakfast: 8am-11am; Lunch: 12pm-3pm; Dinner: 6pm-10pm

Child policy: Children welcome



SIMONS AT GROOT CONSTANTIA

Simons is located in a beautiful old building in Groot Constantia that is a mix of old-world charm and modern elegance, and the restaurant offers a unique dining experience. The location is stunning and the cuisine is a relaxed fusion of classic French and contemporary South African flavours. Child-friendly and dog friendly, and a great place to just pop in for a coffee after a stroll in the wine farm.

OUR INSIDE TIP: Its a great place to meet friends with furry friends who will enjoy a bite from the doggie menu!

Location: Groot Constantia, Groot Constantia Road, Constantia

Contact: 021 713 2211, www.simons.co.za

Hours: 8am-10pm daily

Child policy: Children Welcome



COFFEE BLOC AT BUITENVERWACHTING

This historic farm is one of the most beautiful in the valley, with a rambling garden, making it an especially great spot for children. The restaurant has a fresh, contemporary feel, while still retaining its warm and welcoming atmosphere, thanks to a cosy fireplace, and that it's housed in one of the estate's original thatch cottages.

OUR INSIDE TIP: You can order picnic platters at Buitenverwachting to eat on the lawns from Mon-Sat between 10am & 5pm

Location: Buitenverwachting Wine Farm, 37 Klein Constantia Road, Constantia

Contact: 021 794 3522, 021 794 5190/1, info@buitenverwachting.com

Hours: 8am-3pm Monday to Saturday; Closed on Sundays

Child policy: Children welcome

JONKERSHUIS AT GROOT CONSTANTIA



Groot Constantia is just on our doorstep within walking distance from Le Vine, and is also the oldest wine-producing estate in South Africa. Jonkershuis is an authentic Cape Malay inspired bistro, which offers outdoor seating in front of the Groot Constantia Manor House beneath the vast, aged oaks. Inside, old-Cape grandeur permeates, with a flicker of fireside intimacy during winter.

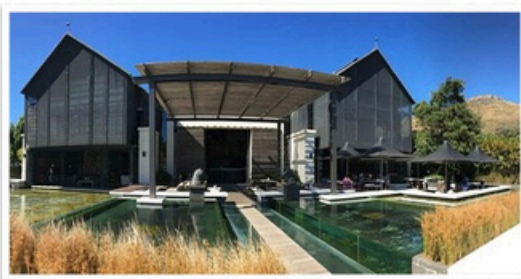
OUR INSIDE TIP: Experience a chocolate and wine pairing tasting at the Wine tasting room when you drive into Groot Constantia. At the restaurant, try one of the delicious Cape Malay dishes for a taste of Cape Town's history. In summer, book an outdoor table so kids can run around freely on the grass. In winter, book an indoor table next to the fireplace for a cozy meal!

Location: Groot Constantia, Groot Constantia Road, Constantia

Contact: 021 794 6255, info@jonkershuisconstantia.co.za

Hours: 9am-9pm Monday to Saturday, and 9am-5pm Sunday

Child policy: Children welcome



BISTRO SIXTEEN82

Located on the Steenberg wine estate, Bistro Sixteen82's location is hard to beat. Surrounded by the verdant vineyards and the mountains, the elegant eatery's terraced dining area overlooks the estate's indigenous garden with its intriguing metal sculptures and water features. The seasonal menu offers a mix of Asian- and Spanish-inspired dishes that are fresh and flavourful.

OUR INSIDE TIP: Try a wine tasting before your meal. The Steenberg sparkling Sauvignon blanc is a real treat!

Location: Steenberg Road, Tokai, Cape Town

Contact: 021 713 2211, reservations@bistro1682.co.za

Hours: Mon-Sun. Breakfast: 8am-11am; Lunch: 12pm-3pm; Dinner: 6pm-10pm

Child policy: Children welcome



THE BISTRO AT KLEIN CONSTANTIA

Situated under the Jacaranda trees alongside the recently renovated tasting room, the Bistro focuses on fresh, seasonal ingredients and embodies a 'farm to table' theme.

OUR INSIDE TIP: Curated cheese plates are served from mid afternoon and can be paired with the Vin de Constance vintage featured on the day.

Location: Klein Constantia Estate,, Klein Constantia Road, Constantia

Contact: 021 794 5188; bistro@kleinconstantia.com

Hours: Mon-Sun lunch only. 10am-3pm. Wine tastings and cheese plates available until 4pm.

Child policy: No kids under 12

BREAKFAST NOOKS



CHARDONNAY DELI

You'll find this the cute local breakfast spot just down the road in a renovated old farm-style house near Groot Constantia. Chardonnay is all about wholesome food and warm hospitality. Add foresty views, friendly staff and a laid back vibe – and it's the stuff that breakfast dreams are made of. There is also a new Chardonnay Deli at Constantia Uitsig which is worth visiting.

OUR INSIDE TIP: *If you've got food intolerances, try their delicious wheat free chocolate cake and a vegan nut cake.*

Location: Chardonnay Deli, 87 Constantia Main Road, Constantia (Access via High Constantia Entrance and drive through)

Contact: 021 795 0606, info@chardonnaydeli.co.za



NEST DELI

We've coupled these two lovely breakfast / lunch spots because they are both housed in converted labourers' cottages on Constantia Uitsig Wine Estate. With gorgeous views of the mountains and a magnificent rose garden to stroll around, either of these is a great option for breakfast or a light lunch.

Location: Constantia Uitsig Estate, Spaanschemat River Road, Constantia

Contact: Tel: 012

5994; info@fourandtwentycafe.co.za

Hours: Mon-Sat 8am-4.30pm; Sundays 8am-4pm



SPIRIT CAFE

You don't have to be vegan, vegetarian or even health-conscious to enjoy the delicious dishes at Spirit Café in Constantia. With its chilled vibe and cosy setting, the café is perfect for an early-morning coffee, breakfast or a light lunch. You'll find the spirit cafe in the Village Courtyard across the parking lot from the main Constantia Village centre.

OUR INSIDE TIP: *Try the farmhouse breakfast - it's delicious and so healthy!*

Location: Spirit Cafe, Shop 10A on the Square, Constantia Village Courtyard

Contact: 021 795 0167, info@spiritcafe.co.za



FOUR AND TWENTY

Contact: Tel: 021 762 0975

info@fourandtwentycafe.co.za

Hours: Mon-Sat 8am-5pm; Sundays 9am-4pm

GREAT FOR KIDS

Many of the restaurants already mentioned are child friendly. Most of the wine farms are a safe bet for children of all ages. We particularly recommend Jonkershuis at Groot Constantia, where kids can run around freely. In addition, there are a few other really child-friendly / child-focused places which are really worth visiting with your little ones. Some of these are a bit further afield, but this list would be incomplete without them:



CLAY CAFE CERAMICS IN HOUT BAY

This venue is more about kids' entertainment than eating. The hugely popular Clay Café gives kids (and adults) the opportunity to paint ceramics and play in the garden on the large trampolines and play equipment. The menu is simple but tasty - pizzas, salads and sandwiches, and the environment is lovely.

OUR INSIDE TIP: It takes between 3-4 weeks for ceramic items to be fired and ready for collection so if you're not going to be around for a long time, rather take home the unfired items or just enjoy the painting process.

Location: 4080 Main Rd, Hout Bay
Contact: 076 810 5120
Hours: 9am-5pm daily



CAFE ROUX AT NOORDHOEK FARM VILLAGE

The Noordhoek farm village is a relaxed hub of restaurants and craft shops including a coffee roastery, raw juice bar and ice cream shop. Café Roux is probably the busiest and most popular of all the restaurants in the village. During the day it's a great place for kids and families, with a large playground for kids just adjacent to the restaurant. At night, it's one of Cape Town's top venues for live local music. The menu comprises uncomplicated café-style food.

Address: Village Ln & Noordhoek Mani rd, Goedeheop Estate
Contact: 021 789 2538;
www.caferoux.co.za
Hours: 8.30am-5pm daily (and open for dinner and live shows select nights of the week from 6.30pm)



BLUE WATER CAFE AT IMHOFF FARM

Imhoff farm is a historical Cape Farmstead that offers something for everyone in the family. There are a few places to eat (including a small sushi restaurant) but the place to take your kids is Blue Water Café. It serves New Cape style food and pizza baked in a wood fired oven. What makes it perfect for kids is the enclosed garden, jungle gym and neighbouring animal farm where kids can pet the rabbits and other animals.

Location: Kommetjie Road, Kommetjie
Contact: 021 783 4545;
info@bluewatercafe.co.za
Hours: Closed on Mondays;
Tuesdays 9am-4pm; Wed-Sat
9am-9pm; Sunday 9am-6pm



DUNES

Dunes Restaurant is situated right on Hout Bay Beach with stunning views of Chapman's Peak and the surrounding mountains. It's a great place for fish, chips and a local beer, but the real appeal is the popular children's playground on the sand.

Location: 1 Beach Road, Hout Bay

Contact: 021 790 1876;
bookings@dunesrestaurant.co.za

Hours: 9am-10pm daily



KRISTEN'S KICKASS ICE-CREAM

Kristen's ice-creams are always a hit with the kids, and if you really feel like spoiling yourselves, add a waffle, doughnut or cookie to your order. Kristen's also has AMAZING sugar free & dairy free ice creams!

Location: Constantia Uitsig Estate, Spaanschemat River Road, Constantia

Contact: Tel: 079 654 9027

Hours: Mon-Thurs 12pm-7pm; Fri-Sun 10am-8pm

FUN & CASUAL



TASHAS

A beautiful, casual restaurant in the style of a European café, Tashas provides bistro-style food, burgers and light meals and salads. Tashas is great for a big breakfast or a light lunch. It is conveniently located in the Constantia Village Shopping Centre.

OUR INSIDE TIP: Try an ice cream from the Tashas Ice cream bar for dessert or as a treat for your kids - you won't be disappointed!

Location: Shop 55, Constantia Village, Constantia Main

Contact: +2781 028 0528

Hours: Open daily 8am-6pm



LA PARADA

One of the few late night restaurants in Constantia, La Parada is a trendy spot that offers Spanish-style tapas in a vibrant and fun atmosphere. While the food has had mixed reviews, there is a great vibe and it's a good option for late night tapas and drinks.

OUR INSIDE TIP: This restaurant is not ideal for young children at night. Keep a look out for day parties and live music - often on a Sunday.

Location: Top of Constantia Nek - 1 Hout Bay Rd

Contact: 021 795 0620, constantianek@laparada.co.za

Hours: Mon-Thurs (11am-12am); Fri -Sundays (8am-12am)

ITALIAN



MASSIMOS

Massimo's in Hout Bay was recently voted the best pizzeria in Africa in the Pizza Top 50 Awards. It's located just over the Constantia Nek and is a family favourite with its large play area and its relaxed atmosphere.

Location: Oakhurst Farm Park, Main Road, Hout Bay
Contact: 021790 5648 ;
www.massimos.co.za
Hours: 9am-5pm daily



95 AT PARKS

Fine Italian cuisine - just down the road. The sister restaurant of 95 Keerom in downtown Cape Town.

Location: 114 Constantia Main Rd, Constantia
Contact: 021 761 0247;
parks@95keerom.com
Hours: Lunch Fri-Sun 12pm-3pm;
Dinner Tues-Sat 6pm-10pm



A TAVOLA

Our favourite Italian spot in the southern suburbs. Located in Claremont, this gem has been going strong since 2008.

Tip: Try their prawn pasta!

Location: Shop 1, Library Square, Wilderness Road, Claremont
Contact: Tel: 021 671 1763
Hours: Mon-Fri open for lunch and dinner (closed from 3.30-5.30pm)
Sat - Dinner only. Closed Sundays.

FOR ART LOVERS

GRUB & VINE AT THE NORVAL FOUNDATION

Grub & Vine Norval by Chef Matt Manning serves elegant bistro-style fare paired with fantastic wine in an idyllic Winelands setting that pays homage to nature's own artistry.

Whether or not you opt to dine at this restaurant, we highly recommend a visit to the Norval foundation - a stylish visual art museum boasting one of SA's largest private collections. It also has an outdoor amphitheatre, a sculpture garden with paths running through endemic plant beds & much more. Check out www.norvalfoundation.org to find out which exhibitions are currently running at the museum.

OUR INSIDE TIP: Make it a day with a. Meal and a visit to the Norval foundation!

Location: 4 Steenberg Road, Tokai
Contact: 087 654 5902; hello@grubandvine.co.za
Hours: Mon, Wed, Fri: Lunch 12pm-3pm, Dinner 6pm-9pm. Bar menus available 12pm-8.30pm. Sat & Sun 10pm-4pm



WHERE TO WATCH SPORT & GRAB A MEAL



PEDDLARS ON THE BEND

Peddlars is a landmark destination for sports lovers who want to grab a bite while watching the big game. The food is simple and mostly tasty, but Peddlars is definitely best known as the place to go to watch the sport with a beer and friends.

Location: 32 Spaanschemat River Road, Constantia

Contact: 021 794 7747

Hours: 11am-11pm daily



THE BAY SPORTS BAR

If you truly want to 'do as the locals do', then grab a game and a bite at the False Bay Rugby Club. The Bay is an unpretentious eatery with pub-style food, and is a great place to unwind with the family.

Location: False Bay Rugby & Football Club, Constantia Sports Complex, Constantia Main Rd

Contact: 021 794 0652

Hours: 11am-11pm daily

SUSHI



SUSHI BOX

Get your sushi fix in the midst of the winelands at the gorgeous Constantia Uitsig Estate. Sushi box offers a range of signature dishes that have become renowned across Cape Town. They also offer great Asian style noodle dishes.

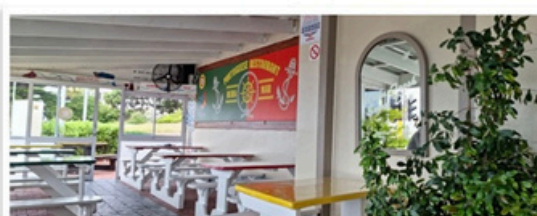
OUR INSIDE TIP: *Grab dessert afterwards at tKirsten's Kick Ass Ice Cream (see below) or Alexander Avery Fine Chocolates!*

Location: Constantia Uitsig Estate, Spaanschemat River Road, Constantia

Contact: Tel: 072 799 5722; www.sushibox.co.za

Hours: Open daily from 11.30am - 9pm.

PORTUGUESE



BEIRA MAR - KALK BAY

This is literally our family favourite restaurant in Cape Town. It's a bit further away in Kalk Bay, and is definitely a hidden local spot. Very casual and vibrant, situated in the heart of Kalk Bay, Beira Mar serves hands down the best prawns in Cape Town. Their other Portuguese offerings are also amazing.

OUR INSIDE TIP: *They have a very limited selection of wines & beers, so take your own bottle of wine -no corkage charged.*

Location: 151 Main Rd, Kalk Bay

Contact: 021 788 3142

Hours: Open Daily. 12pm-9pm

ALSO IN THE AREA: NOT TO BE FORGOTTEN

There are a few restaurants in the area that don't fall into any of the categories above, but which are truly fabulous in their own



CONSERVATORY

Situated around the corner in the gorgeous Cellars Hohenort Hotel, and offers a light and abundant menu as well as a delicious high tea!

Location: 93 Brommersvlei Road, The Cellars-Hohenort, Constantia
Contact: 021 794 2137
Hours: Open Daily. 7am-9,30pm



LA BELLE

Located at the Alphen Hotel, La Belle offers lovely light meals and delicious goodies for tea. Great outdoor area for summer and warm indoor area for winter.

Location: The Alphen Boutique Hotel, Alphen Drive, Constantia
Contact: 021 795 6336
Hours: 7am-11pm daily



BLANKO

Also located in the iconic Alphen Hotel, Blanko is the more formal hotel restaurant located in a series of rooms indoors. Delicious Italian fare.

Location: The Alphen Boutique Hotel, Alphen Drive
Contact: 021 795 6313
Hours: Mon-Sun 12pm-11pm



CHEYNES

Cheyne's is a little further away, over the Nek in Hout Bay, but we think it is a brilliant (less expensive, more casual) alternative to the high end fine dining restaurants. It offers tapas-style Asian fusion food divided into 4 categories - sea, land, earth and happy endings. Definitely worth a visit!

Location: Main Road, Scott Estate, Hout Bay
Contact: 066 412 3289
Hours: Tues-Thurs 5pm-10pm. Fri-Sun 12pm-10pm. Closed Mondays.



BLOCKHOUSE KITCHEN

Blockhouse Kitchen is a modern, airy and beautifully dressed 250-seater space, offering a chic yet child-friendly dining experience. Guests pop in casually for a cup of coffee, a drink after work, breakfast, lunch or an informal dinner.

Location: Constantia Uitsig Estate, Spaanschemat River Road, Constantia
Contact: 021 794 3010
Hours: Tues-Sat 8am-9pm; Mon and Sun 8am-5pm

OUR PERSONAL TOP 6 SELECTION IN CENTRAL CAPE TOWN

It would be impossible to list all of the great restaurants in the Cape Town Central area, but these are a few of our personal favourites - a mix of fine dining and exciting new fusion cuisine.



OUZERI

Greek Cypriot food with a twist in a very laid back environment. Young and convivial - can get a bit loud but its worth it - the food is wonderful.

Location: 58 Wale St, CT city centre
Contact: 061 533 9071
Hours: Lunch Tues-Sat 12-2.30pm.
Dinner Tues-Sat from 6-9.30pm



NIKKEI

Japanese-Peruvian fare - a real culinary adventure. Classy, vibe atmosphere with sake cocktails and sushi, as well as complimentary mochi at the end of your meal.

Location: 87 Bree Street, CT
Contact: 021 109 0081
Hours: Daily from 12pm-10.30pm



KLOOF STREET HOUSE

Set in a beautiful old Victorian house on the atmospheric Kloof Street, this is a long time favourite of ours for good food and a fantastic atmosphere.

Location: 30 Kloof St, Gardens
Contact: 021 423 4413
Hours: Mon-Sun 10am-2am



FYN

Fine dining at its best. A regular on the World's 50 best restaurants list and one of SA's best restaurants. Japanese-South African fare presented by chefs Peter Tempelhoff & Ashley Moss.

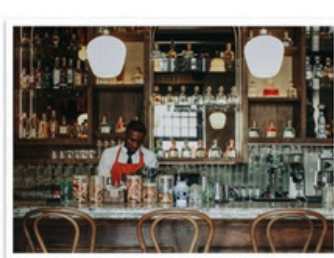
Location: 5th Floor Speakers Corner, 37 Parliament St, CT
Contact: 021 286 2733
Hours: Open Mon-Sat for lunch 12pm-2pm and dinner 6pm-10pm



TTK FLEDGELINGS

From the original Test Kitchen's chef Luke Dale Roberts comes this incredible new mentorship kitchen for young chefs. The food & the ambience are both wonderful.

Location: Old Biscuit Mill, 375 Albert Rd, Woodstock
Contact: 021 447 2337
Hours: Mon-Wed 6pm-8.30pm; Fri & Sat 12-1.30pm & 6-8.30pm. Closed Sundays.



HACIENDA

Inspired by Baja California, Hacienda is a destination where guests can experience a modern twist on authentic coastal Mexican cuisine. Get twist on Mexican food, served tapas-style.

Location: 92 Bree Street, CT
Contact: 021 422 0128
Hours: Mon-Sun 12am-10.30pm

KIDS & TEENS ACTIVITIES

While this manual focuses primarily on places that are very close to Le Vine Constantia, we thought it would be a pity for you to miss out on some of the fabulous kids activities in and around the broader Cape Town area. The first listings are close to home, and then we've included a few that are a bit further afield that we think are worth a short drive (none are further than a half an hour drive from Le Vine)! This is by no means an exhaustive list, but includes some of the lesser-known attractions for kids, teens, and even adults that are enjoyed by locals.



KIRSTENBOSCH GARDENS

The Kirstenbosch National Botanical Gardens are a treat for the whole family. Kids will love the dinosaur exhibition, with its life sized dinosaur sculptures, as well as the Tree Canopy Walkway (or 'boomslang') which is a magical 130m walkway above the treetops. Plan your visit to include a meal at Moyo, the child-friendly African themed restaurant.

Location: Rhodes Drive, Newlands
Contact: 021 799 8782; <http://www.sanbi.org/gardens/kirstenbosch>
Hours: Open daily. Summer - 8am-7pm; Winter - 8am-6pm



DRUMSTRUCK AT SILVERMIST

A must-do if you are lucky enough to be in town when Drumstruck is showing. A full South African experience for the whole family including an intimate wine tasting, an African music show and a braai. Every audience member gets a drum to play and the show is guaranteed to get you up and out of your seats. See their reviews on Tripadvisor!

Location: Silvermist Estate, Hout Bay Main Rd, Constantia Nek
Contact: Tel: 082 901 0496; www.drumstruck.com - Online booking recommended
Hours: 11am and 5pm shows most days in peak season. Check show schedule online.



ACRO-BRANCH CONSTANTIA

A treetop playground where kids from ages 4 and up can participate in tree-top obstacle courses. Each course suits a different age group, so Acrobranch is great for teens and adventurous adults too. Obstacles comprise tree top high ropes and tricky crossings as well as spectacular zip lines. Parents can eat at La Parada while kids play!

Location: 1 Hout Bay Road (Top Constantia Nek)
Contact: Tel: 021 201 1121; www.acrobranch.co.za - Online booking recommended
Hours: 9am-5pm, Wednesday to Sunday. Open on school holidays & public holidays



CT ZIPLINES

The Cape Town Zipline adventure starts at Silvermist wine estate (next to Drumstruck). This is the longest zipline in Africa - over 2.3km with spectacular views over the Cape Peninsula. Suitable for kids over 6 years and weight limit of 120kg.

Location: Silvermist Wine estate, Constantia Nek

Contact:
www.saforestadventures.co.za
Hours: Daily 9am-12.30pm



CLAY CAFE

Fun for the whole family - choose from an array of unfired pottery items and relax and unwind while you paint and decorate your chosen item. Clay Cafe also has a gorgeous garden with trampolines and simple, tasty breakfasts and lunches.

Location: 4080 Main Road, Hout Bay
Contact: 076 810 5120; <https://claycafe.co.za/Home/> - Booking recommended
Hours: 9am-5pm daily



RUSH EXTREME

Great for chilly days where kids just need to release some energy! Rush is an indoor Trampoline Park with wall to wall interconnected trampolines, including dodge-ball courts, a cube foam pit, hydraulic slam dunk basketball hoops and more.

Location: 25 Stegman Rd, Claremont
Contact: 021 683 3841; info@rushsa.co.za - Booking essential
Hours: Check website



PLAYSTATION

Similar to Rush (see above) but for younger kids aged 2 to 13 years. An indoor playpark with a 4m rock climb, slides, an adventure maze and an astroturf pitch. Mom & dad can grab a drink & light bite while the kids play.

Location: 10 Honeywell Rd, Retreat
Contact: Book at www.playstation.rushsa.co.za
Hours: Check online



THE BIKE PARK AT UITSIG

The Bike park at Constantia Uitsig is suitable for all ages and levels and offers a variety of pump tracks, drop-offs, a wooden berm and more. Bike rental options are available.

Location: Constantia Uitsig, Spaanschemat River Road
Contact: 081 833 4488; www.bikeparkatuitsig.co.za
Hours: Daily, 9am-5pm



MUIZENBERG WATER SLIDES

The ultimate summer fun for kids, ages 3 and up, this attraction includes 3 slides that end in a solar heated pool. Lifeguards are on duty and there is shaded seating.

Location: Beach Road, Muizenberg
Contact: 082 454 5023
Hours: Weekends & holidays - 9.30am-5.30pm; Weekdays: 1.30pm-5.30pm
Closed from May until October.



IMHOFF FARM

The lovely Imhoff farm offers a number of kid's activities including a petting farm (Higgledy Piggledy farmyard), beach horse-riding and a number of restaurants in a beautiful environment. The Blue Water Cafe has a safe kids' play area and jungle gym too.

Location: Imhoff Farm, Kommetjie Road, Kommetjie
Contact: www.imhofffarm.co.za; 021 783 4545
Hours: Daily from 9am-5pm.



CAPE TOWN SCIENCE CENTRE

The Cape Town Science Centre offers kids & families the opportunity to play around with science and to have fun while learning. Visit their website to find out what's on during your visit.

Location: 370B Main Road, Observatory
Contact: 021 300 3200; www.ctsc.org.za
Hours: Mon to Sat: 9am-4.30 pm; Closed Sundays.



BOULDERS BEACH

About 40 mins away, Boulders Beach gives kids the opportunity to meet and swim with the colony of African penguins that are its residents. This is also a popular family friendly swimming beach where kids can climb over the boulders & explore the rock pools.

Location: Bellevue Rd / Secluse Ave, Simonstown
Contact: 021 786 2329
Hours: Daily from 8am-5pm (summer) and till 6pm in winter



TWO OCEANS AQUARIUM

An outstanding aquarium located at the V & A waterfront. Try and plan your visit to participate in one of the special experiences on offer, such as the feeding of the penguins and other kids activities.

Location: Dock Road, V&A Waterfront
Contact: Tel: 021 418 3823; www.aquarium.co.za
Hours: 9.30am-6pm daily



WORLD OF BIRDS (AND MONKEYS)

World of Birds is a bird wildlife sanctuary and monkey park with over 3000 birds and small animals. Set in a tropical garden in the Hout Bay valley, a visit to World of Birds is always a hit with the kids.

Location: Valley Road, Hout Bay
Contact: Tel: 021 790 2730; info@worldofbirds.co.za
Hours: 9am-5pm daily



SURF LESSONS IN MUIZENBERG

There are a few surf schools along Muizenberg beach where you can rent a board and wetsuit and where trained young instructors will teach your kids (and you!) to surf. Try the Surf Emporium or Gary Surf school.

Location: Beach Road, Muizenberg
Contact: www.garysurf.com OK
Hours: Daily