

experience 

CAPE TOWN

LAND OF EXQUISITE
FOOD AND WINE



FEBRUARY 12TH - 22ND, 2016



Origins Farm
GROW DIFFERENT



AFRICAN TRAVEL
WE KNOW AFRICA

AVENUE TWO 
TRAVEL



Dear Traveler,

Alistar Harris & Rebecca Ponder of Origins Farm, together with travel advisor and Slow Food RVA founder Stacy Luks invite you to join us on an 11-day/10-night curated small-group journey to Cape Town and its surrounding wine and farmland areas. The tour will begin in Cape Town, offering time to explore the city and take in its iconic landmarks including Table Mountain, Robben Island, the Cape of Good Hope, spectacular beaches, gardens, and world class restaurants. Two-thirds of our time will be based in the main wine-producing region, Stellenbosch, which offers easy access to other smaller sub-regions of the Cape Winelands.

While regarded as a New World Wine country, South Africa has been making wine for centuries. The Cape's regions are influenced by the two oceans that meet at the southernmost tip of Africa, affording beneficial maritime influences like regular coastal fog and cooling sea breezes. This, together with a moderate Mediterranean climate, distinctive and varied topography, and diverse soils provide ideal conditions for creating wines of unique character and complexity. This tour will take in more than a dozen wine estates offering tastings, cellar tours, food pairings and meetings with winemakers that will forever change the way you think about South African wine.

All along the way we'll indulge in the Cape's distinctive cuisine, a 350-year evolving fusion of Dutch, Southeast Asian, and North African elements. We'll visit historic farms, dine at world-renowned restaurants and coastal kitchens, picnic in World-Heritage listed botanical gardens, and of course enjoy the Cape's extraordinary meat culture centered around braai (pronounced 'bry') — barbeque.

There will be plenty of time for independent exploration and leisurely relaxation — a true vacation. Expect to be surprised, to fall in love, and to experience the magic of Southern Africa. We look forward to sharing this adventure with you!

experience

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LAND OF EXQUISITE FOOD & WINE
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DAY 1 // ARRIVE CAPE TOWN

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Friday, 12 February On arrival at Cape Town International airport, you are welcomed by an African Travel Inc. representative and transferred to the centrally located Townhouse Hotel for check-in to your deluxe room. Freshen up, enjoy your welcome drink and settle in. We'll gather for a brief orientation; dinner will be on your own (oyo) this evening.

DAY 2 // CAPE TOWN: MORNING AT LEISURE + AFTERNOON CAPE POINT PENINSULA TOUR

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Saturday, 13 February (B, D) Cosmopolitan Cape Town is rich in cultural heritage and was the 2014 Design Capital of the World. Following a leisurely breakfast, our first morning will provide a stunning introduction to the Mother City's geography with a ride up the Table Mountain Aerial Cableway. Soak in the stunning 360-degree views of Table Bay, the city and surrounding mountains. Explore the summit, take a guided walk and be introduced to the Cape Floristic Region and Cape Town's "Big 7" highlights from above.

Afterward we'll convene at the Neighborgoods Market for lunch, music, people-watching, and sampling of local craft brews. Our driver-guide will then collect us for an afternoon excursion around the Cape peninsula, taking in pristine beaches, ghostly shipwrecks, and charming fishing villages. We'll hug the cliffs as we snake along the spectacular Chapman's Peak Drive to the Cape of Good Hope Nature Reserve, the continent's most south-westerly point and home to fabulous birds and unique fauna. At Cape Point the Flying Dutchman funicular ascent takes us to the old lighthouse. We'll stop in the historic naval village of

Simon's Town and visit the African penguins at Boulders Beach to round out the afternoon. Dinner tonight is at Bukhara, the city's go-to spot for superb Cape Malay & Indian cuisine, downtown near the Parliament and St George's Cathedral, after which we are transferred to our hotel.

DAY 3 // CAPE TOWN: CONSTANTIA VINEYARDS

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Sunday, 14 February (B, L, D) Today we embark in earnest on our wine adventures, departing after breakfast for a drive to the nearby Constantia region for estate visits. We'll start with Klein Constantia Estate. Our next stop will be Groot Constantia, the Cape's first and oldest wine estate, founded 1685, where we'll enjoy a food & wine pairing lunch and have ample time to relax at and explore this historic homestead. Time permitting, we'll stop at Eagles' Nest Vineyards in Noordhoek on the way back toward town. By late afternoon we'll arrive at Cape Town's world famous Kirstenbosch Botanical Gardens, a 36 hectare jewel nestled in the eastern slopes of Table Mountain, to enjoy a Sunday summer sunset concert for which Kirstenbosch is famous. Our al-fresco picnic dinner in the heart of the amazing World Heritage-listed Cape Floral Kingdom will be catered by the chef of The Kitchen, Karen Dudley.



DAY 4 // DEPART FOR STELLENBOSCH

Monday, 15 February (B, L) Today we will depart after breakfast and a leisurely morning including check-out of our city hotel to travel the brief distance and beautiful landscapes northwest of Cape Town into the beautiful Winelands of the Western Cape and Stellenbosch – the region’s premier and second oldest wine producing area. Our first stop will be for a private cellar tour and lunch with wine tasting at Spier Wine Farm, est 1692, including stunning views of the Helderberg mountains from the banks of the Spier Dam. Spier offers one of the richest contemporary art collections in South Africa, spread throughout the property’s public spaces, which we’ll also enjoy at our leisure. Continuing on to Stellenbosch, following a brief drive-around orientation to this historical town whose university is on the cutting edge of viticulture and oenology, we’ll arrive and check-in at our hotel, Kleine Zalze Lodge, located a brief drive outside of town. This afternoon and evening you are at your leisure to settle into the property, relax, and explore the town’s impressive range of galleries, boutiques, historic buildings and restaurants for dinner oyo.



DAY 5 // STELLENBOSCH WINE TOURING

Tuesday, 16 February (B, L, D) Four Helshoogte Pass wineries are on today’s itinerary: Tokara Wine & Olive Farm, Thelema Mountain Vineyards, Zorgvliet Wine Estate and Delaire Graff. The Helshoogte (‘Hell’s heights’) Pass is one of the most beautiful and well-travelled routes in the Western Cape, surrounded by towering mountains and linking Stellenbosch with the Drakenstein Valley while wending its way past fruit farms and vineyards. Thelema’s mountaintop location makes it one of the coolest wine farms in the region. We’ll enjoy its lush fields, big libraries and splendid landscapes, not to mention its fabulous wines. At Tokara, if we’re lucky we’ll partake in olive and grape harvest activities, take in a tasting with lunch, and get glimpses of False Bay and the Simonsberg Mountains. Following lunch, a stop at Zorgvliet and its beautiful manor house dating to 1692, will cap off our afternoon. After a rest and possibly a dip in the Kleine Zalze pool, our wine-pairing dinner tonight will be at the incomparable Delaire Graff, arguably the most renowned and illustrious property in the Cape Winelands region. Once there, you’ll understand why the estate was named Delaire, meaning “from the sky”.



DAY 6 // STELLENBOSCH

Wednesday, 17 February (B, L) This morning is at your leisure and our touring will commence for a visit and lunch at the historic Babylonstoren estate where we'll explore Cape Dutch vernacular architecture and slave history. The Babylonstoren garden, featuring over 300 plant varieties spanning 8 acres, draws its inspiration from the Company's Gardens of the Cape, where for centuries ships travelling between Europe and Asia would replenish with sweet water, vegetables and fruit at this halfway station. Following lunch with a wine tasting at the estate's renowned restaurant, Babel, we'll make our way to Solms-Delta wine estate, for a look at wine industry transformation with a unique farm worker/employee owned wine-making model. Transfer to the village of Franschoek for an early evening exploring its bistros, shops and galleries. Dinner oyo in town.



DAY 7 // STELLENBOSCH

Thursday, 18 February (B) Breakfast, then the full morning through lunch oyo is at your leisure again today—take the time to enjoy Stellenbosch's oak-lined streets and visit the boutiques, galleries, museums and cafes that you spotted Monday but ran out of time to explore. In the afternoon we venture to the nearby Jonkershoek Valley's Lanzerac Wine Estate, a forerunner in noble white varieties and a property recognized for hundreds of years as a symbol of luxury, quality and prestige. We'll enjoy their renowned chocolate and wine pairing experience there and take some time to wander the grounds. Returning to town, a visit to Stellenbosch University and a lesson in history and viticulture with professor of Anthropology and lifelong friend of Alistar's, Dr. Thomas Cousins, will round out the afternoon. Dinner this evening oyo.



DAY 8 // STELLENBOSCH

Friday, 19 February (B, L, D) Following breakfast, this morning we venture to two higher-altitude estates for 'elevated tastings', indulge in an afternoon of coastal exploration, sunbathing and relaxation, and cap off our last day in the Stellenbosch area with dinner+wine pairing at a renowned low-lying coastal estate. The De Trafford estate is a boutique producer known for pioneering South Africa's first handcrafted vin de paille ('straw wine'). Uva Mira Mountain Vineyards produces world-class Chardonnays as well as Sauvignon Blancs which we'll sample. A noon-time drive down to and along the coast will take us to the quaint town of Kalk Bay for lunch at the Harbour House, after which we'll explore and enjoy the beaches of Fish Hoek and Boulders. Returning to the lodge for a rest, our final vineyard and 3-course dining+wine experience takes us to the Vergelegen ("situated far away") estate, just 6 kilometres from False Bay and the Atlantic coast and home of a host of historically-significant 300+ year-old trees on the African continent.

EXCLUSIVE

WINE ACCESS & DISCOUNTS

Wine estates on this tour have been carefully selected in collaboration with Richmond, VA based Broadbent Selections and Cape Ardor, South African wine specialists, who have assisted us in procuring specialized access to tastings, tours, and sessions with winemakers.

Participants wishing to purchase wines, most of which are not available through US retail outlets, will be able to do so at negotiated discounts, including discounted shipping direct to their homes, through arrangements we have made with West Coast-based Cape Ardor.

YOUR TOUR HOSTS:

Alistar Harris & Rebecca Ponder, Origins Farm

Alistar Harris is the food grower at Origins Farm, a small sustainable vegetable farm in Hanover, Virginia. Together with his wife, Rebecca Ponder, they cultivate a diverse range of unadulterated vegetable crops. Alistar was born and raised in the heart of the spectacular Stellenbosch wine region, and knows the area like the back of his hand. His love for travel has taken to him Tanzania (to climb Mt. Kilimanjaro), Namibia, Italy, France and the UK, and he dreams of exploring South America one day with his wife and daughter. He has led several informal tours of Cape Town and its wine region, and speaks three of the eleven official languages of South Africa. Rebecca is a Virginia native and her wanderlust has taken her to Northern Ireland, Trinidad, Estonia, Namibia, Zanzibar, and more. She is a graduate of the University of Richmond's Jepson School of Leadership and met Alistar while completing a summer internship at the Desmond Tutu Peace Center in Cape Town. They lived together in South Africa's "Mother City" for two years before moving to Richmond, VA. This tour captures their deep mutual love for Cape Town, its people, its food culture, and its eclectic wine scene. They have visited all of the wine estates on this tour and are excited to share the fascinating history of place, the flavors of African & Malay inspired cuisine, and the exquisite richness of the Cape Winelands terroir.

Stacy Luks, CTA, Avenue Two Travel

Stacy combines her love of travel, cultural & culinary traditions through her leisure travel consulting with Avenue Two Travel and her ongoing volunteer work as a board member of Slow Food RVA, which she co-founded in 2010. A luxury travel advisor with the Virtuoso consortium since 2007, she specializes in customized international itinerary planning for a wide range of private clients, families and groups across the country. A Washington, DC native, Stacy holds an MA in international relations from Tufts University's Fletcher School of Law & Diplomacy, where she specialized in East Asian studies. She has a special affinity for Southern Hemisphere destinations, having lived, worked and eaten/imbibed her way across Australia for 10 years after graduate school. In addition to food+wine travel, her advocacy of sustainable, wellness and mindful travel is exemplified through her business' 'Community Friend' connection with Richmond's Ellwood Thompson's Local Market.

*Ground Arrangements Courtesy of **African Travel, Inc.***

One of the 25 brands of The Travel Corporation, a family-owned global travel business in operation for 90 years, California-based African Travel is the longest-established travel company in the US focused exclusively on Africa. Wilderness Safaris, Thompsons Africa and Red Carnation Hotels are among its top-rated Africa based associate companies. Combining their remarkable team of local staff with an extensive fleet of vehicles and numerous hotels, camps and lodges, African Travel's services are unmatched on the continent.



OPTIONAL INTERNATIONAL AIR TRAVEL OPTION:

International Air into Cape Town International Airport:

Participants are responsible for purchasing their own air travel into and out of Cape Town International Airport and for ensuring their arrangements coincide with the tour's start and end dates. Avenue Two Travel and African Travel Inc. are both pleased to assist with air travel arrangements for the tour. Multiple carriers offer flights from east coast gateway cities into Cape Town, the most direct routings being with South African Airways, Delta, KLM, British Airways.

African Travel Inc. is offering *International Economy Class Air* at \$1,435 per person* on South African Airways departures from either Washington Dulles (IAD) or NY Kennedy (JFK) as follows:

IAD or JFK – Johannesburg – Cape Town – Johannesburg – IAD or JFK

**Price subject to fuel and tax changes until ticketed*

Avenue Two Travel will work with participants on their preferred airline / routing on an individual request basis, for a service fee of \$50 per ticket. Complete details will be provided following receipt of trip reservation form and deposit.

CONTACT STACY.LUKS@AVENUETWOTRAVEL FOR ALL INTERNATIONAL AIR INQUIRIES.

PRE- & POST-SAFARI TOUR EXTENSIONS:

Optional Pre- and Post-Tour Safari or other Southern Africa Extensions:

African Travel Inc. offers an infinite array of customizable pre- & post-tour packages for participants having more time and wanting to take advantage of exploring southern Africa more widely. A sampling of typical 4-day / 3-night all-inclusive extensions ex-Cape Town overland, at \$US2,500 and under per person, include:

**Sanbona Wildlife Reserve
Chobe: Valley of the Elephants
Bushmans Kloof Wilderness Retreat
Grootos Private Nature Reserve**

For more information, see <http://africantravelinc.com/african-safari-and-tour/added-adventures/>

CONTACT STACY.LUKS@AVENUETWOTRAVEL FOR CUSTOMIZED TRAVEL ARRANGEMENTS.

*"This cape is the most stately thing
and the fairest cape we saw in the
whole circumference of the earth."*

- Sir Francis Drake



RESERVE YOUR SPOT TODAY!

Complete and submit the Reservation Form and your 20% deposit!

DEPOSIT & PAYMENT SCHEDULE

\$3,575 per person, double occupancy | \$895 single-room supplement

A non-refundable deposit to African Travel Inc. of 20% of your total land tour cost: \$715 for double occupancy is required to reserve your space.

All major credit cards accepted. Final payment of the full outstanding balance will be due 100 days prior to departure-
NO LATER THAN 4TH NOVEMBER 2015.

Note: Minor aspects of the itinerary schedule are subject to last-minute change due to local conditions and only on the advice of the ground operator.

Terms & Conditions: Please read the following which outlines this tour's Terms & Conditions and explain the limits of liability of the ground operator, African Travel, Inc., the liability of all air carriers, and of any professional travel agencies involved in the tour. By accepting final tour documents you accept all stated terms and conditions, which are only applicable to U.S. residents.

Passports & Visas: Note that for travel to South Africa, your passport must be valid for at least six months beyond the intended period of your stay in South Africa. Additionally, you must ensure that your passport has a minimum of two blank visa pages (must have the word VISA on the blank pages) facing each other for each entry into the country, to enable entry permit to be issued. Visas are NOT required for U.S. citizens visiting South Africa.

Cancellation Conditions & Charges: AS NOTED, 20% DEPOSIT IS NON-REFUNDABLE. After final payment is made, 50% of total trip cost is forfeited for cancellations made between 65 and 30 days before departure. 100% of total trip costs is forfeited for cancellations made 29 or fewer days before departure. WE STRONGLY RECOMMEND THE PURCHASE OF TRAVEL INSURANCE.

See Full Detailed Terms & Conditions at African Travel, Inc's website.



EXPERIENCE CAPE TOWN: LAND OF EXQUISITE FOOD & WINE

February 12 - 22, 2016

To reserve your space: Complete this form and return it via email to stacy.luks@avenuetwotravel.com

On receipt of your completed registration form Stacy will contact you to facilitate your deposit payment direct to African Travel, Inc. A \$715 **non-refundable** deposit is required to secure your space on this exclusive tour. Final payment in full will be due Nov 4th, 2015. ***This tour has a guaranteed departure regardless of whether all available slots are filled. The purchase of travel insurance is HIGHLY recommended.***

Traveler Information (one form per traveler)	
Full name (as it appears on your passport)	
Traveling partner name (if applicable)	
Home address: Street/Unit	
City	
State	
Zip	
Phone	
Email	
Date of Birth (m/d/year)	
Nationality (per passport issuer)	
Passport expiration date (m/d/year)	
Gender	
Occupation	
Health / dietary restrictions	
Previously traveled to South Africa?	
Single Room / Supplement?	
Emergency notification contact	
Relationship to you	
Emergency notification phone	
Emergency notification email	
Additional Services Requested	
International air quote?	
Pre- or Post-tour add-on?	
Travel Insurance?	

SIGNATURE:

DATE:

By submitting this information, together with my nonrefundable deposit, I agree to the deposit & cancellation policies as listed in the tour brochure and on the African Travel Inc website. I also understand I will be expected to complete a liability waiver before joining the tour.