



## Valleybrook tour SOUTH AFRICA

17 – 29 October 2019

### DAY 1, THURSDAY, 17TH OCTOBER 2019

### JOHANNESBURG

On arrival at Johannesburg airport you will be met and transferred to your accommodation. A warm and hospitable welcome awaits you at The Residence hotel, in the prestigious suburb of Houghton in Johannesburg, the perfect location for an intimate and luxurious stay. A sublime setting, manicured gardens and plush sumptuous interiors. Opulent suites are generously proportioned and designed for ultimate comfort and privacy, leading to spacious balconies with sun loungers and views of the garden, tennis court and pool. All Suites have outdoor showers and baths or private jacuzzi.

This afternoon visit the **Doonholm Nursery**. In business for the last sixteen years, Doonholm specializes in novel and different herbs, amongst a host of other plants. Herbs such as 'Stevia' – the sugar herb that is 300 times sweeter than sugar, ideal for those with health problems. Herbs for holistic pet care are also produced here. Your hosts have kindly invited you for a traditional South African braai for lunch today followed by a tour of the nursery.

This evening you can enjoy a welcome dinner in the hotels elegant dining room.

**Accommodation:** The Residence hotel – dinner

### DAY 2, FRIDAY, 18TH OCTOBER 2019

### JOHANNESBURG

Today we have **two options**, one industry related, the other a general interest tour for non-industry participants.

Industry: Visit **Broadacres Lifestyle Centre** - this is the very latest and largest garden centre of its kind in South Africa. It is the center focus of an enormous shopping complex consisting of everything from health spas to decorating boutiques, delicatessens, cafes and shops.

Following the visit you can enjoy lunch at Broadacres.

Continue to **Eckard's Garden Pavillion**, Bedfordview. Tour the multi-award winning garden centre with the manager.

**General Interest:** A tour of Soweto and the Apartheid Museum is an excellent introduction to the complexities and history of a most remarkable country.

**Accommodation:** The Residence hotel – breakfast, lunch

**DAY 3, SATURDAY, 19TH OCTOBER 2019**

**PHINDA**



This morning you will be transferred back to Johannesburg airport in time for your flight via Nelspruit to Phinda.

On arrival at Phinda airstrip you will be met and transferred to your accommodation at Mountain lodge. Phinda Mountain Lodge is a Big Five safari destination that will steal your heart with its spacious private suites, some of the best views in the world and access to a selection of unique adventure safaris.

Poised majestically on the crest of a mountain, Phinda Mountain Lodge commands dramatic vistas over the surrounding landscape. With glamorous guest areas and spellbinding views, this bold and stylish lodge will truly make you feel on top of the world. Magnificent guest viewing decks and private verandas attached to each suite ensure that there's no shortage of spectacular locations to drink in the natural luxury of the sensational setting.

A total of 25 suites are positioned to ensure complete privacy while optimising the view from the veranda. A private outdoor shower and plunge pool for each suite allow you to savour the outdoors and the fresh mountain air.

Activities include twice-daily game drives; bush walks; Zulu village tours; night turtle drives (seasonal); scuba and ocean safaris; black rhino tracking on foot; participative conservation experiences.

**Accommodation:** Phinda Mountain lodge – full board & activities

**DAY 4, SUNDAY, 20TH OCTOBER 2019**

**PHINDA**

At leisure for game viewing

**Accommodation:** Phinda Mountain lodge – full board & activities

**DAY 5, MONDAY, 21ST OCTOBER 2019**

**PHINDA**



At leisure for game viewing

**Accommodation:** Phinda Mountain lodge – full board & activities

**DAY 6, TUESDAY, 22ND OCTOBER 2019**

**STELLENBOSCH**

Following a final game drive and lunch you will be transferred back to the Phinda airstrip for your flight from Phinda via Nelspruit to Johannesburg.

On arrival in Johannesburg you board your flight to Cape Town.

On arrival at Cape Town airport you will be met and transferred to your hotel in Stellenbosch.

Check into the Oude Werf hotel, located on the site of the country's first church, which was the inspiration for the name 'the old churchyard'. The exclusive hotel flaunts a blend of contemporary and old-time elegance, providing guests with unfailing two-centuries-old hospitality and comfort. Style and class come together in the rooms of three lavish styles—Superior Rooms, Superior Plus Rooms, and Deluxe Rooms. Soft tones and textures spiral out onto private patios overlooking the poolside gardens and the historic inn-house. The hotel's restaurant explores the titillating flavours and vintages of the region, offering fireside feasts in the winter and sunlit spreads on the patio in summer.

This evening you will be welcomed to the Cape region by your guide while enjoying a delectable meal at the hotel's restaurant.

**Accommodation:** Oude Werf hotel – breakfast, dinner

**DAY 7, WEDNESDAY, 23RD OCTOBER 2019**

**STELLENBOSCH**

Visit **Tokara**, a wine and olive farm owned by the Ferreira family for the last decade. At the end of a long driveway bordered by a swathe of fabulous indigenous Dietes, the contemporary house of stone and glass designed in the Cape vernacular, blends sympathetically with the idyllic setting of mountain vistas, water and tall established trees. Many indigenous plants have been used in the creation of this natural garden.

Continue to **Boschendal Estate**, Simondium.

The historic estate of Boschendal has been in existence since the year 1713. Apart from its obvious aesthetic appeal - superb setting and beautiful whitewashed homestead, built around 1812, slumbering in the shadows of magnificent mountains, it also boasts a long and close association with the history of the area and with the people who developed it all those years ago. This same association continues to





play an important part in the lives that today are part of its present day success, as the organic mixed farming venture goes from strength to strength. It boasts everything from famous wine, vineyards and deciduous fruit, to grass-fed cattle and free-range pigs and chickens. A small butchery and bakery are now a part of the thriving industry of everyday life of the estate. Organic vegetables and herbs from the gardens are used in the restaurant and bistro along with everything else that is produced on the farm.

Old cottages scattered about the estate have been re-imagined as charming weekend cottages, dams beautify spaces where 'home-grown' picnics acquired from the bistro can be enjoyed beside the water. Biking and horse-riding trails augment the enjoyment available on this cleverly thought out private estate of great magnificence that supplies employment for so many local people.

Enjoy a talk focused on the heritage, history of the estate, buildings artefact, followed by a wine tasting and lunch in the Werf restaurant. This is followed by a food garden tour with a talk on all that is being produced on the farm.

**Accommodation:** Oude Werf hotel – breakfast, lunch

**DAY 8, THURSDAY, 24TH OCTOBER 2019**

**STELLENBOSCH**

Owned by the Barlow family, **Rustenberg** estate is famous for the exceptional quality of the wine and fruit produced here. The gardens have recently been restored, rejuvenated and extended on a vast scale by Rozanne Barlow and Horticulturist Pietman Diener, presenting a multi-faceted garden of incredible beauty including an Almond walk, pergolas, a sunken garden, a white garden to name just a few – all pulled together to form an immaculate and magnificent setting for the beautiful 18<sup>th</sup> Century Rustenberg homestead. Rozanne has very kindly invited you to refreshments this afternoon after a wander around this fabulous garden.

Continue to **Joostenberg Farm Deli** for lunch.

Spend the afternoon at **Joostenberg Farm Deli and butchery**, situated amidst the Muldersvlei farming area on the outskirts of the historic town of Stellenbosch. A lovely old Cape Dutch house with a graceful gable is the living headquarters of the Myburgh family, who for 5 generations have run their multi-faceted family business from the farm. Practising traditional mixed farming of vineyards and wine, seasonal cut flowers, herbs and vegetables - the business has gradually expanded over the years. A pork specialist butchery, a bistro, and a deli are now in existence, supplying all manner of delectable fresh produce from the farm including specialist home cooked meals, and all manner of mayonnaises, dips and dressings. Organic free range meats, eggs, fruit and vegetables as well as specially sourced cheeses and yoghurts from hand picked local producers augment this family run business. Authenticity is the catchword for this hard working family producing high quality goods on almost every day of the year.

Late afternoon visit to the studio and sculpture garden of artist **Dylan Lewis** - one of South Africa's most famous living artists. Dylan has created a work of art in the brilliant manipulation of the land-



scape and has developed a serene and multifaceted indigenous garden, centered around water and the surrounding mountains. His most famous bronze sculptures augment this magnificent space. Enjoy a guided tour of the garden, followed by demonstration bronze pouring (tbc), artist talk and finger supper.

**Accommodation:** Oude Werf hotel – breakfast, lunch, finger supper

#### **DAY 9, FRIDAY, 25TH OCTOBER 2019**

#### **CAPE TOWN**

Visit **Babylonstoren Estate** near Groot Drakenstein. The Babylonstoren garden is at the heart of the farm. Designed by French landscaper, Patrice Taravella, inspiration came from his medieval garden in France as well as from the Company Gardens of the Cape, where vegetables and fruit were grown over 300 years ago to replenish food stocks for the ships stopping at the Cape during their voyage from Europe to Asia.

Spanning eight acres, the Babylonstoren garden is formal in structure. Organically grown, over 300 varieties of plants in the garden are edible with fruit and vegetables harvested year round for use in the restaurant. The garden is divided into fifteen clusters spanning vegetable areas, berries, bees, indigenous plants, ducks and chickens and includes a prickly pear maze.

Following the bell tower axis, the old cellar axis or the Babylonstoren hill axis, walks span over three kilometres in the garden. On the banks of the stream a path meanders through a dense planting of over 7000 clivias in the shade of wild olives and oaks.

Lunch can be enjoyed at **Grande Provence** today.

Continue to your hotel in Cape Town, where you check in at the Vineyard hotel. With over 200 years of history within its walls, this luxury 4 star hotel, situated in 6 acres of attractive landscaped parkland, is just 15 minutes away from the City Centre and the Victoria & Alfred Waterfront. This beautiful establishment, with its exquisite ceramic murals and marvellous antiques, offers personalised service and rooms ranging from single to family suites, both mountain and courtyard facing. The glass roofed Courtyard restaurant caters for breakfast and dinner for guests, The Square restaurant offers excellent views of the Garden and the mountain beyond. A modern, well-equipped fitness centre adjoins the heated swimming pool. No wonder the hotel is called "The Perfect Setting".

**Accommodation:** The Vineyard hotel – breakfast, lunch

#### **DAY 10, SATURDAY, 26TH OCTOBER 2019**

#### **CAPE TOWN**

Morning guided tour of **Robben Island**. Just 11km off the coast of Cape Town and well within sight of the city lies Robben Island, the stark setting for the infamous prison that once held some of South Africa's most remarkable political figures - including Nelson Mandela.



On your return you will have some time at leisure to enjoy all the V&A Waterfront has to offer.

Dinner at the nearby restaurant

**Accommodation:** The Vineyard hotel – breakfast, dinner

#### **DAY 11, SUNDAY, 27TH OCTOBER 2019**

#### **CAPE TOWN**

Board the coach for the scenic drive to **Cape Point Nature Reserve** – view the famous landmark, The Cape of Good Hope and enjoy a guided walk through the indigenous flora surrounded by spectacular scenery. Situated at Africa's most south-westerly tip, the reserve covers some 7,750 hectares, and you will be taken on a circular drive through the reserve to Cape Point.

Spectacular scenery and hundreds of indigenous plants await you. Walk through the fynbos along the rocky coastline with your specialist guide.

Enjoy a picnic lunch at Cape Point, before visiting the African penguin colony at **Boulders Beach**, to view the Jackass Penguin Colony that established itself in the 1970's after an oil disaster at sea polluted the penguin's previous breeding grounds.

Continue to **Cellars Hohenort** for a garden visit followed by refreshments.

Set over nine spectacular acres, in the breathtaking Constantia Valley, The Cellars-Hohenort gardens are widely regarded as one of the finest privately owned gardens in the world. These exceptional gardens - awarded the prestigious 2010 Relais & Châteaux Garden Award - are the result of Liz McGrath's 20-year vision, which has been realised through hard work, dedication and love.

The Cellars-Hohenort gardens highlight the history and heritage of this spectacular property. Trees, dating back to Simon van der Stel's time are surrounded by more recent gardens including the unrivalled Cellars-Hohenort rose garden; each designed to showcase the Table Mountain slope they call home.

**Accommodation:** The Vineyard hotel – breakfast, lunch

#### **DAY 12, MONDAY, 28TH OCTOBER 2019**

#### **CAPE TOWN**

Take the gently revolving cable car to the top of **Table Mountain** for a guided walk in the national park for peninsula orientation and exploration of the indigenous plants. Over a thousand metres high, three kilometres wide, and a World Heritage Site, it can be spotted from as far as 200 kilometres out to sea. The beautiful panorama of the whole peninsula is spread out before you. Enjoy a short walking tour.





Continue to **Kirstenbosch Botanical garden**. Kirstenbosch was established in 1913 to promote, conserve and display the extraordinarily rich and diverse flora of southern Africa, and was the first botanic garden in the world to be devoted to a country's indigenous flora.

Kirstenbosch displays a wide variety of the unique plant life of the Cape Flora, also known as fynbos, as well as plants from all the diverse regions of southern Africa. Those that cannot survive outdoors, such as plants from the arid regions, are grown in the Botanical Society Conservatory. There are over 7 000 species in cultivation at Kirstenbosch, including many rare and threatened species.

More than just a garden, Kirstenbosch is part of a nature reserve. The 36 hectare garden is part of a 528 hectare estate that contains protected mountainside supporting natural forest and fynbos along with a variety of animals and birds.

On arrival at the garden you will have some time for browsing before being taken on a guided tour.

Following this you have some more time for explorations of the glass house collections as well as the rare plants section before enjoying a light lunch at the **Tearoom restaurant**.

This afternoon's visit will take you to **Stellenberg** garden. One of South Africa's most famous gardens renowned internationally, this premier garden is the perfect setting for the classic 18th century Cape Dutch homestead. Some 18 years ago the owners commissioned David Hicks to design a formal plan for where the tennis court stood; the implementation of the plan has led to a passion for design and gardening for the Ovenstones - and they haven't stopped since then, much to the delight of Cape Town. Covering 6 acres it comprises several rooms - each designed with a different mood in mind and always to give a sense of peace and serenity. Enjoy a guided tour of this outstanding garden.

Enjoy dinner at one of the local restaurants.

**Accommodation:** The Vineyard hotel – breakfast, lunch, dinner

**DAY 13, TUESDAY, 29TH OCTOBER 2019**

**CAPE TOWN**

Check out of the hotel and continue to **Fresh Woods** private garden in Elgin. In the heart of apple-growing country and established over 60 years ago by Maisie Knox-Shaw, this garden is now in the capable hands of her son and his wife, Peter and Barbara. A rambling, romantic plantsman's garden, it contains the largest collection of heritage and species roses in South Africa, and includes many newly introduced wild roses collected from warmer climates. Everywhere plants are allowed to grow naturally; many are raised from seed, a large number are indigenous, and some are unique to the garden.



Visit **Oak Valley Estate**: This famous estate measuring 1786 hectares was founded by Sir Antoine Viljoen, a medical doctor from Scotland and a farmer 'extraordinaire'. He was responsible for the first commercial deciduous fruit orchards that were to be the precursor to the development of the vast apple industry which remains the economic backbone of the famous Elgin Valley to this day. Oak Valley remains the Viljoen family business on an enormous scale and has four different divisions - being fruit, wine, flowers and livestock.

Free range grass-fed beef, including the famous cattle breed from Japan known as Wagyu, and acorn-fed pigs are raised here. During 1978 the flower farming was implemented and is now the largest producer and wholesaler of cut flowers, including roses, in the Western Cape. Magnificent Dutch glass houses are a fairly recent addition to this thriving business. Award winning wine is produced in the cellars from grapes grown in the vineyards, and the Pool House restaurant is the perfect place to boast all the organic ingredients produced here ranging from wine, to beef and pork - including charcuterie, as well as copious amounts of fruit for those mouthwatering juices and fruit tarts.

Following a leisurely lunch you will be transferred to Cape Town airport in time for your outbound flight.

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