

Cape Town: The Gourmet Destination

From foodie paradises and wine tours to wildlife spotting and family-friendly city breaks, let Africa Travel handcraft your perfect Cape experience

Forget Italy, France and even India - there's a new top destination for food lovers. In the past, South African cuisine may have conjured up images of large, hearty meals with plenty of meat and fish, all enjoyed with views of sweeping landscapes and rustic vineyards. But in the stunning Cape region things have evolved a lot - this is now an area that's both a very stylish escape and a big name on the gourmet map.

Let's start at Cape Town's Test Kitchen. Last year the restaurant, owned by British-born chef Luke Dale-Roberts, made its way onto the World's 50 Best Restaurants list. As its name implies, the theme of the restaurant is innovation and the dishes reflect Luke's creativity with flavours and ingredients.



The Table Bay Hotel

Star dishes include "Amasi, Beetroot & Trout" (amasi is fermented milk that resembles yogurt), "Blinissoise" - chilled blini crème with barbecued langoustine - and a lemon egg dessert. Prices belie the pioneering nature of the dishes with mains from around £8.

The Table Bay Hotel - a grand five-star establishment overlooking the Victoria & Alfred Waterfront - is a must-stay for foodies. Along with its

329 rooms, with either sea or mountain views, there are a host of bars and restaurants. Camissa Brasserie, named after the Khoisan word for Cape Town, offers diners South African dishes in a relaxing experience while overlooking the harbour. There is also a separate wine tasting room and an elegant private dining space for special occasions.

During your stay at the Table Bay, be sure to visit the Neighbourgoods Market at the Old Biscuit Mill on a

Saturday where, housed in a sky-lit brick warehouse, farmers, artisan bakers and fine-food purveyors offer all sorts of fresh produce, homemade desserts and local lagers.

For wine lovers, the Elim Wine Route, which features six impressive wineries - Zoetendal Winery, Quoin Rock, The Berrio, Black Oystercatcher Strandveld Vineyards, home of First Sighting wines and Lomond - is a must. Located in the coastal region near

Cape Agulhas, it's the southernmost tip of Africa. Few people thought it would be possible to produce wine in an area known for its environmental extremes - a wild, untamed world where the Indian and Atlantic Oceans meet and conflicting currents and winds combine to create mammoth waves. But the resulting wines are just sublime.

A picturesque drive along the tarred R43 between the quaint village of Elim and Bredasdorp takes you past the six wineries. All offer wine tasting and also tours by appointment, and boast a variety of delicious red, white and rosé wines.

For something even more indulgent, try a stay at the Grand Dédale in Wellington. Nestled in a tranquil valley below the historic Bainskloof Pass, the award-winning wine estate offers sweeping views of the valley as well as the Groenberg, Limietberge and Hawekwa mountain ranges. Aside from wine tasting, there are plenty of activities on offer to help you build up an appetite for your next foodie experience, including mountain biking, hiking and wildlife spotting.

Cape Town is the perfect place to start your African discovery. Make a beeline for Table Mountain itself and be sure to check out the Cape Peninsula, the very tip of the continent.

Many wine estates have packages that include activities for children, making it easy to enjoy the sightseeing highlights of Cape Town with every member of the family and combining it with an unrivalled foodie experience.



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Africa Travel has a seven-night gourmet holiday in the Cape, with three nights at the Table Bay Hotel in Cape Town and two nights each at Grand Dédale and La Residence in Franschhoek, from £1,825pp, B&B.

Price includes return British Airways flights and Budget car hire.

To book and for further information, call 020 7843 3583 or visit www.africatravel.com