



FRANSCHHOEK  
VALLEY OF DREAMS

FRANSCHHOEK  
*Outdoor*  
MAP

**IMPORTANT NOTE**

\*NB On long walks, don't forget sturdy walking shoes, hats, sun block and day packs with plenty of water, trail snacks, a cellphone and protective clothing - the weather in the mountains can change in a flash from sizzling to freezing. Youngsters up to 18 must be accompanied by adults.

**BEWARE OF:**

**BABOONS** - leave the area if you hear or see them, specially if you have a dog with you. They sometimes snatch food and males and nursing mothers can be dangerous.

**FIRE** - never make a fire except at clearly designated braai areas.

**SNAKES** - there are two dangerous species in the valley, Cape cobras and puff adders, though they are only aggressive when startled or threatened. Stand still if you see one until it slides away. Do not go anywhere near a puff adder which doesn't move.

**SUNSTROKE** - if someone's temperature rises suddenly, call or send for help, protect them from the sun, loosen clothing, sponge them down and give sips of water.

**TICKS** - inspect socks, trousers, legs and any clothing that may have brushed the vegetation for small ticks at the end of your walk and brush them off.

All activities and experiences to be booked in advance. Please note that some activities are seasonal and might not be available at all times depending on the weather.

**MEDICAL EMERGENCIES**

Kurt Maske ALS Paramedic +27 (0)82 413 3560



www.franschhoek.org.za



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**FESTIVALS**

Franschhoek Chamber Music Festival  
- February

Franschhoek Literary Festival - May

Franschhoek Bastille Festival - July

Franschhoek Open Gardens Festival  
and Franschhoek Creates  
- October

Franschhoek Classic Car  
- November

Franschhoek Cap Classique  
& Champagne Festival  
- December

Make a weekend of your experience!  
Franschhoek offers visitors superb accommodation ranging from the finest bed and breakfasts, to luxurious boutique hotels, all nestling in a picturesque and safe environment. Stroll down the main road, uncover world-class shops and boutiques - an intimate and relaxed shopping experience.



FRANSCHHOEK  
VALLEY OF DREAMS

FRANSCHHOEK WINE VALLEY  
+27 (0)66 224 6360 · +27 (0)73 688 9896

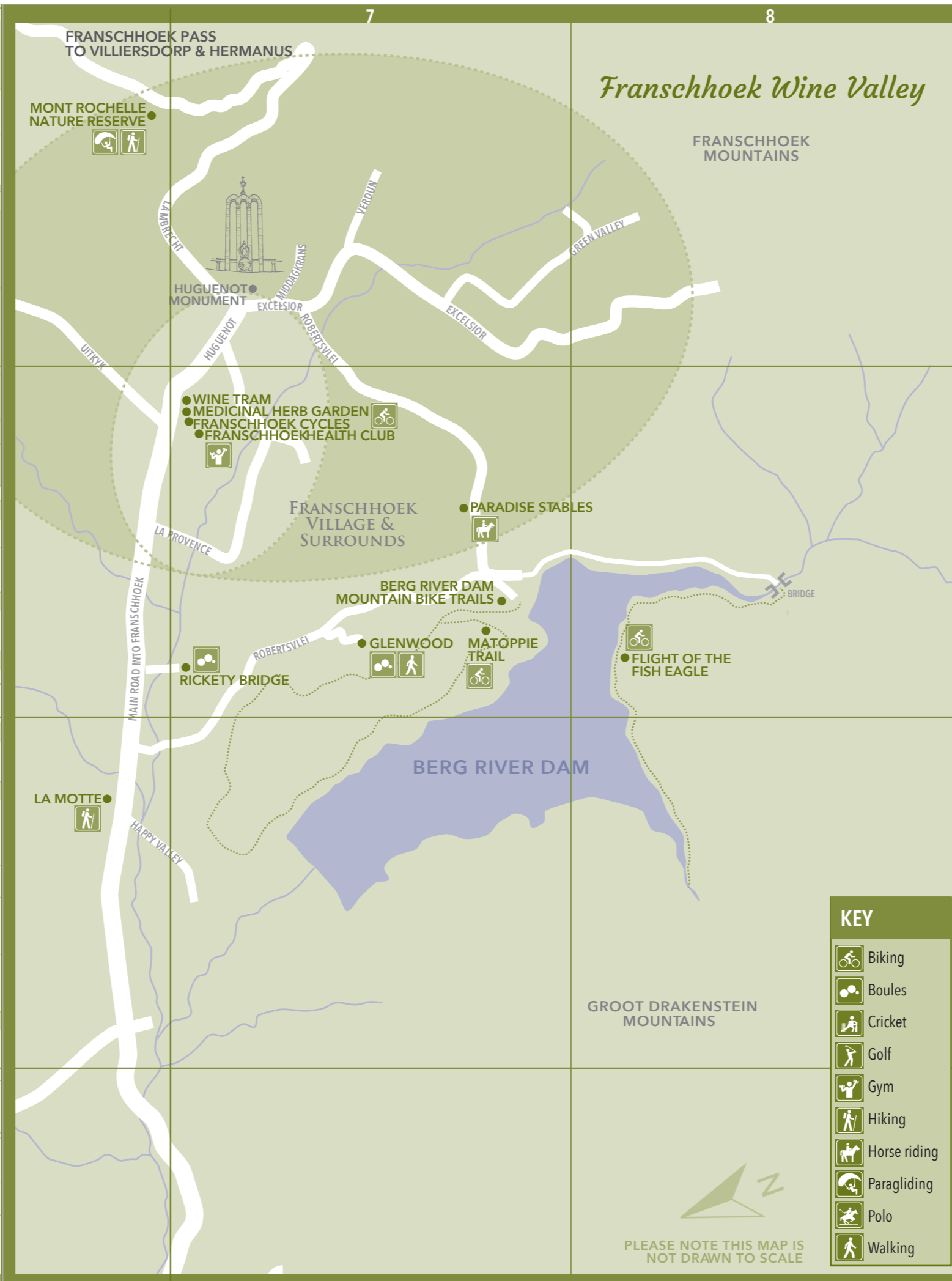
info@franschhoek.org.za

www.franschhoek.org.za



## Activities & Experiences

	GRID REFERENCE	WINE TASTING	LUNCH/PICNICS	SUNDAYS	PUBLIC HOLIDAYS	NON-CHRISTIAN PH
<b>FRANSCHHOEK WINE TRAM</b> A hop-on-hop-off tour through rolling Franschhoek vineyards in an open-side tram and open-air tram-bus stopping at some of SA's oldest and most distinguished wine estates.	+27 (0)21 300 0338	H7	•	•	•	•
<b>FRANSCHHOEK MOTOR MUSEUM</b> The Franschhoek Motor Museum offers visitors a special opportunity to look back at more than 100 years of motoring history with its unique and exciting collection of vehicles, motorcycles, bicycles and memorabilia in the magnificent setting of L'Ormarins. Visitors by appointment only.	+27 (0)21 874 9000					
<b>BIKING</b>						
<b>BERG RIVER DAM MOUNTAIN BIKE TRAILS</b> The spectacular mountains surrounding the Berg River dam in Franschhoek, is the mountain biking adventure land to which you gain a full day's access (08h00-18h00) when you purchase a permit. You will start at the entrance on Robertsvlei Road and discover miles of tracks and single tracks charting breath-taking routes through the mountains. For more information and to buy your permit, please visit the Franschhoek Wine Valley Information Office.	+27 (0)66 224 6360					
<b>BOSCHENDAL</b> MTB Trails - Our marked trail circuits start just inside the Avenue 1685 security gate. Options include the Yellow Route (6.5km), the Blue Route (11.5km), and the Black Route (23km).	+27 (0)21 870 4273	K7	•	•	•	•
<b>FRANSCHHOEK CYCLES</b> Bike rentals, guided or self-cycle routes in and around Franschhoek. For more information go to <a href="http://www.franschhoekcyclingclub.co.za">www.franschhoekcyclingclub.co.za</a>	+27 (0)21 876 4956	H7				
<b>FRANSCHHOEK RENT A BICYCLE</b> Offering an exciting collection quality bicycles for exploring the charming wine valley. Join us and pedal to picturesque vineyards discovering hidden gems along the way. You don't need to be an expert cyclist. Whether you are an avid cyclist or just looking for a leisure ride, our bicycles are guaranteed to enhance your experience.	+27 (0)68 527 5490					
<b>SCOOTOURS FRANSCHHOEK</b> Scootours® Franschhoek offer an adventurous way to explore the magnificent mountains and wine farms surrounding the Franschhoek Valley in an exciting and family-friendly way. Scootours Franschhoek offer two Scootour Options.	+27 (0)82 776 0557					
<b>BOULES</b>						
<b>GLENWOOD</b> Enjoy a game of boules while sipping our award-winning wines. Phone for further details.	+27 (0)21 876 2044	H7	•	•	•	•
<b>RICKETY BRIDGE</b> Sip on a glass of wine and while the afternoon away with this French tradition. Phone for further details.	+27 (0)21 876 2129	H7	•	•	•	•
<b>CRICKET</b>						
<b>GROOT DRAKENSTEIN GAMES CLUB</b> Oldest turf cricket pitch in SA. Seasonal cricket and family recreational facilities. Visitors welcome. Phone for further details.	+27 (0)21 874 1906	J6				
<b>GOLF</b>						
<b>PEARL VALLEY JACK NICKLAUS SIGNATURE GOLF COURSE AT VAL DE VIE ESTATE</b> A Jack Nicklaus signature course voted a 'must play' by local, international, amateur and professional golfers. Luxury leisure, accommodation, conferencing facilities.	+27 (0)21 867 8000	K5	•	•		•
<b>GYM</b>						
<b>FRANSCHHOEK HEALTH CLUB</b> Pilates, spinning, aqua-aerobics, body tone and boxing. Classes, circuit and individual training. Visitor and long-term memberships available. Phone for further details.	+27 (0)21 876 3233	H7		•	•	•
<b>HIKING</b>						
<b>BERG RIVER DAM HIKING &amp; MOUNTAIN BIKE TRAILS</b> Experience a variety of spectacular hiking trails along the mountains surrounding the Berg River dam in Franschhoek. Your permit will give you a full day's access to the area (08h00-18h00). Dogs on leash allowed. For more information and to buy your permit, visit the Franschhoek Wine Valley Information Office.	+27 (0)66 224 6360					
<b>BOSCHENDAL</b> Guided hikes. <a href="mailto:reservations@boschendal.co.za">reservations@boschendal.co.za</a>	+27 (0)21 870 4273	K7	•	•	•	•
<b>LA MOTTE WINE ESTATE</b> A circular 5km route, the Hiking Trail section itself is 2km. Duration ±2 hours. Requires a fair amount of fitness. Not recommended for children under ten. Dogs and mountain bikes not permitted. Phone for costs and further details.	+27 (0)21 876 8000	I6	•	•		•
<b>MONT ROCHELLE NATURE RESERVE</b> Permits available at the entrance gate from 09h00-17h00 daily (Debit or credit card and Zapper - regret NO CASH accepted). Permits also available at Franschhoek Information Bureau or online at Webtickets.	+27 (0)66 224 4630	G6		•	•	•
<b>HORSE RIDING</b>						
<b>BOSCHENDAL</b> Are you ready for an unforgettable adventure in nature? Join us for our Daybreak Horseback Ride and explore Boschendal as the first morning light touches our special landscape. This experience is perfect for both novice and experienced riders.	+27 (0)21 870 4273	K7	•	•	•	•
<b>CAPE WINELANDS RIDING</b> Experience the winelands on horseback. Guided horse trails ranging from 1 hour to full day rides for both novice and experienced riders. Children also welcome. For further info and bookings call us or visit <a href="http://www.capewinelandsriding.co.za">www.capewinelandsriding.co.za</a>	+27 (0)82 924 6728	K6	•	•	•	•
<b>PARADISE STABLES</b> Guided horse-back tours on purebred Arabian horses through vineyards, forests and over mountains stopping for wine tasting. Phone for costs and further details.	+27 (0)21 876 2160	H7		•		
<b>PEARL VALLEY GOLF ESTATES</b> Horse Riding Academy and guided out-rides. Pre-booking essential. Phone for costs and details.	+27 (0)21 867 8000	K5	•	•		•
<b>VAL DE VIE EQUESTRIAN CLUB   POLO &amp; RIDING LESSONS</b> Both adults and children are welcome to book a riding lesson individually or within a small group. We cater for beginners to experienced riders and provide a safe environment to enjoy the picturesque Val de Vie Estate, on horseback. Outrides are available - explore riding trails in and around the estate, traversing vineyards, wide open spaces, and the Berg River. Booking essential.	+27 (0)21 863 6100					



## Franschhoek Wine Valley

## Activities & Experiences

	GRID REFERENCE	WINE TASTING	LUNCH/PICNICS	SUNDAYS	PUBLIC HOLIDAYS	NON-CHRISTIAN PH
<b>HISTORIC TOURS</b>						
<b>FRANSCHHOEK HISTORIC TOURS</b> Discover Franschhoek's unique history, culture and heritage. bookings 48 hours in advance. Contact Siegfried for more information.	+27 (0)82 391 5327					
<b>PARAGLIDING</b>						
<b>WINELANDS PARAGLIDING</b> Almost anybody can experience the excitement of free flight by flying tandem with an instructor. Experience the thrill of paragliding flight by joining us on one of our adventures. We offer mountain adventures, training packages and equipment sales and advice to the public. Our experiences are based in Franschhoek and Paarl and we offer experiences at Signal Hill and Lion's Head in Cape Town. Directions Mont Rochelle Nature Reserve.	+27 (0)82 758 5845					
<b>POLO</b>						
<b>VAL DE VIE ESTATE</b> Professional coaching from beginners to med/high-goal players. Free entrance to matches on weekends and special pony rides for children. Phone for costs and further details	+27 (0)21 863 6100	K5	•	•	•	•
<b>WALKING</b>						
<b>BABYLONSTOREN GUIDED GARDEN TOUR</b> A formal garden spanning eight acres. Over 300 varieties of edible plants including a prickly pear maze. Mon-Sun 09h00-17h00 (last entry 16h00) for visitors. Phone for cost and further details.	+27 (0)21 863 3852	L6		•	•	•
<b>BOSCHENDAL</b> Runners and walkers can choose between a 5km or 10km marked route.	+27 (0)21 870 4273	K7	•	•	•	•
<b>FRANSCHHOEK MEDICINAL HERB GARDEN</b> Educational tours and sales of traditional medicinal herbs. Located on the Main Road opposite La Cotte Inn Wine Sales. Phone for further details.	+27 (0)72 469 2240	H7		•	•	•
<b>GLENWOOD VINEYARDS NATURES WINDOW</b>						
<b>WALK &amp; WINE TASTING</b> The natural beauty of our valley and surrounding mountains is best enjoyed from Nature's Window, our tasting room in the mountain, where you will taste our Grand Duc range of wines and enjoy specially paired snacks. The walk takes approximately twenty-minutes, ascends some 70 meters and passes through masses of indigenous fynbos.	+27 (0)21 876 2044	H7	•	•	•	•
<b>MONT ROCHELLE NATURE RESERVE</b> Guided or non-guided tours of this World Heritage region for Cape Fynbos flora. Varied distances. Permits and maps available. Phone for cost and further details.	+27 (0)21 876 2861	H7				
<b>LA MOTTE WINE ESTATE</b> Explore La Motte's flora and fauna. The Sustainable Hike is a further expression of La Motte's commitment to the highest conservation and biodiversity standards and the protection of precious indigenous flora and fauna in the mountain area surrounding the estate and the adjoining Wemmershoek mountains. The ideal opportunity to explore abundant birdlife, a protea garden, sustainably farmed vineyards, a wealth of flora, resident mammals and reptiles and the breathtaking vistas of the Franschhoek Valley.	+27 (0)21 137 0746	I6	•	•		•
<b>CHILDREN-FRIENDLY RESTAURANTS (See Food &amp; Wine Route Map)</b>						
<b>ALLORA RISTORANTE</b> Pizza, pasta and classic Italian dishes with friendly service.	+27 (0)21 876 4375					<a href="http://franschhoek@allora.co.za">franschhoek@allora.co.za</a>
<b>BOSCHENDAL</b> Join us under the oaks at The Deli for casual dining with family and friends.	+27 (0)21 870 4274					<a href="mailto:reservations@boschendal.com">reservations@boschendal.com</a>
<b>COSECHA AT NOBLE HILL</b> Fresh Latin cooking with vineyard views and special children's picnic baskets.	+27 (0)21 874 3844					<a href="mailto:info@cosecharestaurant.com">info@cosecharestaurant.com</a>
<b>FRANSCHHOEK CELLAR</b> Al fresco lunches. Kiddies menu and covered play area supervised by childminders. Mon-Sun 11:00-16:00	+27 (0)21 876 2086					<a href="http://www.franschhoekcellar.co.za">www.franschhoekcellar.co.za</a>
<b>THE GREENHOUSE RESTAURANT AT BABYLONSTOREN</b> Delicious home-baked treats, light meals, coffee, tea and fresh garden juices. Mon-Sun 10h00-16h00.	+27 (0)21 863 3852					<a href="mailto:enquiries@babylonstoren.com">enquiries@babylonstoren.com</a>
<b>HEY JOE BREWERY</b> Explore our various outside seating areas, ideal for accommodating groups of all sizes.	+27 (0)66 150 9681					<a href="http://heyjoebrewery.com">heyjoebrewery.com</a>
<b>THE LA MOTTE ARTISANAL BAKERY &amp; GARDEN CAFÉ</b> Ancient oaks, stretched lawns, tranquil pond and farm-yard inspired playground for young ones.	+27 (0)21 876 8825					<a href="mailto:bakery@la-motte.co.za">bakery@la-motte.co.za</a>
<b>LEOPARD'S LEAP FAMILY VINEYARDS</b> Family-orientated rotisserie-style restaurant. Wed-Sun 11:30-15:30	+27 (0)21 876 8002					<a href="http://www.leopardsleap.co.za">www.leopardsleap.co.za</a>
<b>SELA VIE RESTAURANT AT VAL DE VIE</b> Property, restaurant, wine, polo, weddings and conferencing.	+27 (0)21 863 6185					<a href="mailto:info@selavie.co.za">info@selavie.co.za</a>
<b>PAULINA'S AT RICKETY BRIDGE</b> Bistro style menu and a jungle gym play area.	+27 (0)21 876 2129					<a href="mailto:functions@ricketybridge.com">functions@ricketybridge.com</a>
<b>PICNICS (See Food &amp; Wine Route Map)</b>						
<b>ALLÉE BLEUE BISTRO</b> Picnics on a lawn with a jungle gym, wooden tables and chairs or a picnic blanket.	+27 (0)21 874 1021					<a href="mailto:info@alleebloe.com">info@alleebloe.com</a>
<b>BOSCHENDAL PICNICS</b> Our Werf picnic baskets include food made from our natural farm produce.	+27 (0)21 870 4274					<a href="mailto:reservations@boschendal.com">reservations@boschendal.com</a>
<b>THE RESTAURANT AT GRANDE PROVENCE</b> Relaxing country-style picnics under majestic oaks in beautifully landscaped gardens.	+27 (0)21 876 8600					<a href="mailto:reservations@grandeprovence.co.za">reservations@grandeprovence.co.za</a>
<b>FRANSCHHOEK KITCHEN AT HOLDEN MANZ</b> Delicious eats for the whole family to enjoy with gorgeous mountain views along the Franschhoek River.	+27 (0)21 876 2729					<a href="mailto:restaurant@holdenmanz.com">restaurant@holdenmanz.com</a>
<b>LA PARIS PICNICS</b> Sat & Sun 12h00-17h00, book 24 hours in advance.	+27 (0)21 867 0171					<a href="http://www.laparis.co.za">www.laparis.co.za</a>
<b>LA ROCHE</b> Picnic spots are scattered throughout the estate - between the vines, at The Festival Hall, or near The Rock.	+27 (0)71 761 1354					<a href="http://www.larochestate.com">www.larochestate.com</a>
<b>THE COUNTRY KITCHEN AT MONT ROCHELLE</b> Picnics at tables in the garden or on blankets provided under trees overlooking the dam.	+27 (0)21 876 2770					<a href="mailto:res@montrochelle.co.za">res@montrochelle.co.za</a>
<b>NOBLE HILL (COSECHA RESTAURANT)</b> A lovely way to experience a sunny afternoon.	+27 (0)21 874 3844					<a href="mailto:info@noblehill.com">info@noblehill.com</a>
<i>NB: If your children have particular tastes, the chefs are generally willing to provide alternatives - e.g. chips instead of salads - so discuss their preferences when you order the picnic.</i>						