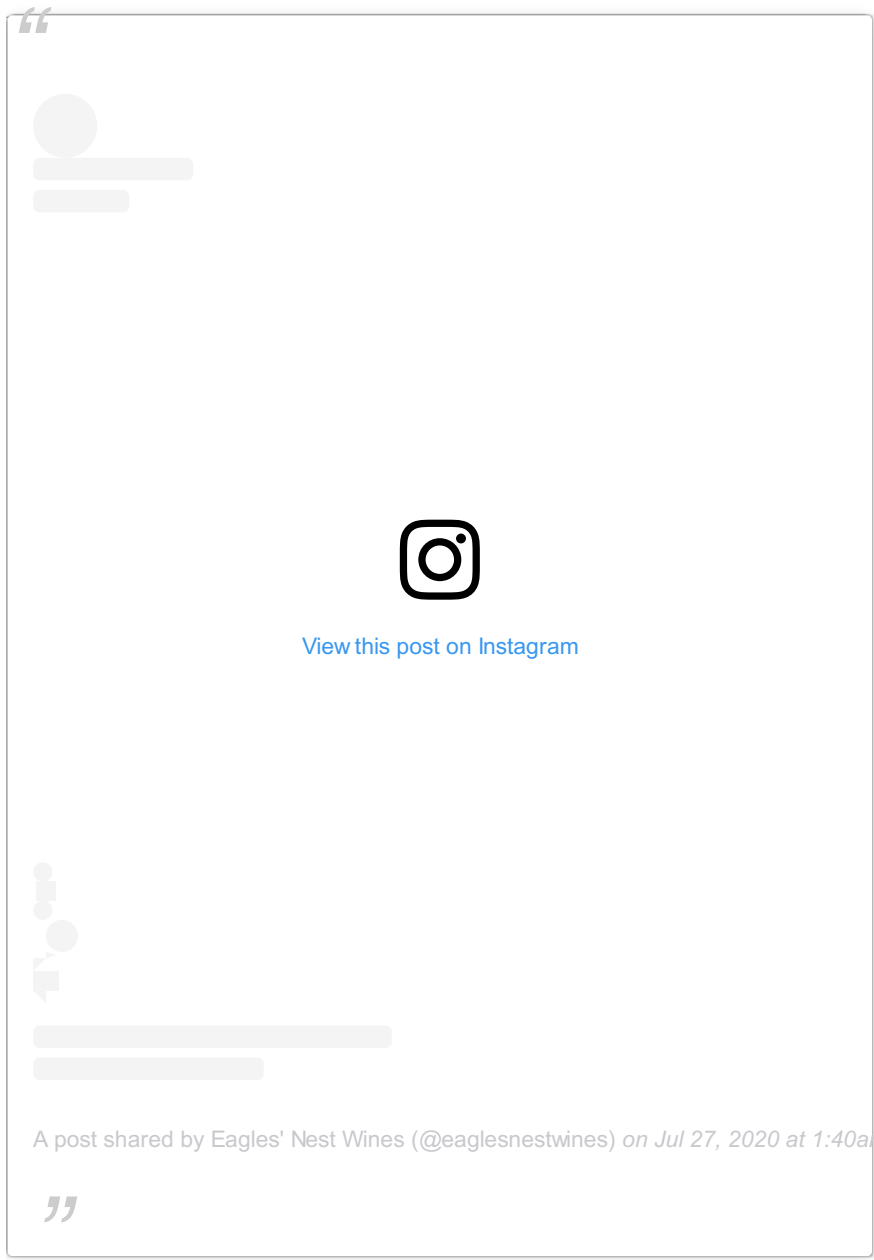


8 foodie and adventure activities in the Constantia Valley

Set against the densely forested eastern sides of the Table Mountain range and sloping down into a valley of vineyards, Constantia offers plenty of reasons to plan a holiday break or getaway around this locale.

Eagles' Nest

On the Constantia 'bucket list' is Eagles' Nest, one of the highest vineyards in the Cape, with its slopes facing north, east and west. Offering not only terrific wines but spectacular views over the Cape Peninsula, Eagles' Nest is perched in a secluded spot high up on the slopes of the historic Constantia mountain range. You can enjoy a simple wine tasting in their tasting room or take your wine tasting experience to new heights by tasting the wines in one of their vineyards.



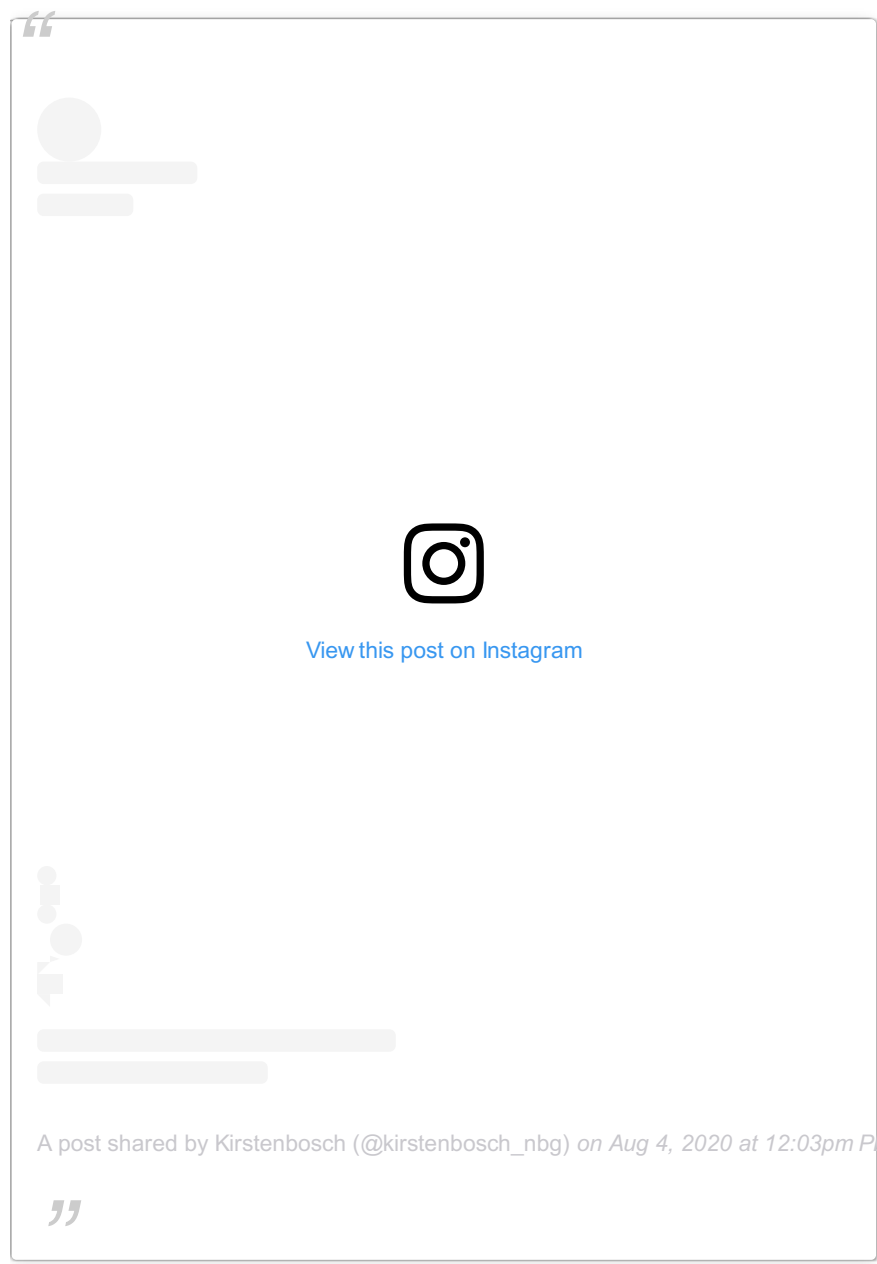
Groot Constantia

Groot Constantia, founded in 1685, is a historical wonder with an enduring legacy. So famous are the fruits of South Africa's oldest vineyard that they were enshrined in the novels of Jane Austen and Charles Dickens. The oldest wine-producing estate in South Africa offers fascinating cellars tours, a cultural history museum, the original Cape Dutch Manor

House, an art collection and even wine tastings. So, you can find out for yourself why 'Constantia Wyn' was bought by emperors and kings such as Frederick the Great of Prussia and Louis Phillipe of France, and served to Napoleon in exile on St Helena island.

Hikes and walks

If you want to connect with nature explore the Constantia Greenbelt network on foot, which includes the tree-lined Alphen Trail or go for the long haul and take a gentle hike up Constantia Nek, for spectacular views over the valley towards the ocean. There's also the Kirstenbosch National Botanical Garden, which is acclaimed as one of the great botanical gardens of the world. Few gardens can match the sheer grandeur of this setting for a walk or picnic. Take a stroll across The Centenary Tree Canopy Walkway – aka the boomslang. This curved steel and timber bridge winds and dips its way through and over the trees of the Arboretum, offering spectacular panoramic vistas of the surrounding mountains, garden and Cape Flats.



Ziplining Constantia

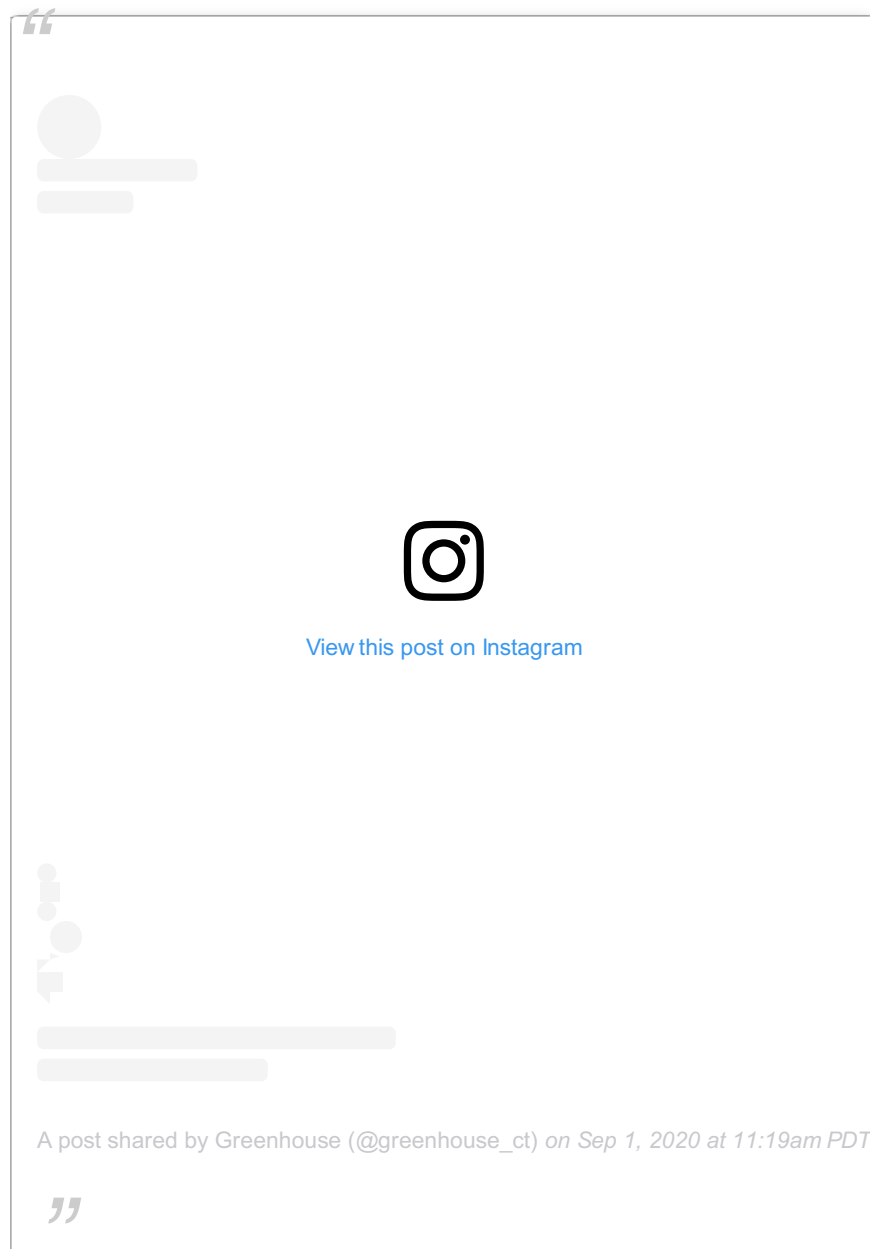
Be adventurous with Ziplining Constantia. Ideally situated and accessible from all major transport routes and located on Silvermist Estate, Ziplining Constantia is one of Africa's longest and highest Zipline tours and aims to give you a thrilling experience in the traditional SA Forest Adventures way.

Chardonnay Deli

After all that physical activity, enjoy a hearty breakfast or lavish lunch at Chardonnay Deli. The deli is based in an old farm stall near Groot Constantia, on a historic route that also houses the original police station and the commander's house. Enjoy a delicious cup of Truth coffee, freshly squeezed super juices or browse the range of handmade items for the home. Sit back, relax and indulge in their freshly baked artisan goods and experience the serenity of the scenic valley surrounds.

Greenhouse Restaurant

You can easily up the ante on the foodie front because Constantia has an incredible fine dining scene. Many of South Africa's top-rated, world-renowned establishments lie near one another, allowing you to dine on seasonal Cape cuisine as often as you wish. An absolute must on this gourmet hotlist is the multiple award-winning Greenhouse Restaurant.



Clay Cafe

Not far from the Constantia Valley wine route, lies a popular spot for getting creative while enjoying lunch and a glass of wine. Set in the heart of Hout Bay, lies Clay Cafe. The large open patio offers views of a lush garden that boasts an innovative playground for the kids. Create a ceramic masterpiece while you indulge in a meal made from fresh produce from their very own veggie garden - an ideal day out for a unique creative experience.

The Cellars-Hohenort

If planning to stay in Constantia, boutique hotel, The Cellars-Hohenort affords 5-star accommodation and breathtaking views across the Constantia Valley to False Bay. With its understated luxury, antique furnishings and original works of art, the hotel is a celebration of traditional values and gracious living. Surrounded by nine acres of historic gardens, with views of Table Mountain, The Cellars-Hohenort offers world-class accommodation, two award-winning restaurants, a tranquil spa and more.

When you're ready to venture forth once more, the valley awaits.

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