

Abercrombie & Kent  
SOUTHERN AFRICA

Insider Access & Day Experiences  
CAPE TOWN & WINELANDS

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Our selection of **day experiences** encompass a wide selection of full and half day excursions allowing guests a tailor made experience to suit their individual interests.

Our **insider access** works to satisfy our guests' demand to delve into the culture of the country they are visiting – to understand, interact, and ultimately, to expand their own horizons and privy to the excitement of rare and authentic experiences in Southern Africa.



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Insider Access



## Shimansky Rockwell Experience

On arrival at Shimansky Rockwell, you will enjoy a welcome drink followed by an exclusive, personally guided tour. Learn about the history of diamonds in South Africa, the rock formations they were found in, view replicas of famous diamonds and learn more about their history and where they are today. You will have the opportunity to see diamond polishers and craftsmen at work as they transform ethically sourced rough diamonds into beautiful stones - a process that requires precision and science.

Our behind-the-scenes Insider Access, exclusive to A&K guests, will afford you the opportunity to polish a rough diamond yourself - a unique experience not offered anywhere else in the world. Thereafter you will enjoy a private tasting - choose between a wine and chocolate, gin and chocolate or coffee and chocolate pairing or a whiskey tasting. A private shopping experience awaits, as you walk through the showroom of incredible pieces of jewellery or meet with an onsite designer to create a unique piece for you.



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This section of the earth that framed our worlds? pertinent questions arise. Where did the garden of world have been?



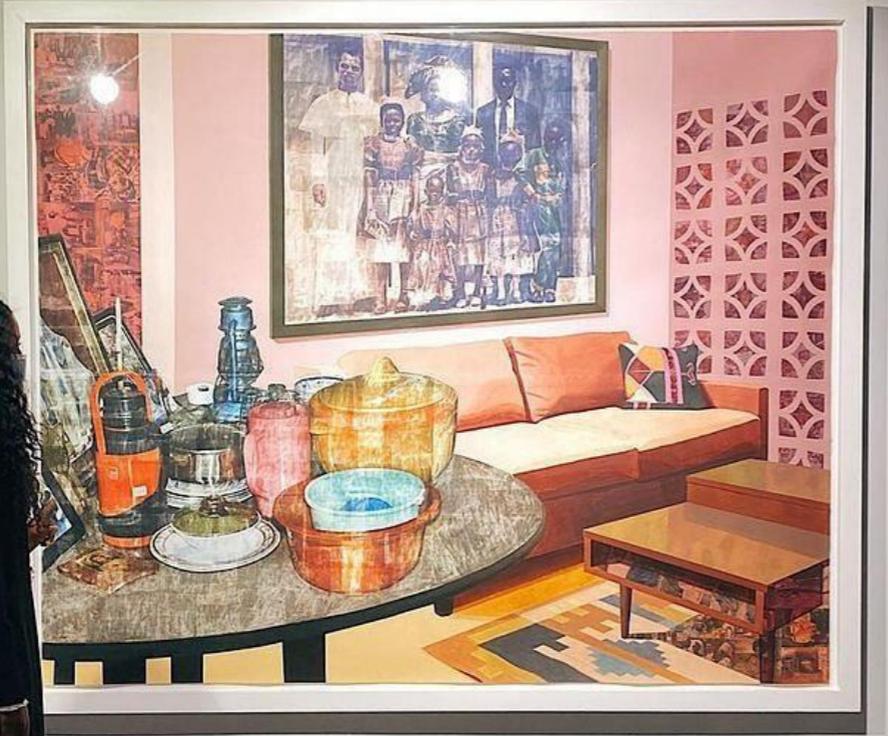
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## Zeitz MOCAA Museum

Enjoy a private afterhours tour of the Zeitz Museum, the first museum of its scale and kind on the African continent. The museum was designed by Thomas Heatherwick of Heatherwick Studio's in London, one of the world's most prominent designers. Zeitz MOCAA is the first major museum in Africa dedicated to contemporary art offering ground-breaking curatorial content and unique educational programming.



## Urban City - Arty Cape Town

Enjoy a day of contrasts while being exposed to many various art projects and styles. Start your day with a tour of the largest Contemporary Art Museum on the African Continent, Zeitz MOCAA, with an assistant curator to help you discover this incredible space with its inspirational architecture. Proceed to explore the city, by cycling between the Art Installations with locals on the Sea Point Promenade and getting to know the city by foot. Learn fascinating stories that tell Cape Town's history and modern day make up, engaging and overlooked by so many.

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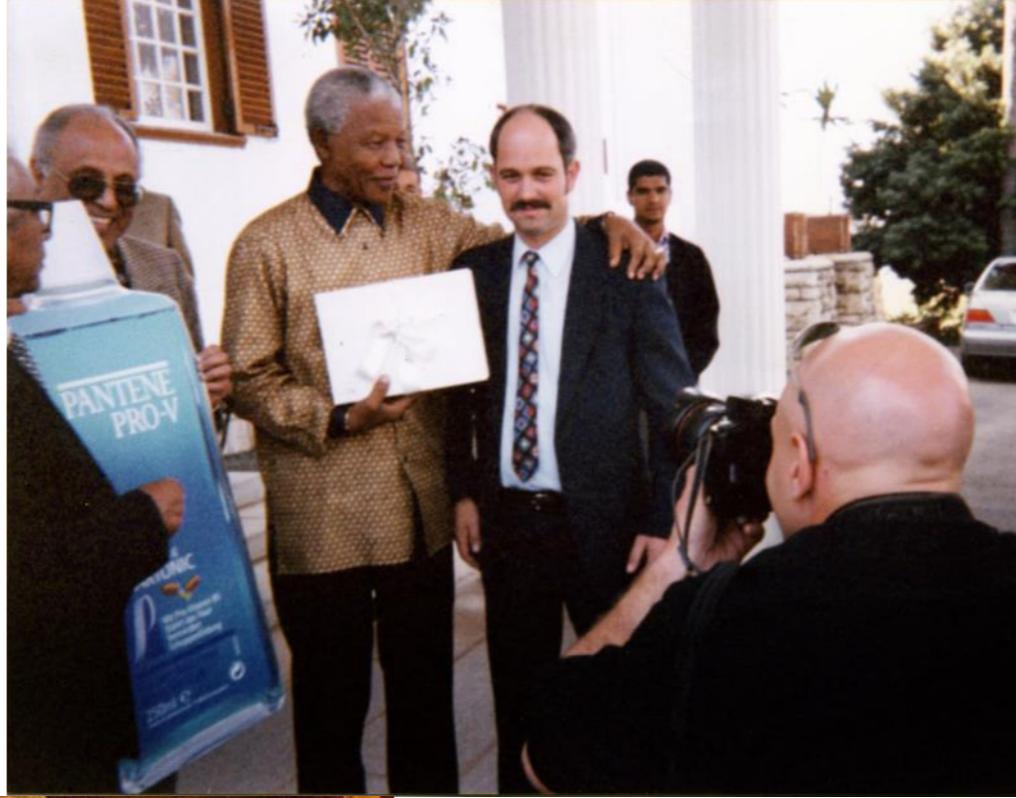
### Exploring the Cape Peninsula Like a Local

The aim of the day is to explore the highlights of the Cape Peninsula in a unique way off the beaten path, looking for any excuse to embrace the ocean and explore one of the most unique marine habitats in the world. Head towards the Surfers Mecca beach of Muizenberg, stop in Kalk Bay for a coffee, drive along the coast towards Simon's Town, and then continue on to the Cape of Good Hope. Visit the local Noordhoek Farm Village and end your day on one of the city's most scenic drives as you wind your way along Chapman's Peak drive.



## Lunch with Christo and Estelle Brand

Join Christo and Estelle Brand for drinks and lunch or dinner. During the course of the meal, Christo will share his story of his journey with Nelson Mandela. He will share fascinating insights into the life of Mandela from Prisoner to President – and how the two men stayed in touch right until Mandela passed away and Christo was a guest of the family at his funeral.



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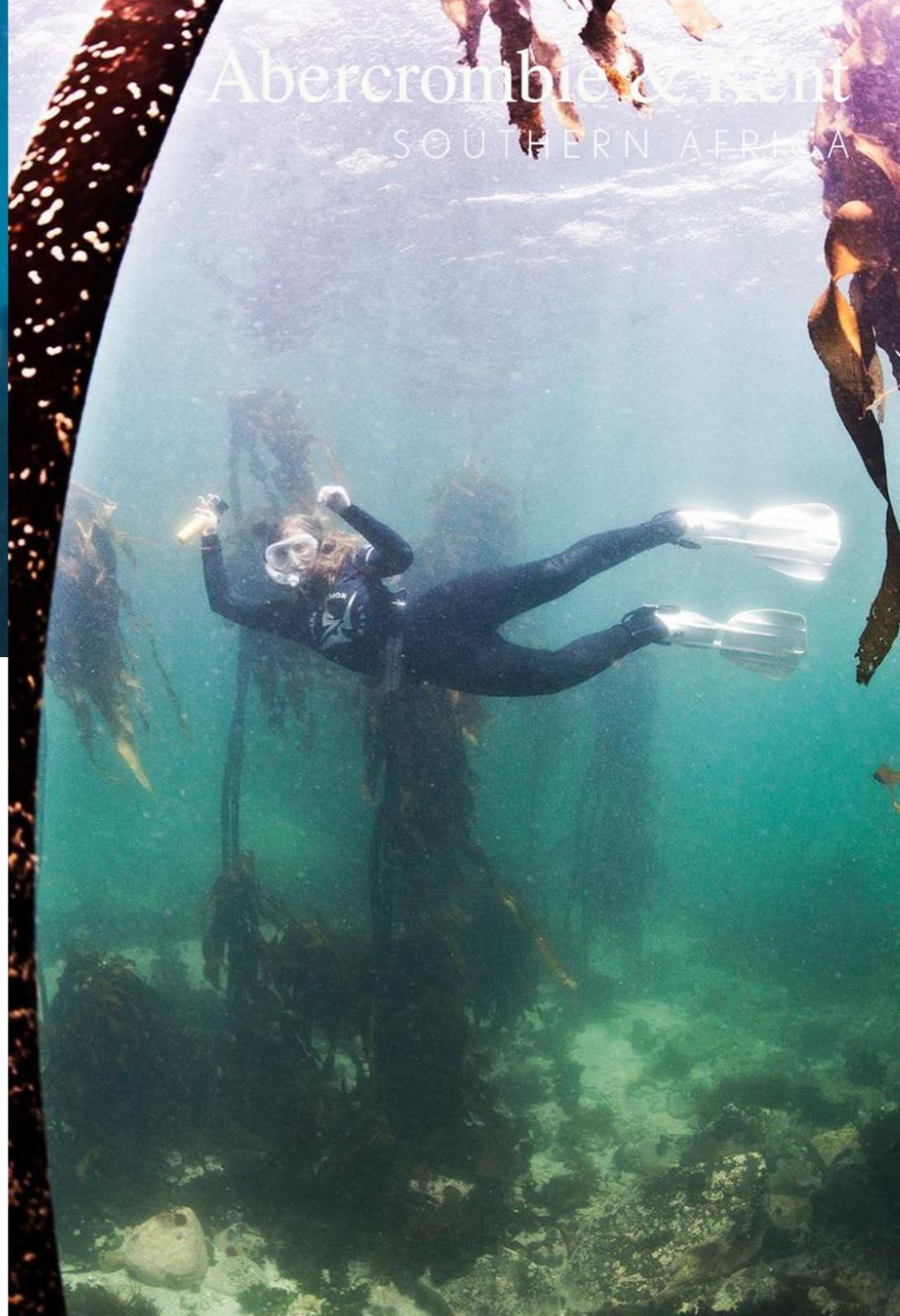


## Cape Town Robben Island

Robben Island is located 12 kilometres offshore from Cape Town, surrounded by freezing cold seas and strong currents. In this way, geographically, it is Cape Town's version of Alcatraz, perfectly designed and naturally defended to create the ultimate prison. It was here that Nelson Mandela, was incarcerated for 18 of the 27 years that he spent as a political prisoner of the Apartheid regime. On this tour, your guide will bring back to life those years, as you see the prison itself and Mandela's cell.



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## Surfing the Waves & Snorkelling with Seals

Spend in Muizenberg enjoying a surf lesson, the best place to get to grips with riding the waves in South Africa under the guidance of your Adventure Guide. You will don a wetsuit, get all geared up and by the end of the morning, you will be a pro on the waves amongst all the locals! For lunch, head over to the Atlantic seaboard where you will enjoy a light lunch at the Hout Bay Market with some fun local tunes. Board a small boat and head out to Seal Island to plunge into the cool Atlantic ocean and snorkel with hundreds of playful Cape Fur Seals.

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Day Experiences



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## Cape Town Winelands

The Cape Winelands comprise of the world-famous wine regions of Stellenbosch, Franschhoek and Paarl, all set within breath-taking vine-swept landscapes, many of them historical farms with beautiful Cape Dutch manors houses, gardens, hotels and fine-dining restaurants. The areas visited will be determined by the wine farms best suited to your personal wine preferences and pace.



## Cape Point Side Car Tour

All sidecars are decommissioned military bikes used during World War II, which has been restored and fully refurbished. Depending on your interests you will be visiting all the iconic attractions such as Kirstenbosch Botanical Gardens, Chapmans Peak Drive, Cape of Good Hope (including the Cape Point Funicular) and the Boulders Penguin Colony. Stop for lunch at a popular local restaurant including local wine and refreshments. Top off the day with a scenic coastal drive back to your hotel.



## Exploring the Heart of the Winelands

Uncover the natural beauty of the Winelands, an area known for its rows of vineyards and stunning estates dominated by forests, gardens and historic architecture. Our active exploration, on bike or foot, provides an intimate and fun opportunity to see this region - all at your own pace.



## Cape Town Cape Point

The focus of your tour is visiting the infamous 'Cape Point', situated within the Cape of Good Hope Nature Reserve. Journey along the Atlantic coast, through the Hout Bay valley and over the famous Chapman's Peak Drive and occasionally stopping at various sites of interest along the way. Visit the first lighthouse which was completed in 1859. Access to this historical building is by an exhilarating three-minute ride in the Flying Dutchman funicular that transfers you from the lower station at 127 metres above sea-level, to the upper station.



## Family - Grape Escape

The Cape Winelands is home to over 120 Vineyards, each with varying way in which we can explore and learn about how they produce their Grapes. The day will focus on exploring child friendly estates in a fun and engaging way for both adults and children.



## Adventurous - Grape Escape

Uncover the natural beauty of the Winelands, an area known for its rows of vineyards and stunning estates dominated by forests, gardens, and historic architecture. The active exploration, on bike or foot, provides an intimate and fun opportunity to see this region - all at your own pace. Enjoy sensational vistas over hidden gems, wine tastings at signature estates, and an introduction to wine-making.



## Discover - Grape Escape

The Winelands are overflowing with vineyards, each producing unique wines with a range of flavours and tastes. One thing that's often overlooked during a fleeting visit is the variety of ways one may explore the area while learning about a range of wine producing techniques. In addition to all the beautiful and unique vineyards, the great outdoors awaits you with lots of exciting activities for you to partake in.



## Family - Table Mountain & City Explorer

Beginning at Sea Level and ending with elevated views of the city, this day focus on exploring the Atlantic Seaboard in a fun and engaging way for children. Following in the footsteps of 'Stan the Strandloper' we will take in the city sites before seeing them from a different perspective on the mountain top.



## Adventurous - Table Mountain & City Explorer

Start your day with the rising sun, starting with a visit to the top of Table Mountain with views over the Mother City giving a unique perspective of the city. We leave the crowds behind as we explore the table top to get your bearing of the city from its highest point. Taking in the stories of the apartheid era struggles to the founding of a new democracy, wildlife conservation and more.



## Discover - Table Mountain & City Explorer

Explore Cape Town via its inspirational people making a difference in people's lives, meet inspiring township artists along the way and exploring the meaning behind the art works, that in itself unravels the history of Cape Town and South Africa. Taking in the stories of the apartheid era struggles to the founding of a new democracy, wildlife conservation and more.



## Family - Overberg Ocean & Valley Encounters

### OCEAN, HIKE, EXPLORE

Cape Town's False Bay is the starting point for this scenic coastal drive that runs all the way around to Walker Bay. Your day ahead offers a full immersion into breath-taking coastal landscape as we travel along the R44, keeping an eye on the sea.



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## Adventurous - Overberg Ocean & Valley Encounters

A day of contrasts, beginning by getting close and personal with the Great White Sharks in Gansbaai followed by an afternoon exploration of the Walker Bay Nature Reserve.



## Discover - Overberg Ocean & Valley Encounters

Explore a unique and often overlooked wine valley in a picturesque region with incredible vistas. By contrast in the afternoon, we become marine-focused as we follow one of South Africa's most scenic coastal roads that runs all the way around to Walker Bay.

## Cape Malay Cooking Experience

Join Gamidah Jacobs for a Cape Malay cooking class in her home in the colourful 'Malay quarter' of Cape Town. Gamidah will meet guests and give them a short tour of the Bo Kaap and some insight into the daily life of a local resident of the Bo Kaap. Guests then join her in her home to make traditional dishes like roti, curry, sambal, samosa folding and chilli bites with some cardamom tea or juice. Gamidah has many stories to tell about her cultural upbringing and the traditional fast for Muslims at Ramadan.



## Inverroche Distillery Tour and Helicopter flight

This curated experience begins with a luxury helicopter ride from the V&A Waterfront to the beautiful Overberg region. Your destination is Inverroche Distillery, pioneers of South African craft gin. Upon arrival, guests are invited to enjoy a tour of the state-of-the-art distillery as well a private tasting of all their premium products. This is to be followed by your choice of a sit-down lunch or picnic on their beautiful grounds, before returning to the resort via helicopter.

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## Mixology Classes

A fun and interactive mixology masterclass, this session takes place in the Nobu cocktail bar and showcases One&Only Cape Town's Signature Nitrogen-infused cocktail, 'Cape of Storms'. Following a shakedown with the resort's master mixologist, guests will enjoy a craft gin and tonic experience featuring all three varieties of the premium, local gin brand, Inverroche. Inverroche Gin Distillery are the pioneers of craft gin in South Africa and use indigenous 'fynbos' botanicals to flavour their products. The experience comes paired with a delicious snack platter and includes a take-home gift of 'The Inverroche Trilogy of Fynbos Gins'.



## South African Wine Blending Experience

For any wine lover, the opportunity to blend your own wine is one not to be missed. This exceptional experience takes place inside One&Only Cape Town's elegant Wine Studio. After learning about the wine landscape in South Africa and some of the popular varietals, you can begin to create your very own signature blend. The resulting creation can be savoured over a delicious meal at the resort, or packaged and taken home for the perfect gift or memento.



## Cooking Cultures

One&Only Cape Town invites guests to join them on a 'Cooking Tale of Two Sisters'. These 'sisters' are in fact edible delights, loved by locals, both of them made from the same ingredients, sweet and fried, however looking and tasting distinctly different because of their method, and who traditionally made them - their names are Koeksister and Koe'sister. The resort's pastry team lead this hands-on session in the resort pastry kitchen as guests learn the secrets to making these 'sisters'. Ideal for families, everyone will receive the Chef's tried and tested personal recipes in a souvenir pack, as well as a One&Only apron.



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## Nobu Sushi Masterclass

Robben Nobu Cape Town offers an exciting Masterclass where guests can learn how to prepare Nobu's signature dishes, and enjoy sensational Sake pairings. This exceptional experience will include a Tempura or Toban Yaki cooking demonstration of cold dishes at the sushi bar and hot dishes in the main kitchen; a presentation of Sake and other beverages by Nobu's Sommelier Team; a souvenir take-home recipe pack; and most importantly, guests will dine at the sushi bar, and have the hot dishes prepared and served family-style.

## V&A Waterfront Hopper

This brief 'hop' gives you the best abbreviated tour. Leave from the V&A Waterfront and fly over the city bowl, the Green Point Stadium, Clifton, Camps Bay, and the majestic Twelve Apostles before making an about turn back to Cape Town.



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## The Three Bays Tour

After departure, you will get a great view of Table Mountain, Robben Island and the V&A Waterfront Shopping Centre. Route along the coastline passing Sea Point, Bantry Bay, Clifton, Camps Bay, Llandadno and Hout Bay. After Hout Bay you will get a great view of the famous Chapmans Peak Drive. At Noordhoek you will turn inland and head for False Bay and the town of Fish Hoek. From there you start heading back, passing Kalk Bay, Muizenberg, Tokai, the Constantia Winelands, University of Cape Town, and finally the Cape Town Docks where you start your descend for the Waterfront Helipads.

## Foodies on Foot Tour

Leisurely guided walking tour of the old town centre to discover its history, outdoor art and rich architect. An extended lunch where you taste a variety of handcrafted local products at different eateries, typically Mezze platter with cheese, charcuterie, artisan bread as well as award-winning wine, home-made ice-cream, hand-made chocolate or pastries and much more. Meet talented food artisans and hear the stories behind their products.



## Classic Cape Cuisine Walk

Enjoy a tasty discovery of the traditional food and drinks of Stellenbosch, while your local guide shares entertaining stories about the town's history and culture. The tour includes a guided walking tour of the old town centre while sampling traditional specialities at tasting stops along the walking route, including a heritage lunch platter and a trilogy of Cape desserts.

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## The Point Tour

The Point flight is the ultimate scenic tour covering the entire Cape Peninsula. From take-off you will get a great view of Table Mountain, Robben Island and the V&A Waterfront Shopping Centre. We route along the coastline passing Sea Point, Bantry Bay, Clifton, Camps Bay, Llandadno and Hout Bay. After Hout Bay you will get a great view of the famous Chapmans Peak Drive, which we follow until reaching Noordhoek Beach. where we start our descent for the Waterfront Helipads.



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## FatBiking Tour

Drive to the top of the Walker Bay Nature reserve and start from the top of an incredible Dune field on a 6 kilometre adventure. The tour is excellent for anyone that can ride a bike and loves nature. Whether you are a pro-rider or just a novice you will love the experience as it is completely unique and fun from start to finish. For those not so confident there are easy routes around the Dunes and for the adrenaline lover, experience the steep faces of the Dunes and learn how to ride down them with ease.

## Boat Based Whale Watching

The "Marine Big 5" experience, includes whales, dolphins, seals, sharks, and African penguins. Southern right whale viewing season can be as early as June and run until late October, depending on whale activity. There is nowhere else in the world where you can travel for less than one hour and see as many as 20+ whales!



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## Great White Shark Cage Diving

Six nautical miles away from the village of Kleinbaai lies Dyer Island, where it is possible to view Great White Sharks. The island is a bird sanctuary and a breeding site for the Jackass penguin. Adjoining it is a second smaller rocky island called Geyser Rock which supports a large seal population. Separating Geyser and Dyer is a channel aptly named "Shark Alley", arguably the prime spot in the world for encountering these magnificent predators.