

# 4 Country Strong

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in touch

## 4 COUNTRY STRONG

Representing more than 150 wineries, the Stellenbosch Wine Route is the oldest in South Africa. Divided into five sub-routes – namely Bottelary Hills, Greater Simonsberg, Helderberg, Stellenbosch Valley and Stellenbosch Berg – wine enthusiasts can enjoy more than just a tippie when visiting the area. The Stellenbosch Wine Tourism Office can even tailor tour packages to your needs and budget, whether you're looking for adventure or romance, or even travelling with the kids. Here's what the *Balanced Life* team got up to on their weekend in the Winelands. To plan your own, call 021 886 4310 or email [info@wineroute.co.za](mailto:info@wineroute.co.za).



### STOP 1: LOURENSFORD WINE ESTATE

021 847 2300  
[lourensford.co.za](http://lourensford.co.za)

You may have heard of this gem, which regularly hosts outdoor events. Steeped in history and heritage (it dates back to the 1700s!), Lourensford boasts a modern wine cellar that uses solar power and the latest technology to produce more than one million bottles each year. They are also the only producers of a honey liqueur that tastes amazing – on its own, in a cocktail or over a dessert.



### STOP 2: THE COFFEE ROASTING COMPANY

021 847 0536  
[coffeecompany.co.za](http://coffeecompany.co.za)

If it's a good cup of java you're after, there's no better place to get your fill. Situated at the top of Lourensford Road on Lourensford Estate, this artisanal coffee shop sources only the best beans from around the globe. Contact them directly for door-to-door deliveries throughout the country or to book one of their unique coffee tasting sessions.



### STOP 3: RUSTHUIZ GUEST HOUSE

021 886 6948  
[rusthuiz.co.za](http://rusthuiz.co.za)

A stone's throw away from the bustling main street of Stellenbosch, Rusthuiz is a countryside haven. With friendly service, a beautiful zen garden and spacious en-suite rooms that feature noise-blocking windows and doors, retreat to its peaceful setting after enjoying the cafes, bistros and nightlife the town has to offer.



### STOP 4: THE BIG EASY AT LA GRATITUDE

021 887 3462  
[thebigeasyrestaurant.co.za](http://thebigeasyrestaurant.co.za)

Enjoy a hearty meal in the historical La Gratitude building, built in 1798 by the Reverend of Stellenbosch. It boasts impeccable decor and a blend of Cape Dutch, Victorian and Georgian architecture. We recommend the Norwegian salmon served with a yummy potato-cream mousse, followed by the delectable Big-on-Chocolate dessert trio.



### STOP 5: DELHEIM WINE ESTATE

021 888 4600, [delheim.com](http://delheim.com)

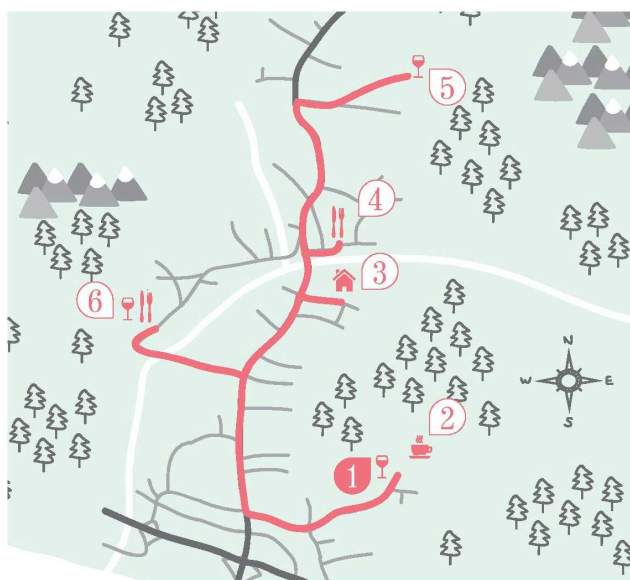
A founding wine estate on the Wine Route, Delheim is family-owned and committed to sustainable development. Enjoy a tasting in their original cellar, or head to the restaurant for a wine and cupcake pairing using local ingredients, such as rooibos, pumpkin and makataan (wild melon) – yum! Avid cyclists can also brave the slopes or take part in one of the estate's biking events.



### STOP 6: SPIER WINE FARM AND EIGHT RESTAURANT

021 809 1100, [spier.co.za](http://spier.co.za)

A stalwart for Winelands weddings, Spier offers a range of activities. Try an eagle encounter or a Segway tour of the vineyards (with a quick and easy tutorial) before enjoying a wine tasting. End off your day with farm-to-table cuisine at Eight Restaurant, which uses only natural and organic ingredients sourced from local farms.



START HERE FOR THE *BALANCED LIFE* STELLENBOSCH TOUR

## ON STAGE 5

### Janice Honeyman's *Sleeping Beauty*

The Mandela at Joburg Theatre, 4 November – 30 December

A tale as old as time and loved by both adults and kids, *Sleeping Beauty* takes to the stage this holiday season. Combining beautiful scenery, jokes galore, magic and sparkle, join the colourful cast of characters in a quest to save the princess and the kingdom. Your kids will delight in the antics of pantomime while enjoying a favourite family story.



### WIN

Take in the show by entering to win one of five family package tickets to *Sleeping Beauty* worth R1 500 each. SMS 'Sleep' and your ID number to 43183. (Details on page 72)