



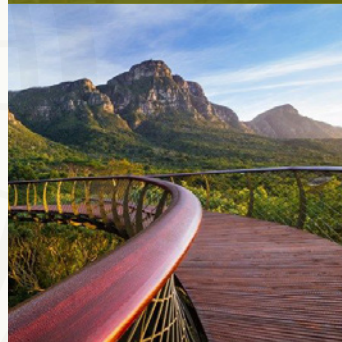
LAST WORD CONSTANTIA

ACTIVITIES TO DO IN AND AROUND THE CONSTANTIA AREA:

1. Wine Estates – 10 wine farms in the oldest wine valley in South Africa: Constantia Glen, Beau Constantia, Silvermist, Eagle's Nest, Groot Constantia, Steenberg, Constantia Uitsig, Klein Constantia, Buitenverwachting, High Constantia (5 minutes' drive)
2. Restaurants – world renowned: La Colombe, Foxcroft, Chefs Warehouse, Greenhouse at The Cellars, Catarina's, Steenberg 1682 (5 minutes' drive)
3. Walking/Hiking trails – Constantia valley greenbelts, Constantia Nek, Tokai Forest, Kirstenbosch Contour Path, Skeleton Gorge, Hout Bay, Silvermine, Elephant's Eye (5 minutes' drive)
4. Kirstenbosch Botanical Gardens – flora, walks, summer concerts (5 minutes' drive)
5. Golf – Steenberg, Westlake and Royal Cape Golf Courses (5 minutes' drive)
6. Running routes
7. Cycling and Mountain Biking routes
8. Beaches – Muizenberg, St. James/Dalebrook (tidal pools) (10 minutes' drive)
9. Norval Foundation – art gallery and restaurant (5 minutes' drive)
10. Constantia Uitsig Cottages – restaurants, wine, chocolates, craft beers, ice-cream (5 minutes' drive)
11. Constantia Uitsig Bike Park for kids (5 minutes' drive)
12. Acrobranch at Constantia Nek for kids (5 minutes' drive)
13. Zip lining at Constantia Nek (5 minutes' drive) SA Forest Adventures
14. Cavendish Square – premium shopping centre (10 minutes' drive)
15. Rhodes Memorial – History (10 minutes' drive)
16. Virgin Active Gym (5 minutes' drive)
17. Rugby and Cricket Stadiums in Newlands (10 minutes' drive)
18. Townships Tours (15 minutes' drive)
19. Easy access to the City Centre and Waterfront (15 minutes' drive) – City Centre: Bo-Kaap, History, Art, Museums, Company Gardens. Waterfront: boat trips, Robben Island, shopping, restaurants, Big Wheel,
20. Easy access to Table Mountain – Cable car, walks/hikes (15 minutes' drive)
21. Local markets – Tokai Earth market, Granger Bay, Neighbourgoods, Hout Bay, (15 minutes' drive)
22. Red Bus Route - hop on and off (wine tasting, sight seeing)
23. Scootours
24. Cape Sidecar Adventures - wine tasting on a side car

ACTIVITIES AT THE LAST WORD CONSTANTIA:

1. Dinner in house or at Peddlars restaurant next door (1 minutes' walk)
2. In room massages
3. Bicycles for use – no charge and no need to pre-book
4. Swimming pool
5. Afternoon tea and cake
6. In-house chauffeur service
7. Private in room dining



LAST WORD CONSTANTIA

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