



Experience Constantia Valley!

Activities

Hiking & Walking forest trails

The Constantia Green Belts occupy a couple of areas throughout this leafy suburb. There are a number of trails where you can walk or jog. Easier routes include; De Hel Nature Area, Brommersvlei Walk, Diep River Trail, Doordrift Walk, Grootboschkloof Trail, Silverhurst Trail, Spaanschemat River Trail. The two closer trails to the Cellars-Hohenort Hotel are the Alphen Trail & the Klaassenbosch Trail. For more advanced hikers, Cecelia Forest on Constantia Nek and Kirstenbosch Gardens are ideal. This hike reaches the very top apex of the mountain range and connects to the routes leading to Table Mountain (City Side)

Kirstenbosch Gardens

In Cape Town, which is renowned for its natural beauty, there are few places that contribute so clearly to the Mother City's pretty face than Kirstenbosch National Botanical Garden, with its perfect emerald lawns spreading out from the foot of Table Mountain. Exotic plants & Succulent Green Houses, Concerts in the Park, themed mini forests, 180 degree panoramic views from Muizenberg to Blouberg from the viewing bridge at the apex of the gardens, tea garden restaurant and the African themed Moyo Restaurant are the many delights that Kirstenbosch Gardens.

Zip lining – Constantia Nek, Silvermist Estate

Few things are as exhilarating as zip lining – after all, it's good, secure outdoor fun at its best. Situated in Constantia Nek, on the lovely Silvermist Estate, this great experience is perfect for outdoor lovers, nature seekers and adrenaline junkies alike. The outing starts off with a 4x4 drive that takes you up into the Constantia Mountains, where, surrounded by incredible natural flora and fauna, you will embark on your zip line adventure... The platforms and lines offer gorgeous views so it's an even more memorable experience out in the fresh air. And with SA Forest Adventures – one of South Africa's leading adventure companies – you know you're in good hands because their guides are all hands-on and great.





The Bike Park at Constantia Uitsig

Open 7 days a week, from 8am until 6pm, the Bike Park at Constantia Uitsig offers cyclists of all ages and skill levels laps and laps of fun. Featuring a variety of pump tracks currently totalling 2.8 km, there are beginner jump lines all the way to expert drop-offs, rock gardens, a wooden berm, rollers and a suspension sky bridge (that tracks the canopy of the trees) ending in a corkscrew exit. In addition to the new Bike Barn – which offers spectators a cosy hideout and cyclists, a pit stop with bike repair facilities, a dual slalom race track and bike party hire facilities are all on site too. Designed by Downhill World Champion, Chris Nixon, the tracks are ideal for honing one’s bike handling skills. BMX’s, mountain bikes and cyclocross are all welcome.

Chart Farm – Rose Picking & Tea, Upper Wynberg

Chart Farm is loved far and wide across Cape Town for its amazing, affordable and altogether romantic rose picking experience. So be sure to visit this gorgeous farm – which covers some 12 hectares and lies near Wynberg – to either pick your own – or buy some pre-picked ones. The roses are a glorious sight to see (whether you visit to pick or not) and there’s a lovely little restaurant, where you can enjoy a light snack or good coffee. Wow your partner, share special memories with the ones you love or simply take the family for a day out in the sunshine. Chart Farm is only open to rose picking at certain times of the year, so please check ahead before visiting. Also, secateurs and buckets are supplied at the farm stall.

Golfing

Steenberg Golf Course – consistently named one of the best conditioned courses in South Africa Golf Digest’s annual Top 100 – attracts golfers seeking a total golfing experience. Known for its hybrid plan, it offers traditionalists the opportunity to ‘bump and run’ (a rare shot in South Africa) in the rough around the greens, and to meet the challenges of strategically placed sand pits and waterways. The 18-hole golf course was designed to make full use of natural features and hazards such as the vineyards, pine forest and gentle waterways. Its environmental diversity gives the course its unique character. The well-designed and refurbished clubhouse has seen many golfers enjoying the 19th hole.

Westlake Golf Course – an 18-hole parkland style course was designed by our very own members. With consultation and advice from professionals, many significant improvements have been made over the years. The greens are all Poa Annuua which is a very delicate grass that requires lots of “TLC” but if managed correctly, delivers an excellent putting surface. Fairways, semi-rough, tee boxes and rough are mainly Kikuyu, as is the standard in South Africa. The golf course is meticulously managed on a daily basis with the greens and the bunkers being maintained each day. The fairways and rough are mowed regularly and although the rough can be tough at times. A driving range which is a short warm-up area of distances no more than 160m is available. There are two chipping / putting greens surrounded by one bunker to sharpen your short game.





Wine Estates – Wine Tasting

Eagles Nest, Wine Farm & Restaurant

Klein Constantia Wine Estate

Constantia Uitsig Wine Estate

Buitenverwachting Wine Estate

Steenberg Wine Estate

Constantia Glen Wine Estate

Beau Constantia Wine Estate

Groot Constantia Wine Estate & Farm

Fine Dining Restaurants

La Colombe Restaurant

Green House Restaurant, Cellars-Hohenort Hotel

Casual Fine Dining Restaurants

Chefs Warehouse, Beau Constantia

Foxcroft

The Conservatory, Cellars-Hohenort Hotel

Skotnes, Norval Foundation Museum

Catharina's, Steenberg Wine Estate

Moyo at Kirstenbosch





Casual Dining Restaurants

Buitenverwachting, Buitenverwachting Wine Estate

95 at Parks, Upper Wynberg

Blanco, Alphen Hotel

Jonkershuis, Groot Constantia

Bistro 1682, Steetnberg Wine Estate

Simons, Groot Constantia

Tashas, Constantia Village

Peddlars on the bend

Kitchen Tea & Rustic Restaurants

Kirstenbosch Tea Room Restaurant

La Bell, Alphen Hotel

Eagles Nest, Wine Farm & Rustic Restaurant

