

Track Title	Itinerary	Distance/ Timings and GPS
1. Introduction	{ Listen on the way	From Cape Town on N2 :
2. Winemaking at the Cape	{ to Spier	40kms/ 30 minutes
3. Spier Estate	Aim to arrive by 9.30am	33 97 27 S 18 78 51 E
4. Dir. from Spier to Stellenbosch		10kms/ 15 minutes
5. Stellenbosch	Park at Die Braak	33 93 77 S 18 85 91 E
6. Dir. from Stellenbosch to Delaire		9kms / 6 minutes
7. Delaire Estate	Aim for midday	33 92 10 S 18 92 22 E
8. Dir. from Delaire to Franschoek		25 kms / 20 minutes
9. KhoeSan and Huguenot	Aim to arrive F'hoek 1pm	33 90 83 S 19 11 77 E
10. Dir. from Franschoek	Aim to depart 3.45pm	
11. Vines and Winemaking	Departing winelands	(N1: 33 77 89S 18 95 45E)
12. Final Words		
13. Mandela's Release	Extra track: Drakenstein Prison	33 85 05 S 19 02 15 E

**Dir = Directions – listen before start driving! Use the attached map.**

#### Wine Farm GPS References

Asara	33 94 32 S	18 80 86 E
Solms Delta	33 86 42 S	18 98 97 E
Fairview	33 77 22 S	18 92 38 E

#### Restaurants

Tokara	021 808 5959 (stylish)
Hillcrest	021 885 1629 (informal)
Boschendal Pique Nique	021 870 4274 (outdoors, Oct – May)
Ruben's	021 876 3772 (top-rated)
Haute Cabriere	021 876 3688 (taste experience)
Le Quartier Francais	021 876 2151 (top-rated)
La Petite Ferme	021 876 3016 (views!)