



Weskus Itinerary

Theme: Accessibility

DAY 1 | Darling – Yzerfontein

Wine tasting at Groote Post Vineyards | Darling

The winery is situated in a lovely green valley threaded by the Klaver River, a stream really, with Kikuyu lawns bordering on the werf, all watched over by the beautifully restored Cape Dutch Klaver Valley homestead and the imposing bell tower (depicted on the Groote Post wine labels).

www.grootepost.co.za

Eat at Hilda's Kitchen |Darling

The restaurant's modern country cooking only uses the freshest produce, much locally sourced and grown and the menu is designed to complement the outstanding wines of Groote Post.

www.grootepost.co.za/eat.aspx?EATID=117&CLIENTID=3069

!Kwa ttu San Heritage Guided Tour | Yzerfontein

Be ushered into the heart of Bushman culture by one of !Kwa ttu's qualified San Tour Guides. The guides come from a diverse range of San communities, each with their own language and story. Whoever accompanies you, you will discover some of the qualities that enabled San to survive, and thrive, for centuries.

www.khwattu.org

Stayover at !Kwa ttu | Yzerfontein

As night falls and the sun sets, peace reclaims the land along with the zebra, eland, springbok, and night hares. There is something magical about waking up at !Kwa ttu. It should not be missed. The accommodation ranges from hideaway simple and elegant farm cottages, to furnished tents with open air showers and a communal boma. Here you may find yourself staying up all night, chatting under starlight, making friends who last a lifetime.

www.khwattu.org/visit-and-explore/eat-sleep-shop

DAY 2 | Langebaan – Vredenburg

Explore West Coast National Park | Langebaan

The major attractions of the reserve are the marine and lagoon fauna and flora, fossil deposits, flower displays, wading birds and the use of houseboats. There are a variety of visitor destinations within WCNP all with varying access potential. Some of the more noteworthy ones include:

- **Geelbek Hide**
Accessed via a long wooden boardwalk, a person in a wheelchair can easily enter the hide (although with weathering the boardwalk is a bit creaky in parts). Depending on the tides, a person can have marvellous viewing of aquatic wading birds.
- **Postberg Flower Reserve**
Flower season is August and September annually, but there is also the presence of some large herbivores. Most of the viewing of the flowers is done from the confines of a motor vehicle. There are a couple of picnic sites and a viewing site overlooking the lagoon. The pathway to this latter facility becomes too narrow for passage in a wheelchair. There are toilet facilities that are spacious and can be easily accessed. However, no assisting rails are present.
- **Lagoon jetties and beaches**
There are several jetties leading people onto the lagoon. These have steps and a wheelchair user will require assistance. Mobile toilets that service these jetties or the pathways that lead down to lagoon beach pockets are not appropriate for people in wheelchairs.

www.sanparks.org/parks/west_coast/groups/disabilities.php

Eat at Geelbek Restaurant

Situated inside the West Coast National Park; right on the picturesque Langebaan lagoon; it offers spectacular views of the Park and lagoon and surrounded with breathtaking natural vistas of flamingos and other birdlife, with a huge variety of game and wildlife.

www.sanparks.org/parks/west_coast/tourism/restaurant.php

West Coast Fossil Park | Vredenburg

The West Coast Fossil Park has an exceptional interpretation centre displaying well-preserved fossil remains of the animals that inhabited the area about 5-million years ago. Visit the park to see the fossils of bears, sabre-tooth cats, short-necked giraffes and the many other animals which once inhabited the west coast area.

<https://fossilpark.org.za>

Stayover at Duinepos Chalets | Langebaan

Two chalets at West Coast National Park are disabled-friendly. Each chalet offers 2 bedrooms, an open plan kitchen, lounge, fireplace, shower, toilet and an outdoor braai area. Other facilities include: swimming pool, communal braai and boma area.

www.sanparks.org/parks/west_coast/groups/disabilities.php

DAY 3 | St Helena Bay – Lambert's Bay

Shelley Point Hotel & Spa | St Helena Bay

Nestled in this charming West Coast Peninsula Security Village, Shelley Point Hotel & Spa is a haven of tranquillity, set in acres of lush landscaped Links Golf Course and miles of sandy white beaches! This area enjoys the best features of the Cape's Mediterranean climate with hot summers and mild winters, all within easy 90 minutes' drive from Cape Town. Activities and facilities offered at Shelley Point include a spa, golf course, horse riding, guided sea kayak tours, and coastal drive in a safari-vehicle.

<https://shelleypointhotel.com/west-coast-peninsula-activities>

Eat at Dorothea's Restaurant | St Helena Bay

Overlooking the green fairway and palm trees of the 1 tee box on the golf course, the table is set for a tranquil lite lunch, cocktail or even just for cake and tea. Between the green lush leaves and palm trees, the sound of the water is toppling from the pond that is garnished with colourful koi giants. The Dorotheas Restaurant and Cocktail Bar boast with the best Pizza's in Town at the Pizza Bar and is well known for its freshly baked home-made cakes. With breath taking sunsets this an ideal setting to end the day with a cocktail and light lunch.

<https://shelleypointhotel.com/shelley-point-hotel-restaurants>



Lambert's Bay Bird Island Nature Reserve | Lambert's Bay

As the only accessible spot in the world to see Cape gannets breed, Bird Island is a bird-watcher's paradise. The island's hide is perfectly situated to observe their activities first-hand and learn more about their breeding habits. Other birds include the Cape cormorant and the kelp gull.

www.capenature.co.za/reserves/lamberts-bay-bird-island-nature-reserve

Stayover at Shelley Point Hotel | St Helena Bay

The Disabled Luxury Suites are spacious rooms with king size bed, lounge & en-suite bathroom with bath & glass-walled shower. The bathroom is fitted with the necessary fixtures. Fresh, fluffy towels, bathrobes and slippers are just some of the simple additions to ensure the comfort of your stay.

<https://shelleypointhotel.com/rooms/disabled-luxury-suite>

