

# CURATED

experiences





# EXPLORE

Consistently voted as one of the best travel destinations in the world, Cape Town has an abundance to offer throughout the year - whether your interest is a city break, an adventure, a romantic getaway or family vacation.

Inside one of the most enviable addresses in the Mother City, awaits adventure and memories to be made.

Be whisked away by our pastry team, go on gastronomic adventures with our Nobu chefs or learn to create mouth-watering cocktails with the mixologists; each a unique experience for you and your family.

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# EXPLORE

## THE WINELANDS

**The Cape Winelands is a lush area in which many of the world's top wines are produced.** Several areas make up the Cape Winelands, most notably Stellenbosch and Franschhoek. Together they home hundreds of exceptional farms - making it challenging to know which to visit in a potentially limited time. One&Only Cape Town's expert Sommelier Team lead guests on a bespoke wine tasting experience to remember as each excursion is done according to personal preferences, for the ideal day of tasting, interacting with winemakers and learning the unique histories of the farms. It includes luxury transport and a spectacular winelands lunch.

Adding to the experience, is the versatility of exploration. Guests can choose between three different wine routes to suit their preferences; from roaming across the Western Cape winelands or focusing on the finer notes of Stellenbosch vintages, there is something for everyone.

*Kindly see our Oenology brochure for all wine experiences.*



For those with a penchant for rich, red wines, journeying through the 'Kingdom of Cabernet' is the perfect option. Including iconic wine farms such as Thelema, Waterford Estate and Simonsig Wine Farm on this route, red-wine enthusiasts will love the depth, complexity and range of red presented along the way.

Those wishing to see a little bit of everything, can elect to 'Wander the Winelands', a route that includes stopping at historical Simonsig Wine Estate in Stellenbosch, beautiful Glen Carlou for lunch in Paarl and trendy Black Elephant Vintners in Franschhoek, the last of whom includes a unique music and wine pairing experience.

Finally, for the classic amongst us, the 'Celebration of Cap Classique' route is sure to be a treat. Beginning with stunning Simonsig, before moving on to Boschendal Wines and ending in Le Lude, guests will have the opportunity to sip some of the finest bubbles in all the land - an exquisite outing matched only by the exquisite venues.

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**WHEN:** Daily, 8am-6pm, full day tour and can be tailored as required

**MEETING POINT:** Port Cochere | **LEVEL OF DIFFICULTY:** Easy

**MIN/MAX PERSONS:** Min 2, max 8 | **COST:** R19 350 per couple

**INCLUDES:** Return transfers with Jarat Tours, lunch and tasting fees for 3 wine farms

**PLEASE NOTE:** This activity should be booked 72-hours in advance, and there is a 48-hour cancellation policy. Guests must be 18 years and older.







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# BARISTA

MASTERCLASS

**This class blends the expert barista skills with the best coffee beans in town** to give an encompassing tutorial on the art of coffee. Using premium crafted beans from local coffee house, Bootlegger Coffee Company, this one-hour curated experience is conducted by one of the resort's skilled baristas, guiding guests step-by-step to produce the perfect 'cup-of-joe'. A walk-through of the different blends, types of coffees, history of the drink and exploration of the machinery are all to be looked forward to. From frothing the milk to brewing the perfect cup, every step is demonstrated and perfected in this fun and interactive masterclass designed to take your coffee making skills to the next level.

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**WHEN:** Daily, 12pm-5pm, for 1 hour  
**MEETING POINT:** ROOI Bar  
**LEVEL OF DIFFICULTY:** Medium  
**MIN/MAX PERSONS:** Min 1, max 8  
**COST:** R925 per person  
**INCLUDES:** Apron and Barista Certificate  
**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. Guests must be 12 years and older.





# MIXOLOGY

MASTERCLASS



**A fun and interactive mixology masterclass**, this session takes place at Nobu's bar and showcases a number of One&Only Cape Town's signature cocktails. From learning the basics to creating old classics and everything in-between, this unique experience teaches you how to elevate even the simplest of cocktails – along with learning a trick or two! Conducted by one of the resort's master mixologists, guests will enjoy the fruits of their labour and leave having learnt a new skill to take home with them.

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**WHEN:** Daily, 12pm-6pm, for 2 hours

**MEETING POINT:** Nobu Bar | **LEVEL OF DIFFICULTY:** Medium

**MIN/MAX PERSONS:** Min 2, max 8 | **COST:** R1150 per person

**INCLUDES:** 3 cocktails per person, apron, mixology certificate

**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. Guests must be 18 years and older.

# NOBU SUSHI

MASTERCLASS



**One&Only Cape Town is home to the only Nobu in Southern Africa** – part of the renowned group headed by world-class master Chef Nobuyuki ‘Nobu’ Matsuhisa. Nobu creates classical Japanese cuisine but with Peruvian influence, giving it a contemporary twist. Nobu Cape Town offers an exciting Masterclass where guests can learn how to prepare Nobu’s signature dishes including cooking demonstrations of cold dishes at the sushi bar and hot dishes in the main kitchen; a souvenir take-home recipe pack; and most importantly, guests will dine on their creations at the sushi bar, with the hot dishes prepared and served family-style before them.

## LITTLE NOBU

**WHEN:** Daily, 12pm–3pm, for 1.5 hours  
**MEETING POINT:** Nobu sushi counter  
**LEVEL OF DIFFICULTY:** Medium  
**MIN/MAX PERSONS:** Min 2, max 8 | **COST:** R3050 per child  
**INCLUDES:** Sushi class only, apron, hats, soft drinks  
**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. Guests must be 8 years to 17 years old. Guests to specify any dietary restrictions in advance.

## NOBU MASTERCLASS

**WHEN:** Daily, 12pm–3pm, for 2.5 hours  
**MEETING POINT:** Nobu sushi counter  
**LEVEL OF DIFFICULTY:** Medium  
**MIN/MAX PERSONS:** Min 2, max 8 | **COST:** R5450 per adult  
**INCLUDES:** Lunch prepared during cooking class, beverages, apron, and certificate from Nobu Head Chef  
**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. This class includes cooking in a hot kitchen with oil. Guests must be 12 years and older. Guests to specify any dietary restrictions in advance.





# TALE OF TWO SISTERS

COOKING CULTURES



**South Africa is often described as a Rainbow Nation,** home to many diverse cultures. As a result, there is a variety of influences in every aspect of South African life, including its cooking. One&Only Cape Town invites guests to join them on a 'Cooking Tale of Two Sisters', an edible creative experience of sweet delights, loved by locals and made from the same ingredients but looking and tasting distinctly different. One sweet, one fried makes for each bite to be a unique experience. Learn about the history of these pastries, their place in South African culture in the current day and take the knowledge of these delicious treats home with you. Lead by the resort's pastry team, this hands-on session in the resort pastry kitchen is ideal for families. Everyone will receive the Chef's tried and tested personal recipes in a souvenir pack, as well as an One&Only apron.

**WHEN:** Daily, for 2 hours  
**MEETING POINT:** ROOI Pastry Kitchen  
**LEVEL OF DIFFICULTY:** Easy  
**MIN/MAX PERSONS:** Min 2, max 8  
**COST:** R1050 per person  
**INCLUDES:** One&Only Cape Town apron, certificate from our Pastry Chef, recipe card  
**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. Guests must be 12 years and older, or otherwise accompanied by parent. Guests to specify any dietary restrictions in advance.

# CHEF'S WALK

VEGAN EXPERIENCE



Ever wondered about the behind-the-scenes process of crafting a five-star meal, from start to finish? Now is your chance to unravel the culinary magic. Take a stroll with the Resort Executive Head Chef into the lively, locally beloved Oranjezicht market, a mere two minute drive from the resort, and a cherished part of the V&A Waterfront area. Dynamic, vibrant and filled to the brim with fresh food and produce, this is a haven for culinary enthusiasts and explorers alike.

Allow Chef to talk you through the raw ingredients before you, utilising their insights into selecting only the most premium options together before returning to your room for a bespoke, private dining experience that evening. This tailor-made dinner experience will be crafted, using your carefully chosen ingredients, and ensuring a truly exceptional culinary journey.

**WHEN:** Saturdays and Sundays  
**MEETING POINT:** Port Cochere  
**LEVEL OF DIFFICULTY:** Easy  
**MIN/MAX PERSONS:** Min 2, max 8  
**COST:** R7260 per couple  
**INCLUDES:** 2-3 hour market walk with Resort Executive Chef, private dinner or lunch prepared during cooking class, apron, and Cooking Certificate from Resort Executive Head Chef  
**PLEASE NOTE:** This activity should be booked 72-hours in advance, and there is a 48-hour cancellation policy. Guests to specify any dietary restrictions in advance.





# SUMMIT

## THE MOUNTAIN

**For the adventurous amongst us,** this is the experience for you. Conquer one of two iconic Cape Town mountain peaks, Table Mountain or Lion's Head, both are conveniently situated near the city centre. Table Mountain, one of the 7 Wonders of the Natural World, offers hikers several routes with varying degrees of difficulty, and One&Only Cape Town's qualified hiking guides will recommend the best route to match your athletic and mountaineering ability. Lion's Head, a hugely popular summit for locals and international visitors alike is another option, boasting incredible 360-degree views of the city and ample photo opportunities. Both are ideal for sunrise adventures, when there is less foot traffic and beautiful morning light. Luxury transfers, snacks and refreshments are included - with gourmet picnics also being available on request, at an additional charge, to be enjoyed along your hike.

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**WHEN:** Daily, for 2 to 6 hours, weather dependent  
(Mountain Guides may cancel a hike due to weather conditions)  
**MEETING POINT:** Porte Cochere  
**LEVEL OF DIFFICULTY:** Easy to Difficult  
**MIN/MAX PERSONS:** Min 2, max 8  
**COST:** Table Mountain R4180 pp; Lion's Head R2915 pp  
**INCLUDES:** Return transfers with Jarat Tours, snacks and refreshments and cable car return for Table Mountain hike  
**PLEASE NOTE:** This activity should be booked 48-hours in advance, and there is a 24-hour cancellation policy. Guests must be 16 years and older, or otherwise accompanied by parent. Guests to specify any dietary restrictions in advance. A surcharge of R300 per person will be charged for hikes before 6am.



# SKY SALUTATIONS

YOGA ON THE MOUNTAIN



**Practice yoga atop one of the most iconic landmarks,** the ancient and majestic Table Mountain, an experience never to be repeated. It begins with a luxury transfer from the resort to the Table Mountain cableway, where guests will be comfortably lifted to the summit by cable car. Once at the top, the resort's experienced and qualified yoga instructor will guide guests through a one-hour yoga practice, with sprawling views of Cape Town beneath and the richest floral kingdom on earth all around. This is the perfect excursion to restore balance and harmony, while enjoying the magnificent sights of South Africa's Mother City.

**WHEN:** Daily, for 4 hours, weather dependent

**MEETING POINT:** Porte Cochere

**LEVEL OF DIFFICULTY:** Medium

**MIN/MAX PERSONS:** Min 1, max 6

**COST:** R4620 per person

**INCLUDES:** Transfers to and from Table Mountain, water, snacks, yoga mats and a return cable way ticket.

**PLEASE NOTE:** This activity should be booked 48-hours in advance, with a 24-hour cancellation policy.

# TURTLES

OF THE TWO OCEANS



**Get up close and personal with these much-loved creatures of the sea during this behind the scenes experience** in partnership with the Two Oceans Aquarium Foundation. Neighbours to One&Only Cape Town, the Foundation actively rescues, rehabilitates and releases stranded and distressed sea turtles as part of their conservation mission. Through them, hundreds of sea turtles have been saved, cared for and released back into the wild. In this private excursion, guests will learn more about these majestic creatures, getting up close and personal with hatchlings and adults alike. Following this, guests are free to explore the Two Oceans Aquarium's attractions such as the touch pool, shark exhibit, kelp forest and penguin exhibit at leisure. This is a fun, interactive and educational experience, perfect for children and adults alike. All proceeds go towards the non-profit Turtle Conservation Centre.

Prices are in ZAR, inclusive of VAT and are valid until 31 December 2026.

Experiences must be booked in advance through reservations, concierge or your host.

**WHEN:** By appointment only | **MEETING POINT:** Porte Cochere

**LEVEL OF DIFFICULTY:** Easy | **MIN/MAX PERSONS:** Min 1, max 4

**COST:** R6000 per group

**INCLUDES:** Private excursion, full-day access to the Two Oceans Aquarium, a One&Only Cape Town chaperone to the aquarium.

**PLEASE NOTE:** This activity should be booked 7 days in advance. This is an ever changing space and there is a seasonal nature to our program. The activities will be tailor made dependent on time of year. Not suitable for children under 12. Deposit required to secure booking.



“

LIFE IS EITHER  
A DARING ADVENTURE  
OR NOTHING AT ALL.

HELEN KELLER

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*One&Only*

CAPE TOWN  
*South Africa*