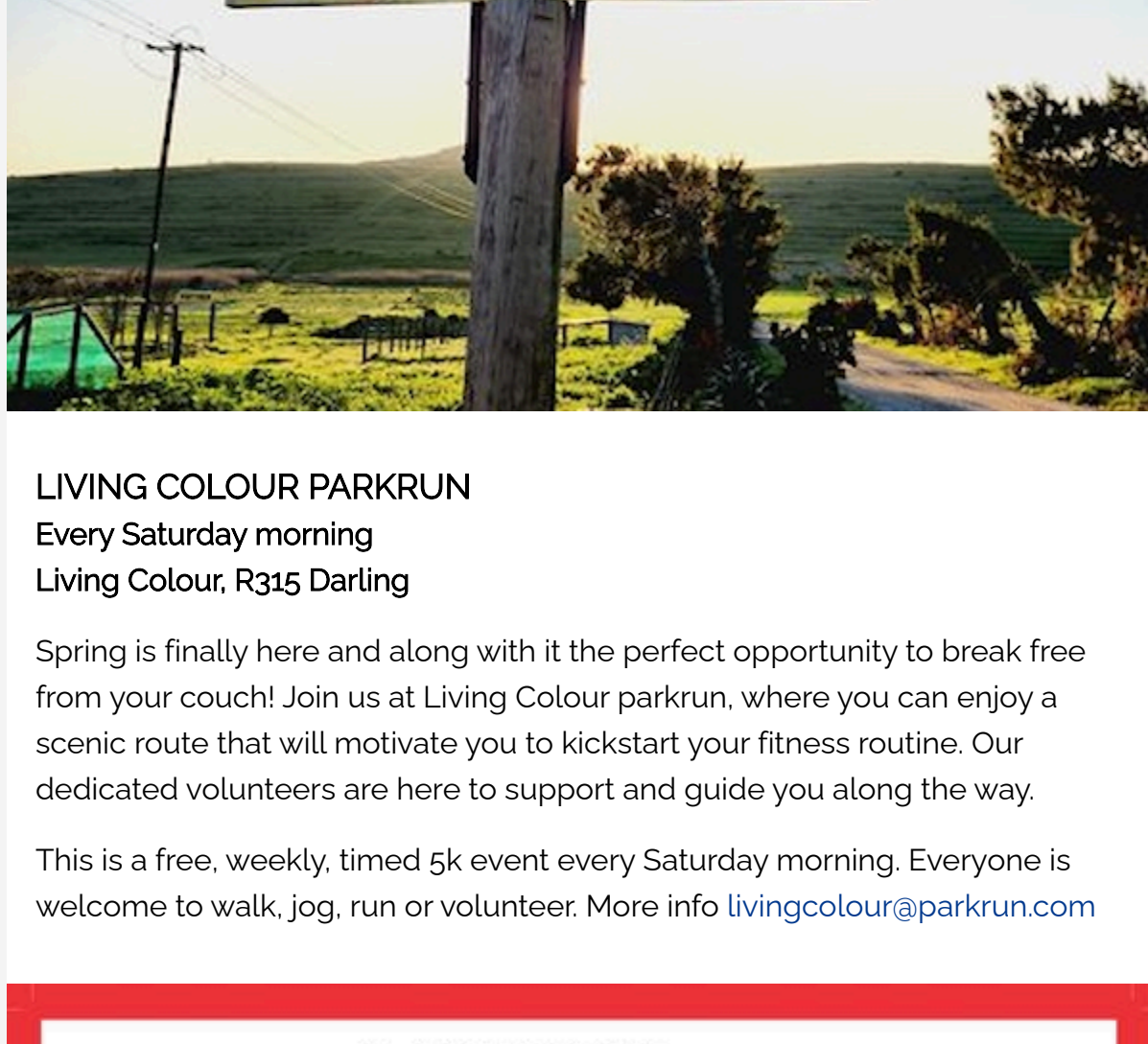




## SWARTLAND IN OCTOBER

Welcome to the Swartland!

As October graces us with warmer days and vibrant landscapes, we invite you to explore our diverse but charming towns. This month, we have an exciting lineup of events to celebrate our local flavours, arts and culture, and adventure. From a film festival to beer festivals, Greek dancing, live music and adventure activities, there's something for everyone - come join us.



### LIVING COLOUR PARKRUN

Every Saturday morning  
Living Colour, R315 Darling

Spring is finally here and along with it the perfect opportunity to break free from your couch! Join us at Living Colour parkrun, where you can enjoy a scenic route that will motivate you to kickstart your fitness routine. Our dedicated volunteers are here to support and guide you along the way.

This is a free, weekly, timed 5k event every Saturday morning. Everyone is welcome to walk, jog, run or volunteer. More info [livingcolour.parkrun.com](http://livingcolour.parkrun.com)

## MANHATTAN SHORT

<b>THE TALENT</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.		<b>ALARMED</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.	
<b>I'M NOT A ROBOT</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.		<b>FAVOURITES</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.	
<b>THE MAN WHO SHOULD NOT REMAIN SILENT</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.		<b>THE MAN WHO SHOULD NOT REMAIN SILENT</b> Director: Thomas Riebel Screening Time: 10:30 Synopsis: A young man's life is turned upside down when he discovers his father's secret.	
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ManhattanShort.com

**ONE WORLD | ONE WEEK | ONE FESTIVAL**

### DARLING MOVIE NIGHTS - MANHATTAN SHORT INTERNATIONAL FILM FESTIVAL

Friday 04 and Saturday 05 October from 18h00

At Darling Museum, Hill St, Darling

Experience this global film festival, uniting film enthusiasts from around the world. Join us as over 100,000 attendees in more than 500 cities across six continents come together to watch and cast their votes for the top films in the 27th Annual MANHATTAN SHORT Film Festival. Brought to you by Darling Lodge Guest House.

Tickets available at the Museum: R60 pp / Order your Beef Sliders at R70 per person

022 492 3363



### ROCKING THE DAISIES 2024

03 - 06 October 2024

Cloof Wine Estate, R315 Darling

The largest Music & Lifestyle Festival in Cape Town. Rocking the Daisies came to be in 2005, inspired by the natural phenomenon of the daisies that bloom in Darling every Spring. 19 years and hundreds of artists later this is undoubtedly one of the most anticipated festivals in the country.

## GREEK EVENING

5 OCTOBER AT 6PM

BOOKING ESSENTIAL

**R320 PP**

**INCLUDES A 3 COURSE MEAL AND BELLY DANCER**

### GREEK EVENING @ THAT GREEK PLACE

Saturday Night 5th October from 18h00

Koffiefontein, R315, Yzerfontein

Join us for Greek Evening filled with delicious flavours and vibrant traditions. Get ready to dance the Zorba, the iconic dance of joy. Let loose and even break a plate or two for good luck! Bring your friends, and let's make unforgettable memories together! OPA!

R320 pp including a delectable 3-course Greek feast and talented Belly Dancers.

Booking essential 066 544 1999

## The Gut Talk

Join us for "The Gut Talk" with Dr. Melody Fourie, where we'll dive deep into the importance of a healthy gut and how to maintain it.

The event also includes a Nutratea demo with Goodhealth and a Food demo with Chef Cobus—showcasing delicious, gut-friendly recipes you can easily recreate at home.

Friday | 11 Oct | R250 pp  
11:00 AM

Includes a meal & refreshments

OG Nourished Well-Being goodhealth

### THE GUT TALK

Friday 11 October 11am to 2pm

Grounded, Yzerfontein

Discover the secrets to a healthy gut at Grounded! Your gut is the gateway to overall health, and we're excited to help you unlock its secrets!

Join us for an informative session with Dr Melody Fourie, where you'll gain valuable insights into how to nourish and support your digestive health.

Enjoy a hands-on Nutratea demo with Goodhealth and watch Chef Cobus whip up gut-friendly dishes that are as tasty as they are nutritious! Plus, there's a lucky draw featuring fabulous Goodhealth products.

Cost R250 pp including lunch and refreshments. Seats are limited - Book at [info@livegrounded.co.za](mailto:info@livegrounded.co.za)

## BASAAR NGK RIEBEEK-WES

Sat 19 Okt 2024, 10h00

### Groenrivier Funksiesentrum

Braai vleis-ete met slaaië;  
Potjiekos (Kerrie-afval, Groente);  
Kafeteria;  
Gebak; Basaarpoeding; Pannekoek;  
Vleisafval; Groentetafel; Kontreitaafel;  
Kinderafdeling met aktiwiteite; Fotohokkie;  
Riebeek Valley Radio  
Meer as genoeg veilige parkeering;  
Groot grasperke vir die kinders;  
Pragtige tuine met groot bome.

NAVRAE: 082 928 0362

Kontant-basaar met Kontanttrek-fasiliteite

### NGK BAZAAR

Saturday 19 October

Groenrivier Function Centre, Riebeek West

Come and support us at our annual NGK Bazaar where you can enjoy a variety of delicious foods together with us! It is a highlight for many locals and is sure to be a delightful event to attend! We will be serving braai meat, potjiekos, and there will even be a meat table. And of course, for those with a sweet tooth, there will be pancakes, bazaar pudding, and much more. Don't miss out on this opportunity. Great for the family - the kids' entertainment section will keep the little ones amused.

For inquiries: 082 928 0362

## Oktober Fest

Live Music, Beer Tasting, Drink Specials

MOORREES 19 OCTOBER From 1 PM

8 Main Street Moorreesburg R30.00 entry

### MOORREES OCTOBER FEST

19 October | 1-5pm

08 Main Rd, Moorreesburg

Come celebrate October with us in style @MoorreesDel! Enjoy live music from three incredible bands, a Saggy Stone beer tasting, a special menu, and so much more!

Entry is just R30, and all tips go directly to support our talented musicians.

To reserve your spot, WhatsApp us at 082 622 7321. We can't wait to see you there!

## The ODD PLATE

By Chef Cobus Bekker

With breathtaking views and the award-winning Ordele wine, this promises to be an occasion of laughter, the proverbial breaking of bread, and oneness.

Saturday 19 October  
Eternity | The Beach House Collection  
18h00 | R1050 per person

by bookings only  
[info@livegrounded.co.za](mailto:info@livegrounded.co.za) | 0620299132

grounded the beach house

### THE ODD PLATE

Saturday 19 October from 18h00

Eternity Event Space, The Beach House Collection, 168b Dassen Island Dr, Yzerfontein

Join us for an evening with Chef Cobus, featuring a 4-course plated menu that reflects his style and uses the finest seasonal produce. Each dish is carefully curated with harmonious flavours, herbs, and spices. Held at Eternity Event Space @The Beach House Collection, with a breathtaking ocean backdrop, and paired with Ordele wine, it's a celebration of food, laughter, and unforgettable moments.

R1050 pp - bookings [info@grounded.co.za](mailto:info@grounded.co.za) or 062 029 9132

## Darling VOORKAMERFEST

SAT 19 & SUN 20 OCTOBER 2024

### DARLING VOORKAMERFEST

Saturday 19 and Sunday 20 October

Starts and ends at Darling Brew Tasteroom, 48 Caledon St, Darling

The unforgettable Voorkamerfest is quietly brewing our festival features multi-genre and cross-cultural dance, music, theatre and comedy performed by local and visiting artists.

Buy your ticket, climb into a taxi, and go see 3 mystery shows in Darling local's living rooms.

More info on [www.voorkamerfest-darling.co.za](http://www.voorkamerfest-darling.co.za)

## DARLING GARDENS & Scarecrow Weekend

### DARLING GARDEN & SCARECROW WEEKEND

Saturday 19 and Sunday 20 October

Throughout Darling

A festival of creativity and team spirit when homes and schools around Darling beautify their gardens and verges for International Garden Day. As an added fun element, participants unleash their creativity by designing a scarecrow that is displayed in their front garden.

## HOPTOBER BEER FESTIVAL

SATURDAY 26 OCT

### HOPTOBER FEST

Saturday 26 October

Darling Brew Tasteroom, Caledon St, Darling

Join Darling Brew on Saturday, October 26, for a unique South African twist on Oktoberfest! Experience the best of local culture with delicious biltong, sizzling braais, and hearty dishes like pap en sos. Sip on a variety of refreshing craft beers while enjoying live entertainment throughout the day. The festival runs from 10 AM to 10 PM, making it perfect for families and friends alike.

Don't miss out—book your tickets here ([www.quicket.co.za](http://www.quicket.co.za)) and get ready for a fantastic day!

### YZERFONTEIN BEER FESTIVAL

Saturday 26 October

Yzerfontein Sport Club

Enjoy a selection of beers, live music, great food, and a vibrant atmosphere. It's the perfect day out for friends and family. Make sure you mark your calendar to be there!

Free entry

### SILENT STEPS: YZERFONTEIN BEACH HIKE

01 to 03 November

Come and do the 16-mile beach challenge, from Yzerfontein to Tsarsbank in the West Coast National Park with us. Hikers need to be fit and healthy, as there is no 'escape' once we start - hiking 25km on the beach is not for the faint hearted!

Why not make a weekend of it. Lovely accommodation, good food, best wines, a true West Coast experience, less than an hour's drive from Cape Town!

Bring a small backpack and good shoes, we do all the rest!

More info - [office@silentsteps.co.za](mailto:office@silentsteps.co.za)

## SWARTLAND STREET PARTY

2 Nov '24 | Riebeek Kasteel

### THE SWARTLAND WINE & OLIVE ROUTE STREET PARTY

SAVE THE DATE - 02 NOVEMBER

Save the date for this annual street party in Short Street, Riebeek Kasteel

Open air wine tasting, live music, hurry, only a few tickets left.

[www.quicket.co.za/events/250247-swartland-street-party/](http://www.quicket.co.za/events/250247-swartland-street-party/)

More info 083 268 2732

Wherever you choose to stay, eat, or play in the Swartland, you can expect friendly service and warm hospitality. Visit [www.swartlandtourism.co.za](http://www.swartlandtourism.co.za) to find the perfect accommodation and for more information on events taking place in the Swartland towns.

Please forward this to anyone you think would like to receive news from us.

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Update your preferences or Unsubscribe

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