

Country charm at Cascade

 By [Ruth Cooper](#)

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Along a dirt road a couple of kilometres outside of Paarl, and against a backdrop of the lush Klein Drakenstein Mountains and a gushing waterfall, you will find the charming four-star boutique hotel, Cascade Country Manor.

This converted country manor, which is over 200 years old, offers stylish accommodation, great scenery, a well-equipped spa and even a few surprising extra elements.



We arrived late Friday night to a warm reception and a three-course set meal. Dinner, albeit rather quiet as there was only one other table dining there, was a hearty and belly-warming affair, perfect for the icy winter weather. We dined on a tasty ginger-infused butternut soup, tender fillet with mash and roast veg and the interestingly flavoured rooibos and bucchu panacotta, which was all washed down with the excellent Diemersfontein Pinotage.

Well sated, we retired to our spacious room, which included a swimming pool of a bath, with the remains of the Pinotage to enjoy in front of the stove fireplace. #Friyay indeed.



Breakfast included a continental buffet as well as an a la carte menu of the usual breakfast fare. Creamy scrambled eggs, crispy bacon and juicy beef sausage did well to kick-start a lazy Saturday. Well semi-lazy, we did manage a gentle stroll to the waterfall just a few metres from the manor and a sensory walk on the way back. One of the more surprising activity options the hotel offers, the sensory barefoot walk, includes a mixture of stones, bark, shells and peach pits that stimulate the body and better align posture. The shells and peach pits were understandably uncomfortable; however the walk is well

worth the tingly tootsies for the foot scrub and massage we were offered after. A wonderful parting gift before we checked out.



All in all, a fabulous and secluded little winter getaway out in the winelands.

Cascade Country Manor also offers Pilates, olive tastings, abseiling excursions and mountain biking. For more info, or to make a reservation, go to www.cascademanor.co.za.

ABOUT RUTH COOPER

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