

Africa 2011

Cape Winelands Post Package 3 Night / 4 Day Pre Package



March 2–5, 2011



CMEatSEA Exclusives

- ✓ Escorted by Sanjay Goel, President of CMEatSEA
- ✓ 2 CME Hours

Itinerary Highlights

- ✓ Stellenbosch
- ✓ Iona Wine Estate
- ✓ Hemel-and-Aarde Valley
- ✓ Bouchard Finayson Winery
- ✓ Cheetah Experience
- ✓ Jordan Wine Estate
- ✓ Kanonkop Wine Estate
- ✓ Beer, Wine and Sodas included with lunch and dinner
- ✓ All gratuities

Cape Town is the beautiful gateway to the African continent. At the tip of Africa this city is set on a peninsula of soaring, rocky heights and lush valleys warmed by the African sun. Immense natural beauty and the fast pace and bright lights of a great urban centre merge effortlessly here. There truly are one hundred and one things to see and do in Cape Town, from the wine lands, to the beaches, to the outdoor activities and to the shopping, everybody's taste and interest will be more than satisfied here.

Wednesday 02 March 2011:

- Arrival at Cape Town Harbour, where you will be met and transferred to the V & A Waterfront.
- Tour to Robben Island

People lived on Robben Island many thousands of years ago, when the sea channel between the Island and the Cape mainland was not covered with water. Since the Dutch settled at the Cape in the mid-1600s, Robben Island has been used primarily as a prison.

Indigenous African leaders, Muslim leaders from the East Indies, Dutch and British soldiers and civilians, women, and anti-apartheid activists, including South Africa's first democratic President, Nelson Rolihlahla Mandela and the founding leader of the Pan Africanist Congress, Robert Mangaliso Sobukwe, were all imprisoned on the Island.

Robben Island has not only been used as a prison. It was a training and defence station in World War II (1939-1945) and a hospital for people with leprosy, and the mentally and chronically ill (1846-1931). In the 1840s, Robben Island was chosen for a hospital because it was regarded as both secure (isolating dangerous cases) and healthy (providing a good environment for cure). During this time, political and common-law prisoners were still kept on the Island. As there was no cure and little effective treatment available for leprosy, mental illness and other chronic illnesses in the 1800s, Robben Island was a kind of prison for the hospital patients too.

Since 1997 it has been a museum and a heritage site. The museum is a dynamic institution, which acts as a focal point of South African heritage. It runs educational programmes for schools, youths and adults, facilitates tourism development, conducts ongoing research related to the Island and fulfils an archiving function.

- Upon arrival to V & A Waterfront, you will enjoy a farewell lunch
- After lunch, you will transfer to Stellenbosch.
- The Stellenbosch Wine Route is justifiably known as one of the finest that South Africa has to offer. The region's climate and fertile soils combined with careful selection of the correct grape varieties have produced a winemaking industry that has survived and indeed thrived for over 300 years. The Stellenbosch Wine Region is today synonymous with award winning wines.
- You will check into ASARA (www.asara.co.za). On an enchanting, three-century old wine estate (Anno 1691), only 4km from South Africa's second oldest town, Stellenbosch, Asara Wine Estate has risen over the past seven years to become one of the Cape's most exclusive Wineland destinations. All facilities boast spectacular views, with their tranquil waterside setting, backed by the grandeur of the Stellenbosch- and Helderberg mountains and vineyards, providing an idyllic backdrop. Asara, with its warm, relaxed hospitality, is discreetly tucked away in the middle of the vines of this working wine estate.



- In the late afternoon you will depart for Franschhoek. In the Afrikaans language, Franschhoek means “French corner” and it certainly was in this little corner of the world that the French immigrants first brought their wine making skills to South Africa in the late 16th century. Franschhoek is a beautiful wine valley, nestled in the Franschhoek Mountains. Fine dining, wine tasting and great natural beauty define this corner of France situated amongst the vineyards.
- Enjoy an demonstration on how to make saucisson sec followed by dinner at Bread & Wine Restaurant (www.moreson.co.za). Bread & Wine is set amongst the lemon orchards and vineyards on Moreson Wine Farm.

For those wonderful Franschhoek summer days, al fresco seating in the courtyard, shaded by trellised vines and umbrellas or the indoor cellar restaurant with its’ draped ceilings and giant picture windows. The attraction is simple, real rustic food prepared with honesty and masses of flavour. Bread & Wine exudes an old world charm. It is a character-filled, rustic restaurant that has won numerous accolades for its honest food.

Neil Jewell, the Charcuterie guru, is the inspiration behind the perfectly balanced, seasonally influenced and surroundings inspired, menu. His passion lies in his homemade Charcuterie that he prepares with mountains of patience and bucket loads of love.



Thursday 03 March 2011:

- After breakfast, you will go on a full day guided tour of the Hemel-en-Aarde wine area.
- The Hemel-and-Aarde valley near Hermanus offers an unforgettable wine experience in the Overberg. The wines produced in this region are unique to South Africa and similar to ones from Northern France, due to a cool sea breeze and clay soil. Two of the most popular wines are a chardonnay and an exceptional pinot noir.



- The first stop along the route will be at Iona Wine Estate (www.iona.co.za). The wines of Iona come from a dramatically unique site in the Cape Winelands. The vineyards are on a mountain plateau 420 metres above sea level, surrounded by the Kogelberg Nature Reserve, and overlooking the Atlantic Ocean. In a country where cool sites are precious, these vineyards are like gold – the grapes ripening up to two months later than other Cape vineyards and in perfect balance. Iona is South Africa's coolest vineyard site. Andrew Gunn and family acquired this beautiful, but run-down apple farm in 1997. It was renamed "IONA" after the remote, spiritual island off the west coast of Scotland. Since our first release in 2001, the wines of Iona have quickly made a name as being among the finest in the world.
- The winemaker, Niels Verburg is a larger than life character who at 6 ft 5 inches and 17 stone is a good match for Andrew Gunn who grows the grapes. Niels, who was trained in South Africa and has made wine in Chile, Australia, New Zealand and France, also makes his own Luddite Shiraz in the Iona cellar.
- You will get to visit the homestead an original Herbert Baker. Sir Herbert Baker was born in 1862 in Cobham, Kent, in Britain. He dominated the architectural scene in South Africa from his arrival in the Cape in 1892 until his return to England in 1912. Before the turn of the century Baker designed and built houses and churches in the Cape, where he was living at the time. He incorporated local stone, thatch and timber and sometimes even his version of the traditional Cape gable. These buildings were significantly different from the fashionable houses of the period, which usually included imported materials like Welsh slate



- The second wine tasting will be held at Bouchard Finayson (www.bouchardfinayson.co.za). Established in 1989, Bouchard Finlayson is a boutique winery dedicated to the making of Pinot noir, Chardonnay and Sauvignon Blanc wines of outstanding quality. Located in the wine ward of Walker Bay, an hour and a half from Cape Town, the 125-hectare property currently has 19 hectares under vines; the rest is mountain land, covered by the spectacular indigenous 'fynbos' flora of the Western Cape. With only a small portion of the farm under vine Bouchard Finlayson is able to ensure the conservancy of the mountain land. Bouchard Finlayson's flagship wine is the Galpin Peak Pinot Noir, which has won many an award and accolade. Bouchard Finlayson is renowned as one of South Africa's top wineries and this can be attributed to their philosophy and focus to produce wines of the finest quality.
- Always in search of a greater challenge, Peter Finayson's quiet reserve masks a passionate and competitive spirit, which he believes to be as essential as prime grapes in the making of great wines. Peter has been closely involved with the

production of Pinot Noir wines in the Walker Bay region for almost twenty-five years. For ten years, he joined forces with the historical Burgundian family of Paul Bouchard, planting his first Pinot Noir grapes in the Hemel en Aarde Valley in 1990. His experience and understanding of this capricious grape puts him at the forefront of Cape wine producers in this field.

- Peter is one of the eight founder members of the Cape Winemakers Guild. He is also responsible for bringing the Italian cultivars Sangiovese and Nebbiolo into SA in 1989. Bouchard Finlayson's Galpin Peak Pinot Noir 2001 won the Classic Wine Trophy 2002. Peter will join the group for lunch where the guests will continue to enjoy the flavours of Bouchard Finlayson wines in combination with the down to earth flavours on offer at Moggs County Cook House.
- Another passion of Peter's is the local flora and fauna – fynbos. An informative talk will be given about this diverse plant species. The Western Cape has the greatest concentration of different species of any of the floral kingdoms.



- Lunch will be enjoyed at Moggs Country Cook House (www.moggscookhouse.co.za). Housed in an old farm labourer's cottage, the décor is pure country with deep orange walls both inside and out, a large stone fireplace, cozy pine ceiling, and an assortment of wooden tables and log-style chairs. The interior walls bear testimony to owner Jenny Mogg's talented family and are filled with paintings, embroidered pictures and pottery produced by one family member or another. Jenny and her daughter Julia started the restaurant 13 years ago and achieved great success with a small but frequently changing menu which combines the best of country and Mediterranean cuisine. Julia and Jenny continue to impress patrons with their flair and originality. Jenny will be more than happy to guide the guests through her herb garden.



- After lunch you will return to the Stellenbosch via Hermaus and the R44 coastal road which affords spectacular views of the Atlantic Ocean. Famous for its champagne air, long stretches of beach, mild climate, rich floral kingdom and friendly environment, Hermanus, also described as the Riviera of the South. A stop will be made at Stony Point to stretch the legs and view the wild penguins.



- Dinner this evening will be enjoyed at Terroir Restaurant on Kleine Zalze. Terroir opened in October 2004, and over the years has become one of the most sought-after gourmet destinations in the Cape Winelands, placing Stellenbosch prominently on the culinary map. The restaurant is located on Kleine Zalze, a family owned wine farm that has risen to prominence both in South Africa and internationally thanks in particular to its award-winning chenin blanc and shiraz. The setting, under historic oak trees with views over the De Zalze golf course and surrounding gardens and vineyards, is both refined and relaxed. It's the perfect environment in which to enjoy a fine meal matched to excellent wines. The unpretentious ambience and dressed-down décor belie multi award-winning chef Michael Broughton's rigorously disciplined approach to food. Classic pairings and intense depth of flavour characterize the chalkboard menu of 'deceptively simple' dishes influenced by what's in season and, where possible, the use of locally grown fresh produce.
- Chosen as one of the Top 10 restaurants in South Africa from a stellar line-up of 20 nominated restaurants from around the country. Terroir was singled out as the fourth best restaurant in South Africa in the 2009 Prudential Eat Out Restaurant Awards. Other prestigious awards received, include the Eat Out Johnny Walker 'Restaurant of the Year 2006', Eat Out 'Service Excellence Award 2006', Eat Out 'Top 10 Restaurant' 2005 and 2006, Dine (Wine magazine) 'Top 10 Restaurant' in 2005, 2006 and 2007, and Best of Wine Capitals of the World South African Wine Tourism Restaurant of the Year 2006.



Friday 04 March 2011:

- During breakfast this morning, you will enjoy a Global Medicine lecture presented by Prof Benatar. Solomon Benatar, MBChB, PhD, is Professor of Medicine at the University of Cape Town and Director of the UCT Bioethics Center. He was Professor and Chairman of the University of Cape Town's Department of Internal Medicine and Chief Physician at Groote Schuur Hospital from 1980-1999. He is the Founding Director of the University of Cape Town's Bioethics Centre (1992-), Visiting Professor of Medical Ethics at University College London Medical School (1997-), Visiting Professor in Public Health Sciences and Medicine at the University of Toronto (2000-), President of the International Association of Bioethics, and Chairman of the South African National Research Ethics Committee . His academic interests include respiratory medicine, academic freedom, medical ethics and the humanities in medicine, human rights, health care systems, health economics and global health - on which topics he has published over 250 journal articles and book chapters.
- After the breakfast lecture there will be several optional tours to choose from:
 - o Walking tour: In the late morning (11h00) the guests will gather for a Walking Tour of Stellenbosch. The tour includes such sites as Fallow Field, Dorp Museum, Moederkerk, Dorp Street and Slave Houses
 - o Horse Riding: Escape to the magic of the Cape Winelands on horseback. The best way to view the fauna and flora of the Cape and the awesome Stellenbosch mountains. Ride through the one of the vineyards of Stellenbosch. Taste adventure with a canter to thrill or meander calmly through the orchards and fynbos soaking up all the cape has to offer.
 - o Cycling: Cycling in South Africa, especially in the Western Cape, is something of a passion. With the internationally recognized Cape Argus being raced every March on the mountainous roads of Cape Town. Take a cycle through in if the vineyards of Stellenbosch.



- After a morning spent getting to know Stellenbosch you will transfer out to Kanonkop Wine Estate (www.kanonkop.co.za) for a wine tasting and lunch.
- Kanonkop is a fourth generation family estate, which was originally purchased by JW Sauer, a cabinet member in the parliament of the Union of South Africa. His son Paul Oliver Sauer, also a cabinet minister, took over the reins from his father and in 1968 was joined by Springbok rugby great Jan "Boland" Coetzee. Mary Sauer, daughter of Paul Sauer, inherited the Estate. She married Jannie Krige, a rugby administrator at the University of Stellenbosch, who took early retirement and together with Coetzee made the first estate bottled wines in 1973. Beyers Truter joined the estate in 1980 with the departure of Coetzee, and together with Johann and Paul, sons of Mary and Jannie, continued the traditions developed on this highly prized estate. More recently Beeslaar, who joined the team in 2002, has taken over from Beyers and continues the good work passed down from generation to generation.
- The name Kanonkop is derived from a kopje (hillock), from which a cannon was fired in the 17th Century, to alert farmers in outlying areas that sailing ships plying the waters between Europe and the Far East had entered Table Bay for a stopover at Cape Town.

- Kanonkop Estate is situated on the lower slopes of the Simonsberg Mountain in the Stellenbosch Region of the Cape. It is between Stellenbosch and Paarl on the R44 and falls in a ward called Simonsberg, more commonly known as the “red wine bowl” of South Africa. It has earned a reputation both at home and abroad as an area producing the best wines in the country.



- When it comes to the serious business of braaiing food and then washing it down, nothing serves so well as a glass or two of wine. Is it mere coincidence that all the great barbecuing nations also happen to be great wine producers? South Africans as the undisputed champions of cooking over coals - and nowhere is the multi-cultural nature of our cuisine more apparent than at a typical braai. The Cape has another claim to braai fame: snoek. South African Snoek is a very popular South African fish found in the coastal waters of the Cape – it’s the fish expats yearn for and probably one of the tastiest in the country. It’s plentiful, not endangered and in season found on most Cape barbecues (braais) relatively often. At Kanonkop the guests will have the opportunity to savor this distinctively Cape flavor hosted by co-owner Johann Krige.
- We will return to the hotel in the late afternoon to relax prior to departing for dinner.
- This evening, you will gather on Asara’s terrace for a wine tasting and interactive chocolate demonstration before having dinner in Asara’s main restaurant.
- Asara’s internationally experienced, Pastry Chef Nicole Fang will take on a journey into the world indulgent world of chocolate-making. The guests will learn the basics techniques of how to make your own pralines and truffles.
- Asara's main restaurant offers classic European style cuisine ranging from very easy & light snacks to the finest of dishes, using only the finest and freshest locally sourced ingredients, including seafood. The environment is relaxed and informal with a touch of elegance, perfect for enjoying breakfast, lunch or dinner on the estate.



Saturday 05 March 2011:

- This morning, enjoy a leisurely morning.
- After checking out, we will go onto Jordan Wine Estate (www.jordanwines.com) for a cheetah interaction, wine tasting and lunch. From the Jordan hillside vineyards one has spectacular panoramic views of Table Mountain, False Bay and Stellenbosch. Gary and Kathy worked internationally for two years, refining their high-energy instincts with practical experience. They returned home to build a cellar in 1992. The following year, the vines were judged ready for making wines that would carry the Jordan name. From that first year it was obvious that a new star had been added to the winemaking firmament. Continuing success has enlarged the team, with the focus on producing fiercely individual wines that combine the fruity accessibility of the New World with the Classic Elegance of the Old World.
- Gary and Kathy Jordan have been making world-class wines since 1993 on a farm with a history going back over 300 years. He's a geologist, she's an economist - together this husband and wife team is a phenomenon.
- You will enjoy an interactive Cheetah demonstration before lunch. Cheetah Outreach assists the Cheetah Conservation Fund (CCF) (www.cheetah.co.za) in their efforts to ensure the survival of the free-ranging cheetah. This is done through education programs that increase public awareness. Cheetah Outreach was founded by Annie Beckhelling in January 1997 on a hectare of land donated by Spier. An education facility aims to increase global awareness of the cheetah and to raise funds for the centre so it can run independently.



- After the cheetah interaction you will go on to lunch. Multi-award winning Scottish Chef George Jardine and winemakers Gary and Kathy Jordan have joined forces to open a new restaurant on the grounds of Jordan Wine Estate in Stellenbosch called "The Jordan Restaurant with George Jardine". The partnership of two respected and award-winning brands results in a destination food and wine experience. George prefers not to typecast or label his style of cooking, but admits that it is founded upon contemporary European techniques and South Africa's finest seasonal produce. His cuisine is complemented perfectly by Jordan Wine.



- You will be transferred to Cape Town's international airport after lunch for your flight home.



**March 2-5, 2011
Cape Winelands 3 night / 4 day Pre Package
Limited to 12 couples**

Package Rates:*	Delegate	Companion
Cape Winelands Post Package	\$4499	FREE

Taxes/Gratuities:		
Per person	\$229	

Payment Information:

Deposit 25% of the package price

*****Pricing Subject to Availability and Change**

Cancellation Fees:

121+ days in advance	No cancellation fee
120-90 days in advance	25% of the total price
89-65 days in advance	50% of the total price
64-45 days in advance	75% of the total price
44-0 days in advance	Non-Refundable

* Package prices include all accommodation as stated, all meals as stated, activities and events as described; wine, beer and soft drinks during lunch and dinner.

****Travel Insurance is obligatory for this journey through our insurance provider

Final Payment is due October 12, 2010.

All funds stated in USD dollars.

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause.

The itinerary, hotels, restaurants and tours are subject to change.

**Reserve Today
1-888-523-3732**



Cape Winelands Registration Form

GENERAL INFORMATION:

Dr. _____ Date of Birth (mm/dd/yyyy) _____
 First Name Surname (complete name as it appears on your passport)
 Street Address: _____
 City: _____ Province: _____ Postal Code: _____ E-mail: _____
 Telephone Bus.:(____) _____ Telephone Home:(____) _____ Fax: :(____) _____
 Partner Name: __Dr. __Mr. __Mrs. __Ms. _____ Date of Birth (mm/dd/yyyy) _____

REGISTRATION RATES (circle your choice):

March 2 - 5, 2011

Destination: Cape Winelands Post Package

Conference: Cardiology Update 2011

Package Rates:* Delegate Companion

Cape Winelands Package \$4499 FREE

Taxes/Gratuities:

Per person \$229

Payment Information:

Deposit*** 25% of the package price

*Package prices include all accommodation, meals, activities and events; beverages as described ****Travel Insurance is obligatory for this journey through our insurance provider

Final Payment is due October 12, 2010

All funds stated in USD

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause. The itinerary, hotels, restaurants and tours are subject to change.

We cannot invoice for payment. Registration will not be completed without payment.

Payment Method

____ Visa ____ MasterCard ____ Cheque (Payable to Cruise Connections Canada)

TOTAL PAYMENT _____

I hereby authorize Cruise Connections Canada on behalf of CMEatSEA to charge the credit card provided for the fee indicated. I am aware that all charges are subject to applicable taxes.

Card Number: _____ Expiration Date: _____

Cardholder's Name: _____ Cardholder's Signature: _____

Fax 1-604-689-9283