



Hello Summer!

The 1st of September marked the first day of Spring, and you only need to look outside to see the signs that Summer is on its way.

Cape St Francis is truly an outdoor lovers paradise, so as the days get longer and of course warmer, we look forward to the many activities available in the area.

Whether you're an avid surfer, swimmer, walker, cyclist or simply enjoy relaxing on golden sand there is something for everyone.

Here at Cape St Francis Resort we can't wait to meet the many new visitors and welcome back returning guests to this wonderful part of the World.

In this issue:

- Breaking news!
- Fair Trade recognition
- Budding young chefs learn new skills
- Penguin sanctuary takes on many more penguins
- The first Chokka Trail run is a huge success
- Mandela Day clean up
- We open a stunning Bed & Breakfast in Port Elizabeth
- Perfect Peri-Peri Chicken

Breaking news! Cape St Francis Resort to host Expedition Africa 2017



The Cape St Francis Resort has once again hit the headlines as a top lifestyle destination with the announcement of its selection as the preferred host for the hotly contested Expedition Africa, one of nine international extreme adventure races that make up the Adventure Racing World Series for 2017. Touted as Africa's most challenging adventure race, the event is expected to include over 50 international and local teams who will pit their survival skills against demanding terrain and an unforgiving environment, racing day and night towards the finish line.

[To read more, click here »](#)

CSF Resort Fair Trade Tourism Certification



As part of our ongoing drive towards sustainable and responsible tourism we are pleased to announce that we have recently been awarded Fair Trade Tourism certification, yet another notch in the long list of hospitality accreditations.

The Resort holds a central location in the eco-friendly village of Cape St Francis, fringed by pristine beaches and nature reserves, staffed by home grown villagers and offering a host of excursions and attractions revolving around the local community, making Fair Trade Tourism certification a natural step in our evolution.

Besides being environmentally conscious and committed to fair practice, we also provide various day trips and tours aimed at the upliftment and development of the local community and protection of natural resources. As part of our 'We Care' programme the Resort offers a three-fold tour, taking guests from the resident penguin rehabilitation centre to nearby children's haven and ending off at a knitting co-operative aimed at empowering disadvantaged people through skills development. Besides this we also recycle all our waste and have a thriving worm farm where compost is produced to grow fresh veggies and herbs for our kitchen.

Over the last decade Fair Trade certification had become a sought-after label for those travelers opting for a more socially and environmentally responsible way of exploring South Africa, making endorsement by this non-profit organization a leading determining factor for many tourists and increasingly important for eco-friendly hospitality institutions. We are thrilled to have ticked all the boxes and have every intention of continuing our ethos of promoting local tourism attractions and respecting human rights, culture and the environment.

The next Jamie Oliver could be amongst us



Every Friday afternoon our head chef JP has been revealing some culinary trade secrets to an ever growing group of young chefs. From delicious pizza to cup cakes these kids are getting the low down on how to create perfect tasty dishes and who knows one of them could be the next Jamie Oliver!

Each week JP demonstrates a different new dish which our budding young chefs then get to have a go at and based on what we have seen there is some seriously talented young chefs.

The cooking classes start at 5.30pm every Friday for all kids under 12 and are completely free.

Oiled penguins saved by SANCCOB penguin rehabilitation centre, Cape St Francis



Following a recent oil spill in Algoa Bay (Eastern Cape), 92 oiled African penguins were admitted to SANCCOB (the Southern African Foundation for the Conservation of Coastal Birds) along with 61 penguin chicks. The birds were rescued from St Croix Island in a collaborative rescue operation by the Marine Rangers from the Addo Elephant National Park – South African National Parks (SANParks), the National Sea Rescue Institute (NSRI) and SANCCOB and transported to SANCCOB's seabird centre in Cape St Francis and to the South African Marine Rehabilitation Centre (SAMREC) in Port Elizabeth.

SANCCOB's team of staff and volunteers washed the first penguins on Sunday, 21 August, with the last bird being washed on Thursday afternoon, 25 August. The entire washing and rinsing process of each bird can take up to two hours, before the birds are placed in drying pens under infra-red heat lamps, that assist in speeding up the drying process. The washed birds will continue to be cared for by the team at its centre in Cape St Francis, until they are ready for release.

Juanita Raath, SANCCOB's Rehabilitation Coordinator in the Eastern Cape, said, "We are very happy with the progress made so far and that all the birds are now clean. However, the rehabilitation process is far from finished, as we still need to make sure that each bird regains its natural waterproofing, picks up sufficient weight, regain its hydration and passes all our medical and veterinary checks, before being able to go back into the wild. So there is still a lot of feeding, cleaning and caring to be done. The penguin chicks will, of course, stay for a longer period as they still need to grow into juveniles that are fit and ready for life in the wild."

The African penguin is the only penguin species to naturally occur on the African continent.

Cape St Francis Resort would like to thank all the SANCCOB staff and the many volunteers who gave up their time to assist in helping with the penguins.

Inaugural Bestmed Chokka Trail Run: Sunday 7 Aug 2016



The inaugural Bestmed Chokka Trail Run took place on Sunday 7 August 2016, starting and finishing at the Cape St Francis Resort. Competitors could choose from 62km, 30km, 23km and 16km routes taking in the beauty of the Cape St Francis area.

The route followed the shoreline from the Cape St Francis Resort to Mostertshoek past the Seal Point Lighthouse and then in to the Eskom Nature Reserve, where the 62km and 30km runners continued through the coastal thicket and forest to Dune Ridge Country House. Here the 62km runners continued through the Eskom Nature Reserve to Thysbaal and Oyster Bay before making their way along the dunes of the Sand River and back to the finish line at Cape St Francis Resort.

This was the first Bestmed Chokka Trail Run and proved to be a huge success with the over 170 competitors. The first 2 runners of the 60 kms finished in a very impressive 6 hours and 38 minutes and this was with 8kms through the Sand River!

We proudly hosted and were one of the sponsors of the event. A big thank you to Bestmed and Enid Pretorius. R1,500 from race entries was kindly donated to SANCCOB.

After the race competitors, families and friends spent the afternoon enjoying the sunshine, food and performance by Joe Van Der Linden on guitar.



Our 67 minutes for Mandela Day



18th July is Mandela Day and all South Africans are encouraged to do something positive for 67 minutes. By devoting 67 – one minute for every year of Mandela's public service – people can make a small gesture of solidarity with humanity and a step towards a global movement for good.

This year we decided to help clean up the area around the Kromme Bridge. A large number of our staff dedicated their time to help out for which we are very grateful.

Over in Berlin, Germany, an auction was held in support of Mandela day for which we gave away a two night stay at Cape St Francis Resort. The auction was organised by The South African Embassy and the monies raised went towards various charities and foundations.

Newington Place - our latest addition in Port Elizabeth



Newington Place Guesthouse is situated on a quiet street in the vibey and colourful suburb of Richmond Hill in Port Elizabeth. The recently renovated Victorian house seamlessly blends old world charm with understated elegance and peace, providing a serene haven close to the city centre. Accommodation options are varied with the main house offering five spacious bedrooms, while a self-catering family cottage and another self-contained room present privacy in the garden. All the rooms have gorgeous garden views and there is a swimming pool and el fresco bar for guests to enjoy. Most of the bedrooms are equipped with flat screen TVs and there is also a television in the lounge and dining room area where inviting sofa's urge you to put your feet up and unwind.

While the house maintains much of its Victorian feel with wooden floors and large airy windows throughout, modern touches such as crisp linen and sizable walk-in showers ensure the ultimate in comfort. Antique furniture, crystal and silver contrast beautifully against a palette of blues and creams, completing the eclectic atmosphere. The central location of Newington Place positions it not far from the airport, hospitals and top Port Elizabeth schools as well as within walking distance of a large variety of restaurants and trendy retail outlets for which the Richmond Hill area has become well known, as it takes café culture to new heights of popularity and trendiness.

Newington Place also provides secure off-street parking, a substantial garden and outdoor deck, WiFi and the option of breakfast.

[Visit website for more info »](#)

Out of this world peri peri chicken



Two chicken flatties

Marinade

1 beer

1 can coconut milk

4 fresh garlic cloves crushed

5 bay leaves

5-10 chillies (depending on wanted heat) can leave some whole in the marinade

3 tsp chicken stock powder

3 tsp portuguese chicken peri peri spice teaspoon cumin seeds

lots of lemon pepper (Ina paarmans is great)

Salt to taste

Marinade for a couple of hours or overnight if possible

Cook on low heat 150 decrease for 1, 5 hours covered in sauce

Brown chicken on the fire

Reserved left over sauce in pot and reheat serve with potatoes wedges and salad feeds 10 pax

Get in touch

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