



The Ultimate Paternoster Bucket List

1. **INDULGE** in all your favourite Seafood treats from the Paternoster Fish Shop at the Crayfish Wharf. They stock fresh oysters, mussels, a catch of the day, crayfish, abalone and loads of other seafood products. Contact Gerrit or Taryn on 061 264 2471 or email info@paternosterfishshop.co.za
2. **VISIT** the Cape Columbine LIGHTHOUSE. Built only in 1936, it was the last manned lighthouse constructed, and it rests on a windswept coastline within the Columbine Nature Reserve, just six kilometres outside of the fishing village. Open Mon to Fri (excl. public holidays) 10am – 3pm
3. **EXPLORE** the surrounding area with an informative, scenic and thrilling BEACH BUGGY ride with local aficionado Deon. Cell: 072 402 1829 Email: deon@farrout.co.za
4. **EAT** at WOLFGAT which was voted the 'Best Restaurant of the Year 2019' by the World Restaurant Awards and experience a taste adventure with seasonally foraged Strandveld (only found on this coast line) dishes prepared and styled with flair by internationally renowned chef Kobus van der Merwe. Bookings can only made online - <https://www.wolfgat.co.za>.
5. **PACK** a backpack and head up Langstrand for an early morning sunrise beach walk towards the Groot Paternoster Nature Reserve, approximately 7kms. You might even spot some dolphins!
6. **PICK-UP** a ciabatta straight from the oven, home-made chicken pies, a take-away cappuccino, freshly prepared deli meals, organic veggies or other goodies from THE PATERNOSTER XPRESS. Also great for any necessities like toothpaste, ice and milk. Tel: 022 752 2627 – open 7 days a week.
7. **TREAT** yourself (and your partner) to a well-deserved massage or facial at DUNES BEAUTY at Paternoster Dunes Boutique Guest House. Tel: 022 752 2217
Email: reservations@paternosterdunes.co.za
8. **INDULGE** in a hearty breakfast & cappuccino or delectable cake at MONDVOL COFFEE SHOP with friendly service and good food in a country setting. Tel: 073 939 0186
9. **RIDE** a horse along the beautiful Langstrand Beach with Ronel at DRIKUS HORSE TRAILS. Cell: 082 748 5596 E-mail: bassonr@telkomsa.net

10. SPOT a WHALE or three. The calm and protective St. Martins Bay is the perfect nursery for females to have their calves and often huge pods can be seen from Bek Bay and the main Paternoster Beach.
11. ROMANCE the person in your life and order a picnic basket from Dee to take to BEKBAAI BEACH while you watch the Sunset over the rocks & ocean. Cell: 063 304 2237 E-mail: info@gilcrestplace.com
12. DIP into luscious local oysters & mussels or the fabulous Seafood Laksa and other deliciousness at the quirky and oh-so-cool NOISY OYSTER. Bookings are essential Tel: 022 752 2196
13. GET HITCHED! ELOPE! We have just the place, it's oh-so Romantic and just all-round fabulous at GELUKKIE. Email: weddings@gelukkie.co.za
14. IMMERSE yourself in art, beauty and culture as you wander through the ART SHED at The Paternoster Crayfish Wharf. Meet the creative artists at work and maybe take a little something of the magic of Paternoster art home with you.
15. BRAAI at Tietiesbaai! Pack your cooler, braai grid and head to the beautiful rugged Tietiesbaai in the CAPE COLUMBINE NATURE RESERVE for a lekker braai. (Entry into nature reserve costs approximately R15 per person)
16. FORGET about time as you build a carefully planned sandcastle with the kids, family or friends and watch it wash away as the tide comes in.
17. PADDLE out between the rocks to see visiting seabirds, penguins and see Paternoster from a different angle with KAYAK PATERNOSTER. Tel: 083 795 4198 (Departure point from Paternoster Crayfish Wharf)
18. EAT tasty & super fresh take-away 'Vis & Tjips' at ON THE ROCKS at the Fish Market complex on the main beach. Tel: 083 988 1380
19. BUY anything including hardware, gas, antiques, fishing gear and flip flops at the general dealer THE PATERNOSTER TRADING POST. Tel: 084 510 6503
20. TRY out the yummy Burgers or Seafood at the iconic Red-Roofed VOORSTRANDT RESTAURANT while watching your kids play right on the Paternoster Beachfront. Tel: 022 752 2038
21. TAKE a FLAMEWORK class to make a memorable piece of Jewellery from beach glass or buy a ready-made piece at FLEUR DELYSE GLASS STUDIO. Email: fleurdelyse@icloud.com
22. POP-IN at OEP VE KOEP – Die Winkel op Paternoster for West Coast produce, wine and more. The Bistro is also the sister restaurant to Wolfgat, chef Adel Hughes serves up a tasty and unique strandveld menu daily. Tel: 022 752 2105

23. BE WOWed by joining an e-bike tour and enjoy an unforgettable feeling of freedom while riding effortlessly through the beautiful Paternoster landscape. Contact Danie on 082 898 3028 or info@wowebikes.co.za
24. EXPERIENCE a full-on sensory meal with a view at LEETO. Try the Risotto & some bubbly – you won't be sorry. Located at Strandloper Ocean Boutique Hotel. Tel: 060 927 0403
25. PICK UP some traditional 'staatmaker' jams or unusual finds like Black Fig & Black Pepper jam, Funky Ouma salty tins, cotton carpet slippers and indulging essential oils/diffusers to fill up your senses. This and more at JEM & PANTOFFELS. Tel: 082 783 1808
26. POP IN to LILY'S for a delicious take-away Truth Coffee, yummy Pasteis de Nata and savoury tarts or find a unique gift for someone special. Hours: Weds - Sun 8am to 3pm
27. CREATE a unique leather item for yourself or a gift, or buy or order a bespoke one-of-a-kind bag, backpack or other item at MATTAT LEATHER at The Paternoster Crayfish Wharf. Contact Erika - Cell: 082 853 9472 Email: mattat.leather@gmail.com
28. ENJOY a chilled glass of wine, a picture-perfect view and wonderfully tasty meals at GAAITJIE situated on the rocks. Tel: 022 752 2242
29. ADVENTURE down the rabbit hole and discover the quirky eclectic THE HOBNOBBERY a new co-operative. Browse for beautiful gifts, jewellery and clothing at TUMBLEWEED while enjoying a gin or glass of wine with delicious cheeses, deli items or a yummy open sandwich from The Drunken Pecorino. Contact Megan - Cell: 084 240 0630
30. HIT the Gin bar at BENGUELA BLUE and order a tapas platter to share. Cell: 079 969 6452
31. CRACK open an ice-cold Paternoster Pilsner, our very own local artisanal brew, serving refreshing G&T's on tap with trimmings, six Paternoster Beers (Pilsner, Weiss, IPA, Coffee Milk Stout, Honey Porter & Raspberry Weiss), an alcohol-free sparkling Honey & Rooibos on-tap and delicious west-coast inspired comfort food! Email: info@paternosterbrew.co.za tel: 063 952 3383
32. BROWSE and admire art and pottery from talented Dianne Heesom-Green and other artists at STONEFISH STUDIO & GALLERY. Contact dheesomgreen@gmail.com.
33. RELAX at BLIKKIE PIZZERIA, enjoy a delicious wood-fired pizza and be sure to order your soft serve ice cream for dessert. Great view, kids play area and TV for the big game! Tel: 079 598 8616
34. DAWDLE through the SHELL SHOP at the Paternoster Hotel for perfect sea-side souvenirs and gifts. Tel: 022 752 2703
35. ORDER a home-style breakfast, lunch or dinner with a fantastic view in the middle of the village at the RESTAURANT at THE PATERNOSTER LODGE. Tel: 022 880 0970

36. LISTEN out for the eerie and nostalgic FOGHORN on misty mornings floating across from the Cape Columbine Lighthouse.
37. SATISFY your craving for fresh & delicious sushi at DE SEE KAT at the Crayfish Wharf – the view is also a winner. Tel: 072 343 9793
38. BROWSE through the quirky and contemporary treasures of jewellery, décor, scarves and much more at MANEKI at the Art Shed.
39. INDULGE in the ultimate Strandloper Ocean luxury. Spoil yourself and your partner with a selection of body treatments in the peaceful space of our Elements Wellness Suite. All treatments are subject to availability. Tel: 083 654 3001 email: reservations@strandloperocean.com
40. DESIGN and get creative stamping and designing your own platter with Pam from PB Ceramics. Email: pbceramicspaternoster@gmail.com
41. DIG IN to a decadent Waffle and scrummy milkshake from WAFFLE WHARF located at the Paternoster Crayfish Wharf. Tel: 064 426 0146
42. GET ENERGISED and hike in and around Paternoster, spot tortoises and birds with tour guide and local Bruce. Cell: 082 488 0680
43. WATCH the Rugby with your favourite tippie and a wood-fired pizza at WHALES RIB at The Crayfish Wharf. Tel: 064 426 0146
44. FIND a quiet spot and do some serious bird-watching with a hopeful heart to spot the endangered Black Oystercatcher and more than 350 other species of bird life found on the West Coast.
45. TAKE a seat at the legendary PATERNOSTER HOTEL, centrally located for great stoep-sitting while watching the village and its people go by. Tel: 022 752 2703
46. HAVE A DRINK at the infamous PANTY BAR, meet locals and gawk at the interesting, ahem, displays. Definitely a favourite 'I was here' Insta-worthy moment.
47. ENJOY a fun evening of Karaoke and the beach bar vibe at SEEKOMBUIS. Tel: 072 258 9041
48. GET some locally designed and handmade clothes made of natural and fabulous fabrics, accessories, shoes and homeware at ANCIENT SPIRIT. Email info@ancientspirit.co.za / www.ancientspirit.co.za
49. POP in to OSLO ICE CREAM DELI, next to the laundry, and delight in their range of fantastic ice creams – especially the ever-popular granadilla lolly.
50. SPOIL yourself with some authentic West Coast Street food, such as Smoorsnoek, Vetkoek & Curry Mince, Tripe & Trotters, Oxtail or Fish Cakes at OUMA SE KOMBUIS situated in the main road, next to Beach Bums. Tel: 084 800 1991

51. BUY your Bokkom-fix at the Fish Market and take your time to carefully peel and taste the West Coast on your tongue.
52. WATCH in total awe at how the moon rises over the bay and be reminded of how beautifully the universe was created and how blessed we all are.
53. LOCAL is LEKKER, so get your hands on some traditional pickled fish & hot cross buns to enjoy at Easter.
54. ASSIST the local fishermen to drag their HARVEST of HARDERS to shore and make sure you also have a few to braai later.
55. DANCE it out with Line Dancing at the Paternoster Hotel. All Welcome. Classes on Tues 9am & 6pm, Thurs 9am & 6pm & Saturday 10am. Visitors R100 per class. Contact Sally-Jo 078 391 1407.
56. BRIBE, beg or blackmail one of the local Tannies to share some traditional home-made KOESISTERS with you. If you haven't tasted it, you haven't lived.
57. INDULGE in Italian comfort food at Trattoria Paternoster including yummy pizza & pasta with a West Coast twist – Marmite Pizza anyone?! Tel: 022 300 0222
58. ENJOY the view, the vibe, the fab food and on weekends live Music at THE HUNGRY MONK & Rock Lobster Pub/Beach Bar located at the Crayfish Wharf. Tel: 022 752 2069
59. GET INKED at FIREHOUSE TATTOO & ART STUDIO by [Lizbie Lourens](#) located at The Art Shed, Crayfish Wharf
60. STAY COOL with a delicious IL DOLCI Artisan Ice-Cream at the Crayfish Wharf, Paternoster Waterfront TEL: 072 840 3527.
61. LET your inner artist create and express itself with AJ's Paternoster Art Retreats Call AJ on 071-473-4469 aj@ajaysart.co.za
62. DISCOVER salvaged treasures and all sort of interesting gadgets and toys at A LOAD OF BOLLOX, a store just for the boys (& men who are still boys) in the Art Shed at the Paternoster Crayfish Wharf.
63. IMMERSE yourself in some culture and entertainment at the KOELKAMERS THEATRE which is getting ready to host some amazing shows from Dec 2020! Contact Jan on 082 554 0775 or janmalan@janmalan.com. The theatre is located at the Paternoster Crayfish Wharf.
64. SCHEDULE some well-deserved me-time & pampering in the comfort of your accommodation with a relaxing massage or a pretty *beach ready* pedicure from Healing Touch Mobile Spa. Contact Marissa on 062 131 5904 or info@healingtouchmobilespa.co.za.
65. DROP in at CATHY's KITCHEN an initiative of the Paternoster Project NPC for light meals & drinks while enjoying the friendly local vibe. Located just down the road from the Paternoster hotel heading towards the beach. Contact Jan on 066 253 4881

66. GET curious at THE ROB DUNN COLLECTION a Toy Restoration & Museum. Explore the world of yesteryear in this little gem located at The Paternoster Wharf. Contact Bobby Dunn +27 82 566 3739
67. STOCK up on all your beachy toys & accessories at BEACH BUMS. From sun hats, super comfy bokomo baggies, Lizzard flip flops, buckets & beach balls to family games and sensible sunscreen – you will find everything you could need and more. Opposite the Trading Post in central Paternoster. Contact Tel: 084 510 6503
68. Eye spy! If you find one of the hidden PATERNOSTER ROCKS, take a pic and use the hashtag [#paternosterrocks](#) and post to their Facebook Page. You're welcome to keep the rock, or re-hide it around town. If you decide to keep the rock, you have to please make a new one and place it somewhere before you leave our beautiful village.
69. FIND your bliss and breath through to calmness and flexibility with Trudie at [Yoga in Paternoster](#). Trudie is a Yinyasa yoga teacher and encourages all levels from beginner to truly bendy to join her. Contact 071 422 7414 or yogainpaternoster@gmail.com
70. BUILD your core strength, focus, posture and alignment with PILATES Mat Classes to suit your fitness level @ 10 Kriedoring Paternoster. Contact Amanda at 079 756 2868 or coachinglab@me.com

Top Insider Tips

- *Always book for Restaurants & Experiences in advance to avoid disappointment.
- *Take along a jacket, the weather on the coast changes all the time and we can experience 4 seasons in one day.
- *Keep your Camera/smart phone full charged to take advantage of all the beauty.
- *Make sure you are careful with your valuables – out of sight is the best policy to limit temptation.
- *Have fun & make memories to remember with family & friends, these are the things that count!