



The PATERNOSTER Bucket List!

Issued Dec '24

1. TOAST to life, love & everything in between at the [PATERNOSTER WINE & TASTING LOUNGE](#). A space dedicated to the celebration of South African wines on the West Coast. 11:00-19:00 Mon-Sat, 11:00-14:00 Sun. Contact 061 540 9530 or wines@paternosterwinelounge.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 FYNBOS SAFARI** 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 coastline) dishes prepared and styled with flair by internationally renowned chef Kobus van der Merwe. Bookings can only be 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, a take-away Deluxe coffee, freshly prepared deli meals, organic veggies and so many other goodies from [PATERNOSTER OK Minimark](#). 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 *Pet-friendly & open during load-shedding*
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 Bekbay Beach while you watch the Sunset over the rocks & ocean. Cell: 063 304 2237 E-mail: info@gilcrestplace.com (psst. Dee also offers a Sushi Making class!)
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 *Pet-friendly & open during loadshedding*
13. GRAB a gorgeous, bright & bold bag, leggings, beachy tops at **ZELDA** an intuitive artist transforming original art into wearable fashion statement pieces. www.zeldadesigns.co.za contact Zelda on +27 78 348 8516. Located next to infoprop in the middedorp.
14. IMMERSE yourself in art, beauty and culture as you wander through the **ART SHED** at The Paternoster Waterfront. Meet the creative artists at work and maybe take a little something of the magic of Paternoster 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 R30 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: 082 898 3028 or kayakpaternoster@gmail.com
18. EAT tasty & super fresh take-away 'Vis & Tjips' at **IETSIE ALZ** at the Fish Market complex on the main beach. Tel: 064 673 5099
19. BUY anything including hardware, gas, antiques, fishing gear and mielie brooks, flip flops at the general dealer **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 Main Paternoster Beachfront. *Pet-friendly & open during loadshedding* Tel: 022 752 2038
21. SPOIL yourself with beautiful, bespoke hand-made sea glass & venetian glass jewellery and other hand-picked pieces from **FLEUR DELYSE GLASS STUDIO** on display at The ART SHED – Paternoster Waterfront. Email: fleurdelyse@icloud.com
22. POP-IN at **DISPENS** – Die Winkel op Paternoster for West Coast produce, wine and more. The Bistro is also the sister restaurant to Wolfgat, with a unique Strandveld menu available. *Allow cat friendly dogs on leash & open during load-shedding* Tel: 022 752 2105
23. BE **WOW**'ed by joining an **E-BIKE** tour and enjoy an unforgettable feeling of freedom while riding effortlessly through the beautiful Paternoster landscape. Contact Annelize 083 261 9921 or bookings@wowebikes.co.za
24. EXPERIENCE a full-on sensory meal with a view at **LEETO**. Try the Risotto & some bubbly – you won't be disappointed. Located at Strandloper Ocean Boutique Hotel. *Open during load-shedding* Tel: 060 927 0403
25. Enjoy some Koek en Tee while you browse at **JEM & PANTOFFELS CAFE**. PICK UP some traditional 'staatmaker' jams or unusual finds like Black Fig & Black Pepper jam, Funky Ouma salty tins, slippers & indulging essential oils/diffusers to fill up your senses.
26. ORDER fresh fish and seafood from **PATERNOSTER FISH** Shop (no longer a physical shop) but you are still welcome to contact them to find out what is available for the week. Fridays you can be sure of fresh oysters and kabeljou/cob, but please order in advance (7 days' notice) Can deliver in Paternoster. TEL: +27 73 199 7267, info@paternosterfishshop.co.za

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 Waterfront.
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. *Pet-friendly & open during load-shedding* Tel: 022 752 2242
29. ADVENTURE down the rabbit hole and discover the quirky eclectic [THE HOBNOBBERY](#) a co-operative. Browse for beautiful gifts, plants, pretty things and clothing at TUMBLEWEED, COASTAL SOUL & THE GARDEN HOE while enjoying a gin or glass of wine with delicious cheeses, deli items or a meal from THE DRUNKEN PECORINO. *Pet-friendly & open during load-shedding* Contact Megan - Cell: 084 240 0630
30. SOAK UP the laid-back Mediterranean vibe at [BENGUELA BLUE Restaurant](#) and order cocktails & a yummy tapas platter to share while you choose your next dish from the tempting menu.
Pet-friendly & open during load-shedding Cell: 083 258 0958
31. CRACK open an ice-cold Paternoster Pilsner at the [PATERNOSTER BREWERY](#), our very own local artisanal brew, beer tastings, full bar, an alcohol-free sparkling Honey & Rooibos on-tap & delicious west-coast inspired food! Email: info@paternosterbrew.co.za *Family & Pet-friendly & open during load-shedding* Tel: 063 952 3383
32. BROWSE and admire art and pottery by talented ceramicist Dianne Heesom-Green and other local artists at [STONEFISH STUDIO & GALLERY](#). On Saturdays from 10:30am to 12:30pm join a Make Your Own Bowl Workshop. No previous experience needed. Phone Di to book 082 824 8917
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! *Pet-friendly & open during load-shedding* 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 smack in the middle of the village at the [PATERNOSTER LODGE & RESTAURANT](#). 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 SEEKAT](#) at the Paternoster Waterfront – the view is also a winner. *Pet-friendly & open during load-shedding* Tel: 072 343 9793
38. BROWSE through the quirky and contemporary treasures of jewellery, décor, scarves and clothing at [MANEKI](#) at the Art Shed, Paternoster Waterfront.
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](#). Located in the Art Shed at the Paternoster Waterfront. Email: pbceramicspaternoster@gmail.com
41. DIG IN to a decadent Waffle, Burger, Ribs and scrummy milkshake from [WAFFLE WHARF & WHALE RIB](#) located at the Paternoster Waterfront. 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. TAKE a wander through [THE BOHO BEACH SHOP](#), this bohemian lifestyle store is filled with only good vibes. Everything from women & menswear, a little something for the kiddos, accessories and lovely beauty products, homeware, cookies and coffee, as well as Paternoster branded goodies. Located just behind the Paternoster Wine & Tasting Lounge.
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. FALL in love with the ocean at [STUDIO SEA LOVE](#) this a creative space where Adele as a free-diver, artist, photographer, videographer & designer, shares the jewels of the ocean with the world. She creates unique products with her amazing underwater photographs. Products include Bags, Homeware, cushion covers & more. Contact: sealove@itstartswithme.global. Located at the Paternoster Waterfront.
50. SPOIL yourself with delicious fare in the stylish **BLUES** restaurant at Abalone Hotel overlooking beautiful Bek Bay Tel +27 22 752 2044
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 **FULL MOON** as 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 the [PATERNOSTER LINE DANCERS](#) at the Paternoster Hotel. All are Welcome. Classes on Tues and Thurs (Class times may vary in Winter) Visitors R100 per class. Contact Sally-Jo 078 391 1407 or Book via Airbnb <https://bit.ly/paternosterlinedancingclass>
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. Tel: 022 300 0222
58. TAKE a step into this beautifully curated shop, **JOURNEY**, at the Paternoster Waterfront and you won't want to leave. A sensory experience of textures, colours and patterns of the West Coast seaside lifestyle. Beautiful clothing and homeware to spoil yourself or a fortunate friend. Contact: stanford.journey21@gmail.com
59. GET INKED at **FIREHOUSE TATTOO & ART STUDIO** by [Lizbie Lourens](#) located at The Art Shed, Paternoster Waterfront. Tel: 076 956 9105.
60. STAY COOL or GET WARMED UP with a delicious **IL DOLCI Artisan Ice-Cream** at the Paternoster Waterfront, 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 Waterfront.
63. IMMERSE yourself in some culture and entertainment at [DIE KOELKAMERS](#) our local theatre is hosting some amazing shows, artists & local talent. Contact Jan on 082 554 0775 or book via the website <https://www.diekoelkamers.com/>. The theatre is located at the Paternoster Waterfront.
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. *Pet-friendly & open during load-shedding* Tel: 066 253 4881
66. GET curious at the **WORKSHOP**. Explore the world of yesteryear toy car collection and vintage & contemporary signage creator located at the Paternoster Waterfront. Contact: Andre +27 82 448 9955.
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. ADMIRE the unique jewellery at [MW DESIGN](#) located at the Paternoster Waterfront. Jewellery designer & artisan, Mel, has created a unique collection of jewellery to suit anyone with individual flare. Contact: meljewelrydesign@gmail.com
69. DELIGHT your tastebuds at [ONE KREEFTEGANG](#). A contemporary fusion restaurant, specialising in seafood, meat and sushi. Contact for Bookings +27 22 880 0410
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
71. EAT, drink and be merry at the [JOLLY ROGER](#) follow the main drag St. Augustine Road and you will find this relaxed vibey sports pub & restaurant just before the turn off to the Paternoster Waterfront on the left. Contact no. 064 534 5505
72. GET your cake and eat it too at the **KOEKEMAKRANKA coffee shop** located at the Paternoster Waterfront. In the hub of the art and theatre culture of the village it is the perfect place to refresh yourself after or during a browse. Open 7 days a week from 9-5. Contact Lucia - 083 490 6315
73. FULFIL a dream and take a horse ride from the main beach towards Langstrand with [WEST COAST BEACH RIDES](#). They offer riding lessons too. Contact Mark 079 889 9291 info@westcoastbeachrides.co.za
74. VENTURE into a world of unique airplants at AirScape Boutique in Paternoster. Book a visit to 11 Mosselbank St for a diverse collection of tillandsias, available in-store at our patio-garden turned nursery. Call Elna at 082 785 2627. Your airplant oasis awaits!
75. EXPLORE [èk](#) for uniquely curated décor, functional and just plain beautiful gifts and goodies that can best be described as “Dis so èk!” (“This is so me!”) Located opposite the Paternoster Wine & Tasting Lounge. Contact Piet +27 79 504 0996
76. INDULGE in your Illy coffee and goodies fix at **WESKUS LEKKER**. Serving Hot & Cold Beverages, Ice Cream savoury & sweet pancakes, waffles and other fun holiday foods. Deli items like Jams, sauces and gifts also available. Contact Marietjie + 27 65 219 6097
77. LICK your lips at [CAPE ROAST](#) with a Fire dining Argentinian Asado style dining experience right in the heart of Paternoster! Located behind Weskus Lekker and alongside The Paternoster Hotel be sure to enquire on dates and menu for something very special. Contact +27 62 034 3149.

78. ENJOY the beautiful glass work items at [GLASS ART STUDIO GALLERY](#). Admire the delicate glass medium and art works available to enjoy and take home. Located at the Paternoster Waterfront. Contact: Maryna +27 82 788 9012
79. TAKE a happy touristy snap at our very own **YELLOW PHOTO FRAME** located along St. Augustine road opposite the Anglican church and the primary school.
80. MARVEL at the beauty-filled artistic work created by fine artist **RAYMOND HOGGAN**. Inspired by nature you can chat to Raymond and view his works at his studio & gallery location behind Wow ebikes at the Paternoster Waterfront. Contact Raymond on +27 83 353 1412
81. CAPTURE those happy Paternoster memories or special occasions & moments with [CHRYS & GARTH PHOTOGRAPHY](#) Whatsapp Business contact +27 63 820 9805
82. GET a refreshing cuppa at the **CORNER T** a hidden little Tea Garden filled with unexpected gifts & treats. Located near the WORKSHOP at the Paternoster Waterfront Contact: Deirdre +27 82 570 5177

Top Insider Tips

- ***Always book for Restaurants & Experiences** in advance to avoid disappointment. Please note some restaurants are seasonal and not open during winter months.
- *Take along a jacket, the **weather on the coast changes all the time** and we can experience four seasons in one day.
- *Keep your **Camera/smart phone fully charged** to snap Instagram worthy photos of all the beauty. If you do share on Social Media & hashtag the **#PaternosterBucketlist**. We love to see your Happy Snaps :-)
- *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 moments that count!**

Out of the village but Worth a visit nearby

- 6km - Columbine Lighthouse & Nature Reserve – (022) 752 2705
- 17km - Vredenburg/Saldanha Golf Course - +27 22 715 3003
- 28km - Bird Island Nature Reserve in the mouth of Saldanha Bay (Cape Nature) - +27 21 659 3500
- 29km - West Coast Fossil Park - +27 22 766 1606
- 35km - Bokkom Industry in Velddrift - +27 22 783 1144
- 37km - Berg River Estuary - +27 22 783 1821
- 39km - Thali-Thali Game Lodge (including archery) - +27 22 766 1626
- 49km - West Coast National Park - +27 22 772 2144
- 62km - Rocherpan Nature Reserve - +27 21 483 0190
- 106km - Verlorenvlei - +27 22 962 1650

Important Numbers

- SAPS Vredenburg (Crime) – (022) 703 6440/6453/6493
- Law Enforcement (Municipal regulations ie. Noise, driving on beach etc.) - (022) 701 6912/6834 a/h - (022) 701 7061
- Saldanha Bay Municipality 24hour Call Centre (Electricity, water) - (022) 701 7061
- Pato Neighbourhood watch (from 8pm to 6am) - 072 730 5775
- Locksmith - Jan Hickman - 082 563 7599
- Ambulance - 10177 Metro EMS - (022) 713 4590
- Saldanha Bay Fire Services - (022) 713 1815 or 086 007 3473 or (022) 433 8700
- NSRI (Sea Rescue) - 082 990 5966
- Vredenburg Provincial Hospital - (022) 709 7200 West Coast Life Hospital - (022) 719 1030