



The Ultimate Paternoster Bucket List

1. INDULGE in all your favourite Seafood treats from the *PATERNOSTER FISH SHOP* at the Paternoster Waterfront. 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@farrou.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 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, home-made chicken pies, a take-away Deluxe coffee, freshly prepared deli meals, organic veggies and so many 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 *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. 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.
14. *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)
15. 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.
16. PADDLE out between the rocks to see visiting seabirds, penguins and see Paternoster from a different angle with *KAYAK PATERNOSTER*. Tel: 082 898 3028 (Departure point from Paternoster Waterfront)
17. EAT tasty & super fresh take-away 'Vis & Tjips' at *IETSIE ALZ* at the Fish Market complex on the main beach. Tel: 064 673 5099
18. BUY anything including hardware, gas, antiques, fishing gear and mielie brooks, flip flops at the general dealer *THE PATERNOSTER TRADING POST*. Tel: 084 510 6503
19. 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 load-shedding* Tel: 022 752 2038
20. 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
21. 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, with a unique tasting Strandveld menu available. *Allow cat friendly dogs on leash & open during load-shedding* Tel: 022 752 2105
22. 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 Danie on 082 898 3028 or bookings@wowebikes.co.za
23. 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
24. 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 much more at *JEM & PANTOFFELS*. Tel: 082 783 1808
25. 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
26. 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
27. ADVENTURE down the rabbit hole and discover the quirky eclectic *THE HOBNOBBERY* a co-operative. Browse for beautiful gifts, jewellery, 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 yummy open sandwich from *THE DRUNKEN PECORINO*. *Pet-friendly & open during load-shedding* Contact Megan - Cell: 084 240 0630
28. SOAK UP the laid-back Mediterranean vibe at [BENGUELA BLUE](#) 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: 079 969 6452

29. TAKE a wander through *THE BOHO BEACH SHOP*, this bohemian lifestyle store is filled with good vibes. Everything from womenswear to 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.
30. CRACK open an ice-cold Paternoster Pilsner at the *PATERNOSTER BREWERY*, 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 *Pet-friendly & open during load-shedding* Tel: 063 952 3383
31. 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 8248917
32. 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
33. DAWDLE through the *SHELL SHOP* at the Paternoster Hotel for perfect sea-side souvenirs and gifts. Tel: 022 752 2703
34. ORDER a home-style breakfast, lunch or dinner with a fantastic view smack in the middle of the village at the *RESTAURANT at THE PATERNOSTER LODGE*. Tel: 022 880 0970
35. FALL in love with the ocean at *STUDIO SEA LOVE* is 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 and much more. sealove@itstartswithme.global. Located at the Paternoster Waterfront.
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 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 even enjoy a yummy koeksister with tea 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 & WHALES RIB* located at the Paternoster Waterfront. Tel: 064 426 0146
42. TAKE the first steps 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, homeware and accessories to spoil yourself or a fortunate friend. Contact: stanford.journey21@gmail.com
43. GET ENERGISED and *HIKE* in and around Paternoster, spot tortoises and birds with tour guide and local Bruce. Cell: 082 488 0680

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. LOOK IN at *MW DESIGN* located at the Paternoster Waterfront where jewellery designer & artisan, Mel, has created a unique collection of jewellery to suit anyone with individual flare. Contact: meljewelrydesign@gmail.com
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 *PATERNOSTER LINE DANCING* 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 a Airbnb Line dancing Experience <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 – Marmite Pizza anyone?! Tel: 022 300 0222
58. GET INKED at *FIREHOUSE TATTOO & ART STUDIO* by [Lizbie Lourens](#) located at The Art Shed, Crayfish Wharf
59. STAY COOL or GET WARMED UP with a delicious *IL DOLCI* Artisan Ice-Cream or soup from PICOLLO Italian Soup Deli at the Crayfish Wharf, Paternoster Waterfront TEL: 072 840 3527.
60. LET your inner artist create and express itself with *AJ's PATERNOSTER ART RETREATS* Call AJ on 071-473-4469 aj@ajaysart.co.za
61. 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.
62. 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 Wharf.
63. 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.

64. 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. *Pet-friendly & open during load-shedding*
Contact Jan on 066 253 4881
65. GET curious at the *TOY MUSEUM*. Explore the world of yesteryear in this little gem located at the Paternoster Waterfront next to the Koelkamers Theatre.
66. 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
67. 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.
68. 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
69. TUCK into fresh, delicious, West Coast style Seafood at the authentic *The FRYER'S DELIGHT*. Located at the Fish Market complex centrally located at the main Paternoster Beach front. Open daily 10am to 5pm they have outdoor seating and Take-ways. Can deliver! Contact Dwayne: 072 024 4165
70. GET your cake and eat it too at the new coffee shop *KOEKEMAKRANKA* located at the Paternoster Crayfish Wharf. Situated in the hub of the art and theatre culture of the village this addition is the perfect place to refresh yourself after or during a browse. TRY the koeksisters, Sisters 😊 Open 7 days a week from 9-5.
Contact Lucia - 083 490 6315
71. Go GLAM or go home with *NAILS by BRONX*. Specialising in Gel nails, tips and nail art. (No acrylic). Bonnie has 20 years' experience and a home base as well as a mobile unit. Contact 072 563 1668
72. TRAVEL back in time with *STOFPAD TOERE* and explore the village, by-ways and dirt roads surrounding Paternoster aboard a beautifully restored 1959 Austen. Departures from the Paternoster Xpress. Contact Henk for more information and to book 071 674 9528 hjnelreyneke@gmail.com
73. TOAST to life at the [PATERNOSTER WINE & TASTING LOUNGE](#). Try some of their locally sourced and carefully curated wines. Can you taste the gooseberries and freshly cut grass my Dear? Open 7 days a week from 11am to 8pm. Contact 061 540 9530 or wines@paternosterwinelounge.co.za
74. TUCK into tasty curries, chow mein & pita's at *NOSSA COMIDA* to enquire and order contact Abdullah 0820840458 Omer 0627729758 or Ansaaf 0608198268. Located between The Trading Post & Paternoster Hotel in Hotel square.

Top Insider Tip's

- *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 full charged to snap Instagram worthy photos of all the beauty. If you do share on Social Media please hashtag us at #Stayinpaternoster and #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