

NO.6

AUGUST 2025

GUEST GUIDEBOOK

# Prince Albert

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COUNTRY STAY FIG LEAF CAFE COUNTRY STORE

EXPLORE  
PRINCE ALBERT

Discovering the  
Karoo

THINGS TO DO  
MUSINGS

Your Ultimate  
Cycling  
Adventure



[WWW.PRINCEALBERTCOUNTRYSTAY.COM](http://WWW.PRINCEALBERTCOUNTRYSTAY.COM)



THE LOFT ROOM | Prince Albert Country Stay

# Our Story

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Firstly, welcome.

We're so pleased to have you with us. The Country Stay is a place where hospitality and friendship converge, and we know you will feel right at home.



Prince Albert Country Stay is more than accommodation—it's an invitation to slow down, to savor simple pleasures, and to enjoy the quiet charm of country life. Whether you're staying for one night or several, we hope your time here brings you peace, warmth, and a few memorable moments.

Our rooms are spacious and serene, arranged around a tranquil garden and our much-loved swimming pool—the heart of our café and the perfect place to unwind. Crisp linen, beautiful crockery, and gentle touches reflect our love for detail and comfort. The property is adults-only (12+), with the pool reserved just for our resident guests.

We're always happy to assist with bookings for local theater, tours, or special outings. Whether you're here to rest, celebrate, or explore—this stay is yours to shape.

Prince Albert is a gem of the Karoo—rustic and refined, quiet yet full of character.

This is a place where time slows and the simple things shine. We're so glad you found us.

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Colleen Penfold  
Your host



Reserve your room

## **ENVIRONMENT**

prioritise & conserve of  
natural resources

## **CULTURE**

celebrates the unique  
heritage and traditions

## **SOCIAL**

fostering positive  
interactions between  
tourists and locals.

## **ECONOMIC**

sustainable income for  
local communities and  
businesses

PHOTO DUANE SMITH

# ECOTOURISM





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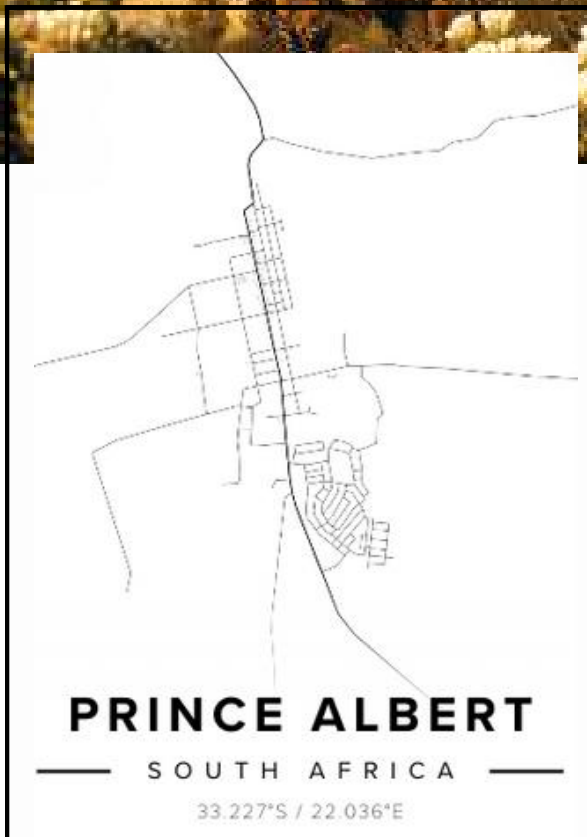
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# EXPLORE PRINCE ALBERT

Click here for interactive map



## 01. Collaborative Map on Google Earth

This map is a collaboration with Prince Albert's Cultural and Historical Society, local restaurants, nature reserves, and community organizations, emphasizing the shared responsibility to preserve Prince Albert's unique heritage on a global scale.

## 02. Explore and Engage

It is a vibrant snapshot of our cultural richness and biodiversity. You can explore cultural landmarks, local cuisine, nature reserves, and more. You can download it here.



# Discovering the Karoo

In the heart of South Africa lies a hidden gem that beckons to those seeking a respite from the frantic pace of modern life - Prince Albert. A Haven for Slow Traveling and Ecotourism

This vast semi-arid region unfolds like a canvas, painting a picture of biodiversity, rich culture, and architectural marvels that harmonize seamlessly with the ethos of slow living and ecotourism.

The Karoo's biodiversity is a testament to nature's resilience. Amidst the seemingly desolate landscapes, a myriad of plant and animal species have adapted to the challenging conditions, creating a delicate yet robust ecosystem. The Karoo's biodiversity not only offers a haven for wildlife enthusiasts but also serves as a living example of the interconnectedness of all living things.

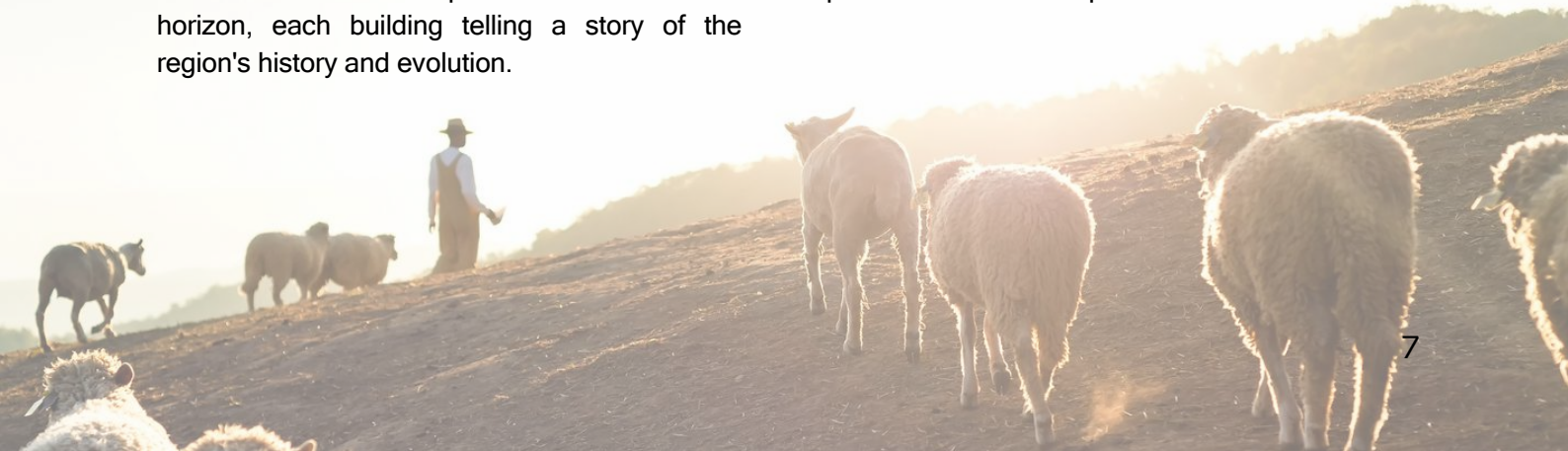
As one wanders through the Karoo, the region's cultural tapestry unfurls. Small towns and settlements tell stories of generations past, their traditions and customs ingrained in the very fabric of the landscape. The slow living ethos is palpable here, inviting visitors to immerse themselves in the unhurried rhythm of Karoo life. Local festivals, markets, and artisanal crafts showcase the richness of Karoo culture, fostering a deep connection between visitors and the community.

Architectural marvels punctuate the Karoo's horizon, each building telling a story of the region's history and evolution.

The integration of architectural beauty into the natural surroundings exemplifies the Karoo's dedication to preserving its unique charm.

In the embrace of slow living and ecotourism, the Karoo beckons travelers to recalibrate their senses and rediscover the essence of a simpler, more intentional way of life. Visitors are encouraged to savor the beauty of the landscapes, connect with the warmth of local communities, and appreciate the delicate balance between human existence and the natural world.

As the world grapples with the imperative for sustainable tourism, the Karoo stands as a shining example of how slow living and ecotourism can coalesce to create a transformative and enriching experience. The region's commitment to preserving biodiversity, celebrating culture, and embracing eco-friendly architecture invites us all to reconsider the pace at which we travel and the impact we leave on the destinations we visit. In the Karoo, the journey becomes a celebration of life's simple pleasures, a reconnection with nature, and an opportunity to leave a positive footprint on the path of sustainable exploration.



# our sustainability Journey

**“In the Karoo, the delicate balance of nature and resources is unmistakable. Here, sustainability is a way of living .”**

Prince Albert Country Stay is a living part of a delicate and biodiverse ecosystem. Sustainability is woven into the fabric of how we live – not as a concept or a policy, but as a rhythm and a responsibility. It is the way we coexist with nature.

When you stay with us, you’re not just booking a room. From the moment you arrive, you’ll feel how seamlessly that rhythm flows through your experience. The solar panels above you catch the sun that paints our skies. Grey water gently fills the pool and nourishes our gardens – gardens you’ll walk through at dusk, where the herbs on your plate and the flowers in your room are grown.

Your linens are soft, natural, and ethically made – chosen not only for their sustainability, but because natural fabrics breathe with your body, regulating temperature and offering a better night’s rest. The mohair blanket folded at the foot of your bed is spun from fleece sourced on a nearby farm.

In the country store, shelves are lined with fig preserves, handmade biscuits, fresh sourdough bread, olive oils, lavender creams, and more – all made within our region. Here, sourcing locally is not a trend – it’s the truth of how our community operates. We are part of a shared system that respects the land and uplifts the people who live on it. Every decision – from how we water the lawns to how we stock our shelves – is made with intention and respect.

We’re proud to meet global sustainability standards and trust you will appreciate being part of a story that uplifts the community and honors our biodiversity.

So come. Walk the gardens. Taste the olive oil. Wrap yourself in linen and mohair. Watch the sun slip behind the Swartberg mountains.

Thank you to Urban Savvy Design for guiding us on our sustainability journey.







# COUNTRY STORE

Timeless Classics for Decor Enthusiasts



The Country Store offers a refined selection of timeless furniture and décor, curated by Colleen. With years of experience and a discerning eye, she sources antiques that bring depth, charm, and quiet elegance to any space. From statement pieces to subtle accents, each item tells a story – and belongs in one.



## Plan a slow and healthy breakfast with us

Did you know there's a long and beautiful history of mills and sourdough in the Karoo? It's a story of hands in flour before first light, of loaves left to rise in linen-lined bowls, and a rhythm shaped by land, patience, and time.

At the Fig Leaf Café, we honor these traditions with slow-fermented sourdough, local butter, farm eggs, and seasonal preserves. It's breakfast, yes – but it's also a return to rhythm, a ritual of care, and a quiet celebration of things freshly made.

The fig leaf, a symbol of journey and return, was inspired by our travels in Greece. It speaks to the idea of coming home – of finding nourishment and meaning in the everyday rituals.

Our sourdough is lovingly handmade by Leonard and captures the soul of the Karoo. Paired with Gay's Dairy yogurt and cheeses, Kredouw olive oil, and the sweetest cakes from The Accidental Baker, our breakfasts reflect the best of local produce and slow living.

Each morning, the scent of baking bread drifts through the café, mingling with the soft hum of conversation and the clink of coffee cups. Here, time feels unhurried – each bite, each sip, a reminder that the simplest moments are often the most treasured.

# HOME SWEET HOME

Beautiful local produce



## Farm to table

At the Fig Leaf Café, farm to table isn't a trend – it's a way of life. All our flowers and fresh herbs are grown in our garden, picked daily to bring beauty and flavor to your plate. Our fig and apricot jams are lovingly made by Velta Freerden on her fig farm just outside town, and our stunning Kredouw olive oil – cold-pressed and full of character – comes straight from the foothills of the Kredouw Pass. These locally made essentials capture the richness and simplicity of Karoo living, and they're all available here, so you can take a little taste of the Karoo home with you.



## Karoo lavender

Sustainably made and ethically sourced, Karoo Lavender's room and body products capture the stillness and clarity of the Great Karoo. Infused with soft botanical notes and crafted with care, each item brings a touch of calm and refinement to your daily rituals – a breath of the Karoo, wherever you are.

# Botanical Artist Sally Arnold



## A Luxurious path to wellness through Art. Pieces that carry a story, honour the earth, and inspire presence

Among the most captivating of these artistic expressions are the works of Sally Arnold, a botanical artist whose creations not only adorn walls but also elevate our connection with the natural world.

Sally Arnold's art is a testament to the delicate balance between artistic expression and scientific precision. Her intricate plant portraits capture the essence of nature's beauty, reminding us of the fragile relationship we share with the environment. In a world where our connection with nature is increasingly strained, Sally's work serves as a luminous reminder of the importance of preserving this bond.

Sally's art is deeply rooted in the landscapes of her South African childhood. These environments, with their primal textures and vibrant colors, have shaped her artistic vision, guiding her hand as she captures the sculptural qualities of blossoms and seedpods. Through her meticulous attention to detail, she magnifies the tiny, often overlooked aspects of nature, inviting us to see the world through her eyes.

The luxury of botanical art lies not only in its visual beauty but also in the materials and craftsmanship that bring it to life. Sally's use of pure, organic materials, from handcrafted paper to fine linen canvas, reflects a commitment to sustainability that resonates with my own design philosophy. These materials, coupled with her slow, artisanal approach, result in pieces that are both sophisticated and enduring.

The presence of nature-inspired art has been shown to reduce stress, enhance mood, and improve overall well-being. By bringing the natural world indoors, botanical art creates a serene environment that nurtures both body and soul. In a time when many of us are seeking refuge from the demands of modern life, surrounding ourselves with art that celebrates nature can provide a much-needed sense of calm and balance.

Sally Arnold's work, with its exacting realism and poetic beauty, exemplifies the transformative power of botanical art. Her paintings are not just decorative pieces; they are meditative experiences that invite us to pause, reflect, and reconnect with the natural world. In this way, botanical artists like Arnold are light holders, illuminating the path to a more harmonious relationship with nature—one that is both luxurious and essential for our well-being.

Sally Arnold's work, in particular, serves as a powerful reminder of the beauty and importance of nature in our lives. By incorporating her art into our homes, we can create spaces that not only look beautiful but also promote a deeper connection with the natural world, fostering a sense of wellness that is both timeless and essential.

In celebrating artists like Sally Arnold, we are reminded that true luxury lies in the intentional—in pieces that carry a story, honor the earth, and inspire presence in our daily lives. Her work becomes more than art; it is a quiet companion, enriching our spaces and our spirits with the enduring grace of nature.

[www.sallyarnold.com](http://www.sallyarnold.com)



Artwork | Sally Arnold

# Your Ultimate Cycling Adventure

Prince Albert is a cyclist's dream. With its breathtaking landscapes, diverse terrain, and welcoming cycling community, it offers something for everyone, from casual riders to seasoned adventurers.

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## Exploring Prince Albert on Two Wheels

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### Guided Rides: Discover the Magic with Local Experts

Why ride alone when you can join one of our guided cycling adventures? Explore Prince Albert's scenic routes with experienced guides who know the area inside out. Whether you're up for a single ride or a multi-day tour, they'll tailor the experience to your skill level and interests.



### Bike Rentals: Your Adventure, Your Ride

No bike? No problem! The local bike shop offers a range of rental options to match your style and needs. Whether you're planning a spontaneous day ride or a multi-day trek, they'll ensure you're equipped with the perfect wheels for the job.

### Route Advice: Tailored to Your Style

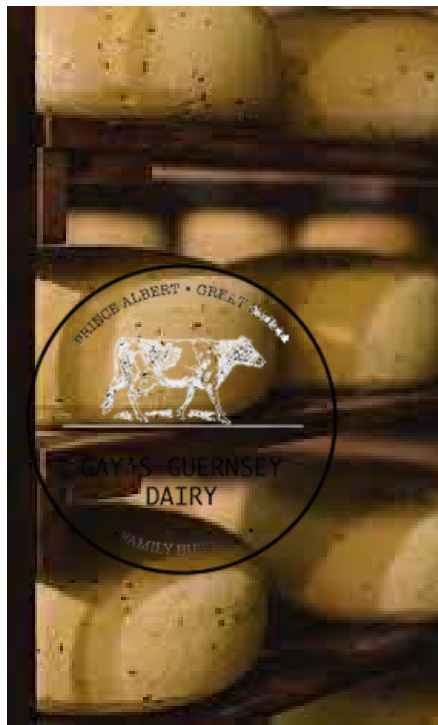
From gentle gravel paths through rolling plains to challenging climbs with stunning vistas, there's no shortage of variety. Strava enthusiasts will find plenty of segments to conquer, while leisurely riders can bask in the beauty of the Karoo.

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[www.princealbertcycles.co.za](http://www.princealbertcycles.co.za)

Arno Botha 083 3959 038





*Things to do*

# MUSINGS

***Design & Decor***

- Karoo Looms
- Karoo Haus
- Country Store
- Urban Savvy Design - Interiors
- Prince of Africa

***Art & Gardens***

- Prince Albert Gallery
- Open Studios
- Open Gardens

***Astro Tours***

- Night Sky Tours 082 862 6135

***Music***

- Journey To Jazz
- Gamka Klassiek
- Kaleidoscope Music Festival

***Events***

- Vino Camino
- Lees Fees
- Mountain Biking Adventures



# RESTAURANTS

- 01 Jeremy's Restaurant
- 02 Yellow House
- 03 Prince Albert Cafe
- 04 Karoo Kombuis
- 05 O for Olive
- 06 Weltevreden Fig Farm







# Urban Savvy Design

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## Interiors Rooted in Purpose, Elevated by Presence

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In a world increasingly drawn to slow living and soulful spaces, Urban Savvy Design offers a compelling alternative to the churn of trend-driven interiors. From its home base in Prince Albert, this award-winning studio works across South Africa and beyond, shaping environments that don't just impress at first glance—they resonate. Deeply. Quietly. Powerfully.

Founder and creative director Sarah Bowes has built a practice anchored in clarity, presence, and purpose. Every project—whether a heritage homestead, a minimalist beach retreat, or a cosmopolitan guesthouse—is approached as an intimate collaboration. The goal is never simply to “make a space beautiful,” but to create interiors

that reflect the client's values, honor their rhythms, and hold space for their evolving future. Clients often describe a quiet shift when they step into their finished space—a sense of ease that arrives before they can articulate why. That sensation is intentional.

What sets Urban Savvy Design apart is its ability to merge modern functionality with ancient principles. There's an understanding that beauty without meaning feels hollow, and that true luxury is found in alignment, not excess. Each project is shaped by an ethos of restraint—where raw stone meets the warmth of oak, matte black fixtures balance against handwoven linen, and clay walls seem to breathe with the light. Every material is chosen for its authenticity, its longevity, and its connection to the environment. Sustainability here is not a box to tick—it is a value embedded throughout the process, from sourcing to final placement.

This is not surface-level styling. It is design as a vessel for transformation. Drawing from disciplines as varied as brand strategy, sacred geometry, and post-occupancy psychology, Urban Savvy Design treats every commission as an ecosystem. Form, flow, and feeling are considered in equal measure.



Urban Savvy Design also thrives on the strength of its local partnerships—artisans, makers, and craftspeople whose work embodies the spirit of place—while speaking fluently in a global design language. The result is interiors that feel rooted and timeless, yet contemporary and connected to a wider world.

At the heart of Urban Savvy Design is a belief that spaces shape the way we live, think, and feel. Every corner, every texture, every interplay of light is considered not just for visual impact but for the energy it carries. This holistic approach ensures that each home, retreat, or commercial space becomes more than architecture—it becomes a living environment that nurtures creativity, reflection, and connection.

Ultimately, Urban Savvy Design is about more than interiors; it is about cultivating a lifestyle that honors intention, slows the pace, and celebrates the quiet power of presence. In each project, the studio offers clients a rare invitation: to inhabit spaces that are deeply personal, beautifully crafted, and profoundly transformative—a reminder that true luxury lies in the alignment of aesthetics, purpose, and soul.

Urban Savvy Design bridges tradition and contemporary vision, creating interiors that are at once timeless and forward-looking. Each project is a dialogue between material, light, and intention—where thoughtful design meets purposeful living. In a world that often values speed over depth, the studio reminds us that the most meaningful spaces are those that celebrate craftsmanship, inspire presence, and invite us to pause, reflect, and truly inhabit the beauty around us.

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**When a space holds  
your rhythm, it gives you  
the freedom to live fully  
and breathe deeply.**

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[www.urbansavvydesign.com](http://www.urbansavvydesign.com)

