

## Location

The Stellenbosch University Sport Performance Institute (SUSPI) is located in the town of **Stellenbosch**, 50 km (34 miles) east of Cape Town, South Africa. The town itself lies in the fertile Jonkershoek Valley, and is blessed with breathtaking scenery.



(Click on the map for a larger view)



Stellenbosch currently has a **population of approximately 120 000 people** – a figure that includes roughly 22 000 students. The climate is Mediterranean with dry, sunny summers that stretch from October to March. Midday temperatures average between 22°C and 34°C (60°F and 94°F).

SUSPI is situated on the Coetzenburg sports grounds – an idyllic setting that sees the neighbouring mountains and the picturesque Eerste River casting an old-worldly feel onto the various state-of-the-art sporting [facilities](#). With Cape Town a mere 45-minute drive away, SUSPI clients also have easy access to one of South Africa's most important commercial and tourism centres.



### Directions to SUSPI:

[Directions](#) to SUSPI on the N2 from Cape Town International Airport.

[Directions](#) to SUSPI from within Stellenbosch.

### More About Stellenbosch:

- Stellenbosch was **founded in 1679**, making it South Africa's second-oldest town.
- It is affectionately known as the "Eikestad", which means "**City of Oaks**".



- Stellenbosch is probably best known for its **university** – one of South Africa’s finest tertiary institutions. The latter has produced numerous political leaders, achievers in the academic and business sectors, as well as world class sportsmen and -women.
- Stellenbosch is the centre of the country’s **wine industry** and a **prime tourist and conference destination**. Annual festivals range from music, wine and art to **international sporting events**.
- In addition, Stellenbosch also has a **rich cultural heritage**, with numerous historical landmarks, galleries and museums populating the tree-lined avenues of the town.



- However, despite the town’s historical significance, it has also kept pace with the ever-changing times, all the while retaining its old-world character. This is evidenced by the fact that Techno Park, South Africa’s premier science park, is located on the outskirts of town. There is no denying the fact that Stellenbosch represents a **bustling centre for commerce, agriculture, and education**.
- Stellenbosch offers a **plethora of attractions** to potential visitors:
  - proximity to beautiful **beaches** (18 km / 12 miles)
  - proximity to **Cape Town** (50 km / 34 miles)
  - **hiking trails** and a **nature reserve** in and around town
  - South Africa’s oldest **wine route**, consisting of more than 100 wine estates
  - numerous **festivals** and other **cultural activities**