

Our live-like-a-local guide to

# CAPE TOWN



*We won't show you the world; we'll show you **Africa**, better than anyone else.*

# WHERE

*to go, what to see and do*



Food &  
Wine Lovers



Active  
Outdoors



Art &  
Performance



Made  
in the RSA



Kids in  
Cape Town

# FOOD LOVERS

*Africa's Foodie Capital Awaits*



Table Mountain seen from the V&A Waterfront



# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## CAPE TOWN ON A PLATE

---

As Africa's undisputed food, wine and coffee capital, [Cape Town](#) rolls out a feast for every sense. Read our blog and watch our video to find recommendations for meals, snacks and drinks.

## ORANJEZICHT CITY FARM MARKET DAY

---

Held every Saturday in all weather from 9am to 2pm at Granger Bay in the V&A Waterfront, the [OZCFM](#) is a community farmers' market for independent, local, organic and artisanal food producers. You can try delicious raw and cooked food and drinks – all with views of the Atlantic Ocean across Granger and Table Bays.

It's a great place to grab breakfast before you go shopping or sightseeing at the V&A Waterfront, or to have lunch once you're done. If you're staying in a vacation rental nearby – in De Waterkant, Clifton or Camps Bay – it's the perfect place to stock up on seasonal and fresh ingredients for fun home cooking.

# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## THE BAY HARBOUR MARKET

Hout Bay is a beautiful area with a working fishing harbour that marks the start of Chapman's Peak Drive, one of the most awe-inspiring coastal roads in the world ([watch how we cruised it on Harley Davidsons!](#))

Over weekends – starting on Friday afternoons – [the Bay Harbour Market](#) kicks off with live South African music, loads of upscale arts & crafts stalls and independent food vendors offering everything from fresh West Coast oysters to slow roasted Karoo lamb and springbok, all washed down with local craft beers and wine.

It's a great place to grab lunch and shop after a morning spent [snorkelling with Cape fur seals](#) in Hout Bay or returning from Cape Point. Capetonians are famously laidback and the tables may even be pushed back to make room for dancing.

You can take the MyCiti bus service from the Cape Town city centre to Hout Bay harbour.

# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## OUR FAVOURITE RESTAURANTS

*'The Shortmarket Club (founded by Luke Dale-Roberts of The Test Kitchen) and Bouchon Bistro.'*

Jonty Medcalf, Head of Sales



*'So many! Chef's Warehouse & Canteen, Villa 47, Hemelhuijs, Publik Wine Bar and Beau Constantia...'*

Alexa Tiganis, Analyst



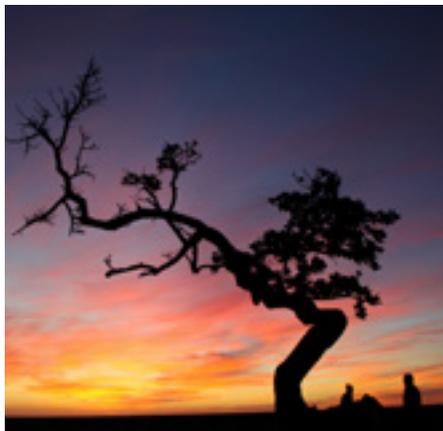
*'If you're celebrating a special anniversary, the elegant Catharina's at Steenberg Vineyards always go the extra mile if you let them know in advance. Start with a glass (or bottle!) of Brut 1682 Pinot noir.'*

Nadia Coombe, Head of Marketing



# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## OUR BEST SUNDOWNER SPOTS

*'The Rumbullion at The Roundhouse on the slopes of Lion's Head has wonderful views of Camps Bay and the Twelve Apostles.'*

Maija de Rijk-Uys, MD



*'Pack a non-alcoholic picnic – no liquor is allowed on Cape Town's beaches – and head to **Beta Beach in Bakoven** for views of Lion's Head.'*

Jontry Medcalf, Head of Sales



*'Take the cable car up **Table Mountain** and watch the sunset from the city's highest point.'*

Angela Ashmann, Digital Editor



A Guide to Cape Town's Best Sunset Hotspots



# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## TOP COFFEE STOPS

*'My favourites are all in Woodstock. **Espressolab**, **Rosetta Roastery** and **Tribe** are small, independent speciality coffee roasters that have mastered the perfect flat white.'*

Jonty Medcalf, Head of Sales



*'House of Machines, Truth and Haas are all different but exciting.'*

Alexa Tiganis, Analyst



# FOOD LOVERS

*Africa's Foodie Capital Awaits*



## OUR TOP EATERIES FOR KIDS

*'The Food Barn near Cape Point is relaxed but has 'proper' food and **Cape Point Vineyards** in Noordhoek has a good play area. **Tokara Delicatessen** in the Stellenbosch Winelands has great food, a pretty setting and an awesome kids' area.'*

Neil Shelley, Business Systems Manager



*'Deer Park Café in the foothills of Table Mountain has a fenced park with a popular jungle gym.'*

Liesel Van Zyl, Product Manager



*'Open Door Restaurant at Constantia Uitsig serves decadent almond crusted French toast or Waffles with Bacon, eggs and syrup with an amazing kids jungle gym and play area. Plus the venue is blessed with unparalleled views.'*

Nadia Coombe, Head of Marketing



# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*



# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*



## CAPE TOWN CITY TOURS

---

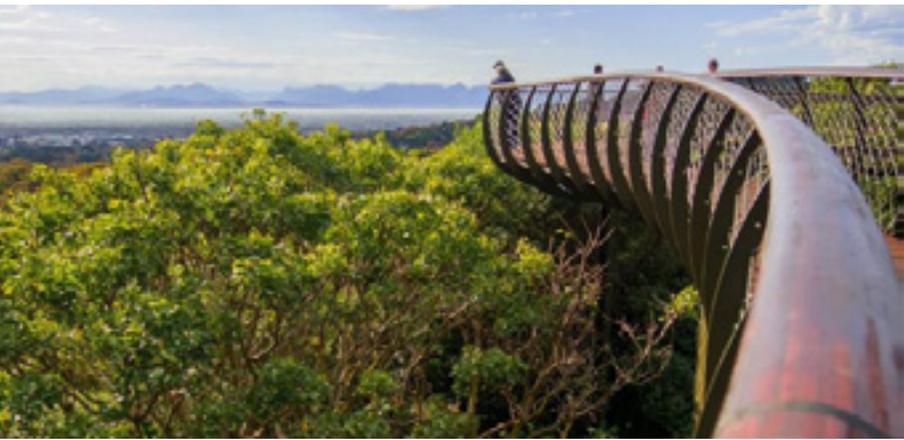
Whatever your interests, we can arrange a private guided tour to take you on a personalised walking tour of the vibrant Cape Town city centre. Soak up the past, present and future as you see the historic Grand Parade, Castle of Good Hope and magnificent Victorian City Hall before getting to the old Slave Lodge and into the peaceful tranquillity of the [Company's Gardens](#), Cape Town's green lung.

Art lovers can explore the National Gallery and history buffs will enjoy seeing the colourful Bo-Kaap, Cape Town's original Malay settlement that has quaint houses and lovely views of Table Mountain. You can even learn to cook tasty traditional samosas, curries and rotis in the [Malay Quarter](#)!



# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*



## THE BOOMSLANG AT KIRSTENBOSCH

---

To celebrate the hundredth anniversary of the [Kirstenbosch National Botanical Garden](#) – which is a regular gold winner at the prestigious Chelsea Flower Show – a treetop walkway known as ‘The Boomslang’ (‘tree snake’) was unveiled.

This raised wood-and-steel path winds its way through the branches and canopy of Kirstenbosch’s lush Arboretum, a thick woodland that is also a birder’s paradise.

Kirstenbosch is an ideal stop in combination with a trip to the Constantia Winelands or Cape Point. See indigenous proteas and fynbos that make up the incredibly diverse floral kingdom against a mountain backdrop before enjoying lunch or afternoon tea.



# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*

## LION'S HEAD: A WALK WITH A VIEW

---

Lion's Head is the distinctly shaped mountain peak alongside Table Mountain. The proud 'lion' overlooks the city centre and Table Bay on one side, and the scenic beaches and mountains of Camps Bay on the other. On a clear day you can see all the way to the mountains of the Cape Winelands and to Robben Island.

It is an exciting walk and, although it can be quite steep at times, the ever-changing views will keep you motivated to reach the top. The walk to the summit takes about 90 minutes to two hours, depending on your fitness level (take plenty of water, and wear sunscreen, a hat and closed shoes). Along the way you will find ladders and chains to help you past a short section of rocky faces.

It is Cape Town tradition to climb Lion's Head at full moon – be sure to take a headlamp or torch if you do! There are plenty of trail runners, dogs and children who will join you on the way.



TABLE MOUNTAIN ATTRACTIONS: LION'S HEAD

# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*



## OUR FAVOURITE BEACHES

*'I love Clifton Second Beach along the Atlantic Seaboard for beach bats or volleyball.'*

Emma Hill, Africa Safari Expert



*'Llandudno and Noordhoek are great places to enjoy or watch surfing.'*

Jonty Medcalf, Head of Sales



*'We love Boulders for the penguins, St James and Fish Hoek for safe, warm-ish swimming.'*

Neil Shelley, Business Systems Manager



*'Barley Bay in Clifton, Noordhoek for long walks or horse riding on the beach, and Glen Beach in Camps Bay.'* - Maija de Rijk-Uys, MD



Cape Town's Best Beaches





# ACTIVE OUTDOORS

*Walks, hikes, beaches & guided tours*



## OUTDOOR ADVENTURES

---

Capetonians love the outdoors. If you're spending the day in Constantia, try 'sipping and zipping' with a high-speed **zipline** over the vineyards combined with wine tasting.

Between about July and September, drive about 90 minutes' outside Cape Town to the seaside town of Hermanus for some of the best **boat- and land-based whale watching** in the world.

In addition to tackling Lion's Head, **keen hikers** may want to challenge themselves to walking up Platteklip Gorge on Table Mountain (but there's no shame in taking the cable car up and walking down!).

Table Mountain's slopes are also perfect for **mountain biking** – only 10 minutes from the city centre, you can be bunny hopping over obstacles and finding your way through fynbos and forests.

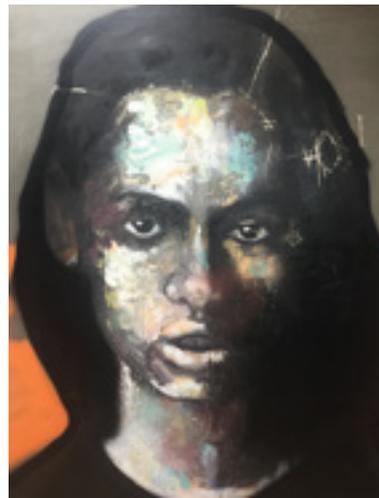
# ARTS & PERFORMANCE



*Entertainment & theatre*

# ARTS & PERFORMANCE

*Entertainment & theatre*



## FIRST THURSDAYS

On the first Thursday of every month, the art galleries of Cape Town's city centre stay open late – throwing open their doors with music, wine and making the most of the late summer sunset and balmy evenings.

Head to Greenmarket Square for live music, and then up to **Bree Street** for excellent intimate bars, eateries and boutiques. If you want to have dinner in one of the restaurants, made a booking as many places fill up quickly.

**First Thursdays** is an exciting way to mingle with residents and perhaps even take home unique and original South African art from established or up-and-coming painters, sculptors and talented photographers.



# ARTS & PERFORMANCE

*Entertainment & theatre*



## THE V&A WATERFRONT

---

No matter if it's sunny or rainy, the V&A Waterfront has something for everything. Built from Cape Town's original harbour and with classic views of Table Mountain, this entertainment, shopping and dining hub is within walking distance to several top hotels, including the [One&Only Cape Town](#), [Cape Grace](#) and the [Table Bay Hotel](#).

There are open-air movies on the croquet lawn, the Two Oceans Aquarium, yacht cruises and plenty of restaurants. You can also enjoy the Springbok Rugby Museum, a stroll along the seafront boardwalk or free live performances in the amphitheatre.

The world's biggest and best collection of contemporary African art will be housed at the [Zeitz Museum](#) – it's Cape Town's answer to the Tate Modern in London or Guggenheim in New York City.

# ARTS & PERFORMANCE

*Entertainment & theatre*



## JAZZ NIGHTS

---

Kloof Street, which starts at the top end of Long Street opposite the Long Street Baths, is abuzz with coffee shops, burger joints, restaurants and boutiques.

**Kloof Street House** is a former Victorian residence that has been transformed into an eclectic treasure chest of antiques, curiosities and decadent glamour. Starting at brunch on Sundays, the veranda becomes a stage as a live jazz band strikes up its lazy, bluesy tunes while you enjoy tapas in the garden.

Jazz lovers will also want to spend an evening at **The Crypt**, opposite the **Taj Hotel** and next to the Company's Gardens. Situated in the basement of historic St George's Cathedral, it offer live local jazz until midnight.

# MADE IN THE RSA

*Where to Shop*





# MADE IN THE RSA

*Where to Shop*



---

## THE WATERSHED, V&A WATERFRONT

The **Watershed** has a unique combination of presents, mementoes and goodies to spoil yourself, from homeware and jewellery to children's toys and clothes. Plenty of the vendors have items unique to Africa and its location in the V&A Waterfront opposite the Two Oceans Aquarium makes it an ideal stopover on a family day out.

---

## GREENMARKET SQUARE, CITY CENTRE

Lying between Shortmarket, Burg and Long Streets, Greemarket Square dates back to 1696, making it one of the oldest remaining structures in Cape Town. Today this cobblestoned area is filled with traders selling everything from traditional beaded jewellery to African wraps and textiles.

On hot days, pop into the Michaelis Art Collection at the Old Town House, which was built in 1761, to go back in time and find respite from the heat. Greenmarket Square is also dotted with outdoor cafés frequented by locals and visitors throughout summer.

# MADE IN THE RSA

*Where to Shop*



## THE NEIGHBOURGOODS MARKET

---

Home to Africa's best restaurant (The Test Kitchen is ranked No 22 in the world on the coveted San Pellegrino annual list) and its sister eatery, The Potluck Club, the Old Biscuit Mill also hosts a very popular independent food market - known as the Neighbourgoods Market - every Saturday morning.

During the week, visit shops like Heartworks, Imiso Ceramics and the Karoo Moon Country Store for African items with a Cape Town twist. Many are produced from recycled materials and create jobs for knitters, potters or designers in local communities.



[NEIGHBOURGOODSMARKET.CO.ZA](http://NEIGHBOURGOODSMARKET.CO.ZA)

# KIDS IN CAPE TOWN



# KIDS IN CAPE TOWN

Where to Shop



## KIDS IN CAPE TOWN

*'The Rush Trampoline Park, Hang Time indoor climbing and the Jolly Roger Pirate Boat will burn off kids' energy!'*

Jonty Medcalf, Head of Sales



*'The Two Oceans Aquarium has a shark tank, a kelp forest and a fascinating 'touch pool'. The Shoreline Café is great for children's meals.'*

Maija de Rijk-Uys, MD



# KIDS IN CAPE TOWN



## KIDS IN CAPE TOWN

---

Combine a day out with of these child-appropriate activities.

### In the Cape Winelands

Head to [Butterfly World](#) for one of the largest live butterflies displays in the world, with species from three continents. Head to a family-friendly wine estate afterwards for lunch.

[Spier](#) offers children's grape juice tasting and Eagle Encounters, where they can learn about the important role raptors such as vultures, eagles and owls play in the ecosystem.

### In Hout Bay

World of Birds Wildlife Sanctuary & Monkey Park

Over 3 000 birds from 400 species lives in the aviaries at [World of Birds](#), and you can encounter small monkeys at the Monkey Park. A great spot before heading to the Bay Harbour Market or to combine with a visit to Chapman's Peak Drive.



Enjoy your time in

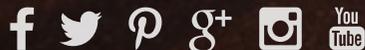
# CAPE TOWN!

*We won't show you the world; we'll show you Africa,  
better than anyone else.*



JOIN OUR TRUSTED  
**TRAVEL COMMUNITY**

**SUSCRIBE HERE!**



[WWW.GO2AFRICA.COM](http://WWW.GO2AFRICA.COM)

 **go2africa.com**  
AFRICAN SAFARI EXPERTS