

2022/23 | OFFICIAL VISITORS' GUIDE

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# ABOUT CAPE TOWN

**Cape Town is a modern, cosmopolitan city known for its beautiful beaches, stunning biodiversity, delectable cuisine, and world-renowned wine routes. When visiting the Mother City, ask a friendly local about the lesser-known attractions and exquisite hidden gems scattered throughout our beautiful city.**

Cape Town is located at the southern tip of the African continent, with the Atlantic Ocean to the west and the Indian Ocean to the east. The city's most iconic geographical landmark is Table Mountain. At 1.067m high, this 360-million-year-old marvel is a great reference point for navigating through the city.

Cape Town has a temperate, Mediterranean climate with hot summers and mild winters. The summer season lasts from November to March, with the winter months running between June to August. The geography of the peninsula means we have several microclimates. Locals often joke that it's possible to experience all four seasons in one day.

## HERE ARE THE AVERAGE TEMPERATURES AND RAINFALL FOR EACH MONTH.

<b>JAN</b> 26°C 15mm	<b>FEB</b> 27°C 17mm	<b>MAR</b> 25°C 20mm	<b>APR</b> 23°C 41mm	<b>MAY</b> 27°C 69mm	<b>JUN</b> 27°C 93mm
<b>JUL</b> 18°C 82mm	<b>AUG</b> 18°C 77mm	<b>SEP</b> 19°C 49mm	<b>OCT</b> 21°C 30mm	<b>NOV</b> 24°C 14mm	<b>DEC</b> 25°C 17mm



## 11 OFFICIAL LANGUAGES

isiZulu, isiXhosa, Afrikaans, Sepedi, Setswana, English, Sesotho, Siswati, Xitsonga, Tshivenda, IsiNdebele



## AREA CODE & DIRECTORY ENQUIRIES

Country Code: **+27**  
Area Code: **021**  
Directory Enquiries: **1023**



## TIME ZONE

GMT +2



## PLUG POINTS

230V AC  
50Hz. 15A



**What you're holding is a map for the gems – the ones you may have heard of and others lesser known – that give Cape Town its sparkle. See the neighbourhoods that will speak to you through the languages of culture and cuisine. Find the creations that reveal the beauty of our diversity.**

This guide lets you in on some of the best beaches in the world, fabulous food and drink, incredible art, adrenaline-fuelled experiences, and more. I have personally enjoyed many of the spots mentioned herein and can vouch for both their quality and hospitality. It gives me great pride to work with Cape Town Tourism, the City's official Destination Marketing Organisation, to share the treasures of our home.

We hope you love it as much as we do.

**ALDERMAN JAMES VOS**  
Mayoral Committee Member For Economic Growth,  
City Of Cape Town



**ALDERMAN JAMES VOS**  
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# VISITOR INFORMATION CENTRES



Visit one of Cape Town Tourism's Official Visitor Information Centres for assistance with general travel information, bookings, reservations, and activity permits for our national parks.

Visit [capetown.travel/travelwise](https://capetown.travel/travelwise) for more TravelWise information and a list of our Visitor Information Centres.



## GETTING AROUND CAPE TOWN

You can book metered taxi services from the airport, as well as use major ride-hailing apps such as Uber and Bolt. All major car-hire companies operate from the airport and city. The MyCiti Bus Service is the official Cape Town Bus Service and has routes all over the city. A rechargeable MyCiti bus card can be bought at the airport MyCiti bus station. For more information on travelling options visit [capetown.travel/travel-wise/getting-around/](https://capetown.travel/travel-wise/getting-around/)

 [www.capetown.travel](https://www.capetown.travel)  Love Cape Town  @lovecapetown  
 @lovecapetown  @lovecapetown01

Welcome to Cape Town, the city where you can truly find your freedom. Our hope is that as you explore the city, the way you choose, you will unlock an unforgettable experience of your own making. There's freedom to be found in our natural environment – our world-class beaches, mountains and national parks – and in our vibrant local culture, with each neighbourhood offering distinctive and fascinating glimpses into the city. You can find your freedom among our locals, whose authentic passion for sharing hospitality will enrich your Cape Town adventures. This year's Visitors' Guide, brought to you by Cape Town Tourism, comes crammed with inspiration to help you find your freedom; freedom to appreciate every moment and the freedom to express your uniqueness, just as we do.

[#lovecapetown](#) [#thandaikapa](#) [#smaakkaapstad](#)

**ENVER DUMINY**  
CEO, Cape Town Tourism



**ENVER DUMINY**  
CEO, Cape Town Tourism



# TRAVEL WISE

## CAPE TOWN

## WHAT ARE THE RULES?

Mask wearing is **mandatory** when out in public. You also need to sanitise your hands before entering any public space and maintain a **social distance of 1.5 metres**.

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## WHAT DO I NEED TO KNOW ABOUT LOCKDOWNS?

South Africa has various lockdown levels to contain the spread of the virus. Please visit the SA Covid-19 online resource and news portal for the latest information on lockdown changes.

You can also visit the Cape Town Tourism website at [capetown.travel](https://capetown.travel) and use our live chat to help you find the information you need.

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## WHERE CAN I GET TESTED?

Cape Town has world-class medical testing laboratories that can process your test in 48 hours. If you think you might have contracted the virus, please call the **NICD helpline on 0800 029 999**. They will provide you with details of the nearest testing facility.

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## WHAT CAN I DO TO HELP?

**COVID Alert SA** is South Africa's free exposure notification app. It lets you know when you have been in close contact with someone who has tested positive for COVID-19.

When in South Africa, download the app, and enable your Bluetooth on your smartphone to access the app. COVID Alert SA is entirely anonymous. The app protects your privacy and security and does not store your personal information.



WE UNDERSTAND TRAVELLING DURING THE COVID-19 PANDEMIC CAN BE STRESSFUL, WHICH IS WHY WE'RE TAKING EVERY PRECAUTION TO ENSURE YOUR TRIP IS BOTH SAFE AND ENJOYABLE. PLEASE REFER TO THE RESOURCES BELOW FOR FURTHER DETAILS.

## IMPORTANT INFORMATION

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## CAPE TOWN WELCOMES YOU

With world-class medical facilities, great connectivity, and digital safety initiatives that allow you to access help 24/7, the Mother City welcomes you!

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# THIS IS CA

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# PE TOWN



Surrounded by nature, Cape Town offers vast open spaces, fresh clean air and breathtaking beauty. Home to magnificent mountain ranges and unspoiled coastlines, the Mother City is more than just a modern metropolis. It is a tapestry of myriad narratives; a kaleidoscope of people, unique flavours and cultures.

A haven for wine enthusiasts, the city is surrounded by internationally acclaimed vineyards and is home to Africa's most iconic attractions.



CITY OF  
CAPE TOWN

# VISIT

Cape Town is a city of incredible natural beauty, offering visitors a variety of unforgettable experiences.

# WORK

Work anywhere in Cape Town. The CBD is a dynamic hub, branching out across the city into open coffee shops, parks and co-work spaces.

# PLAY

Cape Town is an adventure seeker's paradise. Take a hike in our mountains, a walk on our beaches, glide through our skies and explore everything we have to offer.



KEEP 1.5M  
APART.



MASK  
REQUIRED.



# LIVE

The city's favourable lifestyle is one of the major reasons why many of the top wealth and asset management firms choose to base here.

# STUDY

Cape town is an attractive study destination, offering top quality universities and a variety of accredited online and offline courses.

# INVEST

Cape Town is open for business and investment. The city is a leader in the information technology sector in Africa, with more tech start-ups here than anywhere else on the continent.



**WASH HANDS  
FREQUENTLY.**



**FEELING SICK?  
STAY HOME.**



**Universal Access** in tourism means providing attractions that can be enjoyed by everyone. It is also one of **Cape Town's eight responsible tourism priorities**.

**The MyCiTi Bus** is recognised as a world leader in universal access. Buses run throughout central Cape Town, with routes extending as far as **Hout Bay, Century City, and Melkbosstrand** – making daily commuting accessible from destinations outside the city centre. Buses have **boarding bridges**, allowing wheelchair users level access from platforms or pavements.

The City Sightseeing **Hop-On Hop-Off bus** is another way to explore the Mother City. Most of the buses are equipped with wheelchair-accessible fold-out ramps.

**Wheelchair access** is not an issue when visiting Cape Town's most famous attractions.

**Table Mountain Aerial Cableway** offers a **wheelchair route map** that details the paved pathways on the summit of Table Mountain. **Ramps and elevators** make navigating the cable station an absolute pleasure.

**The Cape Wheel at the V&A Waterfront** has two wheelchair-accessible cabins, giving travellers a 360° view of Cape Town's breathtaking skyline.

**The Iziko South African Museum** is accessible from the parking area, with designated off-street parking bays for disabled persons. There is a ramped entrance into the building, and all levels are accessible via a gentle gradient walkway with handrails. The museum has an elevator for alternative access.

An **adaptive surfer** is a surfer with a disability, including but not limited to paralyses, cerebral palsy, blindness, or amputations. **Surf Emporium in Muizenberg** is the only officially accredited **adaptive surf school** in South Africa. **Adaptive Surfing Cape Town** runs free monthly clinics for adaptive surfers.





# TRAVEL WISE<sup>h</sup>

CAPE TOWN

We've got your back!

In our TravelWise section, you'll find all the latest information on health and safety, visas and immigration, weather, money advice, responsible travel, and where to find Visitor Information Centres while in Cape Town.



FIND OUT EVERYTHING YOU NEED HERE.







# PUBLIC PARKS

## Arderne Gardens | Claremont | 021 444 1697

These gardens are a Provincial Heritage Site and contain one of the richest collections of exotic trees and shrubs in South Africa. The serene gardens feature giant Norfolk Island pines, one of the largest Aleppo pines in the world, and an enormous Moreton Bay fig. There are duck and fish ponds, and a Japanese garden. Facilities include a grassed area, public toilets, benches, and footpaths. Dogs on leashes are allowed.



## De Waal Park Gardens | 021 814 1235

This tranquil park features a Victorian fountain, Edwardian bandstand, and a large variety of trees. There are free concerts in the park in the summer months. Facilities include children's play equipment, benches, grassed areas, footpaths, and cycling tracks. Dogs on leashes are allowed.

## Durbanville Rose Garden Durbanville | 021 976 3414 / 021 444 9587

There are more than 6 000 rose bushes and 500 varieties in this award-winning garden. The prolific blooms in the summer months make this a popular spot for wedding photographs. Facilities include a tearoom, grassed areas, benches, public toilets, footpaths, and tracks.

## Jack Muller Park Bellville | 021 400 5762 / 9

This park lies in a conservation area along a river corridor. There are lovely green lawns and a variety of indigenous trees. The park is popular with joggers and as a kiddies party venue. Facilities include an amphitheatre, footpaths, picnic spots and braai facilities, a children's play area, and an outdoor gym.



## Khayelitsha Wetlands Park | Khayelitsha | 021 400 1111 / 073 191 4421

The wetlands are an important conservation area and home to a diversity of flora and fauna. There are beautiful African mosaic murals and a lovely water feature. Facilities include play equipment, a skate park, grassed areas, public toilets, benches, footpaths, and tracks for joggers and cyclists. Dogs on leashes are allowed.

## Maynardville Park Wynberg | 021 444 8849

The park is known for its summer offerings of drama and music in the open-air theatre. There is a Shakespeare production in February each year. The pond, water feature and rolling lawns create a peaceful ambience for picnickers, dog-walkers, joggers and cyclists. The park also offers play equipment, public toilets, footpaths, and tracks.

## Nantes Park Athlone | 021 684 4066

The most popular feature of the park is the skateboard and BMX area. There are picnic spots along the Vygekraal River, which flows through the park. The park features lovely mosaic artwork, a pedestrian bridge, tearoom, children's play parks, an open-air amphitheatre, exhibition area, and outdoor gym.



### **The Company's Garden**

Cape Town CBD |  
021 444 1901 /  
021 444 3196

These city-centre gardens are the oldest gardens in South Africa. Here you will find the Rutherford Fountain, erected in 1864, and a saffron pear tree – the oldest cultivated tree in the country. There are historical statues and museums, a craft market, an art gallery, fish ponds, an aviary, colourful gardens, and tree-lined walkways with benches. Kids love feeding the squirrels and the child-friendly restaurant.



### **Trafalgar Park**

Woodstock | 021 400 5701

This charming park is a peaceful lunch time retreat for locals and has a play area for kids. The remains of the French Redoubt, dating back to the 18th century, is here. It was part of the hastily constructed French line of defence built by a French garrison. Other features include a historical kiln, play equipment, grassed areas, benches, footpaths, and tracks. Cycling and dogs on leashes are allowed.



### **Westridge Gardens**

Mitchells Plain |  
021 400 6088/9

The park features a wide variety of flora, including many species of fynbos and a rose garden. The pathways are ideal for strolling with your dog or cycling, and the grassy areas are great for picnics. There is a play area, and a very popular skateboard ramp. Community concerts and festivals take place here annually.



### **Wynberg Park**

Wynberg | 021 444 8849

The source of the Krakeelwater River lies in this beautiful park, which is well-known for its magnificent conifer garden. In the summer months, there are masses of colourful hydrangea blooms. It's a popular spot for braais, picnics, and walking the dog. There are pretty water features, a pond, benches, grassed areas, public toilets, footpaths, and tracks.

### **Zandvlei**

### **Recreational Park**

Muizenberg |  
021 444 1489

This is an open water wetland, which includes rivers and an estuary, making it a great and scenic spot to enjoy water sports such as canoeing, windsurfing, sailing and fishing. The pathways are popular with joggers, walkers, and cyclists, and there's a playground for kids. The grassy areas are perfect for braais and picnics.



**Find out more about  
Cape Town's parks at  
capetown.gov**





## THE POCKET-FRIENDLY CHALLENGE IS HERE

The Pocket-Friendly Challenge is a friendly competition between four groups in six locations around Cape Town to see just how much R150 (\$10, £7) per person can get you in the Mother City.

**WATCH THE FULL SERIES HERE**



*love*  
**Cape  
Town**



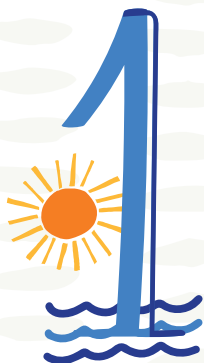




# ITINERARIES



Cape Town is home to many incredible experiences, whether you want to enjoy its pristine beaches, delicious food, world-class wines, or the great outdoors. If you are staying in the Mother City for only a few days, get the most out of your short visit with this 3-day itinerary highlights package.



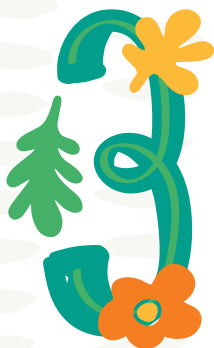
## DAY 1: CITY SLICKER

The city centre is the perfect place to start your **Cape Town** adventure. Spend your first day taking in as much of the city as possible. Start your exploring early and wear good walking shoes. Head for the **V&A Waterfront** and climb aboard the **City Sightseeing Hop-On Hop-Off** bus. Take a trip to **Table Mountain Aerial Cableway** station, where a state-of-the-art cable car transports you to the top of **Table Mountain**. From **Table Mountain**, take the bus and travel along the stunning **Atlantic Seaboard**. The route passes some of Cape Town's most photographed beaches and offers fantastic lunch spots that overlook the ocean. From the **V&A Waterfront**, take the ferry to **Robben Island** if you have time. The famed Cape Town attraction is where **Nelson Mandela** and other struggle icons were held as political prisoners during apartheid.



## DAY 2: HEAD SOUTH

Rise and shine! It's time to explore **Cape Town** like a local with a leisurely drive along the **South Peninsula** coastline. Travel to the charming seaside village of **Kalk Bay** for breakfast. Grab a hot beverage from a friendly coffee shop or sit down for a delicious meal at a quaint restaurant on **Kalk Bay** main road. Spend time at the local harbour as you watch fishermen haul in fresh fish. Next, proceed south to **Simon's Town**. Here, you'll discover unique museums and Boulders Beach, home to a colony of African penguins. From **Boulders**, travel another 30 minutes to **Cape Point**, the place where the **Atlantic** and **Indian** oceans merge. Take the scenic route back to town via **Noordhoek**. Stop at the **Farm Village** for coffee or ice cream before cruising along the picturesque **Chapman's Peak Drive** back home.

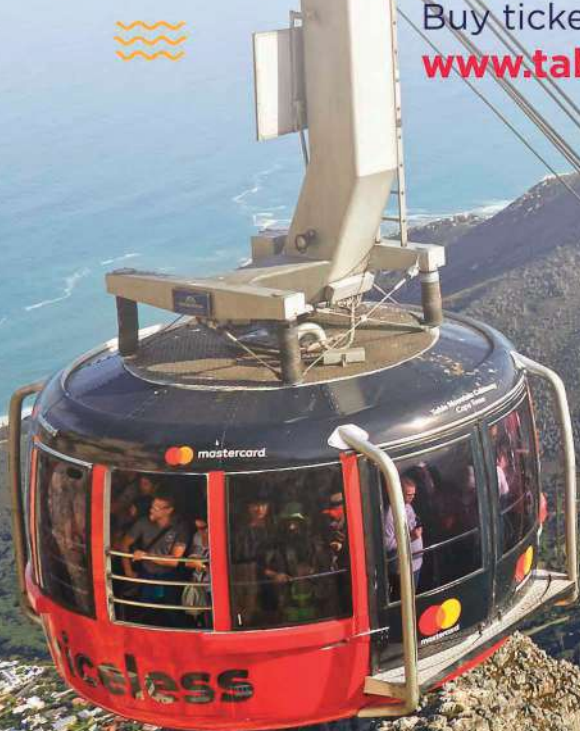


## DAY 3: WINE(D) DOWN

Cape wines are world-renowned, and it's worth venturing out to the various wine routes. It's best to book a tour or rent a car for the day. If wine tasting is not for you, then explore the spectacular **Winelands**. This district offers something for everyone, whether you're a family of thrillseeking mountain bikers, a group of foodies, birdwatching enthusiasts, campers, a solo traveller interested in history, or a couple searching for that perfect wedding spot. If you choose to travel through the **Helderberg** area, you'll pass **Khayelitsha**, a township home to many tourist spots and authentic eating experiences. Alternatively, check out the **Kirstenbosch National Botanical Garden**, a place where wildflowers and indigenous flora grow in abundance. You can picnic on the expansive lawns or visit one of two restaurants.

# DISCOVER TABLE MOUNTAIN

Purchase tickets in advance  
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**TABLE MOUNTAIN**  
AERIAL CABLEWAY



# ATTRACTIONS

There are hundreds of unique attractions in Cape Town. These ten places remain at the top of every visitor's bucket list when in the Mother City:



## THE CAPE TOWN CBD

The **city centre** is a vibrant precinct with historical and cultural significance ranging from museums, galleries and markets to churches and gardens. The best way to tour the city is either by using a map or joining a guided city walk.

## TABLE MOUNTAIN

**Table Mountain** offers unparalleled views of Cape Town. Flanked by **Devil's Peak** and **Lion's Head**, this iconic attraction makes up the northern end of the **Cape Fold Mountain range**.

The mountain, home to over 1460 species of fynbos and animals such as the caracal, mongoose and dassie, has been a protected area for over 100 years. The quickest way to the top is by using the **Table Mountain Aerial Cableway**, and for the more adventurous, a variety of hikes lead to the summit.



## BO-KAAP

**Bo-Kaap's** rich history dates back more than 360 years and is known for its famous rainbow-coloured houses and cobblestone streets. The picture-perfect area is rich in cultural heritage, the birthplace of **Cape Malay** cuisine, and home to mosques and historic cemeteries.

The houses are a mix of **Cape Dutch** and **Georgian** architecture, with families living there for many generations.

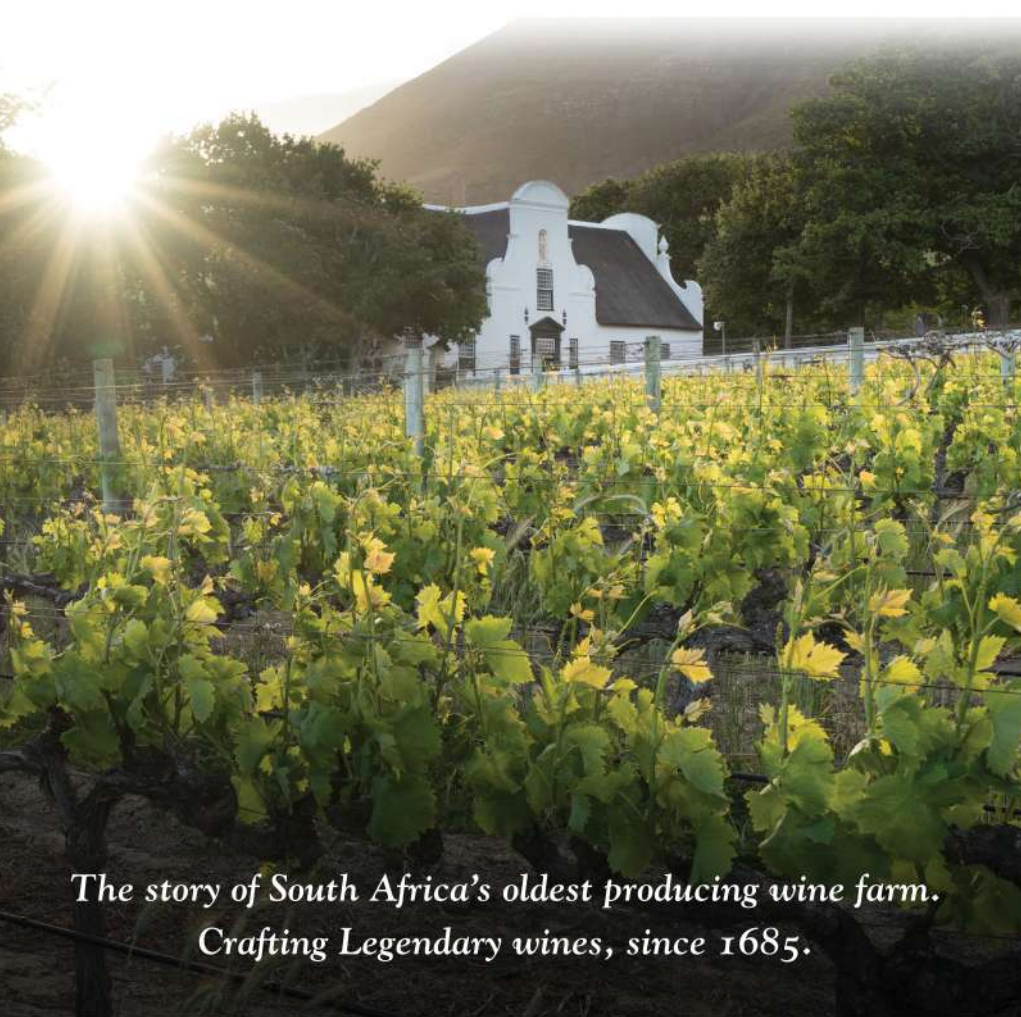




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## V&A WATERFRONT

The **V&A Waterfront** is a world-class retail and entertainment precinct offering more than 80 eateries, 450 shops, museums, ocean activities, and fun experiences.

The **Two Oceans Aquarium** remains a popular spot, with over 3000 marine creatures to see, including sharks, turtles, and penguins.

The **Waterfront's Silo District** is a cultural hub, housing the **Zeitz Museum of Contemporary Art Africa**, Africa's largest art museum.

## BEACHES

The beautiful 300km coastline around Cape Town has 72 beautiful beaches, each with its own unique characteristics. From the **West Coast, Cape Peninsula, to False Bay**, a trip to one of our beaches is bound to be memorable.

Water-based sports such as surfing, stand-up paddleboarding, kitesurfing and diving are popular pursuits when travellers visit the Mother City.

Cape Town's Top 10 international Blue Flag beaches includes **Bikini Beach, Camps Bay, Mnandi, Strandfontein, Muizenberg, Fish Hoek, Llandudno, Clifton 4th, Melkbosstrand** and **Silwerstroom**.



## ROBBEN ISLAND

This famous island is a **UNESCO World Heritage Site** symbolising the oppression of the Apartheid government. **Nelson Mandela** was imprisoned here, along with many other political figures.

A tour of the island begins at the **Nelson Mandela Gateway** at the **V&A Waterfront** with a multimedia exhibition, museum shop and restaurant, followed by a trip on the ferry to the island.

Once on **Robben Island**, the tour is guided by a former political prisoner of the island as they share insights into its fascinating history. The tours, including the ferry trips, usually last about 3.5 hours.





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## BOULDERS BEACH

Located near Simon's Town, **Boulders Beach** has ancient granite boulders protecting the shore from the howling south-easter wind and large waves, making it an ideal swimming spot for the whole family. It is also home to a colony of **African penguins**, who love to be photographed by guests. At the **Boulders Visitor Centre**, visitors can find information about the penguins and knowledgeable guides.

## KIRSTENBOSCH NATIONAL BOTANICAL GARDEN

Situated on the slopes of **Table Mountain**, **Kirstenbosch** is known as one of the finest botanical gardens in the world. The 528-hectare estate contains over **7000 species of plants** from southern Africa. Kirstenbosch also has a 130m-long **Centenary Tree Canopy Walkway**, affectionately known as the **Boomslang**, snaking its way through the tree towering tops of Kirstenbosch Gardens.



## GROOT CONSTANTIA

**Groot Constantia** is known as the oldest wine farm in South Africa. Start with a tour through the **Old Manor House Museum** before tucking into a delicious meal and a glass of their internationally acclaimed wines. Or Sample their **Grand Constance** dessert wine. Interestingly, **Jane Austen** and **Charles Dickens** included this famous wine (then known as **Constantia Wyn**) in their literary masterpieces.

## CAPE POINT

Enjoy spectacular views of the **Atlantic and False Bay coastlines** from **Cape Point**. Spend time in the nature reserve where you may encounter baboons, Cape Mountain zebras, buck, or spot a few of the 250 species of birds that call this reserve their home. Do not miss the opportunity to experience **Flying Dutchman Funicular** for spectacular panoramic views.



## GETTING AROUND



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City Bowl

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Cape Flats

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ABCD Concepts is a tour operator based in the heart of Khayelitsha (Cape Town's largest township). We offer authentic immersive township tours that are guided by some of the best guides in the city, a once in a lifetime opportunity to experience the lifestyle, history and heritage of townships.

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## Mzansi Restaurant

**Mzansi Restaurant** is an African Restaurant in Langa, situated 15 km from the centre of Cape Town City. Operated and owned by local South African couple, Nomonde and Vukile Siyaka, it officially opened in 2008. Mzansi serves delicious traditional African meals and cuisine that showcase the country's diverse cultures and tastes.



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# HIDDEN GEMS



From subterranean labyrinths, secret ivy-covered shrines to an inner-city bathhouse, and a forest made famous by an octopus, these are a few interesting hidden gems to explore in the Mother City.

Take a surreal tour through Cape Town's secret **Underground Tunnels**. Hidden beneath the city's bustling streets is one of the oldest catchment systems in South Africa. The underground tunnels began as canals, transporting fresh spring water from Table Mountain throughout the city, eventually leading to the ocean.

However, after many years these extensive waterways were used for waste disposal, and in the 1800s finally blocked off because they became too dangerous for public use.

Nevertheless, over time, this hidden gem has become very popular with locals and a few courageous tourists. If you're looking to explore its dark passageways, while rumbling echoes of above city life drift through its eerie spaces, then this adventure is just for you.

Hidden away at the top of Long Street, you'll find the historical **Long Street Baths**. A mix of Victorian, Edwardian and Art Nouveau architecture, plenty of Capetonians find sanctuary here from the busy inner-city life. This original **1908 bathhouse** has a 25m indoor heated swimming pool and contains an original **Turkish Bath** with steam and dry heat options. Massages are also available to complete your relaxing ritual.

Visit the quaint **Catholic Shrine, Schoenstatt** – a replica of the original shrine in Schoenstatt, Germany. Located in the leafy **Constantia** area and nestled amongst 260 trees on an estate, this beautiful building, covered in ivy, is a well-kept secret, known by very few.

Take a deep dive through our world-renown **Cape Peninsula Kelp Forest**. This breathtaking underwater world recently made it onto Bloomberg's list of 'new' **Seven Wonders of the World**. However, thanks to a special octopus, this area is no longer a secret, but a must-visit destination. Swimming through the towering strands of gently swaying kelp trees, you'll be transported into a majestic marine world, filled with **millions of sea creatures** very few have ever seen before.





# PEACE OF MIND IN YOUR POCKET



Cape Town welcomes visitors from around the world. You will arrive in a place with beautiful scenery and a wide breadth and depth of experiences, but we encourage you to be mindful of safety wherever you are.

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## NEIGHBOURHOOD KEY

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■ BLOUBERG .....p 42



# A magical world driven to **make a difference**

*Discover Cape Town's favourite neighbourhood.*



**There's something about V&A Waterfront,  
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We are on a mission to collectively create the world's most inspiring waterfront neighbourhood - and to change lives along the way. In good times or bad, we are always in the business of compassion - and we were recently recognised at WTM London's Responsible Tourism Awards for 'Sustaining Employees and Communities through the Pandemic'.

Our neighbourhood is a multi-cultural hub that celebrates the best in African design and craft. We offer extraordinary food and markets, living history and exciting leisure activities for all tastes and ages in a safe environment.

Join our world.  
Everyone's invited!





# NEIGHBOURHOODS CENTRAL CITY

NIGHTLIFE | SHOPPING | EVENTS



The **Central City** is the heartbeat of Cape Town, where business and play blend seamlessly together, creating a melting pot of innovation and creativity.

**The CBD** is filled with deep history and cultural significance. Take the time to visit the **Castle of Good Hope**, the **Slave Lodge**, the **District Six Museum**, and the **Bo-Kaap Museum** to learn more about Cape Town's past. **The Company's Garden** is the city's lush green centre and home to the **South African National Gallery** and **Iziko South African Museum**.

From coffee shops and markets, to trendy lunch-spots and sophisticated nightclubs, the city centre is where it all happens. **Bree Street** is a lively hub of restaurants and bars, while **Long Street** continues to be a popular strip, combining clubs, bars and quirky shops selling everything from books to antiques.

**The V&A Waterfront** offers plenty of shopping, dining, and sightseeing opportunities. This area has excellent hotels, perfectly situated for easy access to the inner city.

**Oranjezicht**, **Tamboerskloof**, **Gardens** and **Vredehoek** are where most visitors stay when visiting Cape Town. Their close proximity to both the busy CBD and the **Atlantic Seaboard** beaches makes these locations ideal for any traveller.

**Woodstock** is the emerging hub of art and creativity, and offers trendy eateries and coffee shops, including co-working spaces.

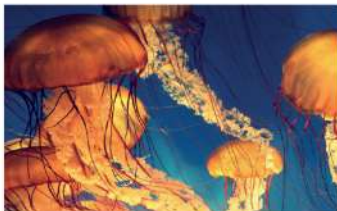


# Explore Experience Engage



**Explore our underwater world with scuba diving, animal experiences and private guided tours.**

Open 365 days a year, the award-winning Two Oceans Aquarium is one of the Mother City's most iconic attractions, and the most popular at the V&A Waterfront. We showcase South Africa's sensational coastline in order to inspire action for the future well-being of our oceans.



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Explore • Experience • Engage





## SCENIC DRIVES

**Cape Town** has phenomenal roads curving along the contours of our beautiful mountains. Here are a few scenic drives that you may want to take while visiting.

**Chapman's Peak Drive**, or “Chappies” to locals is the classic Cape Town scenic drive, starting in **Hout Bay** and moving towards **Noordhoek**. This particular stretch of road has been featured in dozens of international and local car commercials and magazines.

Take a quick drive to the top of **Signal Hill**. There, take in the jaw-dropping panoramic views of the Mother City. This is one of the best places in town to catch a majestic African sunset.

Alternatively, drive along **Victoria Road**. This route hugs the back of **Table Mountain**, passing along quiet stretches of the coast as well as bustling cosmopolitan beaches. The best time of the day to travel along this road is during an epic Cape sunset.

Catch a glimpse of the stunning **False Bay** area from **Boyce Drive**, before cruising down into **Kalk Bay**, voted the world's coolest neighbourhood in 2018. Between **June and November**, it's possible to see whales frolicking in the bay. Stop off and read all about sharks visiting the bay at the **False Bay Shark Spotters** stationed on Boyce Drive.

Visitors can enjoy quiet beaches, refreshing cocktails, delicious fresh seafood in the harbour town of **Gordon's Bay**, or drive along the water's edge through **Strand**, and explore what this quiet suburb has to offer.



Embark on an inspirational journey to one of South Africa's national treasures with rich **history** and **biodiversity**.

## Experiences:

- Maximum Security Prison
- Jetty 1
- Robert Sobukwe Prison House
- The Lime Stone Quarry
- The Leper Graveyard
- World War II relics
- Rich bird life including penguins
- Exclusive Private tours are available on request
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- Indoor and outdoor function venues
- New guided walking tours



**A visit to Robben Island Museum is not just a tourist experience but a feeling!**

  
**Robben Island**  
MUSEUM



# ATLANTIC SEABOARD

BEACHES | OUTDOOR FUN | SUNDOWNERS



Running from the [V&A Waterfront](#) on the north shore of [Table Mountain](#) all the way down to [Hout Bay](#) in the south, the [Atlantic Seaboard](#) is known as Cape Town's 'Riviera'.

The much-loved strip encompasses the vibey hubs of [Green Point](#) and [Sea Point](#), the upmarket beachfront neighbourhoods of [Clifton](#) and [Camps Bay](#), and the quaint harbour village affectionately known as the [Republic of Hout Bay](#).

[Green Point Urban Park](#) is a tranquil green belt in the middle of a bustling urban environment. Housing an outdoor gym, play park, adventure park, an intricate outdoor labyrinth and plenty of picnic spots, it's a family-friendly space for everyone to enjoy. Located next to the park is [Cape Town Stadium](#), built for the FIFA World Cup™ 2010, which hosts various sports matches and music concerts throughout the year.

[The Sea Point Promenade](#) runs along the water's edge from [Mouille Point](#) to the end of [Sea Point](#). This area along the Atlantic Ocean is fantastic for walking, cycling and exercise. The outdoor callisthenics gym is a perfect spot to work up a sweat while overlooking the cool blue ocean.

Sandwiched between the glistening [Atlantic Ocean](#), the slopes of [Lion's Head](#) and the [Twelve Apostles](#) mountains are the seaside suburbs of [Clifton](#) and [Camps Bay](#). These areas have plenty of trendy bars, restaurants, and hangout spots, perfect for soaking up the setting sun after a long busy day. While the water may be a little chilly, the pristine beaches are popular for swimming and sunbathing.

[Hout Bay](#) is a quaint seaside neighbourhood that has a beautiful beach, perfect for all sorts of fun activities. There is a market open on weekends, that offers live entertainment, food of all kinds, play areas, and various arts, crafts, and curios to buy.





**CAPE POINT**  
VINEYARDS

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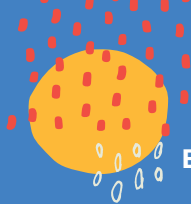
  
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# SOUTH PENINSULA

BEACHES | ADVENTURE | WILDLIFE

Home to one of the world's most photographed mountain passes, **Chapman's Peak Drive**, the South Peninsula is where you'll find the seaside suburbs of **Hout Bay**, **Noordhoek**, **Kommetjie**, **Scarborough**, **Cape Point**, **Simon's Town**, **Fish Hoek**, **Kalk Bay**, **St James**, and **Muizenberg**.

**Hout Bay** harbour is the 9th most visited tourist attraction in Cape Town and includes a yacht and boat marina. You can also head down to the lively weekend market for good food, great music, and quirky collectables.

Learning to surf has become the number one activity at **Surfers Corner** in **Muizenberg**, or 'Muizies' as it's affectionately called by locals. Alternatively, watch the sunrise as you take a leisurely stroll along the Muizenberg catwalk.

Another gem on the coastline is **Kalk Bay**, famous for its beauty, interesting shops, a vast selection of restaurants, and uninterrupted ocean views. Kickstart your morning with a swim at **Dalebroom** or **St James** tidal pool.

The coastal village of **Fish Hoek** is known for its family-friendly beach and the traditional industries such as 'trek' fishing and angling along with leisure pursuits of surfing, sailing, and sunbathing.

Situated at the foot of Chapman's Peak, **Noordhoek** has rural charm, rustic surroundings and expansive white sand beaches. Delicious organic food, beach horseback rides, mellow live music, and artisanal shops place Noordhoek valley on many travellers' bucket lists.

**Long Beach** in Kommetjie is the epicentre of high-performance surfing on the Cape Peninsula. Ideal conditions provide surfers of all ages and abilities the opportunity to surf a wide range of beach, point and reef breaks.

**Simon's Town** has an interesting heritage and can still be seen in its beautifully preserved buildings, historical landmarks, and fascinating museums. The town is home to the South African Navy and on clear blue days, the **Marine Big 5** can be seen swimming beautifully in the sheltered waters of False Bay.





**Intaka Island**  
The natural heart of the city



*The natural heart of the city*

*Visit*

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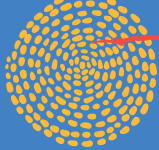
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# NORTHERN SUBURBS

WINE | NATURE | FOOD



Only 25 minutes outside Cape Town lie the **Northern Suburbs** of **Century City**, **Bellville**, **Parow**, **Tygerberg** and **Durbanville**.

There you'll find gorgeous wine farms, great restaurants, bars, and entertainment. Avid golfers will find several golf courses in the area too.

**Century City** combines relaxed residential living with bustling commercial spaces, including Cape Town's biggest mall **Canal Walk**, and **Intaka Island** – the award-winning 16ha wetland boasting 120 different bird species.

**Bellville** is at the heart of the **Northern Suburbs**, with plenty of shopping centres, delis, and restaurants to visit.

**Tygerberg Nature Reserve** is a hiking hotspot thanks to its challenging 13 kilometres (8 miles) of hiking trails.

Discover magnificent mountain bike trails that criss-cross through wine farms and indigenous renosterveld. Contact **Tygerberg Mountain Bike Club** for more information.

Travellers heading to the **Durbanville Nature Reserve** will have the opportunity to see the angulate tortoise, small grey mongoose, and Cape rain frog in their natural habitat.

Wine lovers visiting the **Durbanville Wine Route** will have plenty of exquisite estates to explore. Book a taste tour or indulge in unique wine pairings. Most farms in the area have great facilities for kids too.







# BLOUBERG

BEACHES | NATURE | ADVENTURE

The **Blouberg** area is situated on the west coast and includes the neighbourhoods of **Bloubergstrand**, **Atlantic Beach**, **Flamingo Vlei**, **Tableview** and **Milnerton**.

This area offers picturesque views of **Table Mountain**, attracting many accomplished artists over the years to paint the majestic mountain, especially on days when The Tablecloth (clouds forming on top of Table Mountain) can be seen from the **Blouberg** shoreline.

During the summer months, the howling Southeast wind creates perfect conditions for both kite and windsurfers in Cape Town. This area also attracts a large crowd of international wind-enthusiasts, taking part in various extreme sports competitions throughout the year.

**Bloubergstrand** is divided into two beaches – **Big Bay** and **Small Bay**. **Big Bay** is a popular beach with surfers, bodyboarders, stand up paddleboarders and other watermen when there's no wind. However, when strong gusts start blowing, you'll find kitesurfers and windsurfers taking to the water. Big Bay is also a great family beach, with plenty of restaurants lining the grassing banks, and perfect for long walks with your kids on the soft sand.

If you're looking for a relaxed picnic spot, then head to **Small Bay**. It has a lawn-covered braai area, and kids can explore the nearby rock pools.

Visit **Blaauwberg Nature Reserve** for its indigenous flora and fauna. Home to 559 plant species, 45 mammal species, 30 species of reptiles, 30 species of butterfly and 169 bird species, nature lovers will have plenty to see here.

Interestingly, the **1806 Battle of Blaauwberg** took place in this area, where the British took the Cape from the Dutch for the second time.

If you're looking to stay in **Blouberg**, there are a variety of accommodation options, from hotels and **beach villas** to quaint cottages and backpackers.





# CAPE FLATS

## FOOD | HISTORY | TOURS

The **Cape Flats** is a low-lying area just to the north of **Cape Town**. 'The Flats' as they are commonly known by locals, consist of areas such as **Athlone**, **Mitchells Plain**, **Langa**, **Gugulethu** and **Khayelitsha** to name a few.

During apartheid, many families were forcibly removed and relocated to this residential area on the outskirts of the city. Today, there are guided tours through The Cape Flats for anyone interested in learning about its rich political history.

Enjoy **Athlone's** busy commercial hub along **Klipfontein Road**. Here you'll find great bargains on fashion, jewellery, and even exotic spices. There are plenty of restaurants, food stands and take-away places to grab a tasty bite to eat.

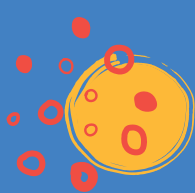
When in **Langa**, visit the brightly coloured **Gugu S'Thebe** Arts & Cultural Centre, or take a guided tour and learn about South Africa's oldest township, established back in 1927. No township experience is complete without a sip of Umqombothi, a traditional home-brewed beer, served at a local shebeen.

**Khayelitsha** is the largest township in **Cape Town** and is situated 30km southeast of the city centre, just off the N2. This vibrant township is well-known for its entrepreneurial spirit, social development projects, food, and busy nightlife.

**Gugulethu**, translated from **Xhosa** meaning 'our pride', is a township on the outskirts of the city. The community has a vibrant tourism industry, be sure to visit local restaurants, jazz clubs and stay at B&Bs in the area.

**Mitchells Plain** was founded in the 1970s when thousands of Capetonians were forcibly moved here under the **Group Areas Act**. Today, **Mitchells Plain** is home to more than 300,000 residents from diverse backgrounds and offers a wide variety of cultural and food experiences.





# SOUTHERN SUBURBS

FOOD | NATURE | WINE

**Cape Town's Southern Suburbs** stretches from **Observatory**, all the way through to **Newlands**, **Claremont**, **Kenilworth** and **Wynberg**, and round the side of **Table Mountain** to **Constantia**.

These leafy neighbourhoods have plenty of little eateries, bars, parks, and other hallmarks of quiet suburban life.

**Observatory** is known for its bustling student nightlife, with much of the activities happening along **Lower Main Road**. The area also houses the **South African Astronomical Observatory** and is where the suburb gets its name from.

The lush green suburb of **Newlands** is famous for its international rugby and cricket stadiums. **Newlands Forest** and **Kirstenbosch National Botanical Garden** provide beautiful green breakaways from the bustle of city life.

Close to **Claremont** is the quaint suburb of **Harfield Village** where you'll find intimate coffee shops, sports bars and family restaurants along 2nd Avenue.

**Constantia** is synonymous with outstanding wine, and the **Constantia Valley** has an abundance of wine farms with top-rated restaurants for you to visit. **Constantia Nek** and **Cecilia Forest** are also excellent places for trail running and hiking enthusiasts.







# HELDERBERG

WINE | BEACHES | ADVENTURE

The **Helderberg region** incorporates the towns of **Gordon's Bay**, **Lwandle**, **Macassar**, **Sir Lowry's Pass**, **Somerset West** and **Strand**. Getting there takes about an hour's drive and the **Hottentots Holland mountain** range provides a scenic backdrop to the Winelands and False Bay coastline.

The region has its own wine route, known as the **Helderberg Wine Route**, which incorporates more than 20 estates.

**Somerset West** is known for three things: wine, food, and adventure. This area has always been popular with tourists because of the high concentration of world-class wine farms. It's only an hour away from the centre of **Cape Town** and is fast becoming a haven for adventurous travellers looking for outdoor activities close to the city. Visitors can try horse-riding, mountain biking or clay pigeon shooting.

Nature lovers are in for a treat at the **Helderberg Nature Reserve**. Situated on the slopes of the Helderberg Mountains, with uninterrupted views of False Bay, the reserve is home to a spectacular array of plant and birdlife.

For those who feel the urge to swim or surf, the Helderberg region has two fantastic beach areas, **Gordon's Bay** and **Strand**. These laidback seaside towns offer modern beachfront establishments along the **Main Beach** and **Bikini Beach** with a backdrop of magnificent mountain ranges. They're worth a visit just to see the sunsets, which are among the most beautiful in the country.

Hikers can take their pick of trails in the area. **Crystal Pools** offers a challenging hike to gorgeous natural rock pools, while those looking to amble rather than scramble will find **Steenbras Nature Reserve Danie Miller Hiking Trail** a more casual, flat walk along the contour of the mountain. From Gordon's Bay, travellers can follow the beautiful, winding coastal road towards **Betty's Bay**, passing beautiful beaches, secluded braai areas and taking in some truly spectacular views of the sea.



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## GROUP EXPERIENCE

**(Requires pre-booking)**

Suitable for adults & kids. Dedicated tour for 20+ guests. Guided tour. 4 - 5 hour experience.



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# BEYOND THE CITY

WINE | HISTORY | NATURE

There is so much to do within Cape Town that many people don't realise it can also be used as a base to explore beyond the city.

**Paarl**, the third oldest settlement in South Africa, is steeped in history, culture, natural splendour and a centuries-old tradition of winemaking, and is just over an hour's drive from the city centre. Visitors can check out **Paarl Rock**, and the **Taal Monument**, which was designed by architect Jan van Wijk in 1975 and is a celebration of the Afrikaans language.

**The Paarl Wine Route**, which is the second oldest in the country, is known for its full bodied spicy reds and crisp whites, and there are numerous mountain bike routes in and around the **Paarl Mountain Nature Reserve**.

**Wellington** is a rich wine region that boasts award-winning wine, along with unique outdoor activities. There are many things to do in Wellington, including hiking trails, mountain biking trails, and horse trails through the wine farms. There are 17 wine producers on the **Wellington Wine Route** and they offer tasting room facilities and cellar tours.

With beaches and lagoons, restaurants and wine farms, holiday homes, and general all-round beauty, **Hermanus** is one of the most vibrant holiday destinations in the country. The area is considered to be one of the best land-based whale-watching locations in the world and a long stretch of cliffs provide plenty of vantage points.

The second oldest town in South Africa, **Stellenbosch** is known for its natural beauty and oak-lined avenues, Cape Dutch architecture, history, culture and its wine routes. The **Stellenbosch Wine Routes** – the largest and oldest in the country – encompass more than 200 wine and grape producers.

**Oudtshoorn** is known as the ostrich capital of the world and has several ostrich farms that are open for tourists. It's also famous for the **Cango Caves**, an underground cave network with spectacular limestone caverns to explore.

**Franschhoek** is famous for its natural beauty, wineries, restaurants, and luxury country lifestyle.







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[WWW.INVERDOORN.COM](http://WWW.INVERDOORN.COM) | BIG 5 SAFARI 2.5 HOURS FROM CAPE TOWN



INVERDOORN

# STAY



If you're looking for a place to stay, Cape Town has plenty of options to suit any budget. From backpackers on the beach to lush villas and chic boutique hotels, browse accommodation options at [capetown.travel/stay](https://capetown.travel/stay) for more information.



## HOTELS

Stay at decadent 5-star hotels overlooking the sea or boutique establishments located in the centre of the city. Cape Town has hotel options for every kind of traveller. The **CBD** and **Atlantic Seaboard** are popular areas to stay, and are only a short 30min drive to **Cape Town International Airport**.

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## LUXURY ACCOMMODATION

Travellers looking for extreme comfort may want to book into a luxury apartment, stay in a sprawling historical house or crash at a trendy modern pad with spectacular views of the city. **Camps Bay** and **Llandudno** are popular with visitors looking for opulent retreats.

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## HOSTELS & BACKPACKERS

Travellers on a tight budget can explore affordable hostel or backpacker options. These social spaces are perfect places to meet fellow adventurers from all around the globe. The vibey **CBD** or surf central **Muizenberg** are popular backpacker hotspots in Cape Town.

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## AIRBNB & BOOKING.COM

Travellers looking for a peaceful suburban home with a pool, a secluded beach house getaway, or a historical manor on the slopes of **Table Mountain** can visit [capetown.travel/stay](https://capetown.travel/stay). There you will find a directory of members registered with **Cape Town Tourism**.

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## OUTDOOR OPTIONS

There are 13 camping and chalet facilities in the Cape metropolitan area, offering various amenities. Alternatively, travellers can stay in retro airstream trailers, leisure glamping sites or rustic mountain top cabins scattered across the **Western Cape**.

**AFRITE ROOMS****Northern Suburbs****(021) 949 9170 | [www.afriterooms.com](http://www.afriterooms.com)****FREE 15-20**

Afrite offers cost-effective fast room services. Guests can hire hotel rooms at hourly rates or overnight stays. Day use offers a unique combination of flexibility and comfortable spaces to work, rest or just relax for a few hours, paying the fair price for the duration of the micro stay.

**AQUILA PRIVATE GAME RESERVE & SPA****Beyond the City****(021) 430 7260 | [www.aquilasafari.com](http://www.aquilasafari.com)****♥ ♿ 🌱 30+**

The Big 5 is the true drawcard here! Guests can embark on game drives in our 4x4 safari vehicles or choose the more adventurous option of viewing wildlife on horseback or experience a quad bike adventure. Accommodation includes bush-style cottages with outdoor rock showers or the modern Aquila Lodge.

**BALMORAL LODGE****Northern Suburbs****(021) 948 9922 | (082) 872 0929 | [www.balmorallodge.co.za](http://www.balmorallodge.co.za)****♥ ♿ 20-30**

Balmoral Lodge is a Guest House situated in the heart of Bellville. Bellville rests on the Tygerberg Hills and has views spanning across the Cape wine region. We offer standard, deluxe and superior accommodation to please everyone's taste and pocket. We invite corporate, leisure and family travellers to use Balmoral.

**CAPE TOWN ACCOMMODATION OFFICE****Southern Suburbs****082 896 5424 | [www.capetownaccommodationoffice.com](http://www.capetownaccommodationoffice.com) | [www.capetownaccommodationoffice.co.za](http://www.capetownaccommodationoffice.co.za)****♥ 5-10**

We specialise in upmarket to ultra-luxury self-catering apartments, homes and villas in sought-after areas in the Cape Peninsula and False Bay. Personalised service for the discerning traveller. English, German, French, Flemish, Dutch spoken. Contact Carol Vanreusel Ritschewald.

**CLUB MYKONOS LANGEBAAN****Beyond the City****(022) 707 7000 | [www.clubmykonos.co.za](http://www.clubmykonos.co.za)****♥ 30+**

Located on the serene shores of the scenic Langebaan Lagoon. Club Mykonos is a family-friendly West Coast beach resort that provides a unique and exciting holiday, as well as conference and events destination. Escape to your little piece of Greece!

**SPIER HOTEL AND WINE FARM****Beyond the City****(021) 809 1100 | [www.spier.co.za](http://www.spier.co.za)****♥ ♿ FREE 30+**

What does more than 300 years of winemaking heritage taste like? Find out when you sample Spier's accoladed vintages at our lakeside Tasting Room. Then feast on farm-inspired food at one of our restaurants – or enjoy a picnic on our sun-dappled Werf.



# WHERE TO STAY IN CAPE TOWN



Whether you are a first-time visitor, or an honorary Capetonian with multiple trips to the Mother City, finding the ideal accommodation in the perfect area can save you precious travelling time.



## INDULGERS

Stay in complete luxury with opulent accommodation spread throughout our beautiful city. Wine connoisseurs and gastronomic tourists can check into one of our world-class wine estates in **Stellenbosch**, **Paarl** or **Franschhoek** and enjoy the serenity of the Cape countryside. Socialites and fashionistas may want to lounge on ultra-posh balconies during the day and drift off to sleep in luxurious comfort at night. Partygoers and social butterflies in search of Cape Town's buzzing nightlife can check out accommodation around the **City Bowl**, **Sea Point** and **Camps Bay** areas. Travelling entrepreneurs and visiting professionals will find staying in the **CBD** exceptionally convenient. High-end hotels offer outstanding concierge services, making your business trip as stress-free as possible.



## EXPLORERS

The Cape Peninsula is home to **Table Mountain National Park**, offering unlimited rock climbing, hiking and trail running adventures. **Tamboerskloof**, **Camps Bay**, **Hout Bay**, **Noordhoek**, **Newlands** and **Rondebosch** offer ideal accommodation and quick access for early morning mountaineers ready to tackle our iconic mountain. Hikers, outdoor adventurers, and excursionists heading beyond the city will find the **Helderberg** and **Paarl** areas perfect spots to set up camp. Windsurfers finding the ocean too challenging can head over **Flamingo Vlei** for a session on the lagoon. Kayakers and canoeists exploring **Zandvlei Recreational Park** can kick back and recover in B&Bs, backpackers and lodges in the **Muizenberg** area.



## ARTS & CULTURE

Visitors with a keen interest in arts and culture can stay within the **CBD**. Take the time to visit the **Castle of Good Hope**, the **Slave Lodge**, the **District Six Museum**, or head over to the **South African National Gallery** and **Iziko South African Museum** while in the city centre. You can also book accommodation in the largest township in Cape Town called **Khayelitsha**. The area is known for its entrepreneurial spirit, social, development projects and delicious traditional cuisine.



### THE CAPETONIAN HOTEL

City Bowl

(021) 405 5670 | [www.capetonian.co.za](http://www.capetonian.co.za)

Conveniently situated between the vibrant Atlantic Seaboard and Table Mountain, The Capetonian offers the ideal hotel accommodation option for both leisure and business travellers. With CTICC on our doorstep and the popular V&A Waterfront within walking distance, it's the perfect base from which to explore the beautiful Mother City!



## MEDIA



### GO.SEE.DO

Southern Suburbs

(021) 510 5997 | [www.goseedo.co.za](http://www.goseedo.co.za)

Go.See.Do. Media (Pty) Ltd is a niche media and marketing company with a 27-year track record in delivering market leading results predominantly to clients in the visitor market. Our collective experience in this segment gives Go.See.Do. Media (Pty) Ltd a distinct competitive advantage. We're able to match our clients marketing.



## TOURS, SHUTTLES, TRAVEL & TRANSPORT



### MHINTI TOURS

Atlantic Seaboard

079 252 0150 | [www.patotours.co.za](http://www.patotours.co.za)

Imizamo Yethu Township Walking Tours, Township Tours, Beach walk and Ebike to Chapman's Peak. Wine tasting, Street art and Harbour market experience.



### OSCAR SHUTTLE AND TOURS

Cape Flats

072 669 3639 | [www.oscars.co.za](http://www.oscars.co.za)

We specialise in providing safe, reliable and punctual transportation services within the Western Cape. Our drivers are thoroughly scrutinised and we only employ drivers who have a Professional Driving Permit which they obtain after passing a medical examination and police clearance.



### WANDERER TOURS AND TRAVEL

Southern Suburbs

081 729 2243 | [www.wanderer.capetown](http://www.wanderer.capetown)

Wanderer Tours and Travel specializes in curating private, guided luxury Cape Town Tours. We offer visitors to the Mother City an all-round luxury experience at competitive rates. We believe that no 2 clients are identical and for this reason no 2 tours with us are the same.



### WESTERN CAPE TOURS & TRANSPORT

Southern Suburbs

084 591 4413 | [www.wcbtt.co.za](http://www.wcbtt.co.za)

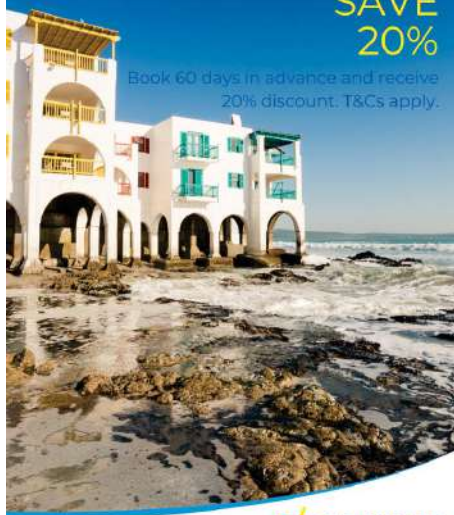
Western Cape Tours & Transport (WCTT) based in the world-renowned Cape Town, also known as the Mother City, offers a diverse range of packaged tours showcasing Cape Town and the natural beauty it has to offer. In addition, WCTT also offers additional services such as; Transfers and VIP Chauffeuering etc.



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**ASLINA WINES****Beyond the City****071 924 99201 | [www.aslinawines.com](http://www.aslinawines.com)**

Aslina Wines was established in 2016, by the award-winning winemaker Ntsiki Biyela. The Aslina collection includes award-winning whites and reds, from Sauvignon Blanc and Chardonnay through to Cabernet Sauvignon and the Bordeaux blend Umsasane. Recent additions to the range include a skin contact Chenin Blanc and MCC.

**CAPE POINT VINEYARDS****South Peninsula****(021) 789 0900 | [www.cpv.co.za](http://www.cpv.co.za)**

Cape Point Vineyards' unique setting with 360 degree views of mountains, fynbos, vineyards and glorious sunsets over the Atlantic ocean will make for an unforgettable experience. Join us at our Restaurant, for a picnic, or come and taste our internationally recognized Sauvignon Blanc.

**CATCH COOK RESTAURANT AND BEACH BAR****Beyond the City****(021) 430 7260 | [www.catchcookrestaurant.com](http://www.catchcookrestaurant.com)**

Catch Cook Restaurant, is situated by the seaside at Struisbaai Harbour; offering seafood, sushi, burgers, pizza's, desserts, milkshakes, drinks and more! Sink your feet into the sand and savour the sea views as you enjoy our delicious menu and enjoy the moment with family and friends.

**FOLK COFFEE****South Peninsula****(021) 276 3656 | [www.folkcafe.co.za](http://www.folkcafe.co.za)**

Situated behind St James tidal pool with plenty of parking, come relax with friends and family. Expect freshly prepared food focused on sustainable wholesome taste. Juicy burgers, salads, woodfired pizza, plant-based dishes, diversified wine list, cold beers, tasty smoothies and shakes, kids' playground, sea views and outdoor seating for bigger groups.

**HOPE DISTILLERY****City Bowl****(021) 447 1950 | [www.hopedistillery.co.za](http://www.hopedistillery.co.za)**

Visit Cape Town's original gin distillery. Located in graffiti-filled Salt River. Hope Distillery crafts its own spirits (gins, a vodka, a rum and an agave spirit) and distills various other local gin brands. Pop in to see the Distillery in action or buy a bottle of your favourite spirit.

**JORDAN WINE ESTATE****Beyond the City****(021) 881 3441 | [www.jordanwines.com](http://www.jordanwines.com)**

Family-owned Jordan Wine Estate in Stellenbosch features a wine tasting centre, luxury accommodation, two world-class restaurants, and beautiful picnic spots where visitors can enjoy fine wines with views of the vineyards and Stellenbosch mountains. Dubbed one of the leading estates in South Africa, visit for wine tastings and specialised tours.



# EAT & DRINK



The Mother City boasts everything from hearty homemade food to world-class fusion cuisine, with many of the top ten restaurants in South Africa located in Cape Town.

**Long, Kloof** and **Bree Streets** in the CBD are great places to find trendy bars and excellent eateries. Coastal neighbourhoods like **Sea Point, Blouberg** and **Kalk Bay** offer diners the chance to soak up spectacular sea views, while feasting on delicious gourmet meals.

Visitors wanting an authentic Cape eating experience, should not miss the opportunity to try a delicious golden **koeksister**. Try the traditional Afrikaner confectionery made of fried dough infused in syrup (or honey), and the classic Cape Malay version, a fried ball of dough rolled in desiccated coconut, best served hot.

For something savoury that can also be enjoyed sweet, tuck into an authentic South African fried dough bread also known as **vetkoek**.

**Bobotie**, originally a Javanese recipe, is generally prepared with beef or lamb, curry, ginger, lemon, dried apricots, raisins, almonds or walnuts topped with an egg-baked crust. A firm-favourite with many Capetonians is a **gatsby**, a baguette-type loaf filled with meat, spicy fries and barbeque sauce. This sizeable sandwich is best shared with others.

**Shisanyama** or **braai** is the equivalent of a barbeque, and a major part of South African food culture. Having your meat with pap (cooked maize meal) is one of the best ways to enjoy a locally cooked meal.

If meat dishes are not your preference, **Cape Town** has plenty of excellent plant-based options when it comes to **raw, vegan**, and **organic lifestyles**. Restaurants, fresh fruit and veg stores, and even fast-food plant-based take-aways can be found all over the city.





### THE OLD BISCUIT MILL

City Bowl

(021) 448 6117 | [www.theoldbiscuitmill.co.za](http://www.theoldbiscuitmill.co.za)

A vibrant community in the heart of Woodstock where talented people come together to share, collaborate and show off their heartfelt passions. The Old Biscuit Mill is home to dynamic office spaces, a range of workshops and designer stores, decadent restaurants, and food stalls.



### ORG DE RAC

Beyond the City

(022) 913 2397 | [www.orgderac.com/shop](http://www.orgderac.com/shop)

Experience the quality of our organic wines in a magical environment allowing you to feel at one with this magic wine region, the Swartland. Here the serenity can be felt and heard, while the other senses can give themselves over to our offerings of wines, food and local delicacies.



### WHARFISHIDE GRILL AT MARINER'S WHARF, HOUST BAY

South Peninsula

(021) 790 1100 | [www.marinerswharf.com](http://www.marinerswharf.com)

Wharfishide Grill's authentic harbourside ambience boasts spectacular views, great menus, the Crayclub Bar, private dining cabins (themed to seafaring history and famous ships) and an upstairs deck.



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TripAdvisor's People's Choice Award – Top 10 Fine Dining Establishment in SA.

Great Wine Capitals Best of Wine Tourism award for Architecture and Landscapes.

Great Wine Capitals Best of Wine Tourism award for Art & Culture.





Halal food is definitely an option on most menus throughout Cape Town, with a variety of certified halal eateries offering truly exquisite meals. Many places are casual, family-friendly establishments and coffee shops, with a few fine-dining options to choose from. Major supermarket chains and fast-food outlets are **halal-certified** too.

Neighbourhood **Food Markets** form an integral part of Cape Town's culture, with virtually every area across the metro having a family-friendly market to visit. No matter what day of the week, these spaces are serving up some of the freshest, most delicious food the city has to offer.

No trip to Cape Town is complete without sampling our internationally acclaimed wines. **Constantia**, **Durbanville**, **Helderberg**, **Franschhoek**, **Paarl**, and **Stellenbosch** offer a unique tasting experience. Choose a wine route and spend the day visiting a few of the estates in the various areas.

The last decade has seen an explosion of craft beer aficionados in Cape Town. Microbreweries have sprung up across the Mother City, using their own unique brewing techniques, delivering deliciously new flavours to visiting patrons. It's no surprise that **Woodstock**, the heart of the Cape Town **artisanal food movement**, is also the heart of the **craft beer trend**. Restaurants and bars also offer a tremendous selection of local beers. Don't miss out on various beer festivals held throughout the year in the city.

Cape Town has not escaped the **gin revolution** either, with boutique gin distilleries producing a range of distinctly local flavours.



## EATERIES, CAFE'S AND DISTILLERIES



### DEEP SOUTH DISTILLERY

South Peninsula

082 774 7924 | [www.deepsouthdistillery.co.za](http://www.deepsouthdistillery.co.za)

Deep South Distillery offers an exciting new option for visitors to Cape Town. Offering tours, sales, gifts, events, and tastings of its award-winning craft spirits, the distillery has become a must-do destination for tourists and locals seeking an intimate and authentic experience.

♥ FREE 15-20



### SEVEN COLOURS EATERY

City Bowl

083 729 7816 | [www.sevendecolourseatery.co.za](http://www.sevendecolourseatery.co.za)

Our point of departure has been to start with a catering concept that caters to tourist and adventurous locals. The Seven Colours Eatery brand has gained fast popularity in Cape Town and is known for service, quality and unique meals that celebrate South Africa.

♥ FREE 0-5



### TRECASTELLI

Blouberg

(021) 556 1549 | [www.trecastelli.co.za](http://www.trecastelli.co.za)

Trecastelli is a little Italian gem in the heart of Blouberg. This restaurant recreates the atmosphere of neighbourhood brasseries found in all big cities in Italy such as Rome, Florence, Venice and Milan. At Trecastelli we are proud of our tradition. We also have a branch in Canal Walk.

♥ 15-20

## LIFESTYLE



### ABCD CONCEPTS PTY LTD

Cape Flats

067 044 4631 | [www.abcd-concepts.co.za](http://www.abcd-concepts.co.za)

ABCD Concepts is a tourism business based in the heart of Khayelitsha (Cape Town's largest township). We offer an authentic immersive experience for guests to get a taste of our township cuisine, explore our iconic streets, engage with local entrepreneurs and party at one of the best lifestyle spaces in the city.

♥ 30+

## MARKETING



### ENDOR BY DESIGN

Southern Suburbs

(021) 035 1413 | [www.endor.co.za](http://www.endor.co.za)

Endor By Design is an award-winning website development and social media training agency that strives to achieve marketing excellence for each of its clients with a philosophy of simplicity, efficiency, quality and trust, paired with innovative trends and strategy.

♥ 15-20

## RETAIL



### TEES & GEES

City Bowl

079 079 9974 | [www.teesngees.com](http://www.teesngees.com)

We are the perfect bold and in your face t-shirt that highlights the perfect place and feel-good memories of the map you wear so confidently on your chest. We are the ESSENCE OF AFRICA'S PRIDE, we are Tees & Gees: the best t-shirt designs on the face of the Earth.

♥ FREE 0-5

# NIGHTLIFE



From the cool streets of Kalk Bay to the glitzy Camps Bay strip, and back around into the heart of the CBD and beyond, experience the allure of Cape Town's vibrant nightlife.

Long Street, Kloof Street and Bree Street are at the heart of the CBD's nightlife. If you're in the mood for deep pulsating sounds, soulful vocals, and infectious grooves, then slip into your ultra-chic dress or dapper wear and head over to one of the city's **stylish lounges** and **cocktail bars**. Alternatively, put on a pair of comfy shoes and hit the **nightclubs** or **live music spots** and dance the night away.

Visitors looking for **laughs** can join our finest local comedic talent at various venues across the city. The bold and the fearless can try a **karaoke bar** and share their talents with the crowd.

Pubs all over the city offer screenings of your favourite sporting events, while other cosy locales dish out brain-bending **quiz nights**, challenging **pool tournaments**, and even frantic **foosball** rooms.

Take a trip to the Northern Suburbs and drop by **Edward Street**. From sophisticated cocktail bars to R&B, hip hop, and house music clubs, this single strip has plenty of hotspots.

Travellers venturing beyond the city can check out the **Stellenbosch** scene. If you fancy an upmarket intimate French-themed social venue, a swanky cocktail bar offering your favourite classics, or completely letting your hair down at one of the local watering-holes, then this **student town** has everything you need.





## SHOPPING



### V&A WATERFRONT

Atlantic Seaboard

(021) 408 7600 | [www.waterfront.co.za](http://www.waterfront.co.za)



Find us at the gateway between city and sea. Step through that doorway into a retail paradise offering fashion and luxury, alongside convenience and craft, technology and lifestyle essentials. Choose from the Victoria Wharf Shopping Centre, Alfred Mall, Clock Tower, the Silo District and Watershed.

## SEE & DO



### ALPACA LOOM

Beyond the City

084 793 3666 | [www.alpacas.co.za](http://www.alpacas.co.za)



Visit South Africa's biggest alpaca herd! Watch our weavers at work, join us for an Alpaca Barn Tour and interact with the alpacas, llamas and other animals in the petting zoo. Delicious coffee and cake. Exquisite handwoven alpaca scarves, shawls and blankets produced on-farm. Open daily 09:30-17:30. Tours every hour.



### CAPENATURE

Beyond the City

087 087 8250 | [www.capenature.co.za](http://www.capenature.co.za)



CapeNature is a government entity responsible for managing and maintaining nature reserves and wilderness areas in the Western Cape and promoting sustainable eco-tourism and access to natural spaces and protected areas. CapeNature has the most idyllic locations to stay, with camping, glamping and eco-cabins available.



### INVERDOORN PRIVATE GAME RESERVE

Beyond the City

(021) 430 7260 | [www.inverdoorn.com](http://www.inverdoorn.com)



Inverdoorn Private Game Reserve is situated under 2.5 hours from Cape Town, in the vastness of the majestic Ceres Karoo. With thick wooden Acacia river beds and magnificent golden mountains on the horizon, Inverdoorn provides a tranquil Big 5 safari experience.



### LE BONHEUR REPTILES AND ADVENTURES

Beyond the City

(021) 863 1142 | [www.lebonheuradventures.co.za](http://www.lebonheuradventures.co.za)



At this ideal family destination, we aim to provide engaging reptile experiences that nurture respect for the African Nile crocodile and other reptiles. Meet a basket of 200 Nile crocodiles, an interesting selection of snakes and other reptiles, or swim and observe Africa's apex predator from up close!



### MARINER'S WHARF

South Peninsula

(021) 790 1100 | [www.marinerswharf.com](http://www.marinerswharf.com)



Mariner's Wharf, Africa's first harbourfront emporium, exudes a unique maritime ambience. The Wharf offers maritime-themed restaurants, shops, markets and is famous for its live lobsters, pearls in oysters, maritime artefacts and nautical antiques.

# SHOPPING



The sheer variety of shopping experiences in Cape Town will make it easy to find the perfect mementos of your holiday.

**Makers Landing** at the **V&A Waterfront** is an industrial repurposed space, where food entrepreneurs serve delicious authentic South African food. Sample the freshest flavours in town served by expert meat merchants, talented bakers, and local baristas pouring your morning cup of joe. This market is a hotspot any day of the week.

Hop over to **Woodstock** and you'll soon discover there's no shortage of markets in the area.

**The Palms** is a trendy lifestyle centre, with more than 40 food stalls showcasing fresh ingredients, farm-style cooking, and quirky bits 'n bobs. **The Neighbourgoods Market**, at the Old Biscuit Mill, is a great source for organic food and locally produced speciality goods, while the **Woodstock Exchange** is an incubator for young businesses, boutiques, cafés and collectives.

If you're looking for vintage pieces, unique collectables, and bargain bins then take a trip to **Milnerton Market**.

Are you a locavore, someone who eats locally grown and prepared food whenever possible? Then spend your Saturday morning at **Stellenbosch** or **Willowbridge Slow Markets**. Now, the main attraction might be all the yummy things to eat, but there's plenty of natural and organic merchants selling clothing and jewellery.

Tucked away between the scenic Constantia Valley and the Tokai woodlands, is the **Chilled Market**. This laid-back nook offers a fine selection of cuisine and live entertainment every Friday night.

Hidden in an old postal plane hangar in Muizenberg is the **Blue Bird Garage Market**. Thursday and Friday evenings see local artisans, speciality cooks, bakers, producers, and designers put their goods on offer.

Staying in the area, when it comes to size, the **Muizenberg Flea Market** is one of the biggest open-air shopping experiences in town. You'll find everything from clothes, African artwork, electronics, and costume jewellery, to toys, furniture, and even second-hand items. Free up your day for at least several hours and brush up on your bartering skills.



**OCEAN SAFARIS HOUT BAY**

South Peninsula

082 658 7055 | [www.ocean-safaris.com](http://www.ocean-safaris.com)

Experience an unforgettable scenic marine safari. We launch our boat based whale and dolphin watching tours from Hout Bay Harbour. Surrounded by breathtaking views, we also offer scenic boat rides, high-speed boat rides and sunset cruises. All our tours incorporate Duiker Island.

**NAC HELICOPTERS**

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With a variety of set scenic flights for you to choose from, each of which will reveal magical and hidden vistas only visible from a helicopter. The bird's eye-view of Robben Island and Table Mountain, will remain forever vivid and clear in your memory.

**V&A WATERFRONT**

Atlantic Seaboard

(021) 408 7600 | [www.waterfront.co.za](http://www.waterfront.co.za)

Find us in the shadow of Table Mountain, one of the natural wonders of the world. Take in Mother Nature's splendour on a leisure boat cruise, helicopter ride, the Cape Wheel, stand-up paddling, kayaking or bicycle rentals. The Two Oceans Aquarium and our many museums are also must-visits.

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The Watershed is home to more than 150 skilled crafters who represent over 365 local brands and small businesses. Makers within this vibrant space expertly produce bespoke ceramics, furniture, textiles, fashion, homeware and jewellery. The vast collection of inspired work not only showcases local talent, but promotes the stories of passion, unconventional solutions and magical innovation found in our corner of the global postal code.



## MARKETS



### CAPE POINT VINEYARDS

South Peninsula

(021) 789 0900 | [www.cpv.co.za](http://www.cpv.co.za)

Placed firmly on Cape Town's Bucket List of top experiences, this market has become a must-visit weekly event for peninsula locals, travellers and tourists. Enjoy a great vibe accompanied by top market food and unforgettable views.



### V&A WATERFRONT

Atlantic Seaboard

(021) 408 7600 | [www.makerslanding.co.za](http://www.makerslanding.co.za)

Find us at South Africa's oldest working harbour. Hungry? Satisfy any craving at the V&A Food Market (open 7 days a week), the Oranjezicht City Farmers Market (open weekends) for tasty food, fresh farm-to-table produce; or pop into Makers Landing at the Cruise Terminal to celebrate SA's diverse culture through food.



## HISTORY & HERITAGE



### GROOT CONSTANTIA

Southern Suburbs

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### MUSEUM OF GEMS & JEWELLERY

City Bowl

(021) 422 1090 | [www.prinsandprins.com](http://www.prinsandprins.com)

Celebrating the wealth, and uniqueness of South Africa's minerals, this FREE museum offers unique insights into why our country is the Land of Gold & Diamonds. From the origin/formation of diamonds and gold, the oldest pieces of adornment, to gems from outer space - it's truly worth the visit!



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### DAY TRIPPIN' ITINERARY 1

Water adventures, cooking and bar hopping!

[Watch the video here](#)



### DAY TRIPPIN' ITINERARY 2

Beautiful coastal roads, snorkelling and ziplining!

[Watch the video here](#)





# ARTS & CULTURE

The arts are very much an integral part of our culture, with many painters, authors, playwrights, actors, and filmmakers calling the Mother City their home.

The **South African National Gallery** in **Gardens**, **The Zeitz MOCAA** in the **Silo District** of the **V&A Waterfront**, and the **Norval Foundation** in Steenberg, are three incredible **visual art** experiences to visit when in Cape Town.

**First Thursdays** happens on the first Thursday of every month, with dozens of art galleries and cultural events showcasing local talent late into the evening. The event is free, with no structured tour, and no schedule to follow.

Admirers of the **performing arts** can find theatre, opera, ballet, live music, and comedy shows happening throughout the year.

Head out into the streets and discover **local and international buskers** performing throughout Cape Town's CBD. Hotspots include Greenmarket Square, St George's Mall, the cobbled walkway connecting Wale and Orange Streets, as well as outside the **South African National Gallery** in the Company's Garden where dancers and musicians draw curious crowds most days of the week.

Public performances are different and tend to take place as part of a street festival or a bigger cultural event.

Various museums are dedicated to different parts of Cape Town's heritage. The **Bo-Kaap Museum**, **South African Natural History Museum**, the **Slave Lodge**, and the **South African Jewish Museum** all provide a window into the city's past. Book a tour through **Langa**, the **Bo-Kaap** or **Khayelitsha**.

The **Centre for the Book (CFB)** is situated close to the Planetarium in the city centre. This beautiful Edwardian building is dedicated to books, promoting a culture of reading, writing, and publishing in South Africa. It hosts writing workshops for talented writers, and outreach programmes to disadvantaged communities, while the gorgeous domed atrium, housing the central reading room, hosts various concerts during the year.







# TRUTH TO POWER

DESMOND TUTU & THE CHURCHES  
*in the struggle against apartheid*



A new and exciting permanent exhibition celebrating keys aspects of the legacy of the late Archbishop Emeritus Desmond Mpilo Tutu enters Cape Town's cultural heritage precinct in March 2022.

Housed at the historic Old Granary building, the home of the Desmond and Leah Tutu Legacy Foundation, the state-of-the-art exhibition was curated in partnership with the Apartheid Museum and explores the multi-faceted life of this loved and respected global icon.

The exhibition spans six pertinent themes:

1. Apartheid Education: The Most Evil Act of All
2. The Struggle in the Church: Fighting a False Gospel
3. Faith in Action: The Campaign for Sanctions
4. Protest and Peace-Making: In the Streets and Stadiums
5. Unfinished Business: Tutu, Truth and Reconciliation
6. TU+TU = Freedom

The exhibition aims to be more than just an ode to the past or a monument to the Arch. Its intent is to challenge and inspire the youth to take up the baton of courageous and ethical leadership and emulate the unwavering values that the Arch demonstrated throughout his life.

Residents and visitors to Cape Town alike are invited to come and experience the moving journey of one of South Africa's greatest sons. Upon entering the main exhibition, you will be greeted by the Arch and his anchor, his wife Nomalizo Leah Tutu, a life-long enabler to all his significant contributions in South Africa and globally.

A special tribute to them as a couple is celebrated in the room entitled "Side by Side".

+27 21 552 7524 | [info@tutu.org.za](mailto:info@tutu.org.za) | for more info: [www.tutu.org.za](http://www.tutu.org.za)





# LGBTQI+ TRAVEL

South Africa was the fifth country in the world to legalise same-sex marriage. Cape Town has a strong commitment to inclusivity for all celebrating and supporting our proud LGBTQI+ community.



**Cape Town's Pride Festival** takes place between late February to early March. Events this year include a Pride Film Premiere, a Red Party, workshops, a pool party, **Mr and Ms Cape Town Pride Pageant**, an interfaith service, sunset beach picnic, a book fair, a Pink Ball and much more.

**Clifton Third Beach** is a wind-sheltered spot and one of Clifton's four pristine beaches perfect for relaxing, swimming, and popular with Cape Town's gay community.

One of the most vibrant and exciting parties on Cape Town's social calendar is **The Mother City Queer Project (MCQP)**. An event draped in glitter, tinsel, music, and gorgeous costumes. MCQP began as a costume party to celebrate 1994's new constitution and has since blossomed into an iconic event, not only for the LGBTQ+ community, but for everyone supporting LGBTQ+ rights.

"Hospitality means providing guests with a friendly, generous reception, so it should never matter whom they love or how they identify."

– John Tanzella,  
CEO of the International LGBTQ+ Travel Association

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“Joining Cape Town Tourism was not just a good decision for our business, but it proved to be good for our community as well. We were able to collaborate with and learn from Cape Town Tourism and unlock the potential of the Khayelitsha tourism economy. As ABCD, we feel this is one of the best decisions that we have made. It has allowed us to have a better grip on Cape Town’s tourism landscape and has been an incredible opportunity to learn from industry experts.”

**AYANDA CUBA, ABCD Concepts**



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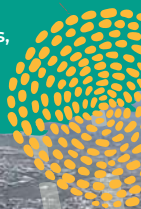
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EXPERTS AND LET US HELP YOU  
TO GROW YOUR BUSINESS.**





# MUSLIM-FRIENDLY TRAVEL

Cape Town has a large and active Muslim community, with many guesthouses, tour operators and restaurants catering specifically for faith-based needs.



South Africa was ranked one of the **top ten international travel destinations for Muslim travellers** in the 2019 Global Muslim Travel Index.

There are more than **20 Kramats** in the **Cape Town** area. The oldest and most famous are those of **Sheikh Abdurahman Matebe Shah** and **Sayed Mahmud**, in the Constantia area.

The Muslim community in **Bo-Kaap** is a big part of the city's cultural heritage, with ten mosques located in this area alone. The oldest mosque in Cape Town is **Auwal Mosque**, built in 1798.

The city offers prayer rooms in major centres, including the **V&A Waterfront** and **Canal Walk**. Travellers will also find prayer room facilities at **Cape Town International Airport** and the **Cape Town International Convention Centre**.

Major supermarket chains and fast-food outlets are **halal-certified**, while numerous hotels and restaurants cater for Muslim visitors. If you're looking for traditional **Cape Malay** cooking, then a trip to Bo-Kaap is an absolute must.

Visit the **Bo-Kaap Museum** and learn about the important influence early Muslim settlers had on the Cape.



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# NATURE & ADVENTURE

The City of Cape Town manages 16 nature reserves and the surrounding terrain, containing rich diverse ecosystems. Some of the most popular nature reserves are right within the city.

**Table Mountain National Park** stretches across the peninsula and encompasses vast mountain ranges, beautiful beaches, and lush green forests. **Table Bay Nature Reserve** and **False Bay Nature Reserve** are teeming with birdlife, while **Silvermine Nature Reserve** is great for hiking, picnics, and swimming.

**Blaauwberg Nature Reserve** is the place to go for water-related activities, while **Durbanville Nature Reserve** and **Helderberg Nature Reserve** are brimming with indigenous wildlife.

**Surfing, kayaking, stand up paddleboarding, scuba diving** and **kitesurfing** are part of Cape Town's coastal culture, and are highly recommended when visiting our shores.

**Mountain biking** and **trail running** are very popular in Cape Town, with some of the best trails in the world. Or you might want to take a leisurely **cycle tour** through the Cape Winelands.

Thrill-seekers will find an almost unlimited selection of land-based activities, including **abseiling, rock climbing, horse-riding, sandboarding, ziplining,** and **e-biking,** as well as **scooter, motorbike,** and **4x4 tours.**

If you prefer floating through the air while capturing ariel shots of the landscape below, then book an amazing **paragliding** experience. Alternatively, take to the skies with a helicopter ride or for the extreme adrenaline adventurer, drop from a few thousand feet with a heart-racing **skydiving** experience.







Explore mother nature in the Mother City. Cape Town's ravines, rugged cliffs, vast forests and cool waterfalls attract enthusiastic hikers from all over the globe annually. Various spots range in difficulty, from beginner trails to more challenging terrain. Here are a few hiking areas to explore while in Cape Town.

**Kloof Corner** is by far the easiest hike on **Table Mountain**. It's short, simple, and offers a great position for watching sunsets. The path is quite steep, but only takes 20 minutes to the top.

Another easier hike is **The Pipe Track**. At 6km (3.7mi) one way, it's fairly level apart from a few stone steps. Hikers will have the opportunity to pass through beautiful ravines, with plenty of great places to stop for a water break and admire the breathtaking scenery.

The hike from **Silvermine** to **Elephant's Eye** is a must for any hiker visiting Cape Town. It's a relatively long walk with a gentle gradient and is perfect for kids and beginners. There is also an opportunity to swim in the dam and picnic in the cave.

**Platteklip Gorge** zigzags up **Table Mountain**. Described as "climbing stairs" for an hour or two, Platteklip Gorge is the oldest, easiest, and most direct route to the summit. Technically it's an easy hike, but can be physically demanding, so you would need a decent level of fitness to enjoy the route.

The beautiful **Crystal Pools Hiking Trail** starts on the R44 near **Gordon's Bay**. Hikers need to book their permits ahead of time and these will be checked on arrival. The first pool is about 45 minutes from the start of the trail, but for serious swimming and kloofing (canyoning) opportunities, it's best to hold out for the second pool, roughly another ten to fifteen minutes further up. Hikers can enjoy a waterfall along this trail, the perfect chance to grab a cold open-air shower.

Preparation is key before starting your adventure into mother nature. A few things to remember are, **never hike alone** (groups of four or more are recommended), be sure to have a **charged phone**, **tell someone where you're going and what time you're expecting to be back**.



### AQUILA PRIVATE GAME RESERVE & SPA

Beyond the City

(021) 430 7260 | [www.aquilasafari.com](http://www.aquilasafari.com)

The world-class spa at the award-winning, Aquila Private Game Reserve and Spa, adds to the luxurious facilities and a place where nature meets adventure. Combine an African spa treatment with your Big 5 adventure to experience tranquillity at its best.



### INTAKA ISLAND PRIVATE NATURE RESERVE

Northern Suburbs

(021) 552 6889 | [www.intaka.co.za](http://www.intaka.co.za)

Intaka Island, a beautiful 16ha Private Nature reserve in the heart of Century City. Home to over 120 bird species and over 200 species of indigenous plants, there is always something to do or see. Our self-guided trails allow visitors to view the natural and educational assets of Intaka Island.



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# NELSON MANDELA IN CAPE TOWN – LEGACY EXHIBITION

1st Floor, Cape Town City Hall,  
Darling Street, Cape Town

Walk in Nelson Mandela's footsteps as he gave his first speech as a free man to thousands of people on the Grand Parade.

The exhibition and education programme chronicles the life of former president Nelson Mandela and his links to Cape Town, and celebrates his legacy.

Visit our website or email us for more information.

[www.capetown.gov.za/MandelaExhibition](http://www.capetown.gov.za/MandelaExhibition)

[Mandela.Legacy@capetown.gov.za](mailto:Mandela.Legacy@capetown.gov.za)





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The hotel's amenities include upscale conference facilities that are available on half or full-day packages – the quintessential choice for meetings, events, seminars, team buildings, product launches, media events and more. The Onyx can host up to 16 delegates boardroom style, 18 cinema style and 12 U-shape.



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This trendy hotel, a plush oasis set in the sprawling Cape Town metropolis offers a state-of-the-art conference facility, complimentary high-speed fibre as well as a sushi bar, grab-and-go deli and a spectacular all-day dining restaurant.



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**DAY TRIPPIN' ITINERARY 3**

Adrenaline, art galleries  
and beaches!

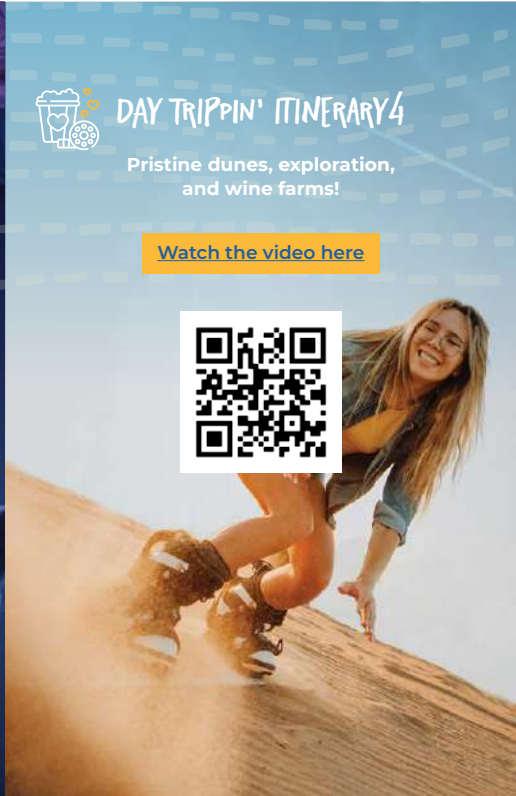
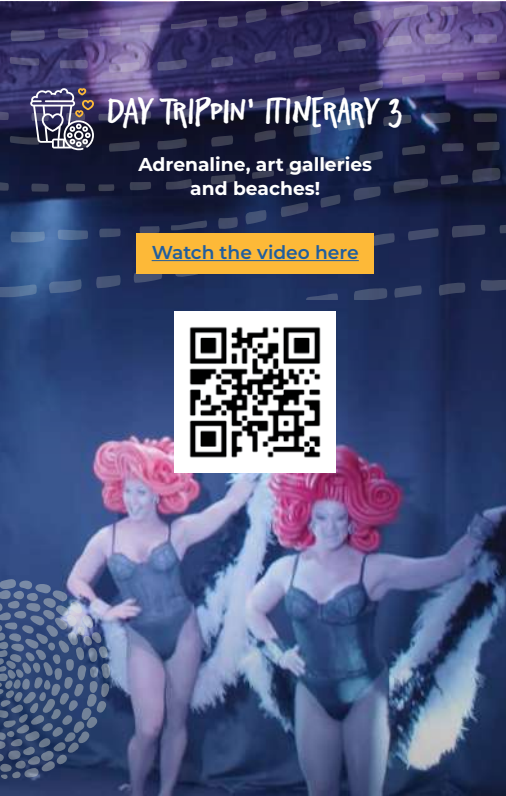
[Watch the video here](#)



**DAY TRIPPIN' ITINERARY 4**

Pristine dunes, exploration,  
and wine farms!

[Watch the video here](#)








# EVENTS

Cape Town is the events capital of South Africa, with everything from business conferences and film fairs to art soirées and wine festivals.

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