

One&Only

CAPE TOWN

CAPE TOWN FAMILY FUN ACTIVITIES



Cape Town is one of the world's most popular tourist destinations and very family friendly too! The city offers a variety of activities for the whole family, with the best spots to eat, play and shop with your kids.



KIDSONLY CLUB

The KidsOnly Club at One&Only Cape Town offers complimentary, fully supervised programs for kids aged 4 to 11 years.

The vibrant club consists of an arts and crafts area, a movie and video games lounge, a quiet reading corner, a computer station with the latest technology and an exclusive KidsOnly garden. Dedicated staffs also provide personal service and organize activities for teenagers including excursions, fitness programs and spa treatments.



STRAWBERRY PICKING

Spend a day picking plump, juicy fruits with the kids at one of the several winelands-based farms that open up their berry fields to the public during season from October to December each year. Most notable is the much-loved Mooiberge Farm which rests between Stellenbosch and Somerset West.

Parents can enjoy a light lunch at the Mooiberge Restaurant and stock up on local produce at the Farmers Market. Across the road is Route 44 which is open every Saturday and Sunday and offers a variety of children's activities, including live entertainment and an array of locally produced toys and snacks for the whole family.



HOP-ON-HOP-OFF BUS

Nearly everyone has seen the big Red City Sightseeing Bus in many parts of the world, but actually going on it is so much fun (even the locals can be a tourist in their own city for the day). You can sit and watch the world go by and hop on and off at various places of interest.

If you listen to the commentary, you will learn a lot about the city of Cape Town and there is a child-friendly version too (that's clever, informative and amusing). Don't let rain put you off, it is dry inside! All children receive a free activity pack with a colouring-in book and crayons which help keep them occupied in between sights.



IZIKO MUSEUM

One of the major perks of visiting Cape Town is that both the South African Museum and the South African National Gallery are conveniently situated in the City Bowl, around the Company's Gardens.

The Museum and the Gallery, both falling under South Africa's national heritage institution Iziko, are ideal for a peaceful, contemplative family day out. The Museum boasts everything from dinosaur fossils to rock art. The National Gallery houses an impressive range of contemporary artworks, African traditional beadwork and textiles and is ideal for the culture vultures in the family.



SCRATCH PATCH - CAVE GOLF

The V&A Waterfront offers special programs for children during the school holidays.

The Scratch Patch is a fun place for all ages. Kids (and adults) can sort through mountains of gemstones and pick out tiger's eyes, amethysts, jaspers and many more.

Cave Golf is another option which sounds easy, but this version of 'putt-putt' has some tricky ramps, sharp corners and deceptively difficult holes.



THE TWO OCEANS AQUARIUM

The Two Oceans Aquarium is hands-down one of the best places in Cape Town for indoor fun (great for rainy days). Apart from the dazzling glimpses it offers into the underwater world, the Aquarium also has several activities that will delight young and old alike.

Be sure to schedule your trip to the feeding times of the penguins, sharks and other fish. Don't miss the Touch Pool, an interactive area with anemones, starfish and seaweed. Also make sure to book for the Penguin Encounter that allows you and the children to come face-to-beak with the super-cute rockhopper penguins.



CAPE TOWN SCIENCE CENTRE

At the Cape Town Science Centre, learning with the little ones does not have to be a drag!

When you've got the Cape Town Science Centre within reach, it is easy to keep young minds engaged with ion loads of cool experiments and exhibitions; plus, the interactive discovery land offers daily workshops during the school holidays and winter science camps.



ARTJAMMING

Some people jam music, but at Artjamming you jam art! You simply walk in and let your imagination take hold of the paint brushes.

Artjamming allows you to create your very own unique full colour art piece by fusing creativity and colour to a chill out beat. Whether it is playing, painting, sponging or spraying, it's about putting on an apron to face a blank canvas and unleashing your own individual creativity that makes Artjamming the most fun you can have with a paintbrush.



WORLD OF BIRDS

World of birds is the largest park in Africa and one of the few large bird parks in the World. Over 3000 birds (and small animals) of 400 different species are uniquely presented in more than 100 spacious landscaped walk through aviaries, allowing you the most intimate closeness with nature.

A tropical garden setting in the Hout Bay Valley is the environment in which the aviaries are spaced over a 4th of land, framed by the back of Table Mountain, the Twelve Apostles, Constantiaberg, Chapman's Peak and Little Lion's Head. A paradise for nature lovers and photographers, the World of Birds is one of Cape Town's premier tourist attractions which no visitor should miss.



CHEETAH OUTREACH

The Cheetah Outreach is an educational and community-based program created to raise awareness of the plight of the cheetah and to campaign for its survival.

The program is continually evolving and taking on new challenges. Give your little 'cubs' the chance to encounter one of South Africa's most majestic wild cats at this conservation and outreach centre that is also home to small predators, like servals and foxes, and Antolian Shepherd Dogs.