

AFRICA dynamics



Go Beyond Travel



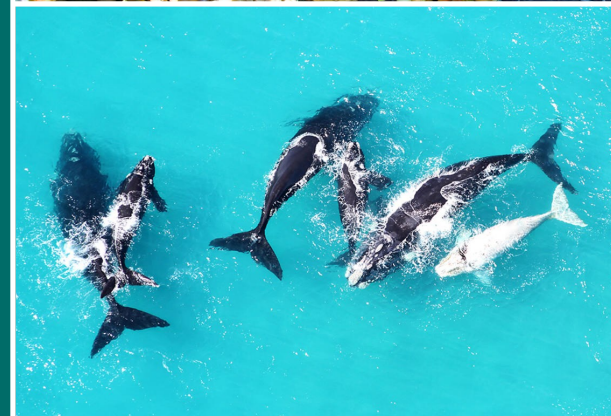
AFRICA DYNAMICS | Cape Town Activities



Cape Town

The feeling in the Cape is certainly not purely African, but rather cosmopolitan, with a unique African twist. The weather is quite unlike that on the rest of the continent and the landscape differs dramatically as well. For most of the year, the Cape experiences weather which changes from pleasant to sublime, but it has earned its nickname "Cape of Storms" with good reason. The Cape is the only part of Africa which falls within a temperate climate zone and it enjoys typical Mediterranean weather with long, hot summer days and cool, wet winters.

Cape Town offers incredible scenic pleasures, fascinating history, endless coastline with pristine beaches, hiking, sailing, cycling, boating, and loads of other outdoor activities, world-class winelands, superb nightlife, fine food and wine. We are happy to recommend restaurants, activities, and cultural excursions to enrich your experience in Cape Town. These are just some of the many options available to our travelers.





Full Day Cape Peninsula Tour

Take a full day Cape Peninsula private tour or small non-exclusive tour with a good local guide and no more than 10 people in the group. Drive down the Atlantic coastline with its stunning mountain and sea views and stop at **Hout Bay Harbor**. Take an optional half-hour cruise to view the seals on Seal Island. Continue the drive along the spectacular **Chapmans Peak road** - 600m above the ocean and considered to be one of the finest scenic coastal drives in the world. View **Long Beach** and Noordhoek and continue through the valley to Kommetjie and Scarborough. Enter the **Cape of Good Hope Nature Reserve** – you will probably encounter a family of chacma baboons. Walk up to the old lighthouse or take an optional funicular ride for spectacular views of False Bay at the “**tip of Africa**”. Then on up the Indian Ocean coastline to view an **African Penguin colony** and drive through Simon’s Town, headquarters of the South African Navy. The last stop of the day is at **Kirstenbosch Botanical Gardens** where a brief time is spent walking through the magnificent display of flora the Cape has to offer. You may also have time to stop at historic Groot Constantia on the **Constantia Wine Route**.



Cape of Good Hope Nature Reserve

The legendary Cape Point and Cape of Good Hope form part of the nature reserve at the Cape Peninsula Park. Managed by the South African National Parks, the Nature Reserve is recognized globally for its extraordinary land formation, rich and diverse fauna and unique flora. Nowhere else in the world does an area of such spectacular beauty and such rich biodiversity exist almost within a metropolitan area. These promontories were key beacons for the early explorers. In 1488, Bartholomew Dias named the Peninsula Cabo Tormentoso, or the Cape of Storms. King John II of Portugal later gave it the name Cape of Good Hope. In 1580, Sir Frances Drake proclaimed it to be "...the most stately thing and the fairest Cape we saw in the whole circumference of the earth."



Zeitz MOCAA

This impressive new museum in Cape Town collects, preserves and exhibits 21st century art from Africa and its Diaspora. The museum opened in September 2017 and is housed in 102,000 square feet of custom designed space, with 100 galleries spread over nine floors. It is carved out of the monumental structure of the historic Grain Silo Complex in the Cape Town Waterfront. The silo, disused since 1990, stands as a monument to the industrial past of Cape Town.

Jochen Zeitz (former CEO of Puma) and renowned British architect Thomas Heatherwick collaborated on the development and design of this unique contemporary Museum and the luxury residences and boutique hotel that share the building.





Robben Island Tour

Visible from Cape Town across Table Bay, Robben Island is a haven for sea birds. But for centuries, it was a harsh place of banishment and isolation. Surrounded by the rough Atlantic surf that made escape almost impossible, the island became a prison for anyone from lowly convicts and lepers, members of the Indonesian nobility and imams thought to be inciting mutiny in the East Indies, to regal Xhosa chieftains, and later scores of anti-apartheid activists and prominent black leaders such as Nelson Mandela and Robert Sobukwe. From the Nelson Mandela Gateway take a 30 minute ferry ride across Table Bay to infamous Robben Island, where Mandela was imprisoned for some 17 years. Pre-book to avoid disappointment, especially in high season!

Bo-Kaap and District Six

Half Day Cape Malay Cultural Tour

Experience an intimate cultural journey guided by a member of the Bo-Kaap community, exploring the rich history and culture of the area and its Cape Malay people. Visit the Bo-Kaap museum for a unique insight and learn about the colourful architecture. At the spice wholesaler, find out about the origins of the spices and how they are used in traditional Cape Malay cuisine before experiencing first-hand how to fold samosas during a demonstration. As a full day option, this tour may be combined with Table Mountain. Additional tours that incorporate the Cape Malay Tour include: Langa Cooking Experience; Cultural Robben Island & New Hope Township Tour; Cultural Township and Craft; Jewish Culture & Table Mountain; West Coast & San Cultural Tour.

District Six Cultural Tour

As a result of the Group Areas Act, 60 000 Capetonian families were forcibly removed from this once vibrant area between 1966 and 1982. We examine the now desolate Zonnebloem, formerly District Six and visit the living museum which attempts to represent and recapture District Six in various ways – as a fine-spun tapestry of communal life torn apart but not forgotten.



TRUTH TO POWER

DESMOND TUTU & THE CHURCHES

In the struggle against apartheid

This exhibition is a showcase of the life and legacy of the late Archbishop Desmond Mpilo Tutu that informs and inspires us to follow his example. The visit includes a comprehensive history in 6 themes, a display about the Old Granary building and a temporary exhibition. Also on display within the exhibition is a wall inscribed with the names of more than 19,000 known victims of apartheid, as recorded in the seventh volume of the Truth and Reconciliation Commission report.





Kirstenbosch Botanical Garden

Founded in 1913, Kirstenbosch was the world's first botanic garden to be devoted to a country's indigenous flora. The gardens are truly a celebration of indigenous South African flora. There are about 8,500 species of plants in the Cape Flora and of these about 68% are found nowhere else in the world. Perhaps most famous is the garden's trademark Crane Flower, a yellow version of which is named Mandela's Gold. The sweeping views from the upper slopes are spectacular. Whether for a casual stroll, a more strenuous walk or a lazy picnic, the gardens are a must-see when visiting Cape Town.

Kirstenbosch Botanical Gardens has introduced a new **tree-top canopy walkway**. The Boomslang Aerial Walkway is in the Kirstenbosch Arboretum, which houses a collection of over 450 indigenous trees. The walkway is 130 metres long, peaking at approximately 11.5 meters above the ground, allowing visitors spectacular views above the forest. Designed by architects Mark Thomas and Christopher Bisset, the walkway was inspired by the form of a snake's skeleton and offers a 360-degree view of Cape Town cityscape and mountain slopes.

Table Mountain

In the morning and evenings, Table Mountain is often covered in a blanket of clouds, which burn off in the late morning. The view from the top of Table Mountain, or the adjacent Lion's Head, is spectacular and not to be missed! There are many options for getting to the top - and for getting back down again. Choose the level of adventure you are comfortable with.

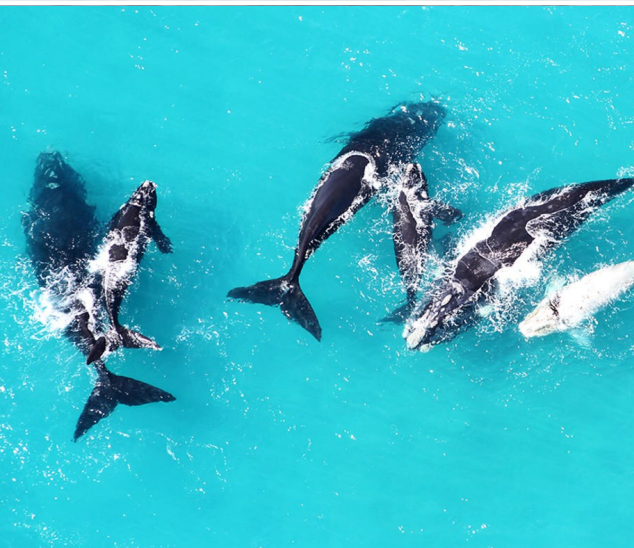
- **Cable Car** - depending on the time of year and the weather, one may take a leisurely cable car ride to the top.
- **Lion's Head** - a very popular hike with the locals, the trail starts off gently meandering around the mountain, then becomes a more strenuous hike as it reaches the top. Wear layers, bring lots of water and snacks!
- **Abseiling** - for those seeking an adrenaline rush, a repel off of the mountain can be arranged!
- **Ziplining** - a more gentle experience, but one that is still very exciting!





Shark Diving

Great White Sharks are vulnerable, yet highly evolved masters of the sea. Chris and Monique Fallows have been working with Great Whites since 1980 and were the first to film these amazing hunters breaching in pursuit of their favourite prey – Cape Fur Seals. This safari looks for the Great White Sharks that patrol Seal Island in False Bay – there are more than 60,000 seals as well as a host of bird species that make this a truly fascinating area to visit and a naturalist's paradise. Observing the natural predatory behaviour of the sharks is the main focus, and of course, cage diving is an option. Depart your hotel before daybreak, and drive to Simonstown harbour to be on the water as the sun rises over the mountains. Light lunch, snacks and soft drinks are served on the boat. All shark safaris are weather dependent and the best time is May to September. Shark Safaris can also be done from Gansbaai year round – 1.5 hours drive up the east coast north of Hermanus.



Whale Watching

Whale Watching—Every year, southern right whales migrate from their icy feeding grounds off Antarctica to give birth to their calves in the relative safety of the Cape. They reach Cape Town in June and thereafter the coastal waters teem with the giant mammals as they mate, calve and rear their young, presenting whale watchers with spectacular displays of raw power and elegant acrobatics. By the end of December, the last of these enigmatic creatures head south, calves in tow, to return to the Antarctic. The western half of False Bay, stretching from Strandfontein to Cape Point, is one of the finest boat-based whale watching sites in South Africa. This area is sheltered from the open ocean, surrounded by stunning views and provides an ideal winter home for the whales and their young. Seeing these gigantic (the weight of 12 elephants) mammals alongside the boat is a unique experience. Be ready to photograph one breaching or offering you a friendly wave with its tail! Full Day Hermanus whale watching tour is also available and is one of the world's greatest land-based whale watching destinations, especially between June and November. The beautiful coastal drive via Pringle Bay and Betty's Bay is worth the time!

Cape Winelands

Full Day Scheduled or Private or half day private tour are available with one of our wonderful local guides. Few places in the world offer the magnificent scenic wineland areas that the Cape does – mountains rise above vineyard valleys and 200 year old Cape Dutch homesteads rest in the shade of giant oak trees. The Cape winegrowing areas, situated in the narrow viticultural zone of the southern hemisphere, mainly have a Mediterranean climate and the mountain slopes and valleys form the ideal habitat for a wide variety of quality wine grapes. Long, sun-drenched summers and mild, wet winters contribute to the production of fine new and old world wines. Currently, more than 3 596 farmers cultivate some 101 016 hectares of land under vines.

The winelands of the Cape are widespread, but when your stay is short, the best can be found in historic Stellenbosch, Paarl and the beautiful valley of Franschhoek, home of the Cape's French Huguenots. Your wine tour will include estates chosen for their great wine, their beauty or their historic significance. A Cape Winelands Cycling Excursion is also an option! Markets, artisanal cheese and olive farms can also be included—delicious!

Specialist private wine excursions are available on request for those who are involved or particularly interested in viticulture and oenology.





Heart of Cape Town Tour

Led by Professor Christiaan Neethling Barnard at the Charles Saint Theatre, at Groote Schuur Hospital on the 3rd December 1967, the first human heart transplant was one of the greatest moments in medical history. Today, The Heart of Cape Town Museum honours all those who played a major role in the surgical feat that pushed the boundaries of science, into the dawn of a new medical era in which it became possible to transplant the symbol of the essence of life, our human heart. A guided tour of the museum is highly recommended during your stay in Cape Town! Tours are available 7 days a week at 9:00, 11:00, 13:00 & 15:00.

Cape Town Markets

Some of our favorite markets in Cape Town include:

- **First Thursdays:** As the name implies, First Thursdays takes place on the first Thursday of each month. Fast becoming a must-attend event, with art galleries and cultural events around the city staying open until 9pm or later. Locals along with tourists are invited to explore the city on foot and experience everything the city has to offer including food trucks, art exhibitions, local food and vintage markets along with live entertainment.
- **Neighbourgoods Market** – Saturday market - Old Biscuit Mill, Woodstock. You'll want to defend your espresso from the swipe of a passing baguette at this thriving Saturday morning community market (9am–2pm) in the district of Woodstock. Here, in an 8,600-square-foot, glass-covered warehouse, hipsters, foodies, and families gather to peruse the wares of some 120 vendors. There are gorgeous flowers and organic produce as well as pack-in-your-suitcase goodies of the dried or jarred variety. Some of the best eats are meant to be enjoyed while strolling, or at central long tables. **Insider Tip:** Unless you're an intrepid driver, take a taxi to get here. The narrow streets around the market can be intimidating, and parking is insanely difficult.
- **V&A Food Market** - Based in the Waterfront's Old Power Station this market is a food lover's dream with over 50 permanent vendors. German pretzels, fudge, Thai soup, Belgian waffles, home made ice cream and biltong are only a few of the foods available, along with fresh produce. Live music, plentiful seating, and a lovely atmosphere – the market is open daily to 7pm during the summer months and is the perfect place to enjoy lunch or early dinner when shopping in the Waterfront.
- **The Market at Palms** has free entry, free parking and a free vibe with live music most Saturdays from a variety of artists... Every Saturday with over 40 food traders – to name a few: Darling Gourmet Mushrooms, Kurt's Meat Deli, Sexy Sandwich, Stonehill Olives, Eureka Mills Bread, Classic Marmalade - winning prizes in London, Nellie's Pies - husband and wife baking team, Toorkombuis - famous romany creams and home made marshmallows and Wayland's Nguni Meats.
- **Other markets** to experience: Harbour Market in Hout Bay, the Kirstenbosch Craft Market. The Harbour Market is open on Fridays from 17h00-21h00 and on Saturdays and Sundays from 09h00-16h00. The Kirstenbosch Craft Market is open on the last Sunday of every month from 09h00-15h00, with no markets in June, July or August.





Other Cape Town Highlights

- Visit the **Castle of Good Hope** – the oldest building in South Africa
- Walk through the **Company Gardens** in the city center, flanked by historic buildings and museums.
- Take high tea at the grand, historic **Mount Nelson Hotel** at the top of the Gardens
- Visit Cape Town's trendy and magnificent **beaches** – **Clifton, Camps Bay**
- **Greenmarket Square** – an open market in a cobble stoned square in central Cape Town which includes a range of African arts and crafts.
- **Shop** for unusual art and items to take home in Cape Town's eclectic **Long Street**.
- **Boat trips** – see whales, seals, and pelagic birds.
- **Adventure Sail** – 4 hour Sports Sailing in Table Bay (weather & wind dependent).
- **Jewish Cultural Tour & Table Mountain**
- **Constantia Wine Route**
- Take Cape Town's **Hop-On, Hop-Off Bus** for a great overview of the city (departs from the Waterfront).
- **Private Cape Art Experience** – art & antique shops, galleries, private collection of Cape Art Dealer Rose Korber, Red Rock Tribal Art.
- **Walk to Freedom** – Cultural Tour
- **Helicopter Flip** and Picnic Lunch
- **Cape Malay Culinary Cooking Experience** with renowned Chefs
- **Full Day Township Visit:** The tour covers an extensive discussion on South African history, the legacy of Apartheid, political, social, economic, cultural and local issues. Visit and learn about inspiring community development projects, such as day care / early learning centres, urban agricultural and environmental programs, youth development /after school programs where children are taught dance, music, sport, an elderly project, animal care projects and many more.
- **Chavonnes Battery**—step below sea level to the sand of the original shoreline that has been hidden since 1724 among the Archaeology ruins and learn more about the history of Cape Town and the Dutch East India Company.
- Join a 90-minute **V&A Historical Walking** tour conducted by an experienced and registered tour guide with a sound knowledge of the history of Cape Town.

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