

FAST FACTS FOR YOUR TRIP TO CAPE TOWN

Weather in Cape Town

The winter months are June, July and August. The summer months are December, January and February. Winter in Cape Town and surrounds can be rainy, with intermittent stormy weather. There are lots of bright sunny days in winter where the average temperature is 14°C / 57°F. In summer it is hot and often quite windy.

Tourism Information in Cape Town

www.capetown.travel / info@capetown.travel / 0861 322 223
33 Martin Hammerschlag Way, Cape Town City Centre, Cape Town, 8000

Cape Town City & Atlantic Seaboard

What to See & Do in Cape Town & The Atlantic Seaboard

Cableway Up Table Mountain

The cable car rotates 360 degrees, offering passengers spectacular views of the city and the ocean. If you choose to hike up the mountain be warned, the region's fickle weather can turn swiftly, and it is NOT safe to walk alone on the mountain. Make enquiries about best routes and be prepared with water, hat, contact numbers.

NB: The cableway does not operate in high winds.

NB: In season, advance booking is essential.

www.tablemountain.net

V&A Waterfront

The Victoria & Alfred (V&A) Waterfront has wide range of shops, restaurants and

attractions - The Watershed Craft, Design & Wellness Centre; The Big Wheel; The Two Oceans Aquarium. Sunset cruises, harbour cruises, whale-watching excursions and Robben Island trips depart from here.

www.waterfront.co.za

Robben Island

Robben is where Nelson Mandela was incarcerated for 27 years. The island has a fascinating museum. Tours are led by former inmates and include a visit to Mandela's cell. Take the ferry from the Clock Tower in the Waterfront. NB: Book in advance

NB: Take a jacket and a bottle of water for the ferry crossing.

www.robben-island.org.za

Two Oceans Aquarium

Great for children, especially on a rainy day. View hundreds of marine species, penguins, sharks, and turtles. Daily animal feedings.

www.aquarium.co.za

Castle Of Good Hope

This star-shaped fortress at the heart of Cape Town is the oldest surviving building in South Africa. Plan your visit around the daily firing of the Signal Cannon.

www.castleofgoodhope.co.za

District Six Museum

The museum memorializes the citizens of District Six who were evicted from this vibrant suburb at the height of apartheid. www.districtsix.co.za

Township Tours

Experience an authentic half-day tour into the townships. Profits from the tours go community development projects. We highly recommend UTHANDO, an organization through which Southern Destinations makes a monthly donation to Home From Home.

Contact your consultant for more details or www.uthandosa.org

Hop On Hop Off Sightseeing Bus

A red open-top double-decker bus that takes in the highlights of Cape Town.

www.citysightseeing.co.za/cape-town

Best Beaches on the Atlantic Seaboard

The water ice cold, but the beaches are breathtakingly gorgeous!

Clifton Beaches
Camps Bay Beach
Llandudno Beach

Local Markets – Food & Wine, Arts & Crafts

Cape Town is a veritable bread basket of fresh food and home-made goods; browse the neighbourhood markets and meet the locals.

Neighbour Goods Market

Weekly gourmet and fresh produce market at the Old Biscuit Mill, Woodstock.
Saturdays 9h00 - 14h00

Oranjezicht City Farm Market

Granger Bay adjacent to the Waterfront.
Saturdays 9h00 - 14h00

V&A Food Market

Cape Town's only daily food market
7 days a week from 10h00 - 18h00

Other Activities in Cape Town & the Atlantic Seaboard

Abseil off Table Mountain with Abseil Africa -072 065 1520 www.abseilafrica.co.za

City Walking Tour - +27 21 511 6000
www.citysightseeing.co.za/tours/entry/free-city-sightseeing-walking-tours

Paraglide off Lions Head or Signal Hill - 076 892 2283 or 082 963 7729
www.paraglide.co.za

Bo Kaap & Bo Kaap Museum - 021 481 3939
<https://www.iziko.org.za/museums/bo-kaap-museum>

Cape Town Stadium & Stadium Tours - 021 417 0120
www.capetown.gov.za/capetownstadium/home

Planetarium - 021 481 3900

www.iziko.org.za/museums/planetarium

South African Museum - 021 481 3800

www.iziko.org.za/museums/south-african-museum

South African National Gallery - 021 481 3970

<https://www.iziko.org.za/museums/south-african-national-gallery>

Scratch Patch at Mineral World (V&A Waterfront) – 021 419 9429

www.scratchpatch.co.za

Shop on Long Street & Bree Street - Long Street and Bree Street are widely regarded as the Mother City's creative spine. The streets are lined unique boutiques.

Browse Greenmarket Square - This cobblestone plaza is filled with local vendors selling everything from painted fabrics to beadwork, sculptured stone to wire and bead art. Busking 'artists' play music, dance and mime. But be aware of pickpockets.

Where to Eat in Cape Town & Atlantic Seaboard

Some of our recommendations in the city and on the Atlantic Seaboard are:

Salsify at The Roundhouse Restaurant - 021 010 6444

Roundhouse Road, Camps Bay <https://salsify.co.za/>

The Test Kitchen - 021 447 2337

The Biscuit Mill, Woodstock - <https://www.thetestkitchen.co.za/home/>

The Test Kitchen Fledgelings - 078 339 2672

88 Shortmarket Street, Cape Town - www.thepotluckclub.co.za/home

The Pot Luck Club - 021 447 0804

The Biscuit Mill, Woodstock - www.thepotluckclub.co.za/home

Nobu at the One&Only - 021 431 5888

V&A Waterfront, Cape Town - <https://www.oneandonlyresorts.com/cape-town/dining/nobu>

Belly of the Beast - 076 220 5458

110 Harrington Street, Cape Town - <https://bellyofthebeast.co.za/>

The Black Sheep - 021 426 2661

Kloof Street, Cape Town - www.blacksheeprestaurant.co.za

Harbour House at the Waterfront - 021 418 4744 / 021 418 4748

Quay Four, V&A Waterfront - www.harbourhouse.co.za

Chefs Warehouse - 021 442 0128

92 Bree Street, Cape Town - www.chefswarehouse.co.za

Baia Seafood Restaurant - 021 421 0935/ 6/ 7

V&A Waterfront, Cape Town - www.baiarestaurant.co.za

Azure Restaurant - 021 437 9000

Victoria Road, Camps Bay - www.12apostleshotel.com/food-and-drink

Millers Thumb - +27 21 424 3838 / 082 782 2934

10B Kloof Nek Rd, Tamboerskloof, Cape Town - www.millersthumb.co.za

Bistrot Bizerca - 021 423 8888

98 Shortmarket Street, Heritage Square, Cape Town - <http://www.bizerca.com/>

Aubergine - 021 465 0000

Gardens, Cape Town - www.aubergine.co.za

FYN - + 27 (0)21 286 2733

5th Floor, Speakers Corner, 37 Parliament Str, Cape Town- <http://fynrestaurant.com/>

Kyoto Garden Sushi - 021 422 2001

11 Kloof Nek Road, Gardens, Cape Town - <https://www.kyotogarden.co.za/>

Café Paradiso - 021 422 0403

Kloof Street, Cape Town - www.cafeparadiso.co.za

Grub & Vine- 087 153 5244

103 Bree street, Cape Town- <https://www.grubandvine.co.za/welcome/>

Willoughby & Co - 021 418 6115

V&A Waterfront, Cape Town - www.willoughbyandco.co.za

Grand Pavilion- 021 206 6360

277 Beach Road, Sea Point - <https://www.grandpavilion.co.za/>

Cape Peninsula & Southern Suburbs

What to See & Do on the Cape Peninsula & Southern Suburbs

Kirstenbosch Botanical Gardens

The 36 hectare Kirstenbosch National Botanical Gardens is home to more than 7000 species of indigenous plants. Spend at least two hours here. A must-see is the tree-canopy walkway. There are two restaurants.

For garden tours and summer concert schedule -
www.sanbi.org/gardens/kirstenbosch

Simon's Town

Simon's Town played a key role in both world wars, and this heritage is still very much evident in the working dockyard and naval base located here. www.simonstown.com

Boulders Beach & the Penguin Colony

On False Bay, near Simon's Town, Boulders Beach is home to a colony of African Penguins.

[www.sanparks.org/parks/table_mountain/tourism/attractions.php - boulders](http://www.sanparks.org/parks/table_mountain/tourism/attractions.php-boulders)

Cape Of Good Hope & Cape Point

South of Cape Town is the Cape of Good Hope Nature Reserve. Resident wildlife includes ostriches, baboons, antelope, and zebra. The highlight here is Cape Point, an impressive strip of land jutting out into the Atlantic Ocean. Walk up, or take the funicular. Have lunch at the Two Ocean's Restaurant.

www.capepoint.co.za

Chapmans Peak Drive between Noordhoek and Hout Bay

Chapman's Peak Drive is a scenic drive along the cliffs between the mountain and the sea. www.chapmanspeakdrive.co.za

Beaches of the Cape Peninsula

Whether surfing, fishing, diving, swimming, or building sand castles, there's a beach to suit everyone.

Muizenberg Beach

A family beach popular with surfers. Surf schools, surf shops and restaurants line the beach.

Fish Hoek Beach

A family beach where the water is often warmer.

Boulders Beach

Famous for it's resident penguin colony. Popular with local families.

Long Beach

The most unspoilt beach on the Atlantic Cape coast. NOTE: it is unsafe to go for long walks alone on this beach.

Wine Estates of the Constantia Valley

Wine making in the Constantia Valley began in the late 17th century.

Groot Constantia - 021 794 5128 www.grootconstantia.co.za

Klein Constantia - 021 794 5188 www.kleinconstantia.com

Constantia Uitsig - 021 21 794 6500 www.uitsig.com

Constantia Glen - 021 795 6100 www.constantiaglen.com

Buitenverwachting - 021 794 5190 www.buitenverwachting.com

Steenberg Vineyards - 021 713 2211 www.steenbergfarm.com

Eagles Nest - 021 794 4095 www.eaglesnestwines.com

Beau Constantia - 021 794 5128 www.beauconstantia.com

Local Markets – Food & Wine, Arts & Crafts

Two of our favourites are:

Cape Point Vineyards Market

Weekly outdoor food market at Cape Point Vineyards.

Summer: Thursdays 16h30 – 20h30. Winter: Closed

Bay Harbour Market

Weekly indoor food and goods market in Hout Bay
Friday 5 – 9pm and Saturday/Sunday 9.30am – 4pm

Other Activities on the Cape Peninsula & Southern Suburbs

Newlands Brewery Tour – +27 (21) 658 7440

<https://newlandsbrewery.co.za/beer-experience/>

Learn to Surf (or rent a board) at Muizenberg Beach – 021 788 8218

www.lifestylesurfshop.co.za <http://www.garysurf.co.za/>

Scratch Patch at Mineral World at Simon's Town – 021 786 2020

www.scratchpatch.co.za

Cape Point Ostrich Farm & Tours – 021 780 9294

www.capepointostrichfarm.com

Horse Ride on Noordhoek Beach – 063 022 6902 / 021-789 1903

<http://thedunesbeachrides.co.za/>

Sea Kayak Trip from Simon's Town – 082 501 8930

www.kayakcapetown.co.za

Whale Watching Cruise | Seal Island Cruise | Cape Point Cruise from Simon's Town – 083 257 7760 www.boatcompany.co.za

Scuba Dive False Bay from Simon's Town – 021 786 3799

www.piscesdivers.co.za

Kalk Bay Stroll - Wander the quaint streets of Kalk Bay fishing village. Lots of eclectic and arty shops, pavement cafés and restaurants.

Where to Eat on the Cape Peninsula & Southern Suburbs

Some recommended restaurants south of the city centre.

The Foodbarn - 021 789 1390

Noordhoek Farm Village, Noordhoek - www.thefoodbarn.co.za

Foxcroft - 021 202 3304

Constantia - www.foxcroft.co.za

La Colombe - 021 794 2390

Silvermist Wine Estate, Constantia www.lacolombe.co.za/home

Chef's Warehouse at Beau Constantia - 021 794 8632 ext.1

Beau Constantia, Constantia www.beauconstantia.com/eat

Bistro Sixteen82 - 021 713 2211

Steenberg Estate, Constantia <https://www.steenbergfarm.com/bistro1682-cape-town-contemporary-restaurant/>

Tryn - 021 713 7178

Steenberg Estate, Constantia <https://www.steenbergfarm.com/tryn-cape-town-contemporary-restaurant/>

Harbour House at Kalk Bay - 021 788 4136

Kalk Bay Harbour <https://www.harbourhouse.co.za/>

La Parada - 021 795 0620

Hout Bay Road, Constantia <https://laparada.co.za/>

The Greenhouse at the Cellars-Hohenhort - 021 795 6226

Cellars-Hohenhort Hotel, Constantia www.greenhouserestaurant.co.za

Beyond Restaurant - 021 794 5190/1

Buitenverwachting, Constantia <https://beyondrestaurant.co.za/>

Bon Voyage!

