

Cape Town



Good-looking, fun-loving, sporty and laid-back. If Cape Town was in the dating game that's how her profile would read. And – for once – it's all true. The Mother City occupies one of the world's most stunning locations, with an iconic mountain slap-bang in its centre. As beautiful as the surrounding beaches and vineyards can be, it's the rugged wilderness of Table Mountain, coated in a unique flora, that is the focus of attention.

Complementing this natural beauty is Cape Town's eye-catching way with design and colour – in everything from the brightly painted façades of the Bo-Kaap and the Victorian bathing chalets of Muizenberg, to the contemporary Afro-chic décor of the many excellent guesthouses, restaurants and bars. The city's multiethnic population is proof of South Africa's 'rainbow nation'.

It's a place of extremes, with the wealth of Camps Bay and Constantia side by side with the poverty of townships such as Khayelitsha. Even in the townships and the deprived coloured areas of the city – home to the vast majority of Capetonians – there are huge differences in lifestyle and many great examples of civic pride and optimism to balance against the shocking crime and HIV/AIDS statistics. Discovering the Mother City's true diversity and spirit is all part of getting the most out of a visit here.

It has great eating and drinking establishments, a lively cultural scene, particularly when it comes to music, and scores of adrenaline pumping outdoor activities. Now don't you think it time you made a date with Cape Town?

HIGHLIGHTS

- Sailing out to the infamous prison **Robben Island** (p107), and pondering the country's past and present
- Taking the cable car to the top of magnificent **Table Mountain** (p107) and looking down on the city
- Exploring the **City Bowl** (p108), where you'll find museums, the Company's Gardens and wonderful Art Deco and Victorian architecture
- Heading to the **Cape of Good Hope Nature Reserve** (p164) for wide open spaces, wildlife, empty beaches and the dramatic scenery of the peninsula's rugged tip
- Browsing the fish market, antique shops and convivial cafés at **Kalk Bay** (p160)



■ POPULATION: 3.1 MILLION

■ AREA: 2487 SQ KM

HISTORY

Long before the Dutch East India Company (Vereenigde Oost-Indische Compagnie; VOC; see p33) established a base here in 1652, the Cape Town area was settled by the San and Khoekhoen nomadic tribes, collectively known as the Khoesaaan. The indigenous people shunned the Dutch, so the VOC was forced to import slaves from Madagascar, India, Ceylon, Malaya and Indonesia to deal with the colony's chronic labour shortage. Women were in even shorter supply, so the Europeans exploited the female slaves and the local Khoesaaan for both labour and sex. In time the slaves also intermixed with the Khoesaaan. The offspring of these unions formed the basis of sections of today's coloured population and also helps explain the unique character of the city's Cape Muslim population (see p104).

Under the 150-odd years of Dutch rule, Kaapstad, as the Cape settlement became known, thrived and gained a wider reputation as the 'Tavern of the Seas', a riotous port used by every sailor travelling between Europe and the East. But by the end of the 18th century the VOC was practically bankrupt, making Cape Town an easy target for British imperial interests in the region. Following the British defeat of the Dutch in 1806 at Bloubergstrand, 25km north of Cape Town, the colony was ceded to the Crown on 13 August 1814. The slave trade was abolished in 1808, and all slaves were emancipated in 1833.

The discovery and exploitation of diamonds and gold in the centre of South Africa in the 1870s and 1880s led to rapid changes. Cape Town was soon no longer the single dominant metropolis in the country, but as a major port it too was a beneficiary of the mineral wealth that laid the foundations for an industrial society. The same wealth led to imperialist dreams of grandeur on the part of Cecil John Rhodes (premier of the Cape Colony in 1890), who had made his millions at the head of De Beers Consolidated Mines (see p527).

An outbreak of bubonic plague in 1901 was blamed on the black African workers (although it actually came on boats from Argentina) and gave the government an excuse to introduce racial segregation: blacks were moved to two locations, one near the docks and the other at Ndabeni on the

western flank of Table Mountain. This was the start of what would later develop into the townships of the Cape Flats.

In 1948 the National Party stood for election on its policy of apartheid and narrowly won. In a series of bitter court and constitutional battles, the limited rights of blacks and coloureds to vote in the Cape were removed and the insane apparatus of apartheid was erected. This resulted in whole communities, such as District Six (see p112), being uprooted and cast out to the bleak Cape Flats.

The government tried for decades to eradicate squatter towns, such as Crossroads, which were focal points for black resistance to the apartheid regime. In its last attempt between May and June 1986, an estimated 70,000 people were driven from their homes and hundreds were killed. Even this brutal attack was unsuccessful in eradicating the towns, and the government accepted the inevitable and began to upgrade conditions.

Hours after being released from prison on 11 February 1990, Nelson Mandela made his first public speech in decades from the balcony of Cape Town's City Hall, heralding the beginning of a new era for South Africa. Much has improved in Cape Town since – property prices keep booming and the city centre is a safer and more pleasant place to shop, work and live, with the development of ritzy loft-style apartments in grand old structures such as Mutual Heights (p113).

Full integration of Cape Town's mixed population, however, remains a long way off, if it's achievable at all. The vast majority of Capetonians who live in the Cape Flats remain split along race lines and suffer horrendous economic, social and health problems, not least of which are the HIV/AIDs pandemic and high levels of drug-related crime. At the most recent local elections in March 2006, among the issues that helped the Democratic Alliance receive a higher percentage of the vote than the ruling African National Congress (ANC) were local government corruption, the rolling power outages in the city and lack of funds for the overstretched fire brigade.

CLIMATE

Great extremes of temperature are unknown in Cape Town, although it can be relatively

cold and wet for a few months in winter (between June and August) when temperatures range from 7°C to 18°C. Spring weather from September to November is unpredictable. December to March is hot, although the average maximum temperature is only 26°C with the strong southeasterly wind (known as the Cape Doctor) generally keeping things bearable. From March to April, and to a lesser extent in May, the weather remains good and the wind is at its most gentle.

For hourly updates on the weather, check www.weathersa.co.za. Also see p607 for more information.

LANGUAGE

In the Cape Town area three of South Africa's 11 official languages (all equal under the law) are prominent: Afrikaans (spoken by many whites and coloureds), English (spoken by nearly everyone) and Xhosa (spoken mainly by blacks).

ORIENTATION

Cape Town's commercial centre – known as the City Bowl – lies to the north of Table Mountain and east of Signal Hill. The inner-city suburbs of Gardens, Oranjezicht and Tamboerskloof are all within walking distance of it. Nearby Signal Hill, Green Point and Sea Point are other densely populated seaside suburbs.

The city sprawls quite a distance to the northeast (this is where you'll find the beachside district of Bloubergstrand and the enormous Canal Walk shopping centre). To the south, skirting the eastern flank

of the mountains and running down to Muizenberg at False Bay, are leafy and increasingly rich suburbs including Observatory, Newlands and Constantia.

On the Atlantic Coast, exclusive Clifton and Camps Bay are accessible by coastal road from Sea Point or through Kloof Nek, the pass between Table Mountain and Lion's Head. Camps Bay is a 10-minute drive from the city centre and can easily be reached by public transport, but as you go further south, the communities of Llandudno, Hout Bay and Noordhoek are better explored with your own car or bike.

The False Bay towns from Muizenberg to Simon's Town can all be reached by rail and are covered in the Around Cape Town section (p160), along with details on the spectacular Cape of Good Hope Nature Reserve (p164), 70km south of the city centre. You'll also find details here of the communities in the Cape Flats (p165), stretching along the N2 southeast of Table Mountain.

Maps

Cape Town Tourism (p106) produces a free map that will serve most short-term visitors' needs. If you're staying for more than a week or so, and have a car, consider buying Map Studio's *Cape Town & Peninsula Street Guide*.

INFORMATION Bookshops

The main mass-market bookshop and newsagent is CNA, with numerous branches around the city.

MUSLIM CAPE TOWN

Islam first came to the Cape with the slaves brought by the Dutch from the Indian subcontinent and Indonesia (hence the term Cape Malays, although few of them actually hailed from what is today called Malaysia). Among them were educated political dissidents such as the exiled Islamic leader Tuan Guru from Tidore, who arrived in 1780. During his 13 years on Robben Island, Tuan Guru accurately copied the Quran from memory. In 1794 he helped establish the Owl Mosque, the city's first mosque, in the Bo-Kaap, thus making this area the heart of the Islamic community in Cape Town that it still is today.

Tuan Guru is buried in the Bo-Kaap's Tana Baru cemetery, one of the oldest in South Africa, at the western end of Longmarket St. His grave is one of the 20 or so *karamats* (tombs of Muslim saints) encircling Cape Town and visited by the faithful on a mini pilgrimage. Islam is still widely practiced in the city, predominantly among the coloured community. It's noticeably not of the militant variety that has caused such problems around the world and you should have no fears wandering around the Bo-Kaap, where you can drop by the local museum (p112) to find out more about the community.

CAPE TOWN IN...

Two Days

Start with a trip up **Table Mountain** (p107). After admiring the view return to the city and wander through the **Company's Gardens** (p109), nipping into the **SA National Gallery** (p113) to sample the best of the country's art. Get a taste of African cuisine at **Café African Image** (p147), then go souvenir shopping at **Greenmarket Sq** (p156) and along **Long St** (p109).

Kick off day two by exploring the southern end of the Cape Peninsula and the False Bay coast. The obvious destination is magnificent **Cape Point** (p164), where you could easily spend the whole day. However, it would be a shame to miss out on charming **Simon's Town** (p162), the cute penguin colony at **Boulders** (p163), and the antique shops and picturesque fishing harbour at **Kalk Bay** (p160). A good option for lunch is Kalk Bay's **Olympia Café & Deli** (p162). Return to the city via the Atlantic Coast and **Chapman's Peak Drive** (p118), pausing at **Camps Bay** (p118) for a sundowner cocktail.

Four Days

Start day three with a half-day **township tour** (p141). These generally include the **District Six Museum** (p108). Sail out to **Robben Island** (p107) in the afternoon; then either hang out at the **Waterfront** (p378) in the evening, or head over to the **Waterkant** to dine (p149) and dance (p153) the night away with the gorgeous guys and girls.

On day four explore the Southern Suburbs, dropping by the **Irma Stern Museum** (p119) or leafy **Constantia** (p119) for a spot of wine tasting. An afternoon stroll around **Kirstenbosch Botanical Gardens** (p119) is recommended. You could have afternoon tea here or at the tearoom beside the nearby **Rhodes Memorial** (p122), with its sweeping view across the Cape Flats. Cap off your trip with dinner back in the city, say at **Africa Café** (p148) or **Madame Zingara & Cara Lazuli** (p148).

Clarke's Bookshop (Map pp110-11; ☎ 021-423 5739; www.clarkesbooks.co.za; 211 Long St, City Bowl) Stocks an unsurpassed range of books on South Africa and the continent, and has a great secondhand and antiquarian section.

Exclusive Books Waterfront (Map pp116-17; ☎ 021-419 0905; Victoria Wharf); Cavendish Sq Mall (Map pp120-1; Claremont); Lifestyles on Kloof (Map p114) Has an excellent range, including some books in French.

Travellers Bookshop (Map pp116-17; ☎ 021-425 6880; Victoria Wharf, Waterfront)

Emergency

In an emergency call ☎ 107, or ☎ 112 if using a mobile phone. Other useful phone numbers:

Ambulance (☎ 10177)

Fire brigade (☎ 021-535 1100)

Mountain Rescue Services (☎ 021-948 9900)

Police (☎ 10111)

Sea Rescue (☎ 021-405 3500)

Internet Access

Cape Town is one of the most wired cities in Africa. Most hotels and hostels have Internet facilities and you'll seldom have

to hunt far for an Internet café. Rates are pretty uniform at R10 per hour.

Catwalk TV (Map pp110-11; ☎ 021-423 8999; www.catwalk.co.za; 16 Burg St, City Bowl; ☎ 24 hr) Central and handy.

Media

Cape Town's morning newspaper, the **Cape Times** (www.capetimes.co.za), and the afternoon **Cape Argus** (www.capeargus.co.za), print practically the same news. The weekly *Mail & Guardian*, published Friday, has a good arts review supplement with details of what's going on in Cape Town. **Cape Etc** (www.capeetc.com) is a decent bimonthly arts and listings magazine dedicated to what's going on around town.

Medical Services

Medical services are of a high standard in Cape Town. Many doctors make house calls; they're listed under 'Medical' in the phone book, and hotels and most other accommodation places can arrange a visit.

Christian Barnard Memorial Hospital (Map pp110-11; ☎ 021-480 6111; www.netcare.co.za; 181 Longmarket

St, City Bowl) The best private hospital; reception is on the 8th floor.

Groote Schuur Hospital (Map pp120–1; ☎ 021-404 9111; capegateway.gov.za/gsh; Main Rd, Observatory) In an emergency, you can go directly to the casualty department.

SAA-Netcare Travel Clinic (Map pp110–11; ☎ 021-419 3172; 11th fl, Picbal Arcade, 58 Strand St, City Bowl; ☎ 8am–5pm Mon–Fri, 9am–1pm Sat) For vaccinations and travel health.

Money

Money can be changed at the airport, most commercial banks and at Cape Town Tourism (below). Rennies Travel (right) is the local agent for Thomas Cook and also has foreign-exchange offices.

There are ATMs all over town; see p614 for information on ATM scams.

American Express City Bowl (Map pp110–11; ☎ 021-425 7991; Thibault Sq); Waterfront (Map pp116–17; ☎ 021-419 3917; V&A Hotel Mall, Waterfront)

Post

General post office (Map pp110–11; ☎ 021-464 1700; Parliament St, City Bowl; ☎ 8am–4.30pm Mon–Fri, 8am–noon Sat) Has a poste restante counter.

Telephone

At phone boxes a phonocard is useful; you can buy one at Cape Town Tourism, newsagents and general stores.

You can rent mobile phones or get a pay-as-you-go SIM card from the MTM and Vodacom desks at the airport or in town, where you'll also find Cell-C shops. Top-up cards are available all over town.

Tourist Information

Cape Town Tourism (www.tourismcapetown.co.za) City Centre (Map pp110–11; ☎ 021-487 6800; cnr Castle

& Burg Sts, City Bowl; ☎ 8am–6pm Mon–Fri, 8.30am–2pm Sat, 9am–1pm Sun Oct–Mar, 8am–5.30pm Mon–Fri, 8.30am–1pm Sat, 9am–1pm Sun Apr–Sep); Waterfront (Map pp116–17; ☎ 021-405 4500; Clock Tower Centre; ☎ 9am–9pm) At this impressive and well-run centre, you'll find advisers who can book accommodation, tours and rental cars. At the City Centre branch you can also get advice on Cape Nature Conservation Parks (☎ 021-426 0723) and the National Parks & Reserves (☎ 021-423 8005). There's also an Internet café and a foreign-exchange booth. The Waterfront office is a scaled-down version of the main city-centre office.

Travel Agencies

Africa Travel Centre (Map p114; ☎ 021-423 5555; www.backpackers.co.za; the Backpack, 74 New Church St, Tamboerskloof) Books all sorts of tours and activities, including day trips, hire cars and extended truck tours of Africa.

Atlantic Tourist Information Centre (Map pp120–1; ☎ 021-434 2382; www.arokan.co.za; 242 Main Rd, Three Anchor Bay) Gay-run tour company and travel agent.

Flight Centre (Map p114; www.flightcentre.co.za; ☎ 021-461 8658; Gardens Centre, Mill St, Gardens)

Rennies Travel (www.renniestravel.co.za) City Bowl (Map pp110–11; ☎ 021-423 7154; 101 St George's Mall); Sea Point (Map pp120–1; ☎ 021-439 7529; 182 Main Rd); Waterfront (Map pp116–17; ☎ 021-418 3744; Victoria Wharf Shopping Centre) Handles international and domestic bookings and is the agent for Thomas Cook travellers cheques. It can arrange visas for neighbouring countries for a moderate charge.

STA Travel (Map pp120–1; ☎ 021-686 6800; 14 Main Rd, Rondebosch)

Wanderwomen (☎ 021-788 9988; www.wanderwomen.co.za) Travel agent and tour company run by women.

Visa Extensions

Department of Home Affairs (Map pp110–11; ☎ 021-465 0333; www.samigrationservices.co.za; 56 Barrack St, City Bowl; ☎ 8am–3.15pm Mon–Fri)

CAPE TOWN PASS

If you want to pack in a lot of sightseeing in Cape Town (and we do mean a lot!), consider investing in the **Cape Town Pass** (☎ 021-886 7080; www.thecapetownpass.co.za). The pass, which is valid for one, two, three or six consecutive days (adult R275/425/495/750, child R180/285/350/550), covers entry to some 70-odd Cape Peninsula and Winelands attractions; the only main exceptions are the Table Mountain cable car and Robben Island. You'll have to work pretty hard to get the full value from the one- or two-day cards, but the three- and six-day ones can work out a good deal. The pass also offers discounts at many places around town as well as free cell phone rental and a local SIM card from Vodashop-Cellucity. It's available at Cape Town Tourism's main City Bowl and Waterfront offices, or you can buy it online and have it delivered to wherever you'll be staying.

HOERIKWAGGO TRAILS

As with Uluru (Ayres Rock) in Australia, we will all have to get used to knowing Table Mountain by its indigenous Khoesaaan name Hoerikwaggo (meaning 'mountain in the sea'). In 2005 Table Mountain National Park launched the first of its planned suit of three **Hoerikwaggo Trails** (www.hoerikwaggotrails.co.za) designed to allow visitors, for the first time, to sleep on the mountain, and eventually to hike 80km or so from the City Bowl to Cape Point.

The three-day Table Mountain Trail is a fully guided hike starting at the Waterfront and proceeding through the City Bowl. Hikers then spend the night at a well-appointed lodge at the historic Platteklip Wash House (Map p114) in Vredehoek, on the lower northern slopes of the mountain. On day two the hike continues up to the cableway and then to the summit and across the mountaintop, and hikers spend the night on the Back Table at the Overseers Cottage (Map pp102–3). On the final day hikers explore the Back Table and descend via the eastern slopes of the mountain to Kirstenbosch Botanical Gardens (p119). The trail costs R1900 per person (based on double occupancy of a room), which includes all meals, portering of luggage and accommodation of a very high standard. There's a maximum of 16 people on a hike.

By the start of 2007 the less-pampered Tip to Top Trail should be up and running. This six-day, five-night hike beginning at Cape Point will involve carrying your own food, gear and sleeping bag and camping at fixed spots in the national park. By the end of 2007 a luxury version, running in the opposite direction (Top to Tip), and sleeping in comfortable huts, should be available.

DANGERS & ANNOYANCES

Cape Town remains one of the most relaxed cities in Africa, which can instil a false sense of security. Thefts are most likely to happen when visitors do something stupid like leaving their gear on a beach while they go swimming.

Paranoia is not required, but common sense is. There is tremendous poverty on the peninsula and the 'informal redistribution of wealth' is reasonably common. The townships on the Cape Flats have an appalling crime rate and unless you have a trustworthy guide or are on a tour they are not places for a casual stroll.

Stick to the roads when you walk around the city, and always listen to local advice. There is safety in numbers.

Swimming at any of the Cape beaches is potentially hazardous, especially for those inexperienced in surf. Check for warning signs about rips and rocks and only swim in patrolled areas.

For safety tips while walking in Table Mountain National Park, see p137.

SIGHTS

Table Mountain National Park

Covering some three quarters of the peninsula, **Table Mountain National Park** (www.tnmp.co.za) stretches from flat-topped Table Mountain to Cape Point (see p164). For the vast majority of visitors the main attraction is

the 1086m-high mountain itself, the top of which can easily be accessed by the **cableway** (Map pp120–1; ☎ 021-424 5148; www.tablemountain.net; adult one way/return R57.50/115, child R30/60; ☎ 8.30am–7pm Feb–Nov, 8am–10pm Dec & Jan), which runs every 10/20 minutes in high/low season.

The views from the revolving cable car and on the summit are phenomenal. Once you're at the top there are souvenir shops, a café and some easy walks to follow. The cableway doesn't operate when it's dangerously windy, and there's little point going up if you are simply going to be wrapped in the cloud known as the 'tablecloth'. Call in advance to see if they're operating. The best visibility and conditions are likely to be first thing in the morning or in the evening. For information about climbing the mountain see p124.

If you don't have your own transport, Rikkis (p159) will drop you at the cable car from the city centre for R16; a nonshared taxi will cost around R50.

Robben Island & Nelson Mandela Gateway

Prisoners were incarcerated on **Robben Island** (☎ 413 4220; www.robben-island.org.za; adult/child R150/75; ☎ hourly ferries 9am–3pm, sunset tour 5pm Dec–Jan) from the early days of the VOC right up until 1996. Now a museum and UN World Heritage Site, it is one of the most popular destinations in all of Cape Town.

While we heartily recommend going to Robben Island, a visit here is not without its drawbacks. Most likely you will have to endure crowds and being hustled around on a guided tour that at a maximum of two hours on the island (plus a 30-minute boat ride in both directions) is woefully short. You will learn much of what happened to Mandela and others like him, since one of the former inmates will lead you around the prison. It seems a perverse form of torture to have these guys recount their harrowing time as prisoners here, but the best of the guides rise above this to embody the true spirit of reconciliation.

The standard tours, which have set departure and return times when you buy your ticket, include a walk through the old prison (with the obligatory peek into Mandela's cell), as well as a 45-minute bus ride around the island with commentary on the various places of note, such as the lime quarry in which Mandela and many others slaved, and the church used during the island's stint as a leper colony. If you're lucky, you'll have about 10 minutes to wander around on your own. The guides will suggest checking out the jackass penguin colony near the landing jetty, but we recommend heading straight to the prison's A-section to view the remarkable and very moving exhibition *Cell Stories*. In each of 40 isolation cells is an artefact and story from a former political prisoner.

Tours depart from the **Nelson Mandela Gateway** (Map pp116-17; admission free; ☎ 9am-8.30pm) beside the Clock Tower at the Waterfront. Even if you don't plan a visit to the island, it's worth dropping by the museum here, with its focus on the struggle for freedom. For island tours an advance booking is recommended; at holiday times all tours can be booked up for days. Make bookings at the Nelson Mandela Gateway departure point or at Cape Town Tourism (see p106) in the city.

City Bowl

City Bowl, the commercial heart of Cape Town, is squeezed between Table Mountain, Signal Hill and the harbour. Immediately to the west is the Bo-Kaap and the Waterkant, and to the east is Zonnebloem (once known as District Six). One of the best ways to see the many sights here is

on a walking tour; see p140 for some recommended tour companies, or follow our self-guided tour (p138).

DISTRICT SIX MUSEUM

If you see only one museum in Cape Town make it the **District Six Museum** (Map pp110-11; ☎ 021-466 7200; www.districtsix.co.za; 25A Buitenkant St; adult/child R15/10; ☎ 9am-3pm Mon, 9am-4pm Tue-Sat). Note that almost all township tours stop here first to explain the history of the pass laws. This emotionally moving museum is as much for the people of the now-vanished District Six as it is about them. Displays include a floor map of District Six on which former residents have labelled where their demolished homes and features of their neighbourhood once stood; reconstructions of home interiors; and faded photographs and recordings. Many of the staff, practically all displaced residents themselves, have heartbreaking stories to tell (see the boxed text, p112).

You can also arrange a **walking tour** (☎ 021-466 7208; per person R50, 10 people minimum) of the old District Six.

CASTLE OF GOOD HOPE

Many visitors are surprised to find a **castle** (Map pp110-11; ☎ 021-787 1249; www.castleofgoodhope.co.za; Mon-Sat adult/child R20/10, Sun R10/5; ☎ 9am-4pm, tours 11am, noon & 2pm Mon-Sat) in Cape Town. Built between 1666 and 1679 to defend Cape Town, this stone-walled pentagonal structure is commonly touted as the city's oldest building. It's worth coming for one of the tours (the noon tour on weekdays coincides with the changing of the guard, since the castle is still the headquarters for the Western Cape military command), although you can quite easily find your own way around. A key ceremony at the castle gate – when the keys to the gate are handed over in an orchestrated ceremony – is held at 10am Monday to Friday. There are extensive displays of militaria and some interesting ones on the castle's archaeology and the reconstruction of the so-called Dolphin Pool. The highlight is the bulk of the William Fehr Collection (open 9.30am to 4pm), including some fabulous bits of Cape Dutch furniture, such as a table seating 100, and paintings by John Thomas Baines.

The entrance is on Buitenkant St.

COMPANY'S GARDENS

These shady green **gardens** (Map p114; ☎ 7am-7pm) in the heart of the city are a lovely place to relax during the heat of the day. The surviving six hectares of what started as the vegetable patch for the Dutch East India Company are found around Government Ave, with gates next to the National Library of South Africa and off both Museum and Queen Victoria Sts. As the VOC's sources of supply diversified, the grounds became a superb pleasure garden, planted with a fine collection of botanical specimens from South Africa and the rest of the world, including frangipani and African flame trees, aloes and roses.

The squirrels that scamper here were imported to Cape Town from North America by Cecil Rhodes, whose statue stands in the centre of the gardens. A craft market is held next to the café in the centre of the garden once or twice a month; enquire at the garden's information centre for details.

HOUSES OF PARLIAMENT

Although it sounds unlikely, visiting South Africa's **parliament** (Map pp110-11; ☎ 021-403 2266; www.parliament.gov.za; Parliament St; admission free; tours by appointment Mon-Fri) can make for a fascinating tour, especially if you're interested in the country's modern history. Opened in 1885, the hallowed halls have seen some pretty momentous events; this is where British prime minister Harold Macmillan made his 'Wind of Change' speech in 1960, and where president Hendrik Verwoerd, architect of apartheid, was stabbed to death in 1966. Enthusiastic tour guides will fill you in on the mechanisms and political make-up of their new democracy. You must present your passport to gain entry.

MICHAELIS COLLECTION & GREENMARKET SQUARE

Donated by Sir Max Michaelis in 1914, the impressive **Michaelis Collection** (Map pp110-11; ☎ 021-481 3933; www.museums.org.za/michaelis; Greenmarket Sq; admission by donation; ☎ 10am-5pm Mon-Fri, 10am-4pm Sat) is found in the superbly restored Old Townhouse, which used to be the City Hall. Masterworks from the collection of 16th- and 17th-century art (including works by Rembrandt, Frans Hals and Anthony Van Dyck) hang beside contemporary pieces.

Outside, browse the lively souvenir market in cobbled **Greenmarket Square** (p156) and inspect the striking Art Deco façades of the buildings around the square.

LONG STREET

Whether you come to browse the antique shops, secondhand bookstores and streetwear boutiques, or to party at the host of bars and clubs that crank up at night, a stroll along Long St (Map pp110-11) is an essential part of a Cape Town visit. The most attractive section, lined with Victorian-era buildings with wrought-iron balconies, runs from the junction with Buitensingel St north to around the Strand. Long St once formed the border of the Muslim Bo-Kaap so you'll find several old mosques along the street, including the **Noor el Hamedia Mosque** (1884), on the corner of Dorp St, and the **Palm Tree Mosque** at 185 Long St, dating from 1780. For information about Long St Baths see p138.

SIGNAL HILL & NOON GUN

Once also known as Lion's Rump, as it's attached to Lion's Head by a 'spine' of hills, **Signal Hill** (Map pp110-11) separates Sea Point from the City Bowl. There are magnificent views from the 350m-high summit, especially at night. Head up Kloof Nek Rd from the city and take the first turn-off to the right at the top of the hill.

At noon Monday to Saturday, a cannon known as the **Noon Gun** (Map pp110-11) is fired from the lower slopes of Signal Hill. You can hear it all over town. Traditionally this allowed the burghers in the town below to check their watches. It's a stiff walk up here through the Bo-Kaap. Take Longmarket St and keep going until it ends. The Noon Gun Tearoom & Restaurant (p148) is a good place to catch your breath.

SLAVE LODGE

One of the oldest buildings in South Africa, dating back to 1660, **Slave Lodge** (Map pp110-11; ☎ 021-460 8240; www.museums.org.za/slavelodge; 49 Adderley St; adult/child R10/5; ☎ 10am-4.30pm Mon-Sat) has a fascinating history. Until 1811 the building was home, if you could call it that, to as many as 1000 slaves, who lived in damp, insanitary, crowded conditions. Up to 20% died each year. The slaves were bought and sold just around the corner on Spin St.

CITY BOWL & BO-KAAP

INFORMATION

- American Express.....1 F3
- Botswana Consulate.....2 F3
- British Consulate.....(see 2)
- Canadian Consulate.....3 E4
- Cape Town Tourism.....4 E3
- Catwalk TV.....5 E4
- Christian Barnard Memorial Hospital.....6 D4
- Department of Home Affairs.....7 F6
- Dutch Consulate.....8 E3
- Flight Centre.....9 F3
- French Consulate.....10 C6
- General Post Office.....11 F4
- German Consulate.....12 C6
- Italian Consulate.....13 C6
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- Rennies Travel.....16 F4
- SAA-Netcare Travel Clinic.....17 F3
- Inn Long Street.....47 C5
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- St Paul's B&B Guest House.....50 C5
- Townhouse.....51 F5
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- Bukhara.....56 E4
- Café African Image.....57 E4
- Cara Lazuli.....58 C5
- Charly's Bakery.....59 E6
- Crush.....60 E4
- Frieda's.....61 E2
- Ginja.....62 D3
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- Madame Zingara.....(see 58)
- Noon Gun Tearoom & Restaurant.....65 C2
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- Pick 'n' Pay.....(see 17)
- Portobello.....67 E4
- Royale Eatery.....68 C5
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- Vide e Café.....72 F3
- Woolworths.....73 F4

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- Cool Runnings.....75 D5
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- Jo'burg.....76 C5
- Lipstick Lounge.....77 E2
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- Hemisphere.....82 F3
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- Marimba.....85 G2
- Mian Mian.....86 D2
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- Rhodes House.....88 D6
- Snap.....89 D5
- Zula Sound Bar.....90 C5

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- Abseil Africa.....18 C5
- Altira Spa.....19 G1
- Bo-Kaap Museum.....20 C3
- Castle of Good Hope.....21 G5
- Cecil Rhodes Statue.....22 D6
- City Hall.....23 E4
- District Six Museum.....24 F6
- Groote Kerk.....25 E5
- Houses of Parliament.....26 E5
- Koopmans de Wet House.....27 E3
- Long St Baths.....28 C6
- Lutheran Church.....29 E3
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- Mutual Heights.....31 F5
- National Library of South Africa.....32 D5
- Noon Gun.....33 B1
- Old Town Hall.....34 F5
- Old Townhouse.....(see 30)
- Owal Mosque.....35 C4
- Palm Tree Mosque.....36 D5
- St George's Cathedral.....37 E5
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- Cape Heritage Hotel.....43 D3
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- Daddy Long Legs Apartments.....45 C5
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- Imaginus.....99 D4
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- Golden Acre Terminal.....110 F4
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THE SLOW REBIRTH OF DISTRICT SIX

In October 2005 Capetonians heard news that many had hoped they would never hear again: people had been evicted from District Six. This time it was the local authorities moving in on squatters from an informal settlement, but the headlines still brought back painful memories of the 1960s and 70s when families who had lived in the area for generations were forcibly evicted as the apartheid government tried to make District Six a whites-only area. Back then, homes were bulldozed and some 50,000 people were dumped in bleak townships on the Cape Flats, where many depressed and dispirited youths joined gangs and turned to crime. Friends, neighbours and even relatives from this once vibrant and racially-mixed area were separated.

Since democracy, the rebuilding of District Six has been a priority but it is slow going. In November 2000 President Thabo Mbeki signed a document handing back the confiscated land to the former residents, and in 2004 the first sets of keys to the newly-built homes were handed over to 87-year-old Ebrahiem Murat and 82-year-old Dan Mdzabela. The **District Six Beneficiary Trust** (www.d6benefittrust.org.za) plans to build 2000 homes in the next few years but, partly due to lack of funds, the area remains largely empty. It will be impossible for everyone to return since new constructions such as the Cape Technikon college now occupy part of the area.

The museum today is increasingly devoted to the history and experience of slaves and their descendants in the Cape, although the displays on the second floor, including artefacts from ancient Egypt, Greece and Rome and the Far East, hark back to the building's former use as the Cultural History Museum. In its time the building was also used as a brothel, a jail, a mental asylum, Cape Town's first post office and a library. It was the Cape Supreme Court until 1914. The walls of the original Slave Lodge flank the interior courtyard, where you can find the tombstones of Cape Town's founder, Jan van Riebeeck, and his wife Maria de la Quellerie. The tombstones were moved here from Jakarta where van Riebeeck is buried.

BO-KAAP MUSEUM

Giving some insight into the history and lifestyle of the people of the Bo-Kaap is this small but engaging **museum** (Map pp110-11; ☎ 021-481 3939; www.museums.org.za/bokaap/index.html; 71 Wale St, Bo-Kaap; adult/child R5/2; ☎ 9.30am-4.30pm Mon-Sat). The house itself, built in 1763, is the oldest in the area. It's worth a stroll around the area (during the day) to admire the traditional architecture.

GOLD OF AFRICA MUSEUM

You'll see plenty of bling in this glitzy **museum** (Map pp110-11; ☎ 021-405 1540; www.goldofafrica.com; 96 Strand St; adult/child R20/10; ☎ 9.30am-5pm Mon-Sat), in the Martin Melck House (dating from 1783), promoting African

gold jewellery. There are some stunning pieces, mostly from West Africa, and it's all well displayed with a lot of historical background. The museum shop is worth a browse for interesting gold souvenirs, including copies of some of the pieces in the museum, and you can sign up for jewellery design (R650) and gold leaf (R450) courses at the on-site workshop.

KOOPMANS DE WET HOUSE

Step back two centuries from 21st-century Cape Town when you enter **Koopmans de Wet House** (Map pp110-11; ☎ 021-481 3935; www.museums.org.za/koopmans; 35 Strand St; adult/child R5/2; ☎ 9.30am-4pm Tue-Thu). This classic example of a Cape Dutch townhouse, furnished with 18th- and early 19th-century antiques, is an atmospheric place. Ancient vines grow in the courtyard and the floorboards squeak just as they probably did during the times of Marie Koopmans de Wet, the socialite owner after whom the house is named.

CHURCHES

There are several impressive churches in the City Bowl that are worth a look. Nip inside the **Groote Kerk** (Map pp110-11; ☎ 021-461 7044; Adderley St; ☎ 10am-2pm Mon-Fri, services 10am & 7pm Sun), mothership of the Dutch Reformed Church (Nederduitse Gereformeerde Kerk, or NG Kerk), to admire the mammoth organ and ornate Burmese teak pulpit. The first church on the site was built in 1704, but only parts of this remain, with most of the current building dating from 1841.

Converted from a barn in 1780, the first **Lutheran Church** (Map pp110-11; ☎ 021-421 5854; 98 Strand St; ☎ 10am-2pm Mon-Fri) in the Cape has a striking pulpit, perhaps the best created by the master German sculptor Anton Anreith, whose work can also be seen in Groote Kerk and at Groot Constantia (p119).

The Anglican **St George's Cathedral** (Map pp110-11; ☎ 021-24 7360; www.stgeorgescathedral.com; 1 Wale St) is where Archbishop Desmond Tutu once preached. Check the website for details of orchestral concerts held here, usually on the last Sunday of the month.

Gardens & Around

Rising up Table Mountain's slopes are the ritzy suburbs of Gardens, Tamboerskloof, Oranjezicht and Vredehoek. Most of the major sights here are clustered around the Company's Gardens (p109).

SA NATIONAL GALLERY

South Africa's premier **gallery** (Map p114; ☎ 021-467 4660; www.museums.org.za/sang; Government Ave, Gardens; adult/child R10/5, Sat by donation; ☎ 10am-5pm Tue-Sun) is a must for art lovers. The permanent collection harks back to Dutch times and includes some extraordinary pieces, but it's often contemporary works, such as the *Butcher Boys* sculpture by Jane Alexander, that stand out the most. Also check out the remarkable teak door

in the courtyard, carved with scenes representing the global wanderings of the Jews. There's a pleasant café and a shop with some interesting books and gifts.

SOUTH AFRICAN MUSEUM & PLANETARIUM

Although there has been some reorganisation in recent years and a few new exhibits, South Africa's oldest **museum** (Map p114; ☎ 021-481 3330; www.museums.org.za/sam; 25 Queen Victoria St, Gardens; adult/child R10/5, Sat by donation; ☎ 10am-5pm) is showing its age. Although not a must-see, it does contain a wide and often intriguing series of exhibitions, many on the country's natural history. The best galleries are the newest, showcasing the art and culture of the area's first peoples, the Khoekhoen and San, and including the famous Linton Panel, an amazing example of San rock art. There's an extraordinary delicacy to the paintings, particularly the ones of graceful eland.

Attached to the museum is the **planetarium** (☎ 021-481 3900; www.museums.org.za/planetarium; 25 Queen Victoria St, Gardens; adult/child R20/6; ☎ 10am-5pm). The displays and star shows here unravel the mysteries of the southern hemisphere's night sky. Shows using images caught by the Southern African Large Telescope in the Karoo are held at 2pm, Monday to Friday, 2.30pm Saturday and Sunday, and 8pm Tuesday. Childrens'

REINVENTING THE OLD MUTUAL

Cape Town experienced a building boom in the 1930s, resulting in the many Art Deco buildings that dot the City Bowl today. The most impressive is Mutual Heights (Map pp110-11) on the corner of Parliament and Darling Sts. Commissioned by the Old Mutual financial company, this once was not only the tallest structure in Africa bar the Pyramids, but also the most expensive. It was clad in rose- and gold-veined black marble and decorated with one of the longest continuous stone friezes in the world (designed by Ivan Mitford-Barberton and chiselled by master stonemasons the Lorenzi brothers).

Unfortunately the building's completion in 1939 was eclipsed by the start of WWII. Additionally, its prime position on the foreshore was immediately quashed when the city decided to extend land 2km further into the bay. Old Mutual began moving its business out of the building to the suburbs in the 1950s. If it hadn't been awarded protected heritage status, it's likely the building would have been demolished. Thankfully, the Old Mutual's fortunes changed in 2004 when it was converted into apartments. The units sold out in a matter of weeks, thus kicking off a frenzy among developers to convert similarly long-neglected and empty city centre office blocks.

Much of the building's original detail and decoration has been left intact, including the impressive central banking hall – a space fit for a grand MGM musical – which is in the process of being converted into a retail showcase for the **Cape Craft and Design Institute** (www.capecraftanddesign.org.za). If you want a taste of the high life it's possible to rent out the building's stunning four-bedroom **penthouse** (☎ 794 3140; simonhudson@mweb.co.za; apt for 4 people R5000).

GARDENS, ORANJEZICHT & ZONNEBLOEM

INFORMATION	
Africa Travel Centre.....	(see 13)
Flight Centre.....	(see 32)
SIGHTS & ACTIVITIES	
Cape Town Holocaust Centre.....	(see 6)
Company's Gardens.....	1 C1
Downhill Adventures.....	2 B1
Great Synagogue.....	(see 6)
Mountain Club of South Africa.....	3 C1
Old Synagogue.....	(see 6)
Rust-en-Vreugd.....	4 C1
SA National Gallery.....	5 C1
South African Jewish Museum.....	6 C1
South African Museum & Planetarium.....	7 B1
Virgin Active.....	8 D2
SLEEPING	
Abbey Manor.....	9 B4
Alta Bay.....	10 A4
An African Villa.....	11 A1
Ashanti Lodge.....	12 B2
Backpack.....	13 B1
Cape Milner.....	14 A1
Cape Town Backpackers.....	15 B1
Dunkley House.....	16 C2
Hippo Boutique Hotel.....	17 B1
Kensington Place.....	18 A3
Platteklip Wash House.....	19 C5
EATING	
Aubergine.....	20 C2
Café Gainsbourg.....	21 A2
Café Riteve.....	(see 6)
Greens.....	(see 17)
Kitama.....	22 B1
Lazari.....	23 C3
Manna Epicure.....	24 A2
Melissa's.....	25 A2
Mount Nelson Hotel.....	26 B2
Pick 'n' Pay.....	(see 32)
Vida e Café.....	27 B1
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DRINKING	
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Relish.....	29 B1
ENTERTAINMENT	
Computicket.....	(see 32)
Labia.....	30 B1
Labia on Kloof.....	(see 33)
Mercury Live.....	31 D2
SHOPPING	
Cape Union Mart.....	(see 32)
Exclusive Books.....	(see 33)
Gardens Centre.....	32 C2
Lifestyles on Kloof.....	33 B1
Woolworths.....	(see 33)
TRANSPORT	
Café Vespa.....	(see 28)
Le Cap Motorcycle Hire.....	34 B1

shows are at noon and 1pm on Saturday and Sunday.

SOUTH AFRICAN JEWISH MUSEUM & CAPE TOWN HOLOCAUST CENTRE

The **South African Jewish Museum** (Map p114; ☎ 021-465 1546; www.sajewishmuseum.co.za; 88 Hatfield St, Gardens; adult/child R35/15; ☎ 10am-5pm Sun-Thu, 10am-2pm Fri) is one of the most imaginatively designed and interesting of the city's museums. Entry is through the beautifully restored Old Synagogue (1862), from where a wooden gangplank leads to state-of-the-art galleries with displays on the vibrant history of the nation's Jewish community, which today numbers around 90,000.

In the same complex you'll also find the **Cape Town Holocaust Centre** (☎ 021-462 5553; www.museums.org.za/ctholocaust; admission free; ☎ 10am-5pm Sun-Thu, 10am-1pm Fri). Although small, the centre packs a lot in with a considerable emotional punch. The history of anti-Semitism is set in a South African context with parallels drawn to the local struggle for freedom. In the auditorium beneath the centre take time to watch the 20-minute documentary *A Righteous Man*, about Nelson Mandela's connection with the South African Jewish community.

While here you can also browse the gift shop, eat at the kosher Café Riteve and visit the beautifully decorated **Great Synagogue** (guided tours free; ☎ 10am-4pm Sun-Thu). Dating from 1905, this is one of a handful of buildings in Cape Town built in the Neo-Egyptian style.

RUST-EN-VREUGD

The delightful 18th-century mansion **Rust-en-Vreugd** (Map p114; ☎ 021-464 3280; www.museums.org.za/rustvreugd; 78 Buitenkant St, City Bowl; admission by donation; ☎ 8.30am-4.30pm Mon-Fri) was once the home of the state prosecutor. It now houses part of the William Fehr collection of paintings and furniture (the major part is in the Castle of Good Hope, p108).

Paintings by John Thomas Baines show early scenes from colonial Cape Town, while the sketches of Cape Dutch architecture by Alys Fane Trotter are some of the best you'll see. There's also a pleasant garden.

Green Point & Waterfront

Cape Town's prime Atlantic Coast suburbs start at the Waterfront, from where you'll

depart for Robben Island (p107). Near here you'll also find Green Point, which has lately seen some development such as the Portside shopping and dining complex on Main Rd.

VICTORIA & ALBERT WATERFRONT

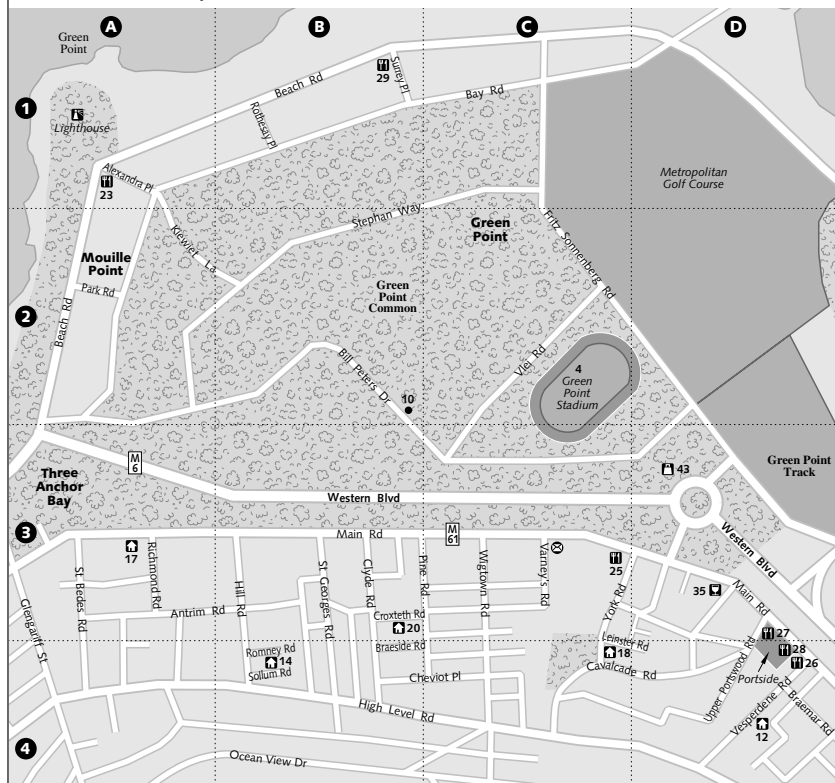
Commonly referred to as just the **Waterfront** (www.waterfront.co.za), this tourist-orientated precinct offers masses of shops, restaurants, bars, cinemas and other attractions, including cruises of the harbour (p123). Its success is partly down to the fact that it remains a working harbour. The Alfred and Victoria Basins date from 1860 and are named after Queen Victoria and her son Alfred. Although these wharves are too small for modern container vessels and tankers, the Victoria Basin is still used by tugs, harbour vessels of various kinds, and fishing boats. In the Alfred Basin you'll see ships under repair, and there are always seals splashing around or lazing on the giant tyres that line the docks.

Recent developments at the Waterfront include the millionaire's playground of the **V & A Marina** with some 600 apartments and 200 boat moorings, and the construction of **Nobel Square** (Map pp116-17; Dock Rd). Claudette Schreuders designed the larger than life statues of South Africa's four Nobel Prize winners: Nkosi Albert Luthuli, Archbishop Desmond Tutu, and former presidents FW De Klerk and Nelson Mandela. It's fast become a visitors' favourite, not least for the chance to be photographed standing shoulder to shoulder with Madiba.

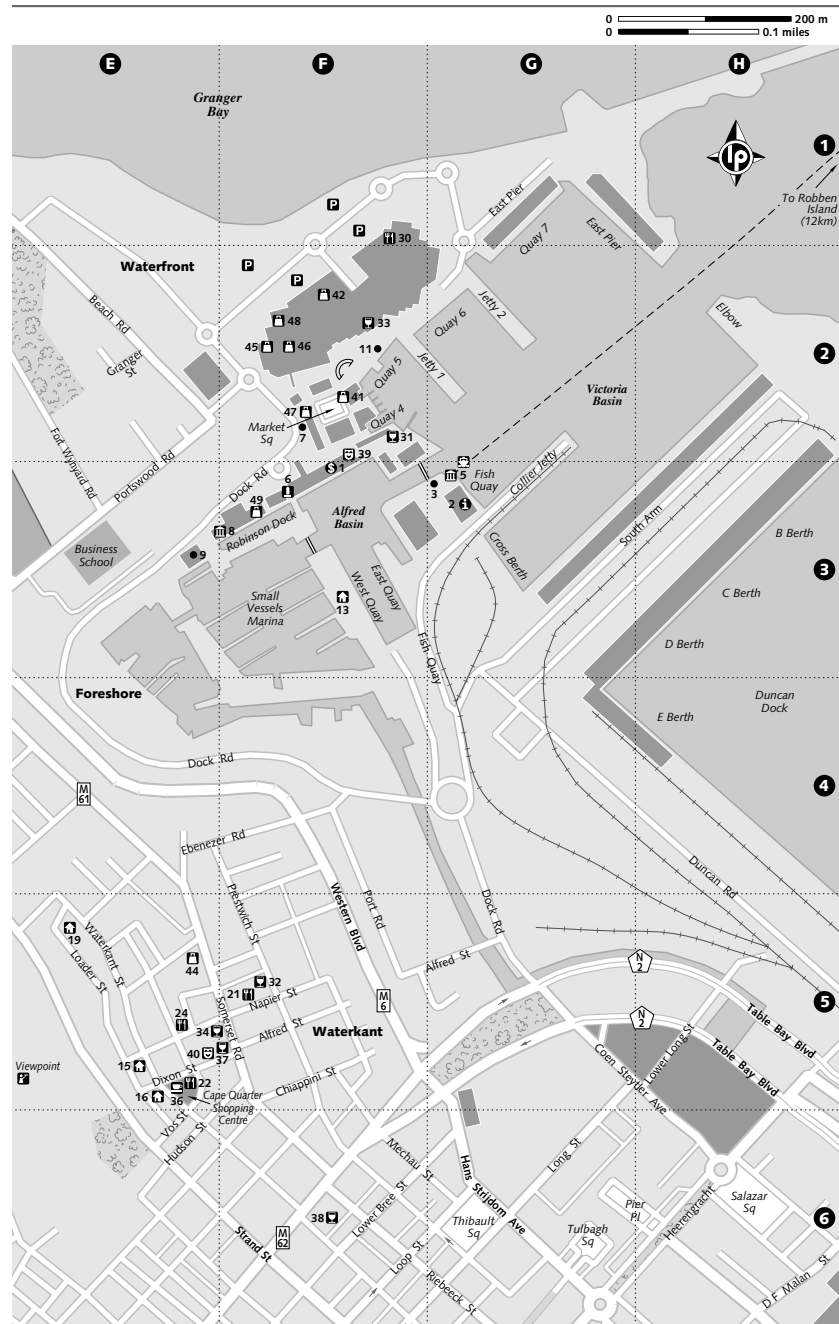
TWO OCEANS AQUARIUM

Always a hit with the kids, this excellent **aquarium** (Map pp116-17; ☎ 021-418 3823; www.aquarium.co.za; Dock Rd, Waterfront; adult/child R65/30; ☎ 9.30am-6pm) features denizens of the deep from both the cold and the warm oceans that border the Cape Peninsula, including ragged tooth sharks. There are seals, penguins, turtles, an astounding kelp forest open to the sky, and pools in which you can touch sea creatures. If that isn't good enough, if you're a qualified diver you can actually get into one of the tanks for an up-close meeting with the sharks, a 150kg short-tailed stingray, other predatory fish and a turtle. The cost is R400 including hire of diving gear.

GREEN POINT, WATERKANT & WATERFRONT



INFORMATION			
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Cape Town Tourism.....	(see 2)	Village Lodge.....	19 E5
Clock Tower Centre.....	2 G3	Wilton Manor.....	20 B3
Rennies Travel.....	(see 42)		
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Andiamo.....	22 E5	Cinema Nouveau Waterfront.....	(see 46)
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Emily's.....	(see 2)	Lush.....	(see 34)
Giovanni's Deli World.....	25 C3	Manenberg's Jazz Café.....	(see 2)
Nelson Mandela Gateway.....	5 G3	Opium.....	40 E5
Nobel Square.....	6 F3	Silver.....	(see 34)
Red Route Starting Point.....	7 F2		
South African Maritime Museum.....	8 F3	SHOPPING	
Table Bay Diving.....	(see 11)	Africa Nova.....	(see 22)
The Hopper.....	(see 11)	Cape Union Mart Adventure Centre.....	41 F2
Two Oceans Aquarium.....	9 E3	Exclusive Books.....	42 F2
Virgin Active.....	10 B2	Green Point Market.....	43 D3
Waterfront Boat Company.....	11 F2	Michael Stevenson Gallery.....	44 E5
Wine Desk at the Waterfront.....	(see 3)	Red Shed Craft Workshop.....	45 F2
		Sun Goddess.....	(see 42)
		Travellers Bookshop.....	46 F2
		Vaughan Johnson's Wine & Cigar Shop.....	47 F2
		Victoria Wharf.....	48 F2
		Waterfront Craft Market.....	49 F3
		Woolworths.....	(see 48)
SLEEPING			
Big Blue.....	12 D4	DRINKING	
Cape Grace.....	13 F3	Alba Lounge.....	31 F2
Cape Standard.....	14 B4	Bar Code.....	32 F5
De Waterkant House.....	15 E5	Bascule Bar.....	(see 13)
De Waterkant Place.....	16 E5	Belthazar.....	33 F2
Head South Lodge.....	17 A3	Bronx.....	34 E5



Have your hand stamped on entrance and you can return again any time during the same day for free.

SOUTH AFRICAN MARITIME MUSEUM

There are plans to move this specialist museum (Map pp116-17; ☎ 021-405 2880; www.museums.org.za/maritime; Dock Rd, Waterfront; adult/child R10/5; ☎ 10am-5pm), stocked to the gunnels with model ships plus some full-sized ones, to another area of the Waterfront. At the time of research the exact location was yet to be decided. Admission will continue to include entry to SAS *Somerset*, a wartime vessel now permanently docked beside the museum.

Atlantic Coast

Cape Town's Atlantic Coast is all about spectacular scenery and soft-sand beaches. Strong winds can be a downer and while it's possible to shelter from the summer southeasterlies at some beaches, the water at them all, flowing straight from the Antarctic, is freezing. From Sea Point (best visited for its excellent outdoor swimming pavilion; see p138), you can head down to Clifton and Camps Bay. The road then hugs the coast for a thrilling drive to the fishing community of Hout Bay.

CLIFTON BEACHES

Giant granite boulders split the four linked beaches at Clifton (Map pp120-1), accessible by steps from Victoria Rd. Almost always sheltered from the wind, these are Cape Town's top sunbathing spots. Local lore has it that No 1 and No 2 beaches are for models and confirmed narcissists, No 3 is the gay beach, and No 4 is for families. If you haven't brought your own supplies, vendors hawk drinks and ice creams along the beach, and you can rent a sun lounger and umbrella for around R50.

CAMPS BAY BEACH

With soft white sand, and the spectacular Twelve Apostles of Table Mountain as a backdrop, Camps Bay (Map pp120-1) is one of the city's most popular beaches. Because it is only a 15-minute drive from the city centre it can get crowded, particularly on weekends. The beach is often windy, and the water is decidedly on the cool side. There are no lifeguards on duty

and the surf is strong, so take care if you do decide to swim.

The strip of smart bars (p152) and restaurants (p150) here are very popular places for drinks at sunset or just general all-day lounging.

LLANDUDNO & SANDY BAY BEACHES

The surfing at Llandudno (Map pp102-3) on the beach breaks (mostly rights) is best at high tide with a small swell and a south-easterly wind.

Nearby is Sandy Bay (Map pp102-3), Cape Town's nudist beach and gay stamping ground. It's a particularly beautiful stretch of sand and there's no pressure to take your clothes off if you don't want to. Like many such beaches, Sandy Bay has no direct access roads. From the M6, turn towards Llandudno, keep to the left at forks, and head towards the sea until you reach the Sunset Rocks parking area. The beach is roughly a 15-minute walk to the south.

CHAPMAN'S PEAK DRIVE

It's a breathtaking ride along **Chapman's Peak Drive** (Map pp102-3; ☎ 021-790 9163; toll R22), linking Hout Bay with Noordhoek. Despite recent safety work undertaken to protect against dangerous rock slides, the 5km coastal road still gets closed during bad weather. Most day tours to Cape Point take this route at least one way and will pause to let you admire the views.

WORLD OF BIRDS

South Africa's largest aviary (Map pp102-3; ☎ 021-790 2730; www.worldofbirds.org.za; Valley Rd, Hout Bay; adult/child R50/32; ☎ 9am-5pm) has over 3000 different birds and small mammals covering some 400 different species. A real effort has been made to make the aviaries as natural looking as possible with lots of tropical landscaping. In the monkey jungle you can interact with the cheeky squirrel monkeys.

Southern Suburbs

Heading west around Table Mountain and Devil's Peak will bring you to the Southern Suburbs, beginning with the bohemian, edgy areas of Woodstock and Observatory, and moving through to Rondebosch, Newlands and wealthy Constantia, home to South Africa's oldest vineyards and wine estates.

KIRSTENBOSCH BOTANICAL GARDENS

Location and unique flora combine to make Cape Town's **botanical gardens** (Map pp102-3; ☎ 021-799 8783 Mon-Fri, 021-761 4916 Sat & Sun; www.sanbi.org; Rhodes Dr, Newlands; adult/child R25/5; ☎ 8am-7pm Sep-Mar, 8am-6pm Apr-Aug) among the most beautiful in the world. The 36-hectare landscaped section seems to merge almost imperceptibly with the 492 hectares of *fynbos* (fine bush) vegetation cloaking the mountain slopes.

The main entrance at the Newlands end of the gardens is where you'll find plenty of parking, the information centre, an excellent souvenir shop and the conservatory (open 9am to 5pm). Further along Rhodes Dr is the Rycroft Gate entrance, the first you'll come to if you approach the gardens from Constantia. Call to find out about free guided walks, or hire the My Guide electronic gizmo (R35) to receive recorded information about the various plants you'll pass on the three signposted circular walks.

Apart from the almond hedge, some magnificent oaks, and the Moreton Bay fig and camphor trees planted by Cecil John Rhodes, the gardens are devoted almost exclusively to indigenous plants. About 9000 of Southern Africa's 22,000 plant species are grown here. You'll find a fragrance garden that has been elevated so you can more easily sample the scents of the plants, a Braille Trail, a kopje (hill) that has been planted with pelargoniums, a sculpture garden and a section for plants used for *muti* (traditional medicine) by *sangomas* (traditional healers).

There is always something flowering but the gardens are at their best between mid-August and mid-October. The Sunday afternoon concerts (p143) are a Cape Town institution.

You can hire a Rikki (p159) to get you here or hop on the City Sightseeing Cape Town bus (p140). If you're driving from the city centre, the turn-off to the gardens is on the right at the intersection of Union Ave (the M3) and Rhodes Dr (the M63).

GROOT CONSTANTIA

A superb example of Cape Dutch architecture, **Groot Constantia** (Map pp102-3; ☎ 021-794 5128; www.grootconstantia.co.za; Groot Constantia Rd, High Constantia; tastings incl glass R25; ☎ 9am-6pm Dec-Apr,

9am-5pm May-Nov) is set in beautiful grounds. Not surprisingly, it can become busy with tour groups, but the estate is big enough for you to escape the crowds, if need be.

In the 18th century, Constantia wines were exported around the world and were highly acclaimed; today you should try its Sauvignon Blanc, riesling and pinotage. The beautifully restored homestead is now a **museum** (☎ 021-795 5140; www.museums.org.za/grootcon; adult/child R8/2; ☎ 10am-5pm) and appropriately furnished; take a look at the tiny slave quarters beneath the main building. The Cloete Cellar, the estate's original wine cellar, now houses old carriages and a display of storage vessels. Book for tours of the modern cellar, which run every hour in summer. It's a lovely spot to bring a picnic, although there are also a couple of restaurants on the estate (see p151).

OTHER WINERIES

Of Constantia's other wineries, one of the best ones to visit is **Buitenverwachting** (Map pp102-3; ☎ 021-794 5190; www.buitenverwachting.co.za; Klein Constantia Rd; tastings free; ☎ 9am-5pm Mon-Fri, 9am-1pm Sat). Buitenverwachting means 'beyond expectations' – certainly the feeling one gets on visiting this lovely estate, where the employees are known to have good living and working conditions. For R90 you can enjoy a picnic lunch (bookings ☎ 083-257 6083) in front of the 1786 manor house.

Another outstanding winery is **Klein Constantia** (Map pp102-3; ☎ 021-794 5188; www.kleinconstantia.com; Klein Constantia Rd; tastings free; ☎ 9am-5pm Mon-Fri, 9am-1pm Sat). Part of the original Constantia estate, it's famous for its Vin de Constance, a deliciously sweet muscat wine, and a favourite tippie of both Napoleon and Jane Austen. It has an excellent tasting room and informative displays. At the estate's entrance, pause to look at the *karamat* (saint's tomb) of Sheik Abdurachman Matebe Shah; he was buried in 1661.

Another winery in the area is **Constantia Uitsig** (☎ 021-794 1810; www.uitsig.co.za; Spaanschemat River Rd; tastings free; ☎ 9am-4.30pm Mon-Fri, 10am-3.30pm Sat & Sun) which is best known for its hotel (p147) and restaurants (p151).

IRMA STERN MUSEUM

The most enjoyable **museum** (Map pp120-1; ☎ 021-685 5686; www.irmastern.co.za; Cecil Rd, Rosebank;

CAPE TOWN, ATLANTIC COAST & SOUTHERN SUBURBS

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 Sandbar.....38 C4
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4 DRINKING
 A Touch of Madness.....41 F6
 Asylum.....(see 40)
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 Exclusive Books.....(see 54)
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2 SLEEPING
 See City Bowl & Bo-Kaap Map (pp110-11)

3 EATING
 See Enlargement

4 DRINKING
 See Enlargement

5 SHOPPING
 See Enlargement

6 TRANSPORT
 See Enlargement

adult/child R10/5; ☎ 10am-5pm Tue-Sat) of the Southern Suburbs, the pioneering 20th-century artist Irma Stern (1894–1966) lived in this charming house for 38 years. Her studio has been left intact, as if she'd just stepped out into the verdant garden for some fresh air. Her ethnographic art and craft collection from around the world is as fascinating as her own expressionist art, which has been compared to Gauguin's. To reach the museum from Rosebank station, walk a few minutes west to Main Rd, cross over and walk up Chapel St.

GROOTE SCHUUR

The Sir Herbert Baker–redesigned **Groote Schuur** (Map pp120-1; ☎ 021-686 9100; Groote Schuur Estate, Klipper Rd; admission R60; ☎ tours by appointment only), one of South Africa's seminal buildings, was bequeathed to the nation by Cecil Rhodes. It was the home of a succession of prime ministers culminating with FW de Klerk. The restored interior, all teak panels and heavy colonial furniture, antiques and tapestries of the finest calibre, is suitably imposing. But its most beautiful feature is the colonnaded veranda overlooking the formal gardens sloping uphill towards an avenue of pine trees and sweeping views of Devil's Peak. The tour includes tea on this veranda. You must bring your passport to gain entry to this high security area; the entrance is unmarked but easily spotted on the left as you take the Princess Anne Ave exit off the M3.

RHODES MEMORIAL

Modelled after the arch at London's Hyde Park Corner, the impressive granite memorial (Map pp120-1) to the mining magnate and former prime minister stands on the eastern slopes of Table Mountain. Despite there being a sweeping view from the memorial to the Cape Flats and the mountain ranges beyond – and, by implication, right into the heart of Africa – the statue of Cecil Rhodes himself has the man looking rather grumpy. Behind the memorial there's a pleasant tearoom in an old stone cottage. The exit for the memorial is at the Princess Anne Interchange on the M3.

OUDE MOLEN ECO VILLAGE

Located in the once-abandoned buildings and grounds of part of the Valkenberg

mental hospital, **Oude Molen Eco Village** (Map pp102-3; ☎ 021-448 6419; Alexandra Rd, Mowbray) includes the only organic farm within Cape Town's city limits. You can volunteer to work here through the **Willing Workers on Organic Farms scheme** (www.wwoof.org) as well as stay at a backpackers lodge (p146), or go horse riding (p137). A large government grant is enabling the folks who run the site to turn it into a showcase for sustainable development.

ACTIVITIES

Want an activity-packed holiday? You've certainly come to the right place.

Abseiling & Kloofing

Abseil Africa (Map pp110-11; ☎ 021-424 4760; www.abseilafrica.co.za; 1 Vredenburg Ln, City Bowl; abseiling R295) is the one to see if you want to shimmy 112m down a rope off the top of Table Mountain. Don't even think of tackling this unless you've got a head (and a stomach) for heights. Take your time, because the views are breathtaking.

Abseil Africa also offer kloofing (canyoning) trips around Cape Town. The sport of clambering into and out of kloofs (cliffs or gorges) also entails abseiling, climbing, hiking, swimming and jumping. It's great fun, but can be dangerous so check out operators' credentials carefully before signing up.

OFFBEAT CAPE TOWN

- Clap along as the Cape Minstrel groups dance through the streets in their shiny satin suits in the **Cape Town New Year Karnaval** (p142).
- Spend an evening listening to the open-mike poets at **A Touch of Madness** (p153) in Observatory.
- Stay the night at **Daddy Long Legs** (p143), where every room is a wildly different art installation.
- Give Nelson Mandela or Desmond Tutu a hug at **Nobel Square** (p115) on the Waterfront.
- Ponder our close connection to apes on a tour with the guides of **Baboon Matters** (p165).

Another reliable operator is Day Trippers (see p141).

Amusement Parks

The big African-themed amusement park, **Ratanga Junction** (Map pp102-3; ☎ 021-550 8504; www.ratanga.co.za; Century City, Milnerton; adult/child R95/45; ☎ 10am-5pm Fri-Sun, daily school holidays) is next to Canal Walk shopping centre, around 5km north of the city centre along the N1. It's only open from the end of November to the beginning of May. The entry fee covers all rides, including various roller coasters and stomach churners.

Cruises

DUIKER ISLAND CRUISES

From Hout Bay's harbour you can catch regular daily cruises to Duiker Island, also known as Seal Island because of its colony of Cape fur seals. Three companies run these cruises daily, usually with guaranteed sailings in the mornings. The cheapest, with a none-too-spectacular glass-bottom boat, is **Circe Launches** (☎ 021-790 1040; www.circelaunches; adult/child R35/10); the others are **Drumbeat Charters** (☎ 021-791 4441; adult/child R50/20) and **Nautic Charters** (☎ 021-790 7278; www.nauticcharters.co.za; adult/child R50/20). All are based at the harbour (Map pp102-3).

HARBOUR CRUISES

If only to take in the panoramic view of Table Mountain from the water, a cruise into Table Bay should not be missed. **Waterfront Boat Company** (Map pp116-17; ☎ 021-418 5806; www.waterfrontboats.co.za; Shop 7, Quay 5, Waterfront) offers a variety of cruises, including the highly recommended 1½-hour sunset cruises (R180) on its handsome wood- and brass-fitted schooners *Spirit of Victoria* and *Esperance*. A jet-boat ride is R250 per hour.

See www.waterfront.co.za/play/leisure for details of other cruise operators at the Waterfront.

Cycling

Thrill-miesters will enjoy the variety of cycling trips and adventures offered by **Downhill Adventures** (Map p114; ☎ 021-422 0388; www.downhilladventures.com; cnr Orange & Kloof Sts, Gardens). Try a mountain-bike ride down from the lower cable car station on Table Mountain (R350), or ride through the Constantia winelands and the Cape of Good Hope

(R500). You can also rent bikes (R100 per day).

Also see the listing for Day Trippers (p141); some of its tours include cycling, including trips to Cape Point.

Diving

Cape Town offers a number of excellent shore and boat dives, although it's the shark-cage diving in Gansbaai, some 150km south-east of city, that is the big draw; see p189 for details of reliable operators. Alternatively, if you want to get up close and personal with a shark, the Two Oceans Aquarium (p115) offers a decent alternative.

A couple of good local dive operators:

Pro Divers (Map pp120-1; ☎ 021-433 0472;

www.prodiverssa.co.za; 88B Main Rd, Sea Point)

Table Bay Diving (Map pp116-17; ☎ 021-419 8822;

www.tablebaydiving.com; Shop 7, Quay 5, Waterfront)

Flying & Paragliding

There are several legal ways to get high in Cape Town and all are guaranteed to give you a fantastic buzz. Paragliding is amazing but if you want to do this, it's essential to make an inquiry on your first day in Cape Town. The weather conditions have to be just right and arranging flights at short notice is difficult, particularly if you want to fly off Lion's Head.

Ian Willis at **Air Team** (☎ 082-727 6584; www.tandemparagliding.co.za; flights from R750) is part of a collective of paragliding instructors and enthusiasts offering tandem flights in and around Cape Town. As well as launches off Lion's Head, Air Team also offers options to fly from Silvermine over False Bay and from the mountains overlooking Hermanus.

With the **Hopper** (Map pp116-17; ☎ 021-419 8951; www.thehopper.co.za; Shop 6, Quay 5, Waterfront), R400 gets you a 15-minute helicopter flight over either Sandy Bay or out to the Twelve Apostles at 4pm daily. A 30-minute flight to see both oceans is R900.

For more information on aerial pursuits, see p600.

Golf

Golf is a big deal on the Cape, with some 55 courses dotted around the city. Some are superb and many welcome visitors (but you should book). Contact the **Western Province Golf Union** (☎ 021-686 1668; www.wpgu.co.za) for more details of fees etc.

Logical Golf Academy (☎ 021-448 6358; www.logicalgolf.co.za; the River Club, Observatory Rd, Observatory) Driving range and golf school where you can practise your swing to perfection. A 30-minute lesson is R150.

Milnerton Golf Club (Map pp102-3; ☎ 021-434 7808; www.milnertongolfclub.co.za; Tanglewood Cres, Milnerton) Around 12km north of the City Bowl along Rte 27, Milnerton has a magnificent position overlooking Table Bay with great views of Table Mountain. Wind can be a problem, though.

Mowbray Golf Club (☎ 021-685 3018; www.mowbraygolfclub.co.za; Raapenberg Rd, Mowbray) Considered by some as the best in-town course for its rural setting and birdlife.

Gyms

Virgin Active (www.virginactive.co.za; admission per day/month R80/435; Green Point Map pp116-17; ☎ 434 0750; Bill Peters Drive; Foreshore Map pp110-11; ☎ 421 5857; Lower Long St; Gardens Map p114; ☎ 462 6239, Wembley Sq, Glynn St), South Africa's largest chain of gyms, has several well-equipped branches around Cape Town.

Health & Day Spas

Head to Cape Town's top-end hotels to find the most luxurious spas. All offer the usual range of facial and body treatments including various forms of massage and day-long packages. Women should also check out the massage at Long St Baths (see p138).

Altira Spa (Map pp110-11; ☎ 021-412 8200; www.altiraspa.com; Arabella Sheraton Grand Hotel, Convention Sq, Lower Long St, Foreshore; ☎ 8am-8pm) Swim laps looking out at the Waterfront, relax in the Jacuzzi while gazing up at Table Mountain. There's also a full gym, a sauna, a steam room and foot baths.

Angsana Spa (Map pp120-1; ☎ 021-674 5005; www.angsanaspa.com; Vineyard Hotel, Colinton Rd, Newlands; ☎ 10am-8pm) Cape Town's most stylish spa offers Balinese-style techniques in a lush, luxurious environment.

Cape Grace Spa (Map pp116-17; ☎ 021-410 7140; www.capegrace.com/spa; Cape Grace, West Quay, Waterfront; ☎ 8am-8pm) There's both an African and a spice route theme going on here with some massages incorporating traditional San methods. The treatment rooms overlook Table Mountain.

Sanctuary Spa (Map pp120-1; ☎ 021-437 9000; www.12apostleshotel.com/spa.htm; Twelve Apostles Hotel, Victoria Rd, Camps Bay; ☎ 8am-8pm) Occupying a mock cave that could be the set from a James Bond movie, a feeling that is compounded by the state-of-the-art contraptions in the treatment rooms. It has Cape Town's only Rasul chamber (a Middle Eastern sauna) as well as a flotation pool.

Hiking & Rock Climbing

The mountainous spine of the Cape Peninsula is a hiker's and rock climber's paradise, but it's not without its dangers, chief of which is the capricious weather conditions (see the boxed text, p137). Numerous books and maps give details, including Mike Lundy's *Best Walks in the Cape Peninsula*, but to get the best out of the mountains hire a local guide. Also see p107 for details of the Table Mountain National Park's guided hikes.

City Rock (Map pp120-1; ☎ 021-447 1326; www.cityrock.co.za; cnr Collingwood & Anson Sts, Observatory; ☎ 11am-9pm Mon-Thu, 10am-6pm Fri-Sun) Popular indoor climbing gym offering climbing courses. It also rents and sells climbing gear. A day pass for the climbing wall is R55.

Kabbo African Adventures (☎ 021-701 0867, 072-024 6537; www.kabboadventures.com) This operation has put together its own version of the Hoerikwaag Trail (see p107), making use of the Mountain Club's hut on the Back Table as well as backpacker and camping sites close to the City Bowl to Cape Point route. An overnight trip to the mountain costs R725, while a summit hike or sunrise/sunset walk is R320.

Mountain Club of South Africa (Map p114; ☎ 021-465 3412; www.mcsa.org.za; 97 Hatfield St, Gardens) Serious climbers can contact the club, which can recommend guides. It has a climbing wall (R5) which is open 10am to 2pm Monday to Friday, 6pm to 9pm Tuesday and Wednesday.

Venture Forth (☎ 021-556 4150; www.ventureforth.co.za) Enthusiastic guides will tailor a hike or climb to your requirements and get you off the beaten track. The fee of R400 includes all refreshments and city centre transfers.

CLIMBING TABLE MOUNTAIN

Over 300 routes up and down the mountain have been identified, perhaps indicating how easy it is to get lost. Bear in mind that the mountain is over 1000m high and conditions can become treacherous quickly. Thick mists can make the paths invisible, and you'll just have to wait until they lift. Unprepared and foolhardy hikers die here every year; read our dos and don'ts (p137) before setting off.

None of the routes is easy but the **Platteklip Gorge** walk on the City Bowl side is at least straightforward. Unless you're fit, try walking down before you attempt the walk up. It takes about 2½ hours from the upper cableway station to the lower, taking it fairly easy. Be warned that the route is exposed to the sun and, for much of the way, a vertical slog.

(Continued from page 124)

Another option, far trickier and recommended for experienced climbers only, is the **Indian Windows** route that starts from directly behind the lower cableway station and heads straight up. The hikers you see from the cable car, perched like mountain goats on apparently sheer cliffs, are taking this route.

The **Pipe Track** is a less steep route that runs along the west side of the mountain towards the Twelve Apostles. There are also two popular routes up the mountain from Kirstenbosch Botanical Gardens along either **Skeleton Gorge** (which involves negotiating some sections with chains) or **Nursery Ravine**. These can be covered in three hours by someone of moderate fitness. The trails are well marked, and steep in places, but the way to the gardens from the cableway and vice versa is not signposted.

LION'S HEAD

The 2.2km hike from Kloof Nek to the peak of Lion's Head (Map pp120-1) is one of the best you can do in Cape Town and is highly recommended on a full-moon night when many people gather at the summit to watch the sun go down. The moonlight aids the walk back down, although you should always bring a torch (flashlight) and go with company. The track's start is clearly marked at the top of Kloof Nek Rd; it involves a little climbing but there are chains on the rocks.

CAPE OF GOOD HOPE

You'll need to book to walk the two-day/one-night Cape of Good Hope Trail, which traces a spectacular 33.8km circular route through the reserve (p164). The cost is R88 (not including the Cape Point entry fee) with accommodation at the basic Protea and Restio huts at the southern end of the reserve. Contact the reserve's **Buffelfontein Visitors Centre** (☎ 021-780 9204) for further details.

Horse Riding

Oude Molen Stables (Map pp102-3; ☎ 072-199 7395; Violet Bldg, Oude Molen Eco Village, Alexandria Rd, Mowbray; per hr R100) Contact Kendre about horse riding at this eco-village where you'll also find a number of other interesting operations (see p122).

TABLE MOUNTAIN DOS & DON'TS

Do

- tell someone the route you're planning to climb up the mountain, and take a map (or better still, a guide)
- take water and some food
- take a weatherproof jacket – the weather can change for the worst with lightning speed
- wear proper hiking boots or shoes and a sun hat
- take a mobile phone, if you have one

Don't

- climb alone
- leave litter on the mountain
- light a fire on the mountain – they're banned

Sleepy Hollow Horse Riding

(Map pp102-3; ☎ 021-789 2341, 083-261 0104; Noordhoek) Reliable operation which can arrange horse riding along wide and sandy Noordhoek beach as well as in the mountainous hinterland.

Kayaking

Real Cape Adventures (☎ 021-790 5611, 082-556 2520; www.seakayak.co.za) Runs a variety of kayaking trips around the Cape and further afield for paddlers of all levels. The half-day Hout Bay paddle, good for novice kayakers, kicks off at R200.

Sea Kayak Simon's Town (Map p163; ☎ 082 501 8930; www.kayakcapetown.co.za; Wharf Rd, Simon's Town) Paddle out to the penguins at Boulders (R200) with this Simon's Town-based operation. They also offer a variety of other tours including to Cape Point (R650), whale watching from kayaks off Glencairn and overnight kayaking safaris.

Skydiving

Cape Town is one of the cheapest places for you to learn to skydive or do a tandem dive. The view over Table Bay and the peninsula alone makes it worthwhile.

Skydive Cape Town (☎ 082-800 6290; www.skydivcapetown.za.net; skydives per person R1200) is an experienced, local outfit based approximately 20km north of the city centre in Melkbosstrand.

For more information, see p123.

(Continued on page 137)

Surfing & Sandboarding

The Cape Peninsula has plenty of fantastic surfing possibilities, from gentle shore breaks ideal for beginners to 3m-plus monsters for experts only. In general, the best surf is along the Atlantic side, with most breaks working best in southeasterly conditions. Water temperatures as low as 8°C mean a steamer wet suit and booties are required.

Kommetjie (Map pp102–3), pronounced Kommi-kee, is the Cape's surf mecca, offering an assortment of reefs that hold a very big swell. Outer Kommetjie is a left point out from the lighthouse. Inner Kommetjie is a more protected smaller left with lots of kelp (only at high tide). They both work best with a southeasterly or southwesterly wind.

On False Bay (Map p161), head to **Muizenberg** and **Kalk Bay**. The waves here tend to be less demanding in terms of size and temperature (up to 20°C), and work best in northwesterly winds. For the daily surf report call ☎ 082-234 6353 or check www.wavescape.co.za.

And if you don't want to get wet there's always sandboarding, which is just like snowboarding except on sand dunes.

Downhill Adventures (Map p114; ☎ 021-422 0388; www.downhilladventures.com; cnr Orange & Kloof Sts, Gardens) offer an introductory surfing course for R350. A sandboarding trip to Atlantis, north of the city centre, is R500.

At **Gary's Surf School** (Map p161; ☎ 021-788 9839; www.garysurf.co.za; Surfer's Corner, Muizenberg; ☎ 8.30am–5pm), if you don't get up on the surfboard, you don't pay for the two-hour lesson (R380). Gary's shop, a focus of Muizenberg's surf scene, rents out boards and wetsuits for R100 each per day. The school also runs sandboarding trips (R250) to the dunes at Kommetjie.

Sunscene Outdoor Adventures (☎ 021-783 0203, 083-517 9383; www.sunscene.co.za) offer a two-hour sandboarding lesson (R250), held in sheltered Fishhook sand dunes, with expert guides and refreshments (essential!) included. They also offer traditional surfing lessons and trips, fishing trips from Kalk Bay and a host of other adrenalin-pumping activities.

Swimming

If you are looking for a real swimming work-out, there are a couple of stand-out

institutions. The **Sea Point Pavilion** (Map pp120-1; ☎ 021-434 3341; Beach Rd, Sea Point; adult/child R9.50/6; ☎ 7am–6.50pm Oct–Apr, 8.30am–5pm May–Sep) is a huge outdoor pool complex with some lovely Art Deco decoration. The pools are always at least 10°C warmer than the ocean.

Long St Baths (Map pp110-11; ☎ 021-400 3302; cnr Long & Buitensingel Sts; pool only adult/child R8/5; ☎ 7am–7pm Mon–Sat, 7am–6pm Sun) are a city centre institution. The pool is heated and very popular with the local community. The separate Turkish steam baths (R52) are a great way to sweat away some time, especially during the cooler months. Women are admitted 8.30am to 7.30pm Monday and Thursday, 9am to 6pm Saturday; men 1pm to 7.30pm Tuesday, 9am to 7.30pm Wednesday and Friday, and 8am to noon Sunday. Massages are available for women (R39 massage only, R73 massage and Turkish steam bath).

If you want to swim safely in the sea, Sea Point also has a couple of rock pools: at the north end, **Graaff's Pool** (Map pp120–1) is for men only and is generally favoured by nudists; just south of here is **Milton's Pool** (Map pp120–1), which also has a stretch of beach. Be warned though that the water here will be freezing.

Windsurfing & Kiteboarding

With all that summer wind it's hardly surprising that the Cape coast is a top spot for windsurfers and kiteboarders. Bloubergstrand, 25km north of the City Bowl on the Atlantic Coast, is a popular location and is where you'll find **Windswept** (☎ 082-961 3070; www.windswept.co.za), offering a three-hour beginners course for R450, or if you know the ropes you can hire a board from R250. Packages including accommodation are available.

Another key place for these sports is Langebaan (see p232); contact **Cape Sport Centre** (☎ 022-772 1114; www.capesport.co.za) for details of its windsurfing and kiteboarding rates.

WALKING TOUR

Cape Town's turbulent history is revealed in the many buildings, statues and street names that grace the City Bowl and Bo-Kaap. This walk will give you an insight into the forces and personalities that have shaped the city you see today.

South Africa's oldest European fortification, the **Castle of Good Hope** (1; p108) is an appropriate place to start. Immediately west is **Grand Parade** (2), the former military-parade and public-execution ground, which is now home to a lively market every Wednesday and Saturday. Jan van Riebeeck's original, mud-walled fort was here, too, and you can see its position outlined in red at the Plein St end of the Parade. The balcony of the impressive **Old Town Hall** (3) on the southwest side of the parade is where Nelson Mandela gave his first public speech in 27 years following his release from prison in February 1990.

Walk up Buitenkant St to the **District Six Museum** (4; p108) to learn about the history

of this demolished inner-city area, a victim of apartheid's laws. From the museum turn right onto Albertus St, then turn right again at Corporation St to reach Mostert St and its continuation, Spin St. On the traffic island beside Church Square, look down to see a circular plaque marking the location of the old **slave tree** (5), under which slaves were sold until emancipation in 1834.

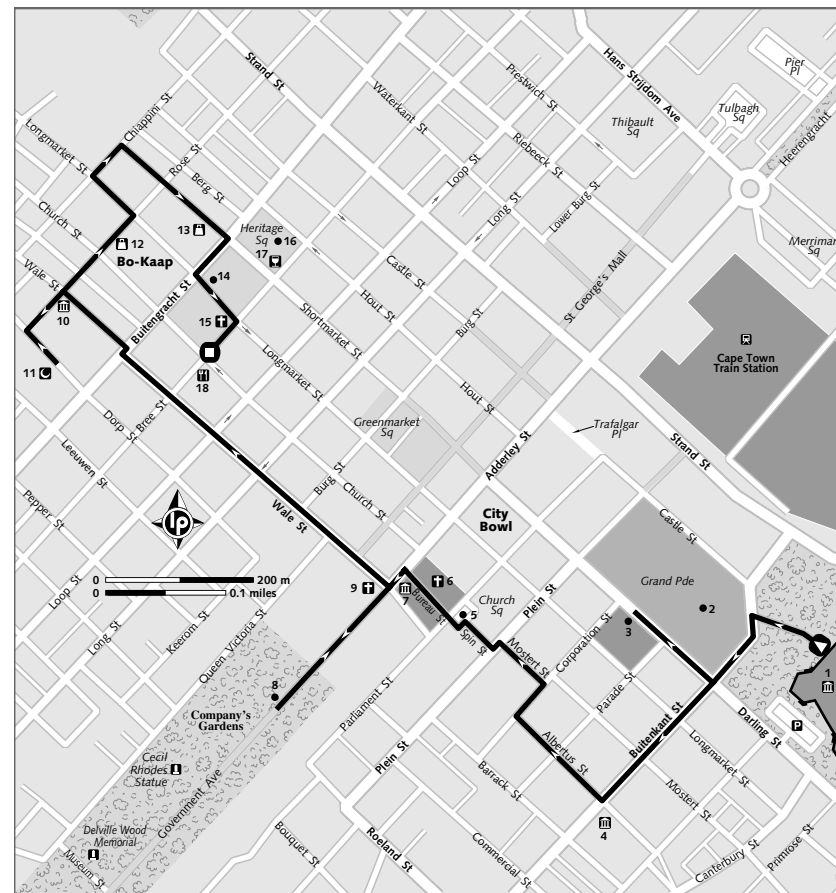
WALK FACTS

Start Castle of Good Hope

Finish Heritage Square

Distance 3km

Duration 2 hours minimum



In front of you is the **Groote Kerk (6; p112)**, mother church for the Dutch Reformed Church. Across the road is the old **Slave Lodge (7; p109)**, now a museum; at the back of the lodge on Parliament St look up at the sculpted relief on the pediment of an exhausted-looking lion and unicorn, a satirical comment by the stone mason on the Empire following the Napoleonic Wars.

Spin St leads into Adderley St, named after the politician Charles Adderley who barracked successfully in London for Cape Town not to be turned into a penal colony. Prior to the mid-19th century, Adderley St was called the Heerengracht (Gentleman's Canal) after the waterway that once ran from the **Company's Gardens (8; p109)** down here to the sea. Explore the gardens by all means, but if you're pushed for time continue northwest up Wale St, past **St George's Cathedral (9)**, for several blocks until you cross Buitengracht (another canal filled over and made into a road) and the start of the area known as the Bo-Kaap.

To discover something of the history of this strongly Muslim area of the city, drop by the **Bo-Kaap Museum (10; p112)**, on Wale St. The Bo-Kaap's steep streets, some of which are still cobbled, are lined with 18th-century, flat-roofed houses and mosques; you'll hear the call to prayer from the **Owal Mosque (11)**, on Dorp St, the oldest such place of worship in Cape Town. Chiappini and Rose Sts contain the prettiest houses, many of which sport bright modern paint jobs.

Along Rose St you'll find **Monkeybiz (12; p156)**, while around the corner on Shortmarket St is **Streetwires (13; p157)**, two businesses doing their bit to empower the disadvantaged and alleviate some of the city's social problems. Continue down Shortmarket St to the junction with Buitengracht St, across which you'll see a large car park covering **Van Riebeeck Sq (14)**. On the Bree St side is **St Stephen's Church (15)**, built in 1799; it was originally the African Theatre and later a school for freed slaves before becoming a church in 1839.

Adjacent to Van Riebeeck Sq is **Heritage Sq (16)**, a beautiful collection of Cape Georgian and Victorian buildings saved from the wrecking ball in 1996. It's since been transformed into one of the city's smartest dining and drinking enclaves. There are plenty of

places to grab something to eat in Heritage Square, including the wine bar **Caveau (17; p152)**. Alternatively take a right turn along Bree St and head to the junction with Church St, where you'll find **Birds Café (18; p147)**, one of the city's most delightful cafés.

CAPE TOWN FOR CHILDREN

Cape Town, with its fun family attractions such as the **Two Oceans Aquarium (p115)**, **Solole Game Reserve (p164)** and **Ratanga Junction** amusement park (p123), is a great place to bring the kids. South Africans tend to be family oriented, so most places can cope with children's needs. 'Family' restaurants, such as the Spur chain (www.spur.co.za); you'll find branches all over Cape Town), offer children's portions, as do some of the more upmarket places.

Among other animal-spotting opportunities are the seals at the **Waterfront (p378)**, which can usually be seen at Bertie's Landing; **Cape Point (p164)**, with its zebras, antelope and baboons; those crowd pleasers the penguins at **Boulders (p163)**; and thousands of birds and monkeys at **World of Birds (p118)**. For a ride on a donkey or a camel head to **Imhoff Farm (p164)**.

The **Planetarium (p113)** screens a kids' star show daily, and there are plenty of other displays to grab the attention of inquisitive children at the attached **South African Museum**.

At the beach, parents should watch out for rough surf (not to mention hypothermia-inducing water temperatures!); **Muizenberg beach (p160)** on a warm, calm day is the best bet. The **Sea Point Pavilion (p138)** has a great family swimming pool that is significantly warmer than the surrounding ocean.

If you're looking for a babysitter, contact either **Childminders (☎ 021-788 6788, 083-254 4683; www.childminders.co.za)** or **Super Sitters (☎ 021-439 4985; www.supersitters.net)**, who charge from R30 per hour (minimum of three hours), excluding transport expenses.

TOURS

Cape Town Tourism (p106) should be your first stop to find out about all the many tours on offer in and around the city.

City & General Bus Tours

The double-decker bus tour **City Sightseeing Cape Town (☎ 021-511 1784; www.hyltonross.co.za; adult/child R90/40)** is good for a quick orienta-

tion on a fine day. The Red Route circular tour (taking just over two hours), starting at the Waterfront, heads into the city centre, up to the cable car, down to Camps Bay and back along Sea Point promenade. The Blue Route also starts from the Waterfront but goes via Kirstenbosch and Hout Bay. They're hop-on, hop-off services and run at roughly half-hourly intervals between 9.30am and 3.30pm with extra services in peak season.

For organised walking tours, try one of the following:

Cape Town on Foot (☎ 021-487 6800; tours R100; ☹ 11am Mon-Fri) Led by experienced guide Ursula Stevens, the tour leaves from Cape Town Tourism's office on Burg St.

Day Trippers (☎ 021-511 4766; www.daytrippers.co.za) Has an excellent reputation. Many of the tours include the chance to go cycling, if you so choose. Most tours cost around R385 and include Cape Point, the Winelands and whale-watching (in season).

Footsteps to Freedom (☎ 021-426 4260, 083-452 1112; www.footstepstofreedom.co.za; tours R100) City walks also depart from Cape Town Tourism.

Special-Interest Tours

Organised tours cater to a number of interests, including wine, nature and sports.

Plenty of companies offer day trips to the Winelands, but unless you're tight for time it's better to stay overnight closer by, say in Stellenbosch, and take a tour there. See p174 for details of a couple of operators.

Some recommendations:

Birdwatch Cape (☎ 021-762 5059; www.birdwatch.co.za; half-day tour R270) Offers informative tours pointing out the many unique species of the Cape bird kingdom.

Cape Wine Tours (☎ 021-462 1121, 083-659 8434; capewinetours@telkomsa.net; R365) Recommended day tour of the Winelands ticking off several wineries in Stellenbosch, Franschhoek and Paarl.

Ferdinand's Tours & Adventures (☎ 021-913 8800, 072-132 2482; ferdinand@telkomsa.net; tours R335) This backpacker-focused Winelands tour takes in at least four wineries and includes lunch. Things can get pretty raucous.

Gateway to Newlands (☎ 021-686 2151, 021-686 2150; www.newlandstours.co.za) Sports fans may be interested to take these tours of Cape Town's main cricket and rugby stadiums and the Sports Science Institute of South Africa (Map pp120–1). Whistle-stop tours kick off at adult/child R35/22, while longer ones including the tiny Rugby Museum (Map pp120–1) cost R60/36.

Invubu Nature Tours (☎ 021-706 0842; www.invubu.co.za; tours adult/child R30/15) Based at the Rondevlei Nature Reserve (p160). Take a tour around the reserve and you might be lucky enough to see the elusive hippos. Increase your chances by arranging to stay at the island bush camp. Boat trips (per person R30), for a minimum of four people, are held between August and February.

Sunpath (☎ 072-417 6800; www.sunpath.co.za; tours R100-325) Offers a series of fascinating tours and hikes around the peninsula. Discover the ancient sunpaths thought to have been used by the indigenous people of the Cape.

Wine Desk at the Waterfront (Map pp116-17; ☎ 021-405 4550; www.winedeskwaterfront.co.za; Clocktower, Waterfront; tours R490) Daily wine tours take in a different selection of wineries each day. The Saturday morning wine club visits two or three wineries, ending with a meal on one of the farms.

Township & Cultural Tours

Lots of operators offer township tours. The half-day tours are sufficient – the full-day tours tack on a trip to Robben Island that is best done separately and for which you don't need a guide. Consider asking the tour operator how much of what you spend actually goes to help people in the townships, since not all tours are run by Cape Flats residents.

Adventure Kalk Bay (☎ 021-788 5113, 0783-211 4508; arcadia@49er.co.za) Community-based tourism project offering guided walks around Kalk Bay and harbour explaining the fishing culture of the village (R30, including lunch R100). The half-day fishing trip (R120) starts before dawn, so consider arranging a homestay with one of the local families (R220 full board).

Andulela (☎ 021-790 2592; www.andulela.com) Offering cookery-focused tours of both the Bo-Kaap and the township of Kayamandi in Stellenbosch, this innovative company can arrange a number of other offbeat adventures.

Cape Capers Tours (☎ 083-358 0193; www.tourcapers.co.za) Award-winning guide Faizel Gangat leads a band of informative guides to the townships, with tours concentrating either on Langa (R280) or the Cape Care Route (R460), highlighting some of the city's standout community and environmental projects. They also have a half-day tour of the Bo-Kaap and former District Six area.

Charlotte's Walking Tours (☎ 083-982 5692; nomthunzie@webmail.co.za) The ebullient Charlotte Swatbooi will take you on a walking tour of the township of Masiphumelele, on the way to Kommetjie. It's a good alternative to the standard bus tour around the Cape Flats townships.

JOIN THE MERRY MINSTRELS

The Mother City's equivalent of Rio's Mardi Gras parade is the **Cape Town New Year Carnaval**. It's a noisy, joyous and disorganised affair with practically every colour of satin, sequin and glitter used in the costumes of the marching troupes, which can number as many as 1000-plus members!

Dating back to the early 19th century when slaves enjoyed a day of freedom over the New Year period, today's carnival was inspired by visiting American minstrels in the early 20th century, hence the face make-up, colourful costumes and ribald song-and-dance routines. The vast majority of participants come from the coloured community (although you will notice a few black and even fewer white faces among the troupe participants).

The main parades are on 31 December and 2 January, kicking off from Darling St in front of Old City Hall and culminating at Green Point Stadium (Map pp116–17). However, the actual Cape Minstrel competition, when troupes are judged on variety of criteria, including costume, singing and dancing, runs throughout January and into early February each Saturday night. If you miss the main parade, there are chances to catch the minstrels in action on these nights at Green Point, Athlone Stadium (Map pp102–3) and Vygerkraal Stadium (Map pp102–3) – it makes for a really unique Capetonian experience! Note that late-night traffic in the city centre (particularly around Whale and Adderly Sts) on these nights can be chaotic as the competition participants parade back to their buses.

Coffee Beans Routes (☎ 021-448 8080, 084-762

4944; www.coffeebeans.co.za; tours R390) Head up to Kalkfontein, a township north of the city, in the company of local poet Jethro Louw. Or take the highly recommend Cape Town Jazz Safari (Monday from 7pm) where you'll meet jazz musicians and catch a jam session. On Friday it runs a trip to Marcus Garvey, a Rastafarian settlement in Philippi, for a night of Jamaican food and, after midnight, reggae at a dance hall.

Grassroute Tours (☎ 021-706 1006; www.grassroutetours.co.za) One of the most experienced operators of townships tours (half/full day R290/450). Its programme includes evening tours (R340 including dinner) with a visit to a *shebeen* (drinking establishment) and a ride on a donkey cart, as well as a walking tour of the Bo-Kaap (R260).

One City Tours (☎ 021-555 1468, 082-970 0564) Sam Ntimba's half-day trip (R250) includes visits to a dormitory and *shebeen* in Langa and a crêche project in Khayelitsha. His Sunday tours to see a gospel choir in a Baptist church in Langa are popular.

Pure Pondo Adventures (☎ 072-302 9489; www.purepondo.co.za/cape_town_tours.htm) White *sangoma* (traditional healer) Chris Ntombemhlopha leads tours into the townships using local transport and visiting a traditional herbalist shop and other *sangomas*. He also leads a medicinal-plants tour through Kirstenbosch.

Township Tours SA (☎ 083-719 4870; suedafrika.net/imizamoyethu) Afrika Moni guides you on a two-hour walking tour (R85) of the Hout Bay township Imizamo Yethu, including a visit to a *sangoma*, a drink of homebrew at a *shebeen* and a look at some art projects. Tours run daily at 10.30am, 1pm and 4pm; bookings essential.

FESTIVALS & EVENTS

Events and celebrations are a regular part of Cape Town life. For a full run-down check with **Cape Town Tourism** (www.tourismcapetown.co.za). Also see p610 for more festival listings.

JANUARY & FEBRUARY

Cape Town New Year Carnaval (☎ 021-696 9538)

The main parades are held on 31 December and 2 January; see the boxed text, above, for more details.

Opening of Parliament A grand parade with military marching bands brings Adderley and Parliament Sts to a halt when parliament opens in early February.

Cape Town Pride (☎ 083-274 3579; www.capetownpride.co.za) A 10-day gay and lesbian event in February where the Mother City flies its rainbow colours with pride.

MARCH & APRIL

Cape Town Festival (☎ 021-465 9042; www.capefestival.co.za) This three-week arts festival, beginning early March, takes place throughout the City Bowl and at the Waterfront. It includes comedy, drama, debates and a short-film festival.

Cape Town International Jazz Festival (☎ 021-4122 5651; www.capetowninternationaljazzfestival.com) Cape Town's biggest jazz event, attracting all the big names from both South Africa and overseas, is usually held at the Cape Town International Convention Centre (Map pp110–11) at the end of March. It includes a free concert in Greenmarket Sq.

Old Mutual Two Oceans Marathon (☎ 021-671 9407; www.twooceansmarathon.org.za) Mid-April sees this tough yet scenic marathon cover a 56km route around the peninsula.

MAY & JULY

Cape Gourmet Festival (☎ 021-797 4500; www.gourmetsa.com) For two weeks from early May, Cape Town celebrates with various food-focused events.

Vodacom Comedy Festival (☎ 021-680 3988; www.computicket.com) Catch some of South Africa's top comedians at this festival, held at various venues across town for three weeks in July.

Nokia Cape Town Fashion Week (☎ 021-422 0390; www.capetownfashionweek.co.za) Fashion in Cape Town is hot and this event held in July is the place to catch the hottest of designers' work.

SEPTEMBER

Penguin Festival (☎ 021-786 1758) Come celebrate those cute black-and-white birds with the folks down at Boulders near Simon's Town over a mid-September weekend.

Gun Run (☎ 021-511 7130) Starting from Beach Rd in Moulie Point, this popular half-marathon is the only time that the Noon Gun on Signal Hill gets fired on a Sunday – competitors try to finish the race before the gun goes off. It's generally held at the end of September.

NOVEMBER & DECEMBER

Mother City Queer Project (☎ 082-885 0018; www.mcqp.co.za) Massive, must-attend gay dance party held in early December. Run yourself up a fabulous costume – they won't let you in unless you're dressed according to the theme.

Kirstenbosch Summer Sunset Concerts (☎ 021-799 8782; www.nbi.ac.za; adult/child incl entry to the gardens R35/10; ☎ 5.30pm Nov–Apr) Bring a blanket, a bottle of wine and a picnic and join the crowds enjoying anything from an aria performed by local divas to a funky jazz combo at these Sunday afternoon concerts. There's always a special concert for New Year's Eve, too.

SLEEPING

Whether you're into lively hostels, characterful guesthouses or unfettered luxury, Cape Town has it. Remember, location is everything here. If beaches are your thing, then suburbs along the Atlantic or False Bay Coast make better sense than, say, Gardens or City Bowl. If you have transport, then anywhere is OK, but remember to inquire about the parking options when making a booking and check whether there's a charge (anything from R20 to R50 per day for city-centre hotels).

Advance booking is recommended, especially during school holidays from mid-December to the end of January, and

at Easter – prices can double and many places are fully booked. We quote high-season rates following, which cover the peak Christmas and New Year period. Unless otherwise mentioned rates also include breakfast. A 1% tourism promotion levy is usually added to the bill, but some places, particularly the budget ones, include this in the room rates. Budget places are ones with a double room for R400 or under; midrange places charge R400 to R2000; and top-end ones are R2000 and over.

City Bowl BUDGET

Inn Long Street (Map pp110-11; ☎ 021-424 1660; innlongstreet@ataris.co.za; 230 Long St; dm R75, d without/with bathroom R240/290; ☎) There's a calm vibe at this backpackers despite it being in the thick of Long St. There's a wrap-around balcony that all rooms access, and a recent paint job and funky lights give it some style. Parking is R20 per day.

Long St Backpackers (Map pp110-11; ☎ 021-423 0615; www.longstreetbackpackers.co.za; 209 Long St; dm/s/d R80/120/160) Backpackers dot the length of Long St, but this one remains the best. In a block of 14 small flats, with four beds and a bathroom in each, accommodation is arranged around a leafy, quiet courtyard decorated with funky mosaics.

St Paul's B&B Guest House (Map pp110-11; ☎ /fax 021-423 4420; stpaul@absamail.co.za; 182 Bree St; s/d R150/250; ☎) A quiet alternative to a backpackers. The simply furnished and spacious rooms have high ceilings and there's a vine-shaded courtyard where you can relax or take breakfast.

MIDRANGE

Cape Diamond Hotel (Map pp110-11; ☎ 021-461 2519; www.capediamondhotel.co.za; cnr Longmarket & Parliament Sts; s/d from R370/530; ☎) Great-value new hotel that has kept features of its Art Deco building such as the wood panelled floors. It's short on natural light but there's a rooftop Jacuzzi with a view to Table Mountain. Breakfast is R45 extra and parking is R45 per day.

Townhouse (Map pp110-11; ☎ 021-465 7050; www.townhouse.co.za; 60 Corporation St; s/d from R572/1045; ☎) The cheaper old-style rooms are fine at this popular hotel, but it's worth paying slightly more for the smartly renovated deluxe ones (and ask for one with

a view of the mountain). Parking is R35 per day.

Metropole Hotel (Map pp110-11; ☎ 021-424 7247; www.metropolehotel.co.za; 38 Long St; s/d/ste from R600/1200/1650; P ☎ ☎ ☎) The trendy Metropole is all minimalist lines and soothing colours. Go for the larger superior rooms with their ostrich-leather trimmed bedsteads. Its stylish restaurant and bar remain deservedly popular. Parking is R50 per day.

Cape Town Hollow (Map pp110-11; ☎ 021-423 1260; www.capetownhollow.co.za; 88 Queen Victoria St; s/d R745/1060; P ☎ ☎ ☎) Overlooking the Company's Gardens, this good-value hotel has pleasant rooms and decent facilities, including a tiny pool, small gym, business centre and restaurant with leafy aspect. Parking is R30 per day.

Daddy Long Legs (Map pp110-11; ☎ 021-422 3074; www.daddylonglegs.co.za; 134 Long Street; r R750; ☎) This boutique hotel/art installation is what you get when artists are given free reign to design the boudoirs of their dreams. The results range from bohemian garret to a hospital ward. Favourites include the karaoke room (with a mike in the shower), and the room designed by pop group Freshly Ground. There's nowhere to put your luggage – hey, these are artists, not hoteliers! – but a stay here is anything but boring. They also offer super-stylish apartments (same price) at 263 Long St, an ideal choice if you crave hotel-suite luxury and want to self-cater.

Cape Heritage Hotel (Map pp110-11; ☎ 021-424 4646; www.capeheritage.co.za; 90 Bree St; s/d from R825/1190, ste s/d R1325/1950; P ☎ ☎ ☎) Gracious service matches the Cape Dutch style of this elegant boutique hotel that's part of the Heritage Square redevelopment of 18th-century buildings. Parking is R25 per day.

Urban Chic (Map pp110-11; ☎ 021-423 2086; www.urbanchic.co.za; cnr Long & Pepper Sts; r R1242; P ☎ ☎ ☎) Rooms with fabulous floor-to-ceiling views towards Table Mountain feature at this stylish new boutique hotel. The ground floor Gallery Bar (p151) is currently a very hip watering hole. Parking is R40 per day.

Gardens & Around

BUDGET

Ashanti Lodge (Map p114; ☎ 021-423 8721; www.ashanti.co.za; 11 Hof St, Gardens; camp sites R50, dm/d with shared bathroom R90/250, guesthouse d R370; P ☎ ☎ ☎) One of Cape Town's premier party hostels,

with much of the action focused on its lively bar and deck overlooking Table Mountain. For something quieter, opt for the excellent en-suite rooms in two separate heritage-listed houses around the corner.

Backpack (Map p114; ☎ 021-423 4530; www.backpackers.co.za; 74 New Church St, Tamboerskloof; dm/s/d with shared bathroom R90/250/300, s/d R300/360; P ☎ ☎ ☎) Cape Town's longest running backpackers remains a relaxed and comfortable place with something for everyone, be it a lively time at the Thursday night African drumming sessions or just chilling out in the chic en-suite rooms. They've also recently got Fair Trade in Tourism accreditation. Parking is R20 per day.

Cape Town Backpackers (Map p114; ☎ /fax 021-426 0200; www.capetownbackpackers.com; 81 New Church St, Tamboerskloof; dm/s/d with shared bathroom R90/180/220, guesthouse s/d R275/320; P ☎ ☎) The backpacker hostel grows up at this stylish place that offers both pleasant dorms, and a chic guesthouse with en-suite rooms on neighbouring Kohling St. There's an equally appealing Sea Point branch (see p146).

MIDRANGE

An African Villa (Map p114; ☎ 021-423 2164; www.capetowncity.co.za/villa; 19 Carstens St, Tamboerskloof; s/d from R640/800; ☎ ☎) There's a sophisticated and colourful 'African-Zen' look at this appealing guesthouse, sheltering behind the façade of three 19th-century terrace houses.

Dunkley House (Map p114; ☎ 021-462 7650; www.dunkleyhouse.com; 3B Gordon St, Gardens; d/ste from R700/990; ☎ ☎) Ultra-stylish guesthouse tucked away on a quiet street. The rooms are decorated in neutral tones, all with CD players and satellite TV, and there's a plunge pool in the courtyard.

Hippo Boutique Hotel (Map p114; ☎ 021-423 2500; www.hippoboutique.co.za; 5-9 Park Lane, Gardens; s/d R800/1200; P ☎ ☎ ☎) This appealing boutique property offers spacious, stylish rooms with a small kitchen for self-catering. Gadget lovers will also be pleased with the DVD player and music system.

Abbey Manor (Map p114; ☎ 021-462 2935; www.abbey.co.za; 3 Montrose Ave, Oranjezicht; s/d from R995/1290; P ☎ ☎ ☎) A luxurious guesthouse occupying a grand home built in 1905 for a shipping magnate. Fine linens, antique furnishings, a decent-sized pool and courteous staff enhance the experience.

Cape Milner (Map p114; ☎ 021-426 1101; www.threecities.co.za; 2A Milner Rd, Tamboerskloof; s/d/ste R995/1300/2140; P ☎ ☎ ☎) Silks and velvets add quite a sophisticated touch to the contemporary-styled rooms here. Friendly service, views of Table Mountain and a spacious pool deck are also pluses. Parking is R25 per day.

TOP END

Alta Bay (Map p114; ☎ 021-487 8800; www.altabay.com; 12 Invermark Crescent, Higgovale; d R2100; P ☎ ☎ ☎) Cascading down the hillside, Alta Bay is a haven of tranquillity as well as designer heaven. The six luxury rooms are adorable, mixing locally handcrafted furnishings (including huge king size beds) with European artworks.

Kensington Place (Map p114; ☎ 021-424 4744; www.kensingtonplace.co.za; 38 Kensington Cres, Higgovale; d with breakfast R2550; P ☎ ☎ ☎) One of Cape Town's finest boutique properties, Kensington Place offers eight spacious and tastefully decorated rooms, all with balconies and beautifully tiled bathrooms. There's also free Internet access, fresh fruit and flowers, a small pool and faultless service.

Waterkant

MIDRANGE

De Waterkant House (Map pp116-17; ☎ 021-409 2500; www.dewaterkant.com; cnr Napier & Waterkant Sts, Waterkant; s/d R470/720; ☎ ☎) Property company Village and Life (www.villageandlife.com) run this pleasant B&B in the heart of the gay village, with a plunge pool and rooms with glossy magazine-style furnishings. They also have a wide range of apartments in the area kicking off at s/d R650/950, as well as their popular budget-level 'crash pads' (s/d R280/400) which are not nearly as shabby as they sound.

De Waterkant Place (Map pp116-17; ☎ 021-419 2476; www.dewaterkantplace.com; 35 Dixon St; s/d from R500/600; ☎) This appealing guesthouse with five antique decorated rooms offers good value. Guests are free to use the kitchen and there's a lovely view from the roof.

Village Lodge (Map pp116-17; ☎ /fax 021-421 1106; www.thevillagelodge.com; 49 Napier St; s/d R750/1220; ☎ ☎ ☎) Rooms at this chic guesthouse are smart if somewhat cramped. The rooftop pool is a prime spot for guests to check each other out, as is the lodge's good Thai restaurant, Soho.

Atlantic Coast

GREEN POINT & WATERFRONT

Budget

Big Blue (Map pp116-17; ☎ 021-439 0807; www.bigbluebackpackers.hostel.com; 7 Vesperdene Rd, Green Point; dm/s/d with shared bathroom R85/220/270, d R320; ☎ ☎) This brightly painted hostel remains a leading light of the Capetonian backpacking scene – come and enjoy its grand hallway, Zen garden and friendly atmosphere.

House on the Hill (Map pp116-17; ☎ 021-439 3902; www.houseonthehillct.co.za; 25 Leinster Rd, Green Point; d/tr with shared bathroom R260/315, d/tr R265/385) This self-catering house is a fine alternative to the bigger hostels. Book ahead for the five rooms which are very pleasantly furnished in African style, with the added bonus of a TV and CD player.

Midrange

Wilton Manor (Map pp116-17; ☎ 021-434 7869; www.wiltonmanor.co.za; 15 Croxteth Rd, Green Point; s/d from R550/600; P ☎ ☎ ☎) A stylish guesthouse where each of the seven rooms are individually decorated. Guests are free to use the kitchen. The owners also run the more contemporary Wilton Place higher up Signal Hill, and Altona Lodge, a budget guesthouse also on Croxteth Rd – check the website for further details.

Head South Lodge (Map pp116-17; ☎ 021-434 8777; www.headsouth.co.za; 215 Main Rd, Green Point; s/d with breakfast R650/750; P ☎ ☎ ☎) A fabulous homage to the 1950s with its retro furnishings and collection of Tretchikoff prints hung en masse in the bar. The 15 rooms are spacious and there's a tiny plunge pool in the front garden.

Cape Standard (Map pp116-17; ☎ 021-430 3060; www.capestandard.co.za; 3 Romney Rd, Green Point; s/d R750/990; P ☎ ☎ ☎) This secluded boutique hotel, one of Cape Town's nicest, offers whitewashed beach-house chic rooms downstairs, or more edgy, contemporary rooms upstairs. The showers are big enough to dance in.

Top End

Cape Grace (Map pp116-17; ☎ 021-410 7100; www.capegrace.com; West Quay, Waterfront; s/d from R4360/4490; P ☎ ☎ ☎) This luxurious hotel operates like an exclusive but very welcoming club. The best rooms face Table Mountain. Also here you'll find the excellent One. Waterfront restaurant (p150), the convivial

Bascule whisky bar and the relaxing Cape Grace Spa (p124).

SEA POINT

Budget

Cape Town Backpackers Sea Point (Map pp120-1; ☎/fax 021-426 0200; www.capetownbackpackers.com; 1 Rocklands Rd; dm/d R90/400; 📺 📺) Easily the best budget option in Sea Point, steps away from the sea front. There's a six-bed dorm and three en-suite double rooms with giant rain showers as well as a spacious communal kitchen, all presided over by the convivial Mama Fefe.

Lion's Head Lodge (Map pp120-1; ☎ 021-434 4163; www.lions-head-lodge.co.za; 319 Main Rd; d R398; 📺 📺) An old-fashioned budget hotel offering lower rates for stays longer than one night. It has a reasonable-sized pool and a bar. Sharing the hotel's facilities is the even more run-down Aardvark Backpackers (☎ 021-434 4172; dorm/double R100/398), which has its dorms in converted flats. HI members get a 10% discount.

Midrange

Huijs Haerlem (Map pp120-1 ☎ 021-434 6434; www.huijshaerlem.co.za; 25 Main Dr; s/d R680/980; 📺 📺) Up one of the steeper slopes of Sea Point, this excellent gay-friendly (but not exclusively gay) guesthouse comprises of two houses decorated in top-quality antiques and joined by delightful gardens.

Winchester Mansions Hotel (Map pp120-1; ☎ 021-434 2351; www.winchester.co.za; 221 Beach Rd; s/d from R1150/1500; 📺 📺) Choose between classic and modern-style rooms at this Cape Dutch-style beauty with a prime position along the Sea Point promenade. The pool is a good size and the lovely courtyard fountain restaurant is popular for its Sunday brunch with live jazz (R145; open 11am to 2pm) for which you should book ahead.

O on Kloof (Map pp120-1; ☎ 021-439 2081; www.oonkloof.co.za; 92 Kloof Rd, Bantry Bay; d from R1500; 📺 📺) A gorgeous contemporary guesthouse with six spacious rooms. The cheapest rooms don't have full sea views but the good facilities, including a big indoor pool and gym, are ample compensation.

CAMPS BAY

Midrange

Camps Bay Retreat (Map pp120-1; ☎ 021-437 0485; www.campsbayretreat.com; 7 Chilworth Rd, The Glen; s/d

from R1200/1500; 📺 📺) Based in the grand Earl's Dyke Manor, this is a splendid option with a choice of 16 rooms in either the main house or the contemporary Deck House, reached by a rope bridge over a ravine. There's also a couple of decent, self-catering rooms (per person R380) next to the tennis court, one of the cheapest deals you'll get in Camps Bay.

Primi Royal (Map pp120-1; ☎ 021-438 2741; www.primi-royal.com; 23 Camps Bay Dr; d from R1500; 📺 📺) All 10 rooms are individually decorated at this comfortable, sleek boutique hotel that overlooks Camps Bay. Rose petals scattered across the bed linen on welcome is a romantic touch. The owners also run the equally appealing Primi Seacastle at the opposite end of the Camps Bay.

Twenty Nine (Map pp120-1; ☎ 021-438 3800; www.twentynine.net; 29 Atholl Rd; d/ste R2000/2600; 📺 📺) Utterly gorgeous gay-friendly retreat high above Camps Bay. There are five rooms, all so tastefully decorated you could die happy, listening to a CD from their collection of 600 or watching one of 400 DVDs on the Bang & Olufsen equipment.

Top End

Bay Hotel (Map pp120-1 ☎ 021-438 4444; www.thebay.co.za; 69 Victoria Rd; d from R2450; 📺 📺) This hang-out for the well heeled is a stone's toss from the beach. The spacious rooms in white and earth tones are soothing; the ones with sea views are pricier (R3660). There's also a good-size pool.

Southern Suburbs

BUDGET

Lighthouse Farm Lodge (Map pp102-3; ☎/fax 021-447 9177; msm@mweb.co.za; Violet Bldg, Oude Molen Village, Alexandria Rd, Mowbray; dm/d with shared bathroom R60/150; 📺) A simple and relaxed hostel that is the better of the two on the grounds of Oude Molen Eco Village (see p122). You can pay your way by working on the organic farm. It's within walking distance of Pinelands train station.

Deco Lodge (Map pp120-1; ☎ 021-447 4216; www.capetowndeco.com; 22 Roodebloem Rd, Woodstock; dm/d R80/220; 📺 📺) This huge purple Art Deco house is a great alternative for the independent-minded traveller who doesn't mind being a suburb or two removed from Long St. The garden is lush with a cooling pool, and rooms are colourfully decorated.

Green Elephant (Map pp120-1; ☎ 021-448 6359; greenele@africa.com; 57 Milton Rd, Observatory; dm/s/d with shared bathroom R85/180/280, d R310) The famous tree-climbing dog here is getting on, but this long-running backpackers, split between two houses, remains a popular alternative to the city-centre hostels.

TOP END

Vineyard Hotel & Spa (Map pp120-1; ☎ 021-657 4500; www.vineyard.co.za; Colinton Rd, Newlands; s/d/ste from R990/1392/2880; 📺 📺) The core of this excellent hotel is the 1799 house built for Lady Anne Barnard. A recent upgrade has given it a fresh, contemporary look, as well as brand new rooms attached to a fabulous spa (see p124). It is all surrounded by lush gardens with great views onto the mountain.

Constantia Uitsig (Map pp102-3; ☎ 021-794 6500; www.uitsig.co.za; Spaanschemat River Rd, Constantia; s/d from R1600/2400; 📺 📺) Set within the vineyard of the same name, this hotel offers appealing, chintzy Victorian-styled rooms, all florals and checks. There are beautiful gardens and three top-notch restaurants to choose from.

EATING

Dining in the Mother City is a pleasure. There are places to suit practically everyone's taste and budget, with a particularly strong selection of cafés and delis. With both the sea and fruitful farmlands on hand, you can be pretty much assured of fresh, top-quality ingredients wherever you eat. Don't miss the opportunity to sample some traditional Cape Malay food, and there are several good African restaurants in Cape Town, too.

Most restaurants are licensed but some allow you to bring your own wine for little or no corkage charge. Call ahead to check the restaurant's policy. Several bars and pubs serve good food too; see p151.

There are many great places in the city to buy the provisions you'll need for a picnic or to self-cater. Stock up at the major supermarkets Pick 'n' Pay and Woolworths; there are branches all over the city including at Victoria Wharf (Map pp116-17) and Gardens Centre (Map p114). For specialist products there are excellent delis, such as Gionvanni's Deli World (p150) and Melissa's (p150).

Cafés and restaurants generally open daily, the former serving food from 7.30am to around 5pm. A few places (more usually in the City Bowl) will be closed on Sunday or occasionally Monday. If a restaurant opens for lunch it will generally be from 11.30am to 3pm, with dinner usually kicking off around 7pm with last orders at 10pm. Variations of more than half an hour from these times are listed in the reviews.

City Bowl & Bo-Kaap

Long St has many great places to eat, plus fantastic street life. Head to the Bo-Kaap to sample authentic Cape Malay dishes in unpretentious surroundings.

CAFÉS & QUICK EATS

Crush (Map pp110-11; ☎ 021-422 5533; 100 St George's Mall, City Bowl; mains R20-30) One on the most pleasant and interesting places to eat on St George's Mall, Crush offers freshly squeezed juices, smoothies and tasty wraps, proving healthy eating need not be boring.

Lola's (Map pp110-11; ☎ 021-423 0885; 228 Long St, City Bowl; mains R20-30; 🕒 8am-midnight) Whether you come for breakfast or a late night coffee or beer, a visit to pastel painted Lola's is a right of passage on Long St. Grab a street table and watch the passing parade.

Portobello (Map pp110-11; ☎ 021-426 1418; 111 Long St, City Bowl; mains R20-30) This rustic and peaceful veggie café serves a great range of all-day breakfasts, toasties and freshly made sandwiches. The lunch buffet is R30 for three hot or cold servings, R40 for four serves.

Frieda's (Map pp110-11; ☎ 021-421 2404; 15 Bree St, City Bowl; mains R30-40; 🕒 8am-4pm Mon-Fri) Jumble-sale chic is the look at this cavernous and highly convivial café in the louche but up-and-coming area at the base of Bree St. They do a fine line in sandwiches, wraps, salads and comfort food such as lasagne.

Café African Image (Map pp110-11; ☎ 021-426 1857; 48 Church St, City Bowl; mains R30-45; 🕒 8am-6pm Mon-Fri, 8am-3pm Sat) Easily Cape Town's most colourful café, sporting groovy African-print cushions and table cloths and a fabulous chandelier made of recycled plastic. Sample Tanzanian fish curry, African village stew or a range of healthy salads.

Birds Café (Map pp110-11; ☎ 021-426 2534; 127 Bree St, City Bowl; mains R40) This delightful café takes birds as its theme. The sophisticatedly

rustic style – think milk-bottle crate seats in a grand old Dutch building, and handmade crockery – matches the artisan food including delicious homemade pies, strudles and chunky scones.

Also worth checking out are **Sundance** (Map pp110-11; ☎ 021-465 9990; 21 Adderley St, City Bowl; sandwiches R30-40; ☎ 6.30am-9.30pm) for its coffee, and **Charly's Bakery** (Map pp110-11; ☎ 021-461 5181; 20 Roeland St, City Bowl; ☎ 7.30am-4pm Mon-Fri) for the amazing cupcakes (R10) and pies.

RESTAURANTS

95 Keerom (Map pp110-11; ☎ 021-422 0765; 95 Keerom St, City Bowl; mains R50-100; ☎ 12.30-2pm Mon-Fri, 7-11pm Mon-Sat) Bookings are essential for this super-stylish Italian restaurant round the back of Rhodes House (p155). Given the quality of food the prices are very reasonable, particularly for the handmade pastas.

Africa Café (Map pp110-11; ☎ 021-422 0221; www.africacafe.co.za; 108 Shortmarket St, City Bowl; set banquet R160; ☎ 6.30-11pm) Age hasn't withered the Africa Café's appeal as the best place to sample African food. Come with a hearty appetite as the set feast comprises some 15 dishes from across the continent. The décor and friendly staff, who dance and sing through the restaurant, are equally fantastic.

Madame Zingara & Cara Lazuli (Map pp110-11; ☎ 021-426 2458; 192 Loop St, City Bowl; mains R70; ☎ 7-11pm Mon-Sat) Every night is party night at this bohemian, crowd-pleasing restaurant with two sections. Unless you're a committed carnivore we'd advise against its infamous whopper stack of beef fillets doused in chilli-chocolate sauce. Magic tricks, tarot-card readings, belly dancing and dressing up in silly hats is all part of the fun.

Ginja (Map pp110-11; ☎ 021-426 2368; 121 Castle St, Bo-Kaap; 1/2/3 courses R95/175/195; ☎ 7-10pm Mon-Sat) Book well ahead for this dining gem. Chef Mike Basset conjures up inventive fusion dishes such as the amazing skewers of salt and pepper prawns dipped in coriander foam and sprayed with coriander perfume. Upstairs is the more casual Shoga bar and brasserie.

Haiku (Map pp110-11; ☎ 021-424 7000; 33 Church St, City Bowl; mains R35-70; ☎ noon-2.30pm & 6-10.30pm Mon-Fri, 6-10.30pm Sat) Run by the owners of long-established Indian restaurant Bukhara (which is upstairs), this is a sophisticated Asian brasserie. The 'Asian tapas' menu

promiscuously plunders dishes from Japan, China and Southeast Asia and the quality is good. Booking for dinner, when the minimum spend is R132, is recommended.

Royale Eatery (Map pp110-11; ☎ 021-422 4536; 279 Long St, City Bowl; mains R60; ☎ noon-midnight Mon-Sat) Our favourite gourmet burger bar keeps growing, opening a cute satellite branch around the corner on Vredenburg Lane which is worth trying when it's full here (always). For something different try the Big Bird ostrich burger.

Savoy Cabbage (Map pp110-11; ☎ 021-424 2626; 101 Hout Lane, City Bowl; mains R70-90) The standard bearer of the city's contemporary dining scene remains a great place for inventive cooking, offering the chance to try local game meats such as zebra and wildebeest. The tomato tart is legendary as are the stuffed cabbage rolls.

Noon Gun Tearoom & Restaurant (Map pp110-11; ☎ 021-424 0529; 273 Longmarket St, Bo-Kaap; mains R50-70; ☎ 10am-10pm Mon-Sat) There's a fantastic view of Table Mountain and the bay from this family-run restaurant high on Signal Hill. The Cape Malay dishes such as *bobotie* (curried mince pie topped with egg custard) and curries are excellent.

Gardens & Around

Kloof St offers the best dining selection in Gardens. Both the Lifestyles on Kloof and Gardens Centre malls have pleasant cafés, too.

CAFÉS & QUICK EATS

Mount Nelson Hotel (Map p114; ☎ 021-483 1000; www.mountnelsonhotel.orient-express.com; 76 Orange St; afternoon tea R120; ☎ 2.30-5.30pm) If you can't afford to stay at the pink-painted 'Nelly', there's always their splendid afternoon tea, including local delicacies such as samosas (fried savoury pastry parcels), as well the usual finger sandwiches, cakes and scones.

Lazari (Map p114; ☎ 021-461 9895; cnr Upper Maynard St & Vredehoek Ave, Vredehoek; mains R30-40; ☎ 7.30am-6pm Mon-Fri, 8am-3pm Sat, 9am-3pm Sun) A metrosexual air hangs over this buzzy café, great for brunch or an indulgent moment over coffee and cake.

Wild Things (Map p114; ☎ 021-424 3445; 96 Kloof St, Tamboerskloof; mains R30; ☎ 7am-7pm Mon-Fri, 7.30am-7pm Sat, 8am-5pm Sun) Specialising in game meats, this deli-café prepares its own biltong (dried meat), bakes its own pies and

offers a range of tempting preserves. Try the traditional venison *bobotie* with rice (R28) or venison sandwich (R24.50).

Vida e Café (Map p114; ☎ 021-426 0627; www.caffe.co.za; 34 Kloof St, Gardens; mains R20; ☎ 7.30am-5pm Mon-Fri) Capetonians have taken this home-grown chain's freshly brewed coffee, orange juice, Portuguese-style pastries and filled rolls to their hearts. It's ideal for breakfast or a fast lunch. There are also branches at the Waterfront (Map pp116-17), Thibault Square (Map pp110-11), Cavendish Centre (Map pp120-1) and at Green Point's Portside complex (Map pp116-17).

RESTAURANTS

Aubergine (Map p114; ☎ 021-465 4909; www.aubergine.co.za; 39 Barnet St, Gardens; mains R65-125; ☎ 7-10pm Mon-Sat, noon-3pm Thu) At some Cape Town restaurants it's all about the wild party atmosphere. Here, it's about the food, which is world class. Harald Bresselschmidt's innovative dishes, such as worthog confit or salmon trout ice-cream, are on the à la carte menu, but we recommend indulging in the degustation menu (three/four/five courses R220/260/295) of old favourites such as prawn and fish sate on vegetable spaghetti or a sweet pumpkin soufflé. A sommelier is on hand to advise on wine and service is uniformly excellent.

Manna Epicure (Map p114; ☎ 021-426 2413; 151 Kloof St, Tamboerskloof; ☎ 8am-7pm Tue-Sat, 8am-3pm Sun) Join the style set for a deliciously simple breakfast or lunch at this trendy café, or come for late afternoon cocktails and tapas on their streetfront veranda.

Café Gainsbourg (Map p114; ☎ 021-422 1780; 64 Kloof St, Gardens; mains R40-50) This minimalist-decorated café has expanded its dining area and menu range. It's a great spot for any of the day's meals, with the lamb shank, burgers and salads especially recommended.

Greens (Map p114; ☎ 021-422 4415; 5 Park Lane, Gardens; ☎ 8am-5pm Mon, 8am-11pm Tue-Sun) This relaxed brasserie, with a spacious outdoor seating area, specialises in wood-fired pizza with Californian (topped with fresh greens), classic or gourmet toppings. There is also a good selection of wines served by the glass.

Kitama (Map p114; ☎ 021-422 1633; Rheede Street Mall, Gardens; mains R60; ☎ 6am-11pm Mon-Sat) The menu at this hip 'Eastern eatery' rambles around the Orient but the food on the

whole is tasty, beautifully presented and comes in giant portions.

Waterkant

The Cape Quarter continues to be the nexus around which this trendy, compact neighbourhood revolves.

CAFÉS & QUICK EATS

La Petite Tarte (Map pp116-17; ☎ 021-425 9077; Shop A11, Cape Quarter, 72 Waterkant St; mains R30-40; ☎ 8am-3pm Mon-Fri, 8am-2pm Sat) Fancy teas and delicious homemade savoury and sweet French-style tarts are served at this adorable café on the Dixon St side of the Cape Quarter – it's a great spot for a pick-me-up or light meal.

Dutch (Map pp116-17; ☎ 021-425 0157; 34 Napier St; mains R30; ☎ 8am-5pm Mon-Fri, 8am-3pm Sat) A Euro vibe lingers over this popular, orange-coloured Waterkant café. People watch from their terrace while sipping a cappuccino or tucking into a toasted ciabatta.

RESTAURANTS

Anatoli (Map pp116-17; ☎ 021-419 2501; 24 Napier St, Green Point; dishes R60; ☎ 6.30pm-11.30pm Mon-Sat) This little piece of Istanbul in Cape Town has been serving its tasty meze (R15 to R28 a dish) both hot and cold for around 20 years. It remains a popular party spot, and on the weekends you might even be treated to a belly dance.

Andiamo (Map pp116-17; ☎ 021-421 3687; Shop C2, Cape Quarter, Waterkant St; mains R60; ☎ 8am-11pm) Andiamo's tables have colonised a large chunk of the Cape Quarter since our last visit, confirming its popularity as one of the best casual eateries in the area. Their well-stocked deli is also worth a browse.

Tank (Map pp116-17 ☎ 021-419 0007; Shop B15, Cape Quarter, Waterkant St; mains R80-100; ☎ noon-3pm & 6-11pm Tue-Sun) A luminous bar, giant fish tank and sushi bar create the ideal environment for the chic set. If you don't fancy the sushi, which isn't too bad, then there are some appealing Pacific Rim-style dishes, such as seared tuna.

Green Point & Waterfront

It's natural that you'll want to dine with an ocean view while in Cape Town. The Waterfront's plethora of restaurants and cafés fit the bill nicely although it's essentially a giant tourist trap. Better value

and a less touristy dining experience is on offer a short walk away in Green Point and Mouille Point.

CAFÉS & QUICK EATS

Café Neo (Map pp116-17; ☎ 021-433 0849; South Seas, 129 Beach Rd, Mouille Point; mains R30-40; ☎ 7am-7pm) Our favourite seaside café has a relaxed vibe and a pleasingly contemporary design. Order your food and drinks at the counter before taking a seat on the deck overlooking the red-and-white painted lighthouse.

Giovanni's Deli World (Map pp116-17; ☎ 021-434 6983; 103 Main Rd, Green Point; mains R20-30; ☎ 8.30am-9pm) Giovanni's can make up any sandwich you fancy – ideal for a picnic if you're on your way to the beach. The pavement café is a popular hangout; try the original Red Espresso, a shot of rooibos tea prepared like a regular espresso.

Melissa's (Map pp116-17; www.melissas.co.za; 1 Portside, cnr Upper Portswood & Main Rds, Green Point; mains R30; ☎ 7.30am-8pm Mon-Fri, 8am-8pm Sat & Sun) We love the latest in Melissa's chain of distinguished deli and café emporiums on the corner of the trendy Portside complex. Pay by the kilogram for the delicious buffets then browse the grocery shelves for picnic fare or gourmet gifts. Other branches are on the corner of Kildare and Main Rds, Newlands (Map pp120-1) and 94 Kloof St (Map p114).

RESTAURANTS

One Waterfront (Map pp116-17; ☎ 021-418 0520; Cape Grace Hotel, West Quay, Waterfront; mains R70-100) Bruce Robertson is an accomplished chef and although it's the daring combinations of ingredients that catch the eye on the menu, the best dishes are those that keep it simple, such as the lovely fishcakes. The inventive vegetarian options are welcome, too.

Wakame (Map pp116-17; ☎ 021-433 2377; www.wakame.co.za; cnr Beach Rd & Surrey Place, Mouille Point; mains R70; ☎ noon-10pm) Tucking into Wakame's salt and pepper squid or sushi platter while gazing at the glorious coastal view is a wonderful way to pass an afternoon. Book for a balcony spot for sunset drinks. Downstairs is the Newport Market & Deli, another of Cape Town's cool deli-cafés.

Mano's (Map pp116-17; ☎ 021-434 1090; 39 Main Rd, Green Point; mains R40-80; ☎ noon-3pm Mon-Fri, 7-11pm Mon-Sat) A simple menu including Greek salad, fillet steak, egg and chips, and

chicken schnitzel might not set your mouth drooling, but the crowds that regularly dine here would beg to differ, proving you don't need to be fancy to be successful.

Willoughby & Co (Map pp116-17; ☎ 021-418 6115; Shop 6132 Victoria Wharf, Waterfront; mains R60-70; ☎ restaurant 11.30am-10.45pm, deli 9am-8.30pm) Huge servings of sushi are the standout from a good value fish-based menu at this casual eatery and deli, on the ground floor of Victoria Wharf. Commonly acknowledged as one of the better places to eat at the Waterfront.

Emily's (Map pp116-17; ☎ 021-421 1133; Shop 202, Clock Tower Centre, Waterfront; mains R80) Flamboyant is a word that could have been coined for Emily's, both for its décor and its approach to cooking, which can seem wildly reckless in its mixture of ingredients. Everything is beautifully presented and there's an epic wine list. The owners also run the café in the historic Clock Tower outside – a nice spot for a sundowner or snack.

Atlantic Coast

Along Sea Point's Main Rd and Regent St you can cruise a range of budget dining spots, such as **Ari's Souvlaki** (Map pp120-1; ☎ 021-439 6683; 83A Regent St), a honest Greek joint, or the 24-hour **Saul's** (Map pp120-1; ☎ 021-434 5404; 152 Main Rd), famed for its gut-busting burgers. In Camps Bay, a playground of the rich and beautiful, making a booking is essential if you wish to get a prime spot for sunset drinks and nibbles. Further south in Hout Bay try **Fish on the Rocks** (Map pp102-3; ☎ 021-790 0001; Harbour Rd; ☎ 10.30am-8.15pm) for cheap, tasty fish 'n' chips.

CAFÉS & QUICK EATS

Cedar (Map pp120-1; ☎ 021-433 2546; 100 Main Rd, Sea Point; mains R40; ☎ 11.30am-9.30pm) It's nothing fancy, but this family-run operation rates highly for its tasty range of meze and Middle Eastern dishes.

New York Bagels (Map pp120-1; ☎ 021-439 7523; 51 Regent Rd, Sea Point; mains R30-40; ☎ 7am-11pm) At this Sea Point institution you can browse the well-stocked deli or tempting food court. Put together a mix 'n' match meal of, say, a hot-beef-on-rye sandwich followed by freshly made waffles and fruit salad.

Sandbar (Map pp120-1; ☎ 021-438 8336; 31 Victoria Rd, Camps Bay; mains R30; ☎ 9.30am-10pm) One of Camps Bay's better value options is this

less self-consciously fashionable café with street tables, serving good sandwiches and light meals.

RESTAURANTS

La Perla (Map pp120-1; ☎ 021-439 9538; cnr Church & Beach Rds; mains R70; ☎ noon-11.30pm) Retro stylish La Perla has been a permanent fixture on the Sea Point promenade for decades. Enjoy something from the long menu of pasta, fish and meat dishes on the terrace shaded by stout palms, or retreat to the intimate bar.

Paranga (Map pp120-1; ☎ 021-438 0404; Shop 1, The Promenade, Victoria Rd, Camps Bay; mains R90) Paranga's success means it now sells its own chill-out CDs and branded range of clothing alongside its seafood, salads, burgers and sushi. The soft, cream-coloured furnishings and terrace make it one of the most pleasant places to dine on a very competitive strip.

Sea Point Gardens (Map pp120-1; ☎ 021-439 2820; 78 Regents Rd, Sea Point; 2/3 courses R99/129; ☎ noon-10.30pm) Dine on dishes such as tuna carpaccio and sole with béarnaise sauce in the romantic courtyard garden of this 1919 villa that once was the official residence of Cape Town's mayor. After, head upstairs to their slinky cocktail lounge Asylum (open 5pm to 2am).

Southern Suburbs

At Lower Main Rd in Observatory the menus are slanted towards the tastes and budgets of the resident student population. More upmarket restaurants can be found in and around Constantia's wineries. Kirstenbosch also has decent cafés in case you forget to pack your picnic basket.

CAFÉS & QUICK EATS

Gardener's Cottage (Map pp120-1; ☎ 021-689 3158; Montebello Craft Studios, 31 Newlands Ave, Newlands; mains R40; ☎ 8am-4.30pm Tue-Sun) This cute café and tea garden in the grounds of the craft studios is worth visiting in its own right for the relaxed atmosphere and simple, hearty meals.

Kirstenbosch Tea Room (Map pp102-3; ☎ 021-797 4883; Kirstenbosch Botanical Gardens, Rhodes Dr, Newlands; mains R20-30) Fresh breads and cakes baked on the premises are available at this popular café at the top entrance to the gardens. For a more fancy meal on a crisp white table

cloth try the Silver Tree (☎ 021-762 9585) near the garden's main gate.

Café Ganesh (☎ 021-448 3435; 388 Trill Rd, Observatory; mains R30-40; ☎ 6-11.30pm Mon-Sat) Sample pap and veg, grilled spingbok or lamb curry at this funky hang-out, where junkyard décor and matchbox label wallpaper create that chic-shack look.

RESTAURANTS

La Colombe (Map pp102-3; ☎ 021-794 2390; Constantia Uitsig, Spaanschemat River Rd; mains R90) Bookings are essential at this highlight of the Constantia dining scene. The shady garden setting is one of Cape Town's nicest and the service excellent, but its chef Franck Dangereux's fine touch on his Provençal-style dishes that really impresses at this hugely decadent restaurant.

River Café (Map pp102-3; ☎ 021-794 3010; Constantia Uitsig, Spaanschemat River Rd; mains R60) At the entrance to the Constantia Uitsig estate, this delightful and popular café serves big portions of food made with organic and free-range products. A booking is essential, especially for weekend brunch.

Jonkerhuis (Map pp102-3; ☎ 021-794 4255; Groot Constantia, Constantia; mains R80; ☎ 10am-10pm Mon-Fri, 9am-10pm Sat, 9am-4pm Sun) A change of management has led to a more casual brasserie style at this atmospheric restaurant with its pleasant vine-shaded courtyard. Sample cured meats with a glass or two of the local wines or satisfy your sweet tooth with the desserts.

DRINKING

Cape Town didn't become known as the 'Tavern of the Seven Seas' for nothing. Head out on a Friday or Saturday night to Long St, the Waterkant or Camps Bay for an eye-opening experience of how the locals like to party. There are plenty of quieter places for a drink, too. Most bars open around 3pm and close after midnight, and much later Friday and Saturday. Alternative opening times are listed in the reviews following.

City Bowl & Waterkant

Marvel (Map pp110-11; ☎ 021-426 5880; 236 Long St, City Bowl; ☎ 1pm-4am Mon-Sat) Stuffed as a sardine can, Marvel is a fantastic bar where cool kids of all colours rub shoulders (not to mention practically everything else). If you can, grab one of the cosy booths at the

front, or linger on the pavement and enjoy the foot-tapping grooves from the DJ.

Gallery Bar (Map pp110-11; ☎ 021-423 2086; cnr Long & Pepper Sts, City Bowl) The chic urban black set gather beneath the Urban Chic Hotel at this sophisticated bar, with windows opening onto Long St and a nice line in cocktails.

Orchard Bank (Map pp110-11; www.orchardbank.co.za; 229B Long St, City Bowl) One of Long St's more interesting and laid-back venues, with a roster of events including stand-up comedy. The comfy sofas are a good place to put a dent into the jugs of cocktail mixes.

Nose Wine Bar (Map pp116-17; ☎ 021-425 2200; www.thenose.co.za; Cape Quarter, Dixon St, Waterkant) A first-class wine bar where you can sip your way around 38 of the Cape's best wines, with 12 changing on a monthly basis. It also serves excellent food and runs wine-tasting courses.

Caveau (Map pp110-11; ☎ 021-422 1367; www.caveau.co.za; Heritage Square, 92 Bree St; ☎ 7am-11.30pm Mon-Sat) A welcome addition to the handsome Heritage Square. It has a goodly selection of local drops, and the tapas dishes are tasty.

Café du Süd (Map pp110-11; ☎ 021-422 0500; 107-109 Loop St, City Bowl; ☎ 10am-11pm Mon-Sat) With its quirky retro furnishings (all for sale), Café du Süd is a mecca for the style set. The food is unmemorable but the drinks divine – great for afternoon tea or late-night cocktails.

Also worth trying are the old-style pub **Fireman's Arms** (☎ 021-419 1513; 25 Mechau St, City Bowl), and two stand-bys on Long St: **Jo'burg** (☎ 021-422 0142; 218 Long St, City Bowl), and **Cool Runnings** (☎ 021-426 6584; 227 Long St), which also has a branch in **Observatory** (☎ 021-448 7656; 96 Station St).

Gardens & Around

Relish (Map p114; ☎ 021-422 3584; 70 New Church St, Tamboerskloof; ☎ noon-2am Mon-Fri, 5pm-2am Sat & Sun) You'll get panoramic views of Table Mountain and Lion's Head from this trendy place, rising up three glass-fronted floors and with a wide outdoor deck. The food is good and during happy hour (6pm to 7pm) cocktails are only R12.

Café Vespa (Map p114; ☎ 021-426 5042; www.cafévespa.com; 108 Kloof St, Tamboerskloof; ☎ 9am-midnight) As well as renting out Vespas (see p158), this hipsters' hangout does a mean line in

cocktails, coffee and tapas, all of which can be enjoyed on the terrace with a grandstand view of Table Mountain.

Planet (Map p114; ☎ 021-483 1000; Mount Nelson Hotel, 76 Orange St, Gardens) Cocktails and champers at the Mount Nelson's deliciously chic bar – who could resist?

Green Point & Waterfront

Alba Lounge (Map pp116-17; ☎ 021-425 3385; 1st fl Hildegards, Pierhead, Waterfront) Easily the most stylish place for cocktails at the Waterfront. The view across the harbour is seductive, the drinks inventive and there's a roaring fire in winter to add to that inner alcoholic glow.

Belthazar (Map pp116-17; ☎ 021-421 3753; Shop 153, Victoria Mall, Waterfront) Offering 600 different South African wines, 170-odd of which you can get by the (Riedel) glass! The restaurant specializes in top-class Karan beef and it also does plenty of seafood dishes.

Mitchell's Scottish Ale House & Brewery (Map pp116-17; ☎ 021-419 5074; www.mitchellsbreweries.co.za; East Pier Rd, Waterfront; ☎ 11am-2am) Check all airs and graces at the door of this traditional pub serving a variety of freshly brewed beers and good-value meals.

Buena Vista Social Café (Map pp116-17; ☎ 021-433 0611; Exhibition Bldg, 81 Main Rd, Green Point) They mix a nice mojito at this Cuban-themed bar and restaurant, taking its inspiration from the famous CD. Book a seat on the airy balcony and come on Sunday if you want to salsa dance.

Atlantic Coast

Café Caprice (Map pp120-1; ☎ 021-438 8315; 37 Victoria Rd, Camps Bay; ☎ 9am-2am) The bronzed and beautiful gather at this café-bar, which is as popular for breakfast as it is for sun-downers. Grab a pavement table for the best view.

Ignite (Map pp120-1; ☎ 021-438 7717; 2nd fl, The Promenade, Victoria Rd, Camps Bay) New name and a slight makeover for this slick venue, with a broad terrace and dress circle views of the beach.

La Med (Map pp120-1; ☎ 021-438 5600; Glen Country Club, Victoria Rd, Clifton) This eternal al-fresco bar gets its cred from the killer view down the length of the Twelve Apostles. Sinking a sundowner here is a Cape Town ritual. Keep an eye out for the easily missed turn-off, on the way to Clifton from Camps Bay.

GAY & LESBIAN CAPE TOWN

Gay-friendly destinations hardly get more glam than Cape Town, and there are enough bars and clubs in the city's self-proclaimed gay village, the **Waterkant** (Map pp116-17), to please even the fussiest of queens. Apart from the Waterkant, a few venues along Sea Point's Main Rd (Map pp120-1) fly the rainbow flag. The beaches to head for are **Clifton No 3** (Map pp120-1) and **Sandy Bay** (Map pp102-3), the clothing-optional stretch of sand discreetly located near Llandudno Bay.

Check your travel calendar for the city's two main gay events – the Cape Town Pride Festival in February and the Mother City Queer Project dance event every December; see p142 for more details.

Most places of interest are clustered in a tight grid of streets in the Waterkant. **Café Manhattan** (Map pp116-17; ☎ 021-421 6666; 74 Waterkant St), generally credited with getting the Waterkant's gay scene up and running, is a friendly place to kick off your night. **Cruz** (Map pp116-17; ☎ 021-421 5401; www.cruzcapetown.co.za; 21B Somerset Rd) is the hot, glamour bar of the moment, although the less-glitzy **Bronx** (Map pp116-17; ☎ 021-419 9219; www.bronx.co.za; 35 Somerset Rd, Waterkant) remains popular and attracts a lively mixed crowd. Next door is the top dance club **Sliver** (Map pp116-17; ☎ 021-421 4798; www.sliver.co.za; 27 Somerset Rd, Waterkant; cover R20), a spacious, fun venue with a fairy-light festooned courtyard and rooftop chill out areas. If you're into leather and latex, head to **Bar Code** (Map pp116-17; ☎ 021-421 5305; www.leatherbar.co.za; 18 Cobern St).

Cape Town's lesbian scene is pretty low-profile, although there is a regular lesbian venue in the Waterkant now, **Lipstick Lounge** (☎ Map pp116-17; 082-738 3612; www.lipstickcapetown.co.za; 2 Lelie Lane, Waterkant) and the biweekly club **Lush** (Map pp116-17; ☎ 082-565 6174; www.lushcapetown.co.za) is held at Sliver (see above).

A new, larger venue for the cabaret and supper club **On Broadway** (p156) means it's more popular than ever – the resident artists are dynamic drag duo Mince.

The **Triangle Project** (☎ 021-448 3812; www.triangle.org.za) is the city's and South Africa's leading gay, lesbian and transgender resources centre. Their website has a host of useful info. For the latest on what's hot also check the *Pink Map*, updated annually; local listings magazine *Cape Etc*; and the website www.gaynetcapetown.co.za.

La Vie (Map pp120-1; ☎ 021-439 2061; 205 Beach Rd, Sea Point; ☎ 7.30am-midnight) One of the very few places where you can have anything from breakfast to late-night cocktails within sight of Sea Point promenade.

Southern Suburbs

Barristers (Map pp120-1; ☎ 021-674 1792; cnr Kildare Rd & Main St, Newlands; mains R70; ☎ 9.30am-10.30pm) Upmarket Newlands' favourite watering hole offers up a series of cosy rooms hung with an eye-catching assortment of items in ye-olde country pub style. Has a very decent menu, too.

Café Carte Blanche (Map pp120-1; ☎ 021-447 8717; 42 Trill Rd, Observatory) Candles, cosy nooks and crannies and avant-garde music set the scene at this tiny café-bar, a favourite with the Obs alternative set.

A Touch of Madness (Map pp120-1; ☎ 021-448 2266; www.caféatom.co.za; 12 Nuttal Rd, Observatory; ☎ noon-late Mon-Sat, 7pm-late Sun) This long-running bar and restaurant offers an ec-

lectic art-house atmosphere, dressed up in purple with lace trimmings. Wannabe poets should check out the Monday night open-mike poetry fests.

ENTERTAINMENT

There are cinemas and theatres aplenty in Cape Town, while live music spans the gamut from classical to rock via jazz and marimba. Check the weekly arts guide in the **Mail & Guardian** (www.chico.mweb.co.za/art/daily/menu-guide.htm) to find out what's going on, and the Tonight section in the **Cape Argus** (tonight.co.za). The bimonthly magazine **Cape etc** (www.capeetc.com) is also good for listings.

You can book seats for practically anything with **Computicket** (☎ 083-915 8000; www.computicket.com). There are outlets in the Golden Acre Centre (Map pp110-11), in the Gardens Centre (Map p114), in Sea Point's Adelphi Centre (Map pp120-1) and at the Waterfront (Map pp116-17).

Cinemas

Cape Town's cinemas show all the latest international releases. The big multiplexes can be found in Victoria Wharf at the Waterfront (Map pp116-17), Cavendish Sq (Map pp120-1) and Canal Walk (Map pp102-3).

Labia (Map p114; ☎ 021-424 5927; www.labia.co.za; 68 Orange St, Gardens; tickets R25) Together with the two-screen Labia on Kloof (Map p114; ☎ 021-424 5727) around the corner, Labia is the best cinema for 'mainstream alternative' films. It's named after the old Italian ambassador and local philanthropist Count Labia. Their African Screen programme is one of the rare opportunities you'll have to see locally made films.

Cavendish Nouveau (Map pp120-1; ☎ 0861-300 444; Cavendish Sq, Claremont; tickets Tue R18, Wed-Mon R35) With its sibling Cinema Nouveau Waterfront (Map pp116-17), this is a classy multiplex showcasing the best of independent and art-house movies. The facilities are good, but check first whether the same movies are playing at the Labia since tickets are much cheaper there.

Live Music

CLASSICAL

The incredibly active **Cape Town Philharmonic** (www.cpo.org.za) leads the way on the Mother City's classical music scene, performing concerts mainly at **City Hall** (Map pp110-11; ☎ 021-410 9809; Darling St, City Bowl) as well as at Artscape, the Waterfront and elsewhere around the Cape. It also teams up with **Cape Town Opera** (www.capetownopera.co.za) and **Cape Town City Ballet** (www.capetowncityballet.org.za), both of whom usually perform at Artscape.

Artscape (Map pp110-11; ☎ 021-410 9800; www.artscape.co.za; 1-10 DF Malan St, Foreshore) Consisting of three different-sized auditoria, this performing-arts complex is the hub of classical and theatrical performances in Cape Town. Walking around this area at night is not recommended; book ahead for a non-shared taxi since there are none to be found on the streets. There's plenty of secure parking.

JAZZ

Green Dolphin (Map pp116-17; ☎ 021-421 7471; www.greenolphin.co.za; Waterfront; cover R25) There's a consistently good line-up of artists at this

upmarket jazz venue and restaurant (serving decent food). Shows kick off at 8.15pm daily – if you don't mind an obstructed view, the cover charge is R20.

Manenberg's Jazz Café (Map pp116-17; ☎ 021-421 5639; Clock Tower Centre, Waterfront; cover R30-80) Swing to jazz and African jive at this famed jazz club that seems to have survived its move to the Waterfront. On Friday and Saturday it's free to see the bands playing the sundowner set from 5pm to 7pm, but a cover charge kicks in later.

Marimba (Map pp110-11; ☎ 021-418 3366; www.marimbasa.com; Cape Town International Convention Centre, City Bowl; diners R20, nondiners R30) Yes, they do have a marimba band playing occasionally at this slick Afro-chic venue that's part of the Cape Town International Convention Centre, as well as a packed schedule of other jazz artists. The food is good and the music sets start at 8pm.

West End (Map pp102-3; ☎ 021-637 9132; Cine 400 Bldg, College Rd, Ryelands Estate, Athlone; cover R30; ☎ 8pm-late Fri & Sat) Mainstream jazz is the name of the game here. This is one of Cape Town's top venues, attracting a well-heeled clientele and top performers. There's plenty of security, if you drive.

ROCK/AFRICAN

Mercury Live (Map p114; ☎ 021-465 2106; www.mercury.co.za; 43 De Villiers St, Zonnebloem; cover R20-40) Cape Town's premier rock venue plays host to top South African bands and overseas visitors. The sound quality is good and if you don't like the band, there's always the DJ bar Mercury Lounge below and the Shack bar next door.

Drum Café (☎ 021-462 1064; www.thedrumcafe.com) At the time of research this café had yet to confirm its new venue. Check the website or call for details.

For African bands head to these long-running restaurants:

Mama Africa (Map pp110-11; ☎ 021-426 1017; 178 Long St, City Bowl; diners R10 nondiners R15; ☎ 7pm-2am Mon-Sat)

Marco's African Place (Map pp110-11; ☎ 021-423 5412; 15 Rose Lane, Bo-Kaap; cover R10; ☎ noon-11pm)

Nightclubs

The major nightclubs are concentrated in the City Bowl around Long St and in the Waterkant. The big nights are Wednesday, Friday and Saturday.

Club Galaxy (Map pp102-3; ☎ 021-637 9132; College Rd, Ryelands Estate, Athlone; cover R30) Long-time Cape Flats dance venue where you can get down to R&B, hip-hop and live bands with a black and coloured crowd. The equally legendary West End jazz venue is next door.

Hemisphere (Map pp110-11; ☎ 021-421 0581; www.hemisphere.org.za; 31st fl, ABSA Centre, Riebeeck St, City Bowl; cover R50; ☎ 9pm-3am Tue-Sat) Twinkling views of the city are part of the deal at this super-stylish club atop the ABSA Centre. It's real velvet rope and glamour model stuff, so dress to the nines and pack that shoulder chip of attitude.

Mian Mian (Map pp110-11; ☎ 021-422 5823; 196½ Long St, City Bowl; cover R30) Lofty palms, twinkling fairy lights and a spacious bar and dance space are hidden down a narrow alley. Very hip, even though the wannabe crowd aren't always as cool as they think they are.

Opium (Map pp116-17; ☎ 021-425 4010; www.opium.co.za; 6 Dixon St, Waterkant; cover R40) With three dance floors, big bars, plush décor and a too-cool-for-school attitude it's no surprise that Opium scores highly on the Capetonian clubbing scene. Come to see model types practice their catwalk strut and pout.

Rhodes House (Map pp110-11; ☎ 021-424 8844; www.rhodeshouse.com; 60 Queen Victoria St, City Bowl; cover R50) Not so hot as it once was, this luxurious venue spread over a grand old house can still provide a good dance night out. Thursday is R&B night.

Snap (Map pp110-11; ☎ 083-940 3983; 6 Pepper St, City Bowl; cover R20) The Cape Flats comes to the city at this urban African club with a welcoming, predominantly black audience. Dance to music from across Africa.

Zulu Sound Bar (Map pp110-11; ☎ 021-424 2442; 194 Long St, City Bowl; cover R20) Hosts an interesting range of events including live bands, DJs and even open-mike poetry sessions. Their long balcony is the place to watch Long St go by.

Sports

CRICKET

Newlands Cricket Ground (Map pp120-1; ☎ 021-657 3300, ticket hotline 021-657 2099; Camp Ground Rd, Newlands) Venue for all international matches. The season runs from September to March with the day/night matches drawing the

biggest crowds. Grab a spot on the grass bank to soak up the festive atmosphere. Tickets cost around R50 for local matches and up to R200 for internationals.

FOOTBALL

With tickets costing just R20, attending the footy in Cape Town is not only cheap but also a hugely fun and loud night out, with Capetonian supporters taking every opportunity to blow their plastic trumpets. The season runs from August to May. Ajax Cape Town, affiliated with the Dutch club Ajax Amsterdam, sometimes plays matches at Newlands Rugby Stadium (below). Matches are also played at Green Point Stadium (Map pp116-17) off Beach Rd in Green Point, and Athlone Stadium (Map pp102-3), home to the team Santos, off Klipfontein Rd in Athlone. Tickets can be purchased through **Computicket** (☎ 021-918 8910; www.computicket.com).

RUGBY

Newlands Rugby Stadium (Map pp120-1; ☎ 021-659 4600; www.wprugby.com; Boundary Rd, Newlands) This hallowed ground of South African rugby is home to the Stormers. Tickets for Super 12 games cost at least R85, for international matches around R325.

Theatre, Cabaret & Comedy

What Cape Town's theatre scene lacks in size it certainly makes up for in ambition. There's often something interesting to catch beyond the blockbusters that check into Artscape (opposite), and the **Cape Town International Convention Centre** (Map pp110-11; ☎ 410 5000; www.cticc.co.za; Convention Sq, 1 Lower Long St, Foreshore). There isn't a dedicated venue for comedy in town at present but there are plenty of good comedians and shows do regularly happen at places such as On Broadway, the Obz Café and **Sobhar** (Map pp120-1; ☎ 021-674 3377; www.sobhar.co.za; 1 Letterstedt House, Main Rd, Newlands).

Baxter Theatre (Map pp120-1; ☎ 021-685 7880; www.baxter.co.za; Main Rd, Rondebosch) The three venues at this landmark theatre in the Southern Suburbs cover everything from kids' shows to Zulu dance spectaculars.

Obz Café (Map pp120-1; ☎ 021-448 5555; www.obzcafe.co.za; 115 Lower Main Rd, Observatory; cover R20-50) As if the human theatre of Lower Main Rd wasn't enough, inside this spacious

café-bar is a separate performance space where you can catch all manner of shows, including comedy and cabaret.

On Broadway (Map pp110-11; ☎ 424 0250; www.onbroadway.co.za; 88 Shortmarket St, City Bowl; tickets R70-75; 🕒 8.30pm) This is a hugely popular cabaret and supper venue, so book ahead, especially for resident drag and comedy duo, Mince, who strut their glamorous stuff Sunday and Monday nights.

Independent Armchair Theatre (Map pp120-1; ☎ 021-447 1514; www.armchairtheatre.co.za; 135 Lower Main Rd, Observatory) Theatre-cum-lounge bar with an eclectic range of events, including comedy, short dramas and band gigs. On Monday night see a movie and eat pizza for R30; doors open 8pm, movie starts 9pm.

SHOPPING

Bring an empty bag because chances are that you'll be leaving Cape Town laden with local booty. Shops in the city centre and the Waterfront stock most things you'll need, but if you hunger for a suburban mall, visit one of the following:

Canal Walk (Map pp102-3; ☎ 0860-101 165; www.canalwalk.co.za; Century Blvd, Century City, Milnerton; 🕒 9am-9pm) The largest mall on the continent, about 5km north of the city centre.

Cavendish Sq (Map pp120-1; ☎ 021-671 8042; www.cavendish.co.za; Cavendish St, Claremont; 🕒 9am-6pm Mon-Thu, 9am-9pm Fri, 9am-6pm Sat, 10am-4pm Sun) A stylish mall.

Gardens Centre (Map p114; Mill St, Gardens) Another handy central shopping complex.

The city centre is bursting with interesting galleries (see opposite) and antique shops: head to Long St and Church St, where a small antiques market happens along the pedestrianised section from 9am to 4pm Monday to Saturday. For crafts and souvenirs browse the markets:

Green Point Stadium (Map pp116-17; Western Blvd, Green Point; 🕒 8.30am-6pm Sun) Outside the stadium.

Greenmarket Sq (p109; cnr Shortmarket & Burg Sts, City Bowl; 🕒 9am-4pm Mon-Sat)

Hout Bay (Map pp102-3; Baviaanskloof Rd, Hout Bay; 🕒 10am-5pm Sun)

Khayelitsha Craft Market (p165; ☎ 021-361 2904; www.stmichaels.org.za; St Michael's Church, Ncumo Rd, Harare, Khayelitsha; 🕒 9am-4pm Mon-Sat) A great place to look for interesting souvenirs.

Waterfront Craft Market (☎ 021-408 7842; Dock Rd, Waterfront) Also known as the Blue Shed.

Crafts

There are craft shops scattered all over town but few of the traditional African items come from the Cape Town area itself. Great buys include the local township-produced items, such as beadwork dolls, toys made from recycled tin cans and wire sculptures.

Africa Nova (Map pp110-11; ☎ 021-425 5123; Cape Quarter, 72 Waterkant St, Waterkant) A stylish collection of contemporary African textiles, art and craft (including printed fabrics), jewellery and pottery.

African Image (Map pp110-11; ☎ 021-423 8385; www.african-image.co.za; cnr Church & Burg Sts, City Bowl) Fab range of ancient African artefacts and a lot of township crafts here, as well as wildly patterned shirts.

Imagenius (Map pp110-11 ☎ 021-423 7870; www.imagenius.co.za; 117 Long St, City Bowl) A treasure trove of modern African design offering an eclectic range, including ceramics, beachware, jewellery and super-cute buckskin baby booties. There's stylish gift cards, boxes and wrapping paper too.

Monkeybiz (Map pp110-11; ☎ 021-426 0145; www.monkeybiz.co.za; 65 Rose St, Bo-Kaap) Brilliant beaded products, including long-legged dolls, animals and bags, all made by women in the townships, with the profits going to a HIV/AIDS clinic (held upstairs every Friday).

Montebello (Map pp120-1; ☎ 021-685 6445; www.montebello.co.za; 31 Newlands Ave, Newlands) Worthy development project promoting good local design and creating jobs in the craft industry. On Monday to Friday you can visit the artists studios.

Pan African Market (Map pp110-11; ☎ 021-426 4478; www.panafrican.co.za; 76 Long St, City Bowl) A microcosm of the continent with a bewildering range of art and craft as well as a cheap café and music store packed into its three floors. On the 3rd floor you'll find Wola Nani (☎ 021-423 7385; www.wolanani.co.za), a nongovernment organisation addressing the needs of those infected with HIV/AIDS. Buy one of the colourful label-covered papier-mâché bowls or photo frames.

Red Shed Craft Workshop (Map pp116-17; ☎ 021-408 7847; Victoria Wharf, Waterfront; 🕒 9am-9pm Mon-Sat, 10am-9pm Sun) This permanent market focuses on local crafts including ceramics and textiles. Look for the delicate jewel-

GALLERY CRAWL

There are some talented artists at work in Cape Town and a day spent exploring the following centrally located galleries is a rewarding experience. Unless otherwise mentioned, opening hours are 10am to 5pm Monday to Friday and 10am to 3pm Saturday.

AVA Gallery (Map pp110-11; ☎ 021-424 7436; www.ava.co.za; 35 Church St, City Bowl) Exhibition space for the nonprofit Association for Visual Arts (AVA), which shows some interesting work by local artists.

Bell-Roberts Art Gallery (Map pp110-11; ☎ 021-422 1100; www.bell-roberts.com; 89 Bree St, City Bowl) A move to larger, light-filled premises has allowed this gallery and art-book publisher wider scope for its exhibitions.

Michael Stevenson Gallery (Map pp116-17; ☎ 021-421 2575; www.michaelstevenson.com; Hill House, De Smidt St, Waterkant) One of the city's best exhibitions spaces. The catalogues, art books and posters are a good buy if you can't afford the art itself.

Photographers Gallery (Map pp110-11; ☎ 021-422 2762; www.erdmanncontemporary.co.za; 63 Shortmarket St, City Bowl; 🕒 10am-5pm Tue-Fri, 10am-1pm Sat) As well as the fine work of many top South African photographers, you'll also find pieces here by graphic artists Lien Botha and Conrad Botes.

What If The World (Map pp110-11; ☎ 021-461 2573; www.whatiftheworld.com; 11 Hope St, City Bowl; 🕒 10am-6pm Mon-Sat) Edgy little gallery and design collective that has exhibitions by emerging artists, and quirky events.

lery of Get Wired and the colourful textile products of Ikamva Labantu.

Streetwires (Map pp110-11; ☎ 021-426 2475; www.streetwires.co.za; 77/79 Shortmarket St, Bo-Kaap) Watch wire sculpture artists at work at this social upliftment project for young blacks and coloureds. Stocks an amazing range, including working radios and artier products such as the lovely beaded Nguni Cow sculptures.

Fashion & Outdoor Gear

Cape Union Mart Adventure Centre (Map pp116-17; ☎ 021-425 4559; www.capeunionmart.co.za; Quay 4, Waterfront) Set yourself up for everything from a hike up Table Mountain to a Cape-to-Cairo safari at this impressive outdoors shop. There are many other branches around the city, including at the Gardens Centre.

Sun Goddess (Map pp116-17; ☎ 021-421 7620; www.sungoddess.co.za; Shop 230, Victoria Wharf, Waterfront) Fun and contemporary clothes inspired by traditional African culture, using daring design combinations with modern fabrics and embellishments.

Young Designers Emporium (Map pp120-1; ☎ 021-683 6177; Shop F50, Cavendish Sq, Cavendish St, Claremont) A bit of a jumble, but you'll most likely find something groovy for both him and her among the street clothes and accessories by new South African designers.

Other

African Music Store (Map pp110-11; ☎ 021-426 0857; 134 Long St, City Bowl) The prices are higher than

in the chain CD shops, but the range of local music, including all top jazz, kwaito and dance and trance recordings, can't be surpassed, and staff are knowledgeable about the music scene.

Vaughan Johnson's Wine & Cigar Shop (Map pp116-17; ☎ 021-419 2121; www.vaughanjohnson.com; Dock Rd, Waterfront) Selling practically every South African wine you could wish to buy (plus a few more from other countries). They're open on Sunday, unlike most wine sellers.

GETTING THERE & AWAY

Air

Cape Town International Airport (Map pp102-3; ☎ 021-937 1200; www.airports.co.za) is 20km east of the city centre, approximately 20 minutes' drive depending on traffic. There is a tourist information office and Internet access at both the international and domestic terminals.

For domestic flights it's always cheaper to book and pay on the Internet. Apart from **South African Airways** (SAA; ☎ 0860-359 722; www.flysaa.com) there are two budget airlines operating out of Cape Town: **Kulula.com** (☎ 0861-585 852; www.kulula.com) and **1time** (☎ 0861-345 345; www.1time.co.za). All three fly to the major South African cities. The following are the cheapest one-way fares you might pay from Cape Town to Durban (R502); East London (R593); Jo'burg (R694); Port Elizabeth (R718); and Upington (R712). For details on other airlines, see p622.

International airlines with offices in Cape Town:

Air Mauritius (Map pp120–1; ☎ 021-671 5225; www.airmauritius.com; Sandlare Bldg, 21 Dreyer St, Claremont)

Air Namibia (Map pp102–3; ☎ 021-936 2755;

www.airnamibia.com.na; Cape Town International Airport)

KLM (Map pp120–1; ☎ 086-024 7747; www.klm.co.za; Slade House, Boundary Terraces, 1 Mariendahl Lane, Newlands)

Lufthansa (Map pp102–3; ☎ 086-184 2538; Cape Town International Airport)

Malaysia Airlines (Map pp110–11; ☎ 021-419 8010; fax 419 7017; 8th fl, Safmarine House, 22 Riebeeck St, City Bowl)

Singapore Airlines (Map pp120–1; ☎ 021-674 0601; 3rd fl, Sandlare, 21 Dreyer St, Claremont)

South African Airways (SAA; Map pp102–3; ☎ 021-936 1111; www.flysaa.com; Cape Town International Airport)

Virgin Atlantic (Map pp102–3; ☎ 021-934 9000; Cape Town International Airport)

Bus

Four major long-distance bus lines operate out of Cape Town. Their booking offices and main arrival and departure points are at the Merriman Sq end of Cape Town train station (City Bowl).

Greyhound (☎ 021-505 6363; www.greyhound.co.za)

Intercape Mainliner (☎ 021-380 4400; www.intercape.co.za)

SA Roadlink (☎ 021-425 0203; www.saroadlink.co.za).

Translux (☎ 021-449 3333; www.translux.co.za)

For more information on bus routes and fares, and the Baz Bus, see p633.

Car & Motorcycle

Cape Town has an excellent road and freeway system that, outside the late-afternoon rush hour (starting at around 4pm), carries surprisingly little traffic. The only downside is getting used to the sometimes erratic breaking of road rules by fellow drivers.

Major local and international car and motorcycle hire companies in Cape Town:

Around About Cars (Map pp110–11; ☎ 021-422 4022; www.aroundaboutcars.com; 20 Bloem St, City Bowl)

Avis (Map pp110–11; ☎ 086-102 1111; www.avis.co.za; 123 Strand St, City Bowl)

Budget (Map pp110–11; ☎ 086-001 6622; www.budget.co.za; 120 Strand St, City Bowl)

Café Vespa (Map p114; ☎ 083-448 2626, 083-646

6616; www.cafévespa.com; 108 Kloof St, Tamboerskloof;

☎ 9am-midnight) New 150cc Vespas from R110 a day.

Hertz (Map pp110–11; ☎ 021-400 9650; www.hertz.co.za; cnr Loop & Strand Sts, City Bowl)

Le Cap Motorcycle Hire (Map p114; ☎ 021-423 0823; www.lecapmotorcyclehire.co.za; 43 New Church St, Tamboerskloof; ☎ 9am-5pm Mon-Fri, 10am-1pm Sat)

Minibus Taxi

Most long-distance minibus taxis start picking up passengers in townships, especially Langa and Nyanga, perhaps also making a trip into Cape Town train station if they need more people. The townships are not great places to be wandering around in the early hours of the morning so *do not* go into them without good local knowledge; it's preferable to go with a reliable local guide. Langa is relatively safe and long-distance taxis leave from the Langa shopping centre early in the morning. A local-area minibus taxi from Cape Town train station to Langa costs about R5.

The price difference these days with regular buses is negligible, and given that a minibus taxi journey will take longer, is more uncomfortable and far more potentially dangerous (because of driver fatigue), we don't recommend them for long-distance journeys.

Train

All trains leave from the main Cape Town train station. It can take a long time to get to the front of the queue at the **booking office** (☎ 021-449 4596; ☎ 7.30am-4.55pm Mon-Fri, 7.30-10.30am Sat).

For detailed information about train routes and fares, see p643.

GETTING AROUND To/From the Airport

Both **Backpacker Bus** (☎ 021-447 4991, 082-809 9185; www.backpackerbus.co.za) and **Homeland Shuttle & Tours** (Map pp110-11; ☎ 021-426 0294, 083-265 6661; www.homeland.co.za; 305 Long St, City Bowl) pick up from accommodation in the city and offer airport transfers for R90 per person (R120 between 5pm and 8am).

Expect to pay around R200 for a non-share taxi; the officially authorised airport taxi company is **Touch Down Taxis** (☎ 021-919 4659). If there are four of you, consider making a booking with Rikkis (opposite) which charges R125 for hire of the minivan cabs.

All the major hire car companies (see left) have desks at the airport. Driving along

the N2 into the city centre from the airport usually takes 15 to 20 minutes, although during rush hours (7am to 9am and 4.30pm to 6.30pm) this can extend up to an hour. There is a petrol station just outside the airport, handy for refilling the tank before drop-off.

Bicycle & Scooter

The Cape Peninsula is a great place to explore by bicycle, but there are many hills, and distances can be long – it's nearly 70km from the centre to Cape Point. Unfortunately, you aren't supposed to take bicycles on suburban trains. For bicycle hire, try Downhill Adventures (p123), Atlantic Tourist Information Centre (p106) or Homeland Shuttle & Tours (opposite).

Bus

For local bus services the main station is the **Golden Acre Terminal** (Map pp110-11; Grand Parade, City Bowl). From here **Golden Arrow** (☎ 0800-656 463; www.gabs.co.za) buses run, with most services stopping early in the evening. Buses are most useful for getting along the Atlantic Coast from the city centre to Hout Bay (trains service the suburbs to the east of Table Mountain). When travelling short distances, most people wait at the bus stop and take either a bus or a shared taxi, whichever arrives first. A tourist-friendly alternative is the City Sightseeing Cape Town bus service (p140).

Destinations and off-peak fares (applicable from 8am to 4pm) from the city include the Waterfront (R3), Sea Point (R3), Kloof Nek (R3), Camps Bay (R4.50) and Hout Bay (R7). Peak fares are about 30% higher. If you're using a particular bus regularly, it's worth buying 'clipcards', with 10 discounted trips.

Minibus Taxi

Minibus taxis cover most of the city with an informal network of routes and are a cheap way of getting around. Useful routes are from Adderley St (opposite the Golden Acre Centre) to Sea Point along Main Rd (R3) and up Long St to Kloof Nek (R2).

The main stop is on the upper deck of the main train station, accessible from a walkway in the Golden Acre Centre or from stairways on Strand St. It's well organised, and finding the right stop is easy. Anywhere

else, you just hail minibus taxis from the side of the road and ask the driver where they're going. For minibus taxi etiquette, see p640.

Rikki

A cross between a taxi and a shared taxi are the tiny minivans of **Rikkis** (☎ 021-418 6713; www.rikkis.co.za; ☎ 7am-7pm Mon-Fri, 8am-4pm Sat). They can be booked or hailed on the street and travel within a 5km radius of the city centre. A trip from the main train station to Tamboerskloof costs R10; to Camps Bay is R15. A Rikki from the City Bowl to Kirstenbosch Botanical Gardens or Hout Bay costs R70 for the first four people. Rikkis also operate out of Simon's Town (☎ 021-786 2136); they meet all trains to Simon's Town and go to Boulders.

Although cheap, Rikkis may not be the quickest way to get around, as there is usually a certain amount of meandering as passengers are dropped off, and they are notoriously slow to turn up to a booking.

Taxi

It's worth considering taking a nonshared taxi late at night or if you're in a group. Rates are about R10 per km. There's a taxi rank at the Adderley St end of the Grand Parade in the city, or call **Marine Taxi** (☎ 021-434 0434), **SA Cab** (☎ 0861-172 222; www.sacab.co.za) or **Unicab Taxis** (☎ 021-447 4402).

Train

Metro commuter trains are a handy way to get around, although there are few (or no) trains after 6pm Monday to Friday and after noon on Saturday. For information contact **Cape Metro Rail** (☎ 0800-656 463; www.capemetrorail.co.za).

Metro trains have 1st- and economy-class carriages only. The difference in price and comfort is negligible, although you'll find the 1st-class compartments to be safer on the whole.

The most important line for visitors is the Simon's Town line, which runs through Observatory and then around the back of Table Mountain through upper-income white suburbs, such as Newlands, down to Muizenberg and along the False Bay coast. These trains run at least every hour from around 5am to 7.30pm Monday to Friday (to 6pm on Saturday), and from 7.30am to

6.30pm on Sunday. (Rikkis meet all trains and go to Boulders.) On some of these trains you'll find Biggsy's, a restaurant carriage and rolling wine bar. There's a small extra charge to use it.

Metro trains run some way out of Cape Town, to Strand on the eastern side of False Bay, and into the Winelands to Stellenbosch and Paarl. They are the cheapest and easiest means of transport to these areas; security is best at peak times.

Some economy/first-class fares include Observatory (R4.2/5.50), Muizenberg (R5.50/8.50), Simon's Town (R7.30/12), Paarl (R8.50/14.50) and Stellenbosch (R7.50/12).

AROUND CAPE TOWN

The communities hugging the coastal strip of the Cape Peninsula around False Bay – Muizenberg, Kalk Bay and Simon's Town – are villages compared to Cape Town proper. Here you'll also find the natural wonders of the Rondevlei Nature Reserve at Zeekoevlei; the penguins at Boulders; the Solole Game Reserve and Imhoff Farm near Kommetjie on the Atlantic Coast of the southern peninsula; and the dramatic expanses of the Cape of Good Hope, part of the Table Mountain National Park (p107).

The townships of the Cape Flats, spreading east from Table Mountain, are best visited on a day trip from Cape Town, although we'd recommend you stay at one of the B&Bs there to experience the full extent of *ubuntu* (Xhosa hospitality).

RONDEVLEI NATURE RESERVE

This small **nature reserve** (Map pp102-3; ☎ 021-706 2404; Fisherman's Walk Rd, Zeekoevlei; adult/child R10/5; 🕒 7.30am-5pm Mar-Nov, 7.30am-7pm Mon-Fri, 7.30am-7pm Sat & Sun Dec-Feb) covers a picturesque wetlands with native marsh and dune vegetation. Hippos were reintroduced to the reserve in 1981 and there are now eight of them, but it is very unlikely you will spot them unless you stay overnight – for details contact Imvubu Nature Tours (p141) which is based at the reserve. Guided walks are available and you can spot some 230 species of birds from the waterside trail, two viewing towers and hides. You will need a car to get here; follow the M5 from the Foreshore.

MUIZENBERG & KALK BAY

A popular holiday resort in the early-20th century, **Muizenberg**, 25km south of the City Bowl, is on the up again after a period in the economic doldrums. Properties are being renovated and new cafés and restaurants are opening. Muizenberg's broad white beach is popular with surfers – hire boards or get lessons from Gary's Surf School (p138). The beach – along which you'll see the colourfully painted and much-photographed Victorian bathing huts – shelves gently and the sea is generally safer (and warmer) here than elsewhere along the peninsula. There's plenty of parking, and a pleasant **coastal walk** from the handsome train station to the neighbouring suburb of **St James**, where you'll find a tidal pool that's good for splashing in with the kids.

Next along the coast is **Kalk Bay**, where the attractive fishing harbour is at its most picturesque in the late morning when the community's few remaining fishing boats pitch up with their daily catch, and a lively quayside market ensues. For an insight into the lives of the Kalk Bay's fisher folk sign up for a local walking tour (p141).

For more information go to **Cape Town Tourism Muizenberg** (☎ 021-788 6176; the Pavilion, Beach Rd, Muizenberg; 🕒 8am-5.30pm Mon-Fri, 9am-1pm Sat & Sun Oct-Mar, 8.30am-5pm Mon-Fri, 9am-noon Apr-Sep).

Sights

JOAN ST LEGER LINDBERGH ARTS CENTRE

The great granddaughter of the founder of the *Cape Times*, Joan St Leger was an artist and poet. She bequeathed her Sir Herbert Baker-designed home and the adjoining properties to the **Joan St Leger Lindbergh Arts Foundation** (☎ 021-788 2795; www.muizenberg.info/jsllaf.asp; 18 Beach Rd, Muizenberg; 🕒 8.30am-4.30pm Mon-Fri). There are art displays, a café, a wonderful reference library and a gallery of photos of how Muizenberg once looked. Concerts are regularly held on the Thursday morning at the start of the month (R40) and Wednesday evening at the end of the month (R90 to R110).

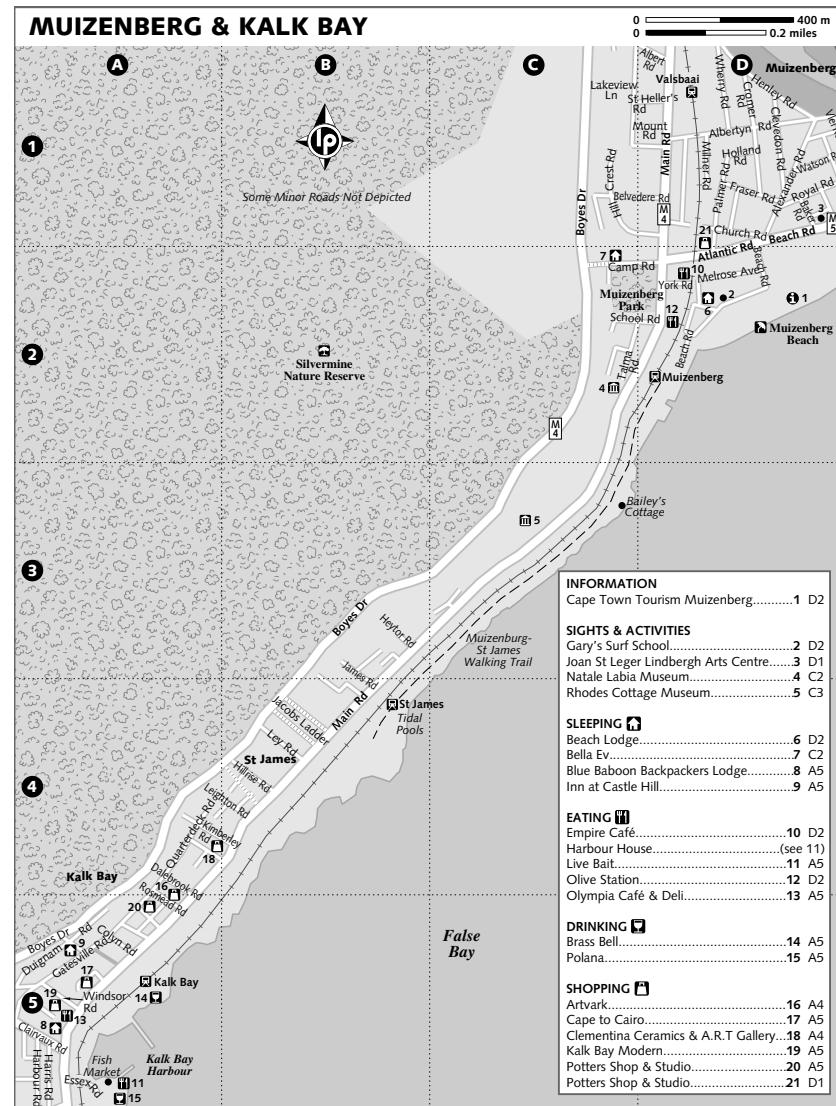
RHODES COTTAGE MUSEUM

Cecil Rhodes' pretty cottage is now the engaging **Rhodes Cottage Museum** (☎ 021-788 1816;

246 Main Rd, St James; admission by donation; 🕒 10am-4pm) where you can find out all about the founder of De Beers, who died here in 1902; for more on Rhodes, see p527. Yet another of Sir Herbert Baker's designs, the cottage has particularly pleasant gardens, which are a lovely spot to rest and to spot whales from during the season.

NATALE LABIA MUSEUM

Call ahead to see whether anything is showing at this charming Venetian-style **mansion** (☎ 021-788 4106; www.museums.org.za/natale; 192 Main Rd, Muizenberg; admission R3; 🕒 Mon by appointment only), a satellite of the South African National Gallery. The house still belongs to the family of the Italian Count Natale Labia



who had it built in 1930 when it served as the Italian Legation.

Sleeping

Blue Baboon Backpackers Lodge (☎ 021-788 3645, 083-641 6808; 136 Main Rd, Kalk Bay; s/d with shared bathroom R120/220) Above the Olympia Bakery & Deli, this simply furnished budget lodge offers splendid views of the harbour from the running balcony that all rooms access. It's the cheapest place to crash in Kalk Bay, so book ahead.

Beach Lodge (☎ 021-788 1771; www.thebeachlodge.co.za; 13-19 York Rd, Muizenberg; s/d with shared bathroom R150/260; (P) (M)) Set in a heritage-listed building with splendid sea views, this spacious budget guesthouse is a great option. There's a huge kitchen for self-catering, a small gym and satellite TV in the comfy lounge.

Bella Ev (☎ 021-788 1293; www.capestay.co.za/bella%2Dev/; 8 Camp Rd, Muizenberg; s/d R480/580) This charming guesthouse could be the setting for an Agatha Christie mystery, one in which the home's owner has a penchant for things Turkish – hence the Ottoman slippers for guests' use and the Turkish-style breakfast.

Inn at Castle Hill (☎ 021-788 2554; www.castlehill.co.za; 37 Gatesville Rd, Kalk Bay; s/d R350/640; (P)) Colourful works by local artists decorate the walls at this delightful guesthouse in a renovated Edwardian home. Some of the convivial rooms overlook the bay.

Eating & Drinking

Olympia Café & Deli (☎ 021-788 6396; 134 Main Rd, Kalk Bay; mains R40-75; ☎ 7am-9pm) Still setting the standard for relaxed rustic cafés by the sea, Olympia has now opened a branch in the City Bowl (Map pp110-11). Breads and pastries made on the premises are great for breakfast, and its Mediterranean-influenced main dishes are delicious, too.

Live Bait (☎ 021-788 4133; Kalk Bay Harbour, Kalk Bay; mains R60) Sit practically within arms reach of the crashing waves and the bustle of the Kalk Bay harbour at this breezy, Greek-island-style fish restaurant, the less fancy but equally appealing sibling of Harbour House upstairs.

Empire Café (☎ 021-788 1250; 11 York Rd, Muizenberg; mains R50; ☎ 7am-4pm Mon-Sat, 8am-4pm Sun) The surfies' favourite hang-out is a great place for breakfast or lunch of well-made

pasta dishes and salads. Local art exhibitions enliven the walls. Call to see if it's open for dinner on Thursday and Saturdays.

Olive Station (☎ 021-788 3264; 165 Main Rd, Muizenberg; mains R40-50; ☎ 8am-5pm Mon-Wed, Fri & Sat, 8am-9pm Thu, 9am-5pm Sun) Dine on Lebanese dishes at the relaxed café overlooking the sea or a wind-sheltered courtyard. The olives sold in the attached deli are grown locally and cured in wooden barrels.

Kalk Bay has several great seaside bars that serve food including the **Brass Bell** (☎ 021-788 5455; Kalk Bay Station, Main Rd; mains R50-80; ☎ 11am-10pm), a Cape Town institution, and the convivial and trendy **Polana** (☎ 021-788 7162; Kalk Bay Harbour).

Shopping

Apart from Kalk Bay's harbour and its fishing market, the best reason for visiting here is to browse the many antique, art and craft shops.

Our pick of the bunch:

Artvark (☎ 021-788 5584; www.artvark.org; 48 Main Rd, Kalk Bay) For crafts.

Cape to Cairo (☎ 021-788 4571; 100 Main Rd, Kalk Bay) An Aladdin's cave of interior-design goods.

Clementina Ceramics & The A.R.T. Gallery (☎ 021-788 8718; www.clementina.co.za; 20 Main Rd, Kalk Bay; ☎ 10am-5pm Tue-Sun) For the full selection of Clementina van der Walt's distinctive tableware as well as one-off pieces.

Kalk Bay Modern (☎ 021-788 6571; Windsor House, 150 Main Rd, Kalk Bay) For arts and crafts.

The Potter's Shop & Studio (☎ 021-788 7030; 6 Rouxville Rd, Kalk Bay) For pottery. There's also a branch in Muizenberg (☎ 021-788 8737; 9 Atlantic Rd; ☎ 9am-4pm Mon-Fri)

Getting There & Around

The Simon's Town train line from Cape Town runs to Muizenberg, St James and Kalk Bay. If driving, the M4 leads directly to Muizenberg and connects with Main Rd which runs down the False Bay coast to Kalk Bay. The sights are all within walking distance of the train stations.

SIMON'S TOWN

A naval town ever since colonial times, Simon's Town remains the main base for South Africa's navy. It's an attractive, Victorian town with a pretty harbour and an interesting Cape Muslim history, which you can learn about at the **Heritage Museum**

(☎ 021-786 2302; Almay House, King George Way; adult/child R3/2; ☎ 11am-4pm Tue-Fri, Sat & Sun by appointment only).

There are two other mildly diverting museums – the **Simon's Town museum** (☎ 021-786 3046; Court Rd; donation R5; ☎ 9am-4pm Mon-Fri, 10am-1pm Sat, 11am-3pm Sun), covering the town's general history; and the self-explanatory **South African Naval Museum** (☎ 021-787 4635; St George's St; admission free; ☎ 10am-4pm). But the main reason most people head down this way is to visit the penguin colony at Boulders Beach (right).

Among the several boat tour operators in Simon's Town is **Southern Right** (☎ 083-257 7760, 021-786 2136; Simon's Town Harbour Jetty; harbour cruise R30), which runs the popular *Spirit of Just Nuisance* cruise around the harbour. Speed-boat trips to Cape Point and Seal Island are R250 and during the whale-watching season they also offer cruises that allow you to get up close to these magnificent animals.

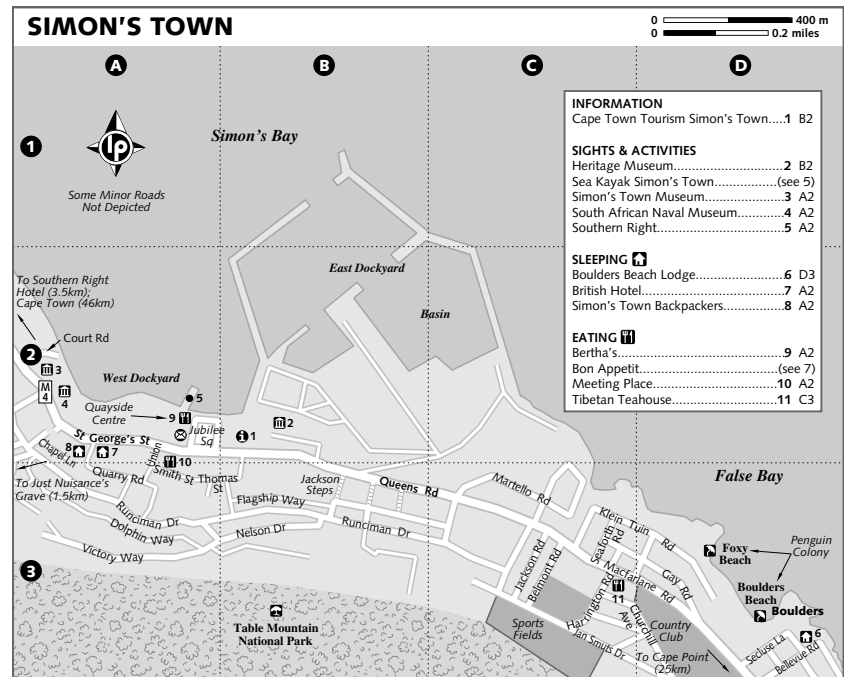
It's possible to kayak in the harbour and down the coast towards Cape Point (see p137).

For tourist information go to **Cape Town Tourism Simon's Town** (☎ 021-786 5798; 111 St George's St, Simon's Town; ☎ 8am-6pm Mon-Fri, 10am-5pm Sat & Sun Oct-Mar, 9am-5pm Mon-Fri, 10am-3pm Sat Apr-Sep).

Boulders Beach

Famous for being home to a colony of 3000 African penguins, **Boulders Beach** (☎ 021-701 8692; www.tmpn.co.za; adult/child R20/5; ☎ 7am-7.30pm Dec-Jan, 8am-6.30pm Feb-May & Sep-Nov, 8am-5pm Jun-Aug) is some 3km south of Simon's Town. Delightful as they are, the penguins are also pretty stinky, which may put you off spending too long paddling with them.

There are two entrances to the penguins' protected area, which is part of Table Mountain National Park. The first, as you come along Queens Rd (the continuation of St George's St) from Simon's Town, is at the end of Seaforth Rd; the second is at Bellevue Rd. You can observe the penguins from the boardwalk at Foxy Beach, but at Boulders Beach you can get in the water with them. The sea is calm and shallow in the coves, so Boulders is popular with families



and can get extremely crowded, especially on holidays and at weekends.

Sleeping

Simon's Town Backpackers (☎ 021-786 1964; www.capepax.co.za; 66 St George's St, Simon's Town; dm/d R70/200; ☑) The spacious rooms are brightly painted at this relaxed backpackers overlooking Simon's Town's harbour.

Southern Right Hotel (☎ 021-782 0314; www.southernright.info; 12-14 Glen Rd, Glencairn; s/d R375/590; ☑) A couple of kilometres before Simon's Town is this historic inn run by the Boulders Beach Lodge people. The rooms are simply but appealingly furnished with lots of candles adding a romantic ambience. There's also a restaurant, deli and wine shop.

Boulders Beach Lodge (☎ 021-786 1758; www.bouldersbeach.co.za; 4 Boulders Pl, Boulders Beach; s/d R450/790, apt R1500; ☑ ☑) Share the beach with the penguins after the day-tripper crowds have gone home at this smart guest-house with rooms decorated in wicker and wood. There are also self-catering units and a pleasant café.

British Hotel (☎ /fax 021-786 2214; www.britishhotelpartments.co.za; 90 St George's St, Simon's Town; apt from R1400) These quirkily decorated and amazingly spacious apartments are splendid value and ideal for groups of friends or a family.

Eating

Meeting Place (☎ 021-786 1986; 98 St George's St, Simon's Town; mains R40; ☎ 9am-4pm Mon, 9am-9pm Tue-Sun) Relax on the balcony overlooking Simon's Town's main street at this trendy deli-café, a foodie's delight.

Tibetan Teahouse (☎ 021-786 1544; www.sophea-gallery.com; 2 Harrington Rd, Seaford; mains R30-40; ☎ 10am-5pm) Attached to the Sophea Gallery of Tibetan and Tibetan inspired arts and crafts, this is a lovely café in which to revive, with a view across the bay. All the food is vegetarian and it also does vegan dishes.

Also recommended are the classy French bistro **Bon Appetit** (☎ 021-786 2412; 90 St George's St, Simon's Town; mains R80-90; ☎ noon-2pm & 6.30-10pm Tue-Sun) and harbourside seafood restaurant **Bertha's** (☎ 021-786 2138; Quayside Centre, 1 Wharf Rd, Simon's Town; mains R55-90; ☎ 7am-10pm).

Getting There & Around

See p162 for details on the train from Mui-zenberg. Rikkis (p159) meet all trains ar-

riving at Simon's Town and go to Boulders and Cape Point.

IMHOFF FARM

There is a great deal to see and do at this historic and attractive **farmstead** (Map pp102-3; ☎ 021-783 4545; www.imhofffarm.co.za; Kommetjie Rd; admission free; ☎ 10am-5pm Tue-Sun) just outside Kommetjie. Craft shops and studios, a café, the Kommetjie Environmental Awareness Group (KEAG), a snake and reptile park, a farmyard stocked with animals, and camel and donkey rides are among the many attractions. The best way to get here is by car.

SOLELE GAME RESERVE

The cheeky irreverence of this **game reserve** (Map pp102-3; ☎ 021-785 3248; www.solole.co.za; 6 Wood Rd, Sunnydale; ☎ 9.30am-5.30pm Mon-Fri, 9am-5pm Sat & Sun), covering 350 hectares on the way to Kommetjie, has to be admired. For example, a 45-minute game drive costs R30 unless you're an 'ill-disciplined brat' and then its R5000! View nine different species of buck, buffalo and the lone black rhino Mokwena, the first to be returned to the Cape in several centuries. Guided walks (R90) are also available, or you can game spot for free at the hide by their excellent restaurant Mnandis. Again, you'll need a car to get here.

CAPE OF GOOD HOPE NATURE RESERVE

The awesome scenery, fantastic walks and deserted beaches of the **reserve** (Map pp102-3; ☎ 021-780 9204; www.tnnp.co.za; admission R45; ☎ 6am-6pm Oct-Mar, 7am-5pm Apr-Sep) can easily swallow up a day. If you come on one of the day tours that whip into the reserve (part of Table Mountain National Park), pause at the Buffelsfontein Visitor Centre, walk to Cape Point and back, and then zip out again, you'll not even have seen the half of it. Take your time to explore the reserve the way it should be: on foot. Pick up a map at the entrance gate if you intend to go walking, but bear in mind that there is minimal shade in the park and that the weather can change quickly. Also see p137 for details of the two-day hike you can take in the reserve.

It's not a hard walk, but if you're feeling lazy a **funicular railway** (adult one way/return

R32/24, child R16/12; ☎ 10am-5pm) runs up from beside the restaurant to the souvenir kiosk next to the old lighthouse (1860). The old lighthouse was too often obscured by mist and fog, so a new lighthouse was built at Dias Point in 1919 – take the thrilling walkway along the rocks here to avoid the crowds.

Numerous tour companies include Cape Point on their itineraries (see p140). The only public transport to the Cape is with Rikkis, which run from Simon's Town train station (p159). The best option is to hire a car for the day, so you can explore the rest of the peninsula.

CAPE FLATS

For the majority of Capetonians, home is in one of the poverty-stricken townships sprawling across the shifting sands of the Cape Flats. Taking a tour – the only way of safely travelling here besides making friends with and being accompanied by a resident – is one of the most illuminating and life-affirming things you can do while in Cape Town. You'll learn a lot about South African history and the cultures of black South Africans.

Although there are trains and buses into the townships, for safety reasons we don't recommend taking them unless you're in the company of a local. Better are the township tours (p221). The half-day itineraries of most tours are similar, usually including a visit to the District Six Museum (p108), then being driven to the Cape Flats to visit some or all of the following townships: Langa, Guguletu, Crossroads and Khayelitsha. Tour guides are generally flexible in where they go, and respond to the wishes of the group.

Places you'll visit will most likely include the brilliantly decorated **Guga S'Thebe Arts and Cultural Centre** (Map pp102-3; ☎ 021-695 3493; cnr Washington & Church Sts, Langa); the **Tsoga Environmental Resource Centre** (Map pp102-3; ☎ 021-694 0004; Washington St, Langa); the **Sivuyile Tourism Centre** (Map pp102-3; ☎ 021-637 8449) in Guguletu, which has an interesting photographic display on the townships, artists at work, and a good gift shop; the **Philani Nutrition & Development Project** (Map pp102-3; ☎ 021-387 5124; www.philani.org.za) in Crossroads and Khayelitsha; and the **Khayelitsha Craft Market** (Map pp102-3; ☎ 021-361 2904; www

BABOON MATTERS

The signs at Cape Point warning you not to feed the baboons are there for a reason. After years of interacting with tourists, the baboons will quite happily grab food from your hands or climb in the open doors and windows of your car to get at it. *Never* challenge them as they will turn aggressive. The damage inflicted might end up being far more serious than baboon crap over your car seats, so keep an eye open, and your food carefully hidden away.

Showing a much gentler side of baboon life is the project **Baboon Matters** (☎ 021-783 3882; www.baboonmatters.org.za; adult/child R200/100). On a two- to three-hour guided hike you'll get to spend time observing a baboon troop at very close quarters – it's an amazing experience. The project was started to help preserve the Chacma baboon population, estimated at 247 and dangerously close to extinction on the Cape. Monitors have been employed to keep the baboons out of the villages where they come into conflict with humans; 25% of tour fees go towards the project.

.stmichaels.org.za; St Michael's Church, Ncumo Rd, Harare, Khayelitsha; ☎ 9am-4pm Mon-Sat), a great place to look for interesting souvenirs, where you can be sure that your money goes directly to the people who need it most. Usually a marimba band is playing and you can buy their CDs.

Sleeping

Vicky's B&B (Map pp102-3; ☎ 021-387 7104, 082-225 2986; www.vickysbandb.com; Site C 685A Kiyane St, Khayelitsha; s/d with breakfast & shared bathroom R190/380; ☑) Vicky Ntozini's unique selling point is that she lives in a shack. Given her success she could well afford not to, but she and her extended family love it here and guests clearly enjoy the experience. There are two compact, comfy guest rooms and (rare for a shack) an inside bathroom with toilet and shower.

Radebe's B&B (Map pp102-3; ☎ 021-695 0508, 082-393 3117; radebes@ananzi.co.za; 23 Mama Way, Settlers Place, Langa; s/d R200/360; ☑ ☑) Minah Radebe brings her confident Sowetan style to the best of Langa's B&B's. One

of her three delightfully decorated guest rooms has an en-suite bathroom and there's the attached Coffee Shack restaurant, where breakfast and other meals are served.

Kopanong (Map pp102-3; ☎ 021-361 2084, 082-476 1278; kopanong@xsinet.co.za; Site C-329 Velani Cres, Khayelitsha; s/d with breakfast R290/480; (P) (Q)) Thope Lekau runs Khayelitsha's best B&B, with her equally ebullient daughter, Mpho. Her substantial brick home offers two stylishly decorated guest rooms, each with their own bathrooms. She also runs a cookery course (R150) on request.

Eating

Arrange with a tour company (see p140) or private guide to visit the following places.

Eziko (Map pp102-3; ☎ 021-694 0434; cnr Washington St & Jungle Walk, Langa; mains R30-40; ☎ 9am-6pm Mon-Fri, 9am-10pm Sat) Offers simple, good food in a pleasant setting; try the chef's special fried chicken or the breakfast.

Lelapa (Map pp102-3; ☎ 021-694 2681; 49 Harlem Ave, Langa; buffet R85) Sheila has been so successful with her delicious African-style buffets that she's taken over the neighbours, extending the once cosy home restaurant into a space for big tour groups.