

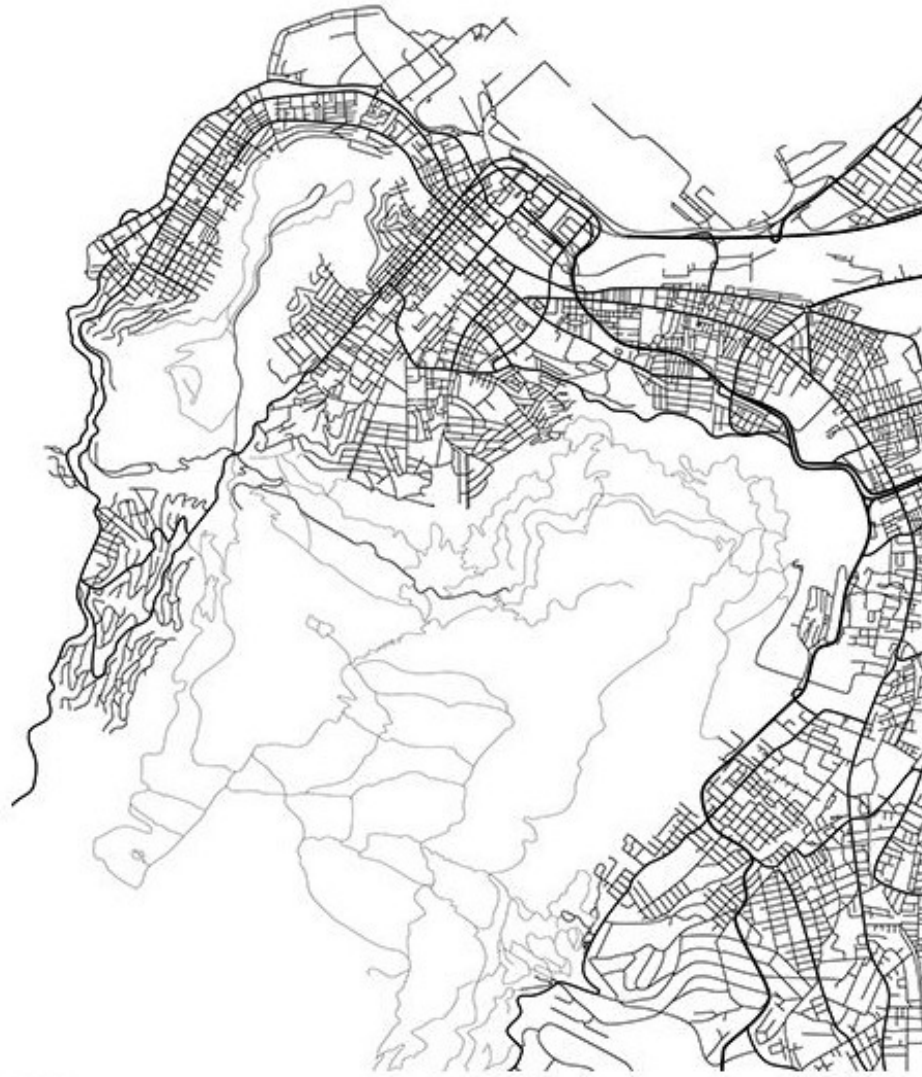
J A D E E M C G O W A N

WATERMELON | CAPE TOWN

WELCOME TO CAPE TOWN

CAPE TOWN

SOUTH AFRICA



Ⓜ TIPS FOR CAPE TOWN

Ⓜ SEE & DO

In Cape Town
Markets
Museum / Gallery
Outside Cape Town
Nature + Parks

Ⓜ EAT & DRINK

The top voted restaurants
Restaurant list by type
My favorite restaurants

Ⓜ SPAS & SALONS

Ⓜ CONTACTS EMERGENCY + SERVICES

How do I get to Cape Town

Cape Town International Airport is a world class facility that sits a mere 30 mins (traffic permitting) from the city centre. Besides the national carrier, South African Airways, many international carriers boast daily, direct flights into The Mother City. A short overnight flight transports you from America and Europe straight onto the majestic shores and sunny beaches of Cape Town.

How do I travel in and around Cape Town

Car Hire

Reputable airport car rental companies include Avis (www.avis.co.za), Hertz (www.hertz.co.za) and Budget (www.budget.co.za)

Shuttle services

Making your way to the city from the airport is possible via one of the airport's shuttle our preferred <http://www.sportshuttle.co.za/>

Taxis

Uber is widely available in South Africa and metered Sedan taxis are ever-present in and around the city. The metered taxis are generally more expensive, charging around R12 per kilometre.

The Cape Town Tourism Visitor Information Centre (021 426 4260/021 405 4500) is a very useful resource hub and will be able to provide lists of preferred suppliers of taxis and many other transport options.

Tours

Private and guided tours are widely available throughout South Africa and advisable when visiting. The Travel Café (<https://www.thetravelcafe.capetown/>) and Jadee Mc Gowan

What are the main languages in Cape Town

The most common languages in Cape Town are English, Afrikaans and Xhosa. There are however 11 official home languages in South Africa. English is widely spoken throughout most of the major Metropolitan areas.

*Tip: Try learning some fun words.

Thank You – English

Baie Dankie – Afrikaans

Enkosi – Xhosa

What is the weather like in Cape Town

Cape Town is never out of season. It is the perfect summer paradise with long, balmy days and warm summer nights. There is a seemingly endless supply of sunshine, lasting well over 11 hours a day! The average summer temperature in Cape Town is around 26 degrees Centigrade. The winter months bring mild, stormy days and the perfect weather for sitting by a fireplace sampling one of the province's world-renowned fine wines.

*Tip: Pack for four seasons - our weather can change in an instant so always be prepared.

Is a visa required to enter Cape Town

If you are planning on staying for longer than 90 days, you may either apply for a Visa extension before you leave home or once you have arrived in South Africa by extending your 90 day Visitors Permit.

Is it possible to stay longer

Nationals of 48 countries/territories who hold valid national passports are not required to obtain South African visas for visits of up to 90 days. It is important to check with your local South African Mission before your departure to determine whether or not your country is on this list. All visitors must hold a passport valid for 1 month after departure, with one blank page (two if a visa is required).

What is the currency

The unit of currency used in South Africa is the Rand. One Rand is made up of 100 cents. The Rand's sign is R and its international code is ZAR.

What not to do

There are many people in South Africa who do not have jobs, and unfortunately homelessness and poverty is a growing problem throughout the country. You will encounter beggars and con artists on street corners throughout the Cape Town CBD, and though most are well meaning and in difficult positions, it's best not to engage them extensively.

Do not visit Long Street or East City Precinct after dark

Do not use ATM machines other than in a secure shopping center

Do not walk anywhere unguided or unmarked. Do walk in groups in the CBD or mountains

Do not flash your valuables, money or jewelry when walking in the CBD

Please use our water sparingly – we have made every effort to save our water and we are doing well together as a city. i.e two-minute showers and no baths

Do not throw cigarette buds or leave unattended fires anywhere, we have a high risk of vegetation fires

Do not leave anything visible in your car including jackets, charging cables, packets etc also ensure your car doors are physically locked once you press the remote.

Do not accept assistance from anyone without verifying them first.

Do not get stuck in rush hour traffic in and out of the city, so plan your itinerary before the time.

What to do

Have fun, embrace our culture and make incredible memories here in our city of Cape Town

SEE & DO

SEE & DO

TO DO **in** Cape Town

- ① Take a cooking class in the colorful Malay district of Bo Kaap or go taste a traditional 'Koeksister' and take photos in front of the colourful houses.
Contact: Zainie Misbach - 074 130 8124
- ① Have a drink on "First Thursday": The first Thursdays of the month means Cape Town locals come out to play at the art galleries and bars surrounding Bree and Loop Street in the inner city.
- ① Get on board a helicopter to experience Cape Town from above.
- ① Have a drink in Camps Bay to watch sunset and dip your toes in the icy Atlantic ocean.
- ① Buy Flowers at one of South Africa's oldest markets – the Trafalgar Flower Market in Adderley Street. Ask for the famous Delia, for a good laugh and local experience.
- ① Shop like a local and visit the Oranjezicht Farmers Market on Saturday and Sunday based in Granger Bay next to the V&A Waterfront.
- ① Cake tasting at Charly's Bakery and watch the Charly's Angels in action at their crazy bakery
- ① Hop on and off the Red bus to view the city or take one of their different routes
- ① Explore Two Oceans Aquarium and V&A Waterfront at anytime during the day.



SEE & DO

TO DO **in** Cape Town



Crédit: Craig Howes



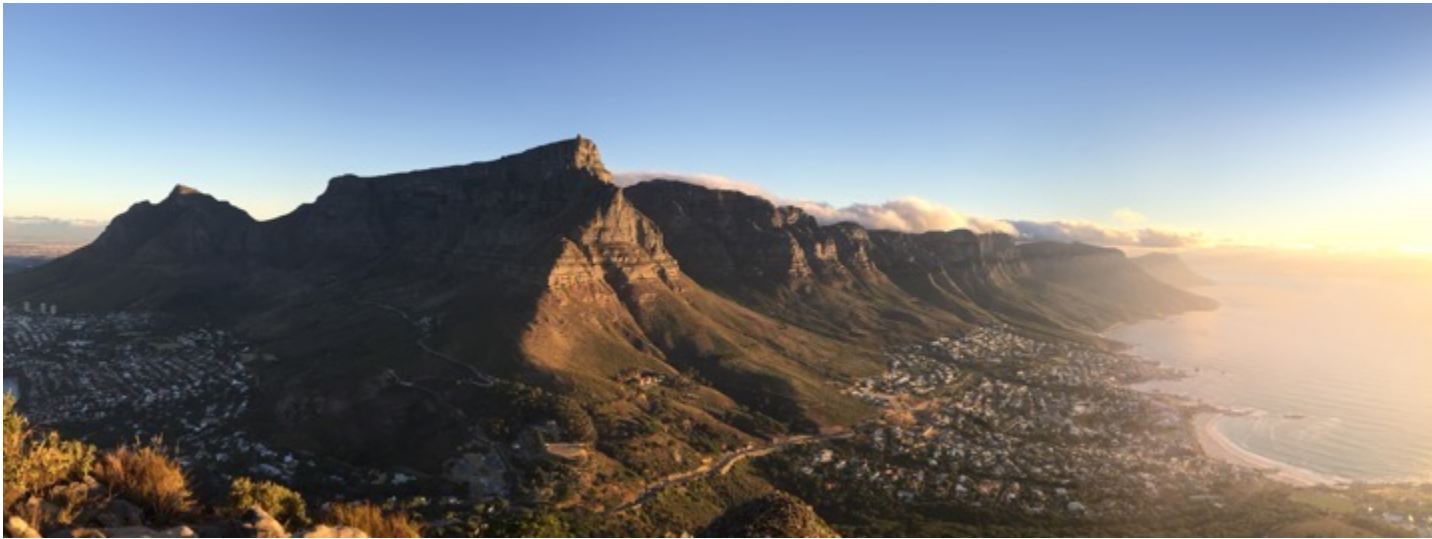
Museums | Galleries:

Zeitz MOCAA Museum
District Six Museum
Norval Gallery
Ava Gallery
Donald Greg Gallery
Southern Guild
Woodstock Street Art Tours



Markets:

Oranjezicht Farmers Market at Granger Bay
Hout Bay Harbour Market every day
Boschendal Friday Night Market
Neighbourhoods Saturday Market
Mojo Food Market everyday
Greenmarket Square
V&A Waterfront Food and Watershed Markets



Crédit: Hillary Fox | Cape Town Tourism

- ① Hike to the top of Lion's head (2 hour walk round trip)
Contact: Pete for guided hikes
+27 71 407 7734 or +27 82 223 4822
or piegebe@yahoo.co.uk
- ① Cable car to the top of Table Mountain. For the more adventurous and sportier option choose to hike, but please do make use of a guide. (Allow about 3 hours)
- ① Book a sunset or boat cruise from V&A Waterfront
<https://www.miragecatamaran.com>
- ① Take a walk or ride along the the Sea Point promenade
Contact: +27 74 100 9161 or <http://upcycles.co.za>
- ① Kayak to see the dolphins and whales from Mouille Point or Kalk Bay

SEE & DO

TO DO **in** Nature in the CBD



Crédit: Estee de Villiers | Cape Town Tourism

Parks:

Table Mountain National Park
Cape Town's Company's Garden
World of Birds wildlife Sanctuary
Babylonstoren Gardens (Franschoek)
Kirstenbosch Botanical Garden (with its canopy and why not attend an outdoor concert or outdoor cinema during the summer season)
Green Point Urban Park
Rhodes Memorial + Newlands forest



Credit: Craig Howes

CAPE TOWN HIKING PREPARATION TIPS FOR TABLE MOUNTAIN, LIONS HEAD OR PLATTEKLIP GORGE WITH GUIDED TOUR:

A hat / cap / bandana (as protection for the African sun).

Sun block of your choice

(I / we bring factor 50 for you. But you might prefer stronger).

Your best walking shoes

(we bring hiking sticks, to help you with stability and to prevent tripping / slipping on those loose stones...And I / we pave the way for you warning you of loose stones & rocks).

Minimum 2L water each.

Long pants / track pants and long sleeved shirt

(to prevent the two month after effects from rubbing on the nasty blister bush).

Snacks of your choice

(I also bring fruit for you. Great for energy).

Windbreaker / raincoat / fleece jacket

Weather changes quickly on the Mount. Its better to be over prepared than under prepared.

Dry clothes

For changing into at top.



Crédit: Craig Howes | Cape Town Tourism

SEE & DO

TO DO **outside** the city CBD

- Ⓜ Take a surf or Kitesurfing lesson in Muizenberg or Blaauwberg with the beautiful backdrop of Table Mountain
- Ⓜ Go wine tasting at one of the sublime estates in Franschhoek, Stellenbosch, Paarl, Constantia or Durbanville.
- Ⓜ Experience Cape Penguins on Boulders Beach, Simons Town or otherwise on Betty's Bay Beach (on the road to Hermanus)
- Ⓜ Go shark cage driving for an unusual meeting and dive with the great white sharks in Gansbaai (located 2h30 from Cape Town) or dive to meet the sea lions, or swim with sharks at the Two Oceans Aquarium.
- Ⓜ Go whale watching in Hermanus (June to Nov)
- Ⓜ Do a full day or half day tour of the peninsula to the Cape of Good Hope and then stop at Kalk Bay for lunch – recently voted one of the best places to live in the world.
- Ⓜ Go on a Safari to see the Big 5 at Aquila or visit the lion and cheetah park or Giraffe House
- Ⓜ Take a sidecar tour of the peninsula – ask us more
- Ⓜ Visit an underprivileged school and take part in an upliftment project. Ask us about Nondzame Primary based in the little village of Priel in Stellenbosch.

<https://www.backabuddy.co.za/champion/project/nondzame-primary-school>

EAT & DRINK

EAT & DRINK

**As voted by Eat Out Awards, South Africa's most prestigious culinary awards*

Crédit: La Colombe

The Top 20 Eat Out South African restaurants

1. La Colombe (Constantia, Cape Town)
2. The Test Kitchen (Woodstock, Cape Town)
3. The Restaurant at Waterkloof (Somerset West)
4. Wolfgat (Paternoster)
5. Fyn Restaurant (City Bowl, Cape Town)
6. La Petite Colombe (Franschoek)
7. Eike (Stellenbosch)
8. Salisfy (Camps Bay)
9. Restaurant Mosaic at the Orient (Pretoria)
10. Chefs Warehouse at Beau Constantia (Constantia, Cape Town)
11. Camphors at Vergelgen (Somerset West)
12. Overture (Stellenbosch)
13. Living Room (Cowies Hill, Durban)
14. Chefs Warehouse at Maison (Franschhoek)
15. Greenhouse at The Cellars-Hohenort (Constantia, Cape Town)
16. Le Coin Français (Franschhoek)
17. La Tête (City Bowl, Cape Town)
18. The Shortmarket Club (City Bowl, Cape Town)
19. Tjing Tjing Momiji (City Bowl, Cape Town)
20. Rust en Vrede (Stellenbosch)



EAT & DRINK

**As voted by Eat Out Awards, South Africa's most prestigious culinary awards*

Eat Out Everyday Eateries Cape Town

Best Asian-Inspired Eatery: Tjing Tjing Torii (City Bowl)

Eat Out Hellmann's Best Burger Eatery: De Vrije Burger (Stellenbosch)

Best Coffee Shop: Pajamas & Jam Eatery (Strand)

Best Country-Style Eatery: Karoo Art Hotel (Barrydale)

Best Indian-Inspired Eatery: The Indian Chapter with Prim Reddy (Blouberg)

Best Italian-Inspired Eatery: Scarpetta – byob (Woodstock)

Eat Out Tramontina Best Steakhouse: The Fat Butcher (Stellenbosch)

Best Tapas Eatery: ChiCha Wine and Tapas Bar (Sea Point)

Asian-inspired Eatery: Bao Down (Tamboerskloof)

Eat Out Durbanville Hills Highly Commended Bistro: Groot Phesantekraal (Durbanville)

Eat Out Hellmann's Highly Commended Burger Eatery: Gibsons Gourmet Burgers

Highly commended Coffee Shop: Boston Coffee (Bellville)

Eat Out Tramontina Highly Commended Steakhouse: Rare Grill (Kenilworth)



EAT & DRINK

Local Favorites CBD

ROOFTOP BARS + RESTAURANTS

**In no particular order*

The Vue Bar Lounge
Yours Truly Cafe and Bar
The Sky Bar at Grand Daddy Hotel
Harald 's Bar Terrace
The Ghibli Bar and Pool Terrace
The Grey Hotel
Radison Red Rooftop
Cartel Rooftop
Chinchilla Camps Bay
Baptiste Camps Bay
The Silo Hotel Rooftop
Zeitz Mocaa
Tjing Tjing
14 Stories
Gorgeous George



EAT & DRINK

Local Favorites CBD

Mediterranean | Greek

Mykonos Taverna (Various)
Life Grand Cafe (Waterfront)
Ouzeri (CBD)

American

El Burro (Green Point)
Burger and Lobster (City Bowl)
Jerry's Burger Bar (All over Cape Town)
Royale Eatery & Royale Kitchen (City Bowl)
Gibsons (Waterfront)

Asian

Nobu (One&Only Waterfront)
Cheyne's (Hout Bay)
Saigon (Gardens)
SHIO (De Waterkant) – 2017 Best Asian Eatery
Three Wise Monkeys (Sea Point)

Vegan

Mary-Anns Cafe (Mouille Point)
Scheckters Raw (Sea Point)
Nourish'd Café (Gardens)

By The Sea

Azure Restaurant (Twelve Apostles)
Cafe Caprice (Camps Bay)
The Grand Cafe (Granger Bay)
Lilys (Mouille Point)
The Surf Shack (Camps Bay)

EAT & DRINK

Local Favorites CBD

Indian

Bukhara (City Bowl or Waterfront)
Sundoo (Sea Point)
Thali (Gardens)
Bombay Brasserie at The Taj Hotel (City Bowl)

Italian

Cousins (City Bowl)
Il Leone Mastrantonio (Green Point)
Villa 47 (City Bowl)
True Italic (City Bowl)
Guilios (City Bowl)
Stepbrothers (Bantry Bay)

Modern & tapas

Grub and Vine (City Bowl)
Hemelhuijs (City Bowl)
Homage 1862 (City Bowl)
The Shortmarket Club (City Bowl)

Seafood

Baia Seafood Restaurant (V&A Waterfront)
Harbour House (V&A Waterfront)
Hokey Poke (City Bowl + Sea Point)
SeaBreeze Fish & Shell (City Bowl)
Willoughby & Co. (V&A Waterfront)

Steakhouses & meaty fare

The Butcher Shop & Grill (Mouille Point)
Carne SA (City Bowl)
NV 80 (Sea Point)
The Hussar Grill (Mouille Point)
Primal Eatery (Gardens) - 2017 Best Steakhouse Award

Local African

Gold Restaurant (Green Point)
Bo Kaap Kombuis (City Bowl)
Tannie Siena (Kylemore – Stellenbosch)

EAT & DRINK

Local Favorites CBD

Brunch

Jarryds, Sea Point
Swan Cafe
Kleinskys Deli

High Tea

One&Only
Twelve Apostles
Mount Nelson
Manna Bay (prebook)
Silo Hotel
Cape Grace
The Table Bay
G&T High tea at Ginja
Casa Labia

Coffee Shops

Honest Chocolate
Jason Bakery
Truth coffee shop
Truth Coffee Roasting HQ
The Company's Garden
Jarryds Espresso Bar + Eatery
Bootleggers Coffee
Naked Coffee

Crédit: Estée de Villiers / Cape Town Tourism



EAT & DRINK

My favorites

- Ⓜ Babylonstoren Wine Farm – local farm to table experience
- Ⓜ Uys + Co Blaauwklippen – Traditional South African with a twist
- Ⓜ Picnic or lazy lunch on any wine farm
- Ⓜ Vadas at Spier for Pasteis De Nata and meaty fare with a local twist
- Ⓜ Stepbrothers – Modern Italian in Bantry Bay
- Ⓜ Nv80 for Steak
- Ⓜ Tryn or 1682 at Steenberg Wine Farm
- Ⓜ Monte Bello in Newlands for tea and scones and African arts
- Ⓜ Lunch along the undiscovered Durbanville wine route, my favorite Jean Restaurant or Groot Phesantekraal



Crédit: Craig Howes



Crédit: Estee de Villiers / Cape Town Tourism

SPA + SALON SERVICES



Crédit: One&Only Hotel



Crédit: LANGARO

We have a variety of Spa's and Salons to suit all budget's and requirements, but these are some of my five-star favorites for ultimate treats and relaxation:

CBD

- ① One&Only
One&Only Spa
- ① Twelve Apostles
12 Apostles Spa
- ① Sanctuary Spa
Sanctuary Spa
- ① Mount Nelson Librisa Spa
Librisa Spa

WINELANDS

- ① Leeu Spa
Leeu Spa
- ① Babylonstoren
Babylonstoren Spa
- ① Delaire Spa
Delaire Spa
- ① Sante
Sante Retreat
- ① An African Spa experience
Mangwanani

SPAS & SALONS

CONTACTS + SERVICES

CAPE TOWN EMERGENCY NUMBERS

Cape Town emergency line: +27 21 480 7700

Traffic accident: +27 21 596 1999

Law Enforcement: 0860 765 423

Sea Rescue: +27 21 449 3500

Mountain Rescue: +27 21 948 9900

SA Police: 10111

Medical Emergency

Netcare: +27 82 911

ER24: +27 84 124

Hospital: Netcare Christiaan Barnard +27 21 441 0000

Address: 25 D.F. Malan St, Foreshore, Cape Town, 8001

CONTACT NUMBERS STELLENBOSCH + WINELANDS

All Stellenbosch emergencies: +27 21 808 4666 | +27 21 886 8976

Fire Station: +27 21 808 8888 | 0861 808 911

Winelands Emergency: +27 21 887 4446

Police: +27 21 809 5000 | 5015

Hospital : Medi Clinic Stellenbosch +27 21 861 2000

Address: 1 Elsie du Toit Dr, Stellenbosch, 7600

Nanny / babysitting services :

Winelands Nannies +27 76 146 6837

Shuttle Services:

Shuttle Up +27 72 346 4592

Asunde Travel +27 76 552 0340



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