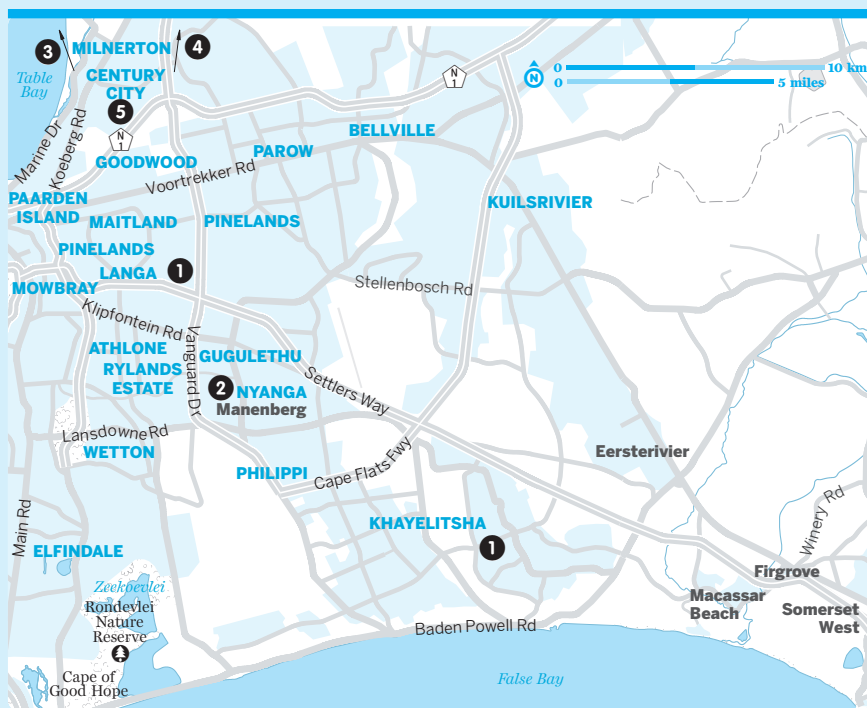


# Cape Flats & Northern Suburbs

LANGA | PINELANDS | GUGULETHU | KHAYELITSHA | BLOUBERGSTRAND | MILNERTON | CENTURY CITY

## Neighbourhood Top Five

- 1 Learn about the tragedies of South Africa's past and the hopes for the future on a **township tour** (p26) or stay at a **township B&B** (p199).
- 2 Get your fingers sticky eating delicious barbecued meats at **Mzoli's** (p146) in **Gugulethu** or **Nomzamo** (p147) in Langa.
- 3 Marvel at kite surfers riding the waves and soaring into the skies off **Bloubergstrand** (p145).
- 4 Follow the **Durbanville Wine Route** (p148) around a dozen wineries.
- 5 Take a ferry ride around the wetlands of **Intaka Island** (p145).



## Lonely Planet's Top Tip

Visiting a township might well be one of the most illuminating and life-affirming things you do while in Cape Town. You'll see how the vast majority of Capetonians really live and learn a hell of a lot about South African history and the cultures of black and coloured South Africans. The easiest, and safest, way to organise this is by taking a tour. Better still is to stay overnight at one of several B&Bs.



### Best Places to Eat

- ➔ Mzoli's (p146)
- ➔ Lelapa (p147)
- ➔ Nomzamo (p147)
- ➔ Millstone (p147)

For reviews, see p146 ➔



### Best Places to Drink

- ➔ Blue Peter (p147)
- ➔ Kefu's (p147)
- ➔ Deon Nagel's Gat Party (p147)
- ➔ Galaxy (p148)

For reviews, see p147 ➔



### Best Places to Shop

- ➔ Canal Walk (p148)
- ➔ Milnerton Flea Market (p149)
- ➔ Philani Nutrition Centre (p149)

For reviews, see p148 ➔

## Explore Cape Flats & Northern Suburbs

Sprawling across the sandy plains east of Table Mountain, the Cape Flats seldom get good press, stricken as they are with crime, poverty and disease. The down-at-heel coloured communities and informal settlements (ie shacks) of the largely black townships would seem unlikely candidates as tourist destinations. However, a visit here might end up providing your fondest memories of Cape Town.

Langa, founded in 1927, is the oldest planned township in South Africa and has areas of affluence as well as poverty – a pattern repeated in the other main townships of Gugulethu and Khayelitsha (the largest with an estimated population of over 1.5 million). It's not all one-note misery. The infrastructure in the townships has improved since 1994, with the rows of concrete Reconstruction and Development Programme (RDP) houses being the most visible examples. We highlight some of the sights and projects you might like to arrange to visit on your own or on a township tour. While most of the places we list here will be safe for you to visit on your own, be sure to call your destination first and get clear directions or arrange for a local to meet you – a wrong turn in the townships can have dire consequences.

The lush garden suburb of Pinelands lies cheek by jowl with Langa; come here to visit the Oude Molen Eco Village. North of the city centre alongside Table Bay there's Bloubergstrand, a beach with a grand view of Table Mountain, and Milnerton, best visited for its weekend flea market and the gigantic Canal Walk shopping centre at Century City. Give yourself a day to see the sights in the townships and another day for the northern suburbs.

## Local Life

- ➔ **Markets** Join the antique, bargain and curio hunters at the weekend Milnerton Flea Market (p149)
- ➔ **Pubs** Enjoy a beer and a slice of pizza on the grass in front of Blue Peter (p147), a Bloubergstrand institution.

## Getting There & Away

- ➔ **Car** Take the N2 to Langa, Gugulethu and Khayelitsha, the N1 to Century City, and Marine Drive (R27) to Milnerton and Bloubergstrand.
- ➔ **Tour bus** The best way to see the townships. There are set itineraries but tour guides can be flexible in where they go, depending on the wishes of the group.
- ➔ **Bus** MyCiTi buses run through Milnerton to Table Bay.
- ➔ **Train** Metro trains run to Langa, Gugulethu (closest stop Nyanga) and Khayelitsha.