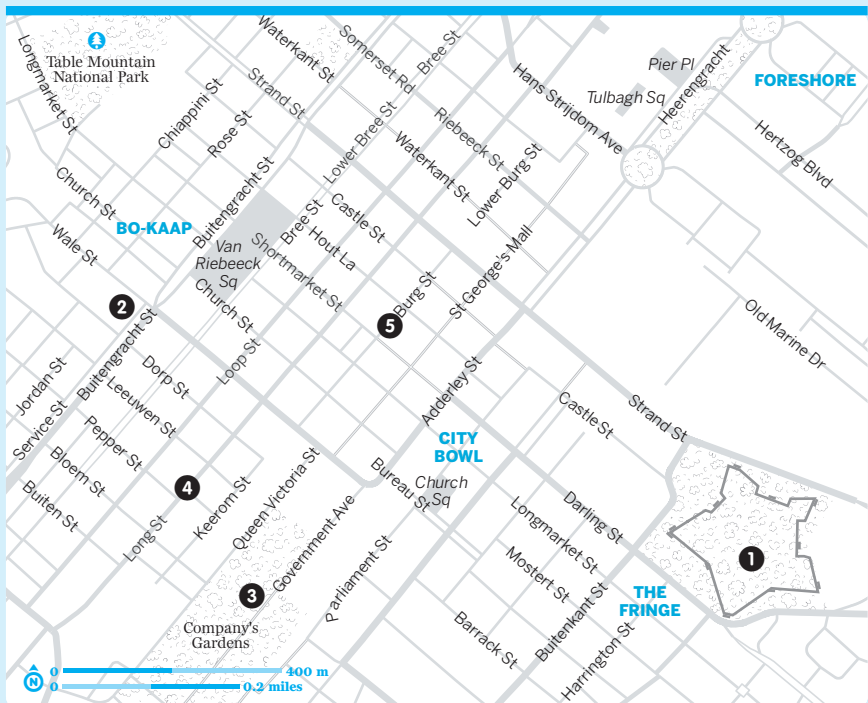


City Bowl, Foreshore, Bo-Kaap & De Waterkant

CITY BOWL | FORESHORE | BO-KAAP | DE WATERKANT

Neighbourhood Top Five

- 1 Learn about the history of Cape Town at the **Castle of Good Hope** (p54), the 17th-century pentagonal stone fortress built by the Dutch that once guarded Table Bay.
- 2 Explore the cobbled streets of the rainbow-painted **Bo-Kaap** (p57).
- 3 Wander the lush, historic **Company's Gardens** (p55).
- 4 Shop and party along **Long Street** (p58), lined with grand Victorian buildings.
- 5 Browse the daily craft market on cobbled **Green-market Square** (p58).



Explore City Bowl, Foreshore, Bo-Kaap & De Waterkant

The City Bowl, bordered by Buitenkant St to the south-east, Buitengracht St to the northwest, and Orange St and Annandale Rd to the south, is the Mother City's commercial and historical heart, home to the castle and garden set out by the original Dutch settlers, as well as the nation's parliament and newest skyscrapers. During the day it bustles with colourful street life, from the art and souvenir stalls lining the length of St George's Mall to the flower sellers of Trafalgar Pl off Adderley St. You'll most likely spend at least a couple of days looking around the sights in this part of town, and a night or two on Long St.

Other parts of the City Bowl turn deathly quiet come nightfall, though this is slowly changing as more and more old office blocks and commercial buildings are transformed into swanky apartments. New buildings are also planned for the Foreshore, the bleak swathe of reclaimed land between Strand St and Table Bay, including an extension to the Cape Town Convention Centre, and the 150m-tall Portside, Cape Town's first post-apartheid skyscraper.

Further to the west, up the slopes of Signal Hill, is the Bo-Kaap, a predominantly Muslim area of brightly painted houses where time is measured by the regular calls to prayer from the suburb's many mosques. Immediately to its northeast is De Waterkant, a chic, party-district personality much favoured by Cape Town's gay community.

Local Life

- ➔ **Markets** Buy a bunch of roses or proteas from the flower vendors at Trafalgar Place flower market (p60).
- ➔ **Party** Bar hop along Bree St on Thursday night between &Union, Clarke's and Jason Bakery when the latter opens late for pizza and beer (p64).
- ➔ **Parades** Cheer on the marchers in the Cape Town Minstrel Carnival parades on New Year's Eve and 2 January (p20).

Getting There & Away

- ➔ **Walk & Cycle** Fine as there's lots of street security. There are dedicated cycle routes, too, but motorists sometimes block them.
- ➔ **Bus** Golden Acre Bus Terminal is next to the Grand Parade. MyCiTi bus routes connect the hub of Civic Centre with Gardens, De Waterkant and the Waterfront.
- ➔ **Shared Taxis** Plenty of these stop on Strand St and Long St.
- ➔ **Train** Cape Metro Rail trains and long-distance buses terminate at Cape Town Train Station.

Lonely Planet's Top Tip

At the south end of St George's Mall near a slab of the Berlin Wall, the **Earth-Fair Food Market** (www.earthfairmarket.co.za; ☎11am-4pm Thu) is a good place to buy artisan food products or grab a healthy lunch; if it's raining it moves inside Mandela Rhodes Place.

Best Places to Eat

- ➔ Bombay Brasserie (p62)
- ➔ Bizerca Bistro (p62)
- ➔ Dear Me (p64)
- ➔ Africa Café (p64)
- ➔ Savoy Cabbage (p64)

For reviews, see p62 ➔

Best Places to Drink

- ➔ French Toast (p67)
- ➔ Waiting Room (p67)
- ➔ Alexander Bar & Café (p67)
- ➔ &Union (p67)
- ➔ Tjing Tjing (p67)

For reviews, see p67 ➔

Best Places to Shop

- ➔ Africa Nova (p73)
- ➔ Streetwires (p73)
- ➔ Church (p71)
- ➔ African Music Store (p71)
- ➔ Monkeybiz (p73)
- ➔ Merchants on Long (p71)

For reviews, see p71 ➔