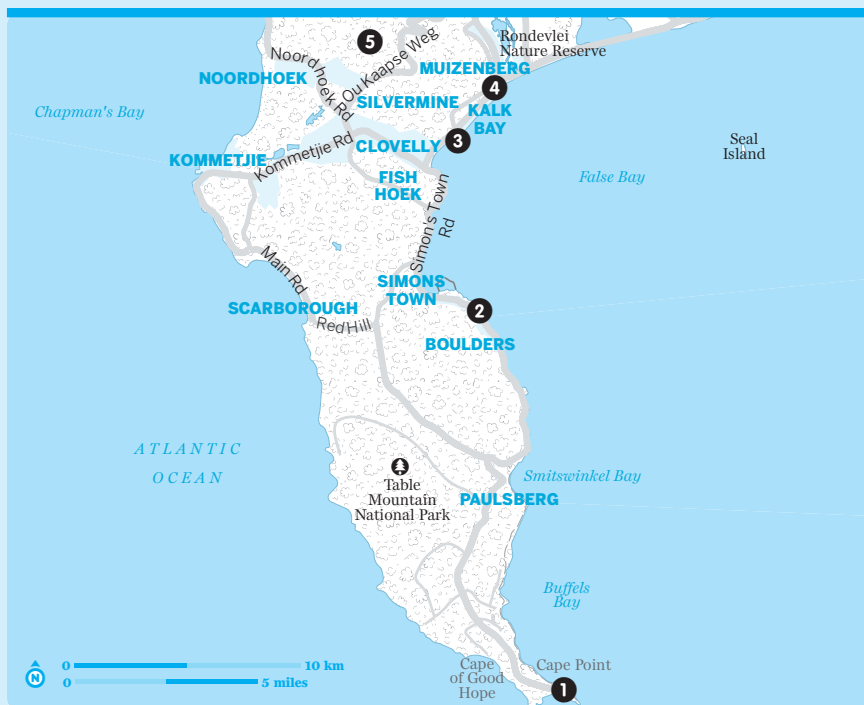


Simon's Town & Southern Peninsula

MUIZENBERG | KALK BAY & AROUND | SIMON'S TOWN | SOUTHERN PENINSULA

Neighbourhood Top Five

- 1 Drive, cycle or trek out to the rugged tip of the peninsula at the **Cape of Good Hope** (p131), a nature reserve where you can encounter local fauna and flora as well as serene beaches.
- 2 Snap photos of the colony of African penguins waddling around **Boulders** (p137).
- 3 Go shopping in **Kalk Bay** (p134) and enjoy a meal or drink overlooking its harbour.
- 4 Check out the cultural events at Muizenberg's beautiful **Casa Labia** (p133) or learn to surf (p142).
- 5 Explore caves and walk around the reservoir in the **Silvermine** (p133) section of Table Mountain National Park.



For more detail of this area, see Map p286 and p284 ➔

Lonely Planet's Top Tip

From late May to early December, False Bay is a favourite haunt of whales and their calves, with October and November the peak viewing season. Southern right, humpback and bryde (pronounced 'bree-dah') whales are the most commonly sighted. Good viewing spots include the coastal walk from Muizenberg to St James, the Brass Bell at Kalk Bay, and Jager's Walk at Fish Hoek. You can also take whale-watching cruises with Simon's Town Boat Company from Simon's Town's harbour.

Best Places to Eat

- ➔ Foodbarn (p138)
- ➔ Casa Labia (p137)
- ➔ Live Bait (p138)
- ➔ Olympia Café & Deli (p138)

For reviews, see p137 ➔

Best Places to Drink

- ➔ Brass Bell (p139)
- ➔ Polana (p139)
- ➔ Skebanga's Bar (p139)
- ➔ Cape Point Vineyards (p139)

For reviews, see p139 ➔

Best Places to Shop

- ➔ Blue Bird Garage (p140)
- ➔ Kalk Bay Modern (p140)
- ➔ Sobeit (p140)
- ➔ Artvark (p140)
- ➔ Red Rock Tribal (p140)

For reviews, see p140 ➔

Explore Simon's Town & Southern Peninsula

The Cape's deep south is practically a world unto itself, far divorced from the big-city bustle of the northern end of town. You'll be amply rewarded for taking a few days to explore the area's sights, the principal of which is the magnificent Cape of Good Hope (Cape Point).

Other places to check out include the regenerating seaside suburb of Muizenberg, home to the gorgeous Casa Labia; Kalk Bay packed with antique and craft shops, good cafes and a lively daily fish market; the naval base of Simon's Town, where the frigates are now joined by pleasure boats that depart for thrilling cruises to Cape Point; and Boulders, home to the famous colony of African penguins.

On the Atlantic Coast side of the peninsula, life is even quieter at Noordhoek, famous for its wide, sandy beach, and the surfing mecca of Kommetjie (pronounced 'kom-ickej', but also known as just 'Kom'), a quiet and isolated crayfishing village, marked by the cast-iron Slangkop Lighthouse. Scarborough is the last coastal community before you round the peninsula to the entry to Cape Point.

The beaches on the False Bay (eastern) side of the coast are not quite as spectacular as those on the Atlantic side, but the water is often 5°C or more warmer, and can reach 20°C in summer. This makes swimming far more pleasant.

Local Life

- ➔ **Markets** Much of Muizenberg decamps to the Blue Bird Garage on Friday night (p140) for eats, drinks and live music.
- ➔ **Surfing** Suit up and join the surfies catching waves at Kommetjie (p137) and Muizenberg (p133).
- ➔ **Walks** Watch out for crashing waves as you stroll the coastal trail from Muizenberg to St James (p135).

Getting There & Away

- ➔ **Car** Essential for getting the most out of the region.
- ➔ **Taxi** Try **Noordhoek Taxis** (☎021-234 7021).
- ➔ **Train** There are stops at Muizenberg and Kalk Bay before the terminus at Simon's Town. Cape Metro Rail offers a good-value day ticket.
- ➔ **Water Taxi** **Mellow Yellow Water Taxi** (www.watertaxi.co.za; single/return R100/150) shuttles between Kalk Bay and Simon's Town. It's recommended to take the train to Simon's Town and the water taxi back to Kalk Bay rather than the other way around.