

Cape Flats & Northern Suburbs

LANGA | GUGULETHU | KHAYELITSHA | PINELANDS | MILNERTON

Neighbourhood Top Five

1 Learn about the tragedies of South Africa's past and its hopes for the future on a **township tour** (p26), or stay at a township B&B.

2 Get your fingers sticky eating delicious barbecued meats at **Mzoli's** (p154) in

Gugulethu or **Nomzamo** (p154) in Langa.

3 Watch kitesurfers riding the waves and soaring into the skies off Table View and **Bloubergstrand** (p153), with postcard-perfect views of Table Mountain in the distance.

4 Sip your way around a dozen wineries on the **Durbanville Wine Route** (p156).

5 Ride the ferry around the wetlands of **Intaka Island** (p153).



For more detail of this area see Map p294 ➔

Lonely Planet's Top Tip

The best township tours (p26) involve walking or cycling around rather than sitting on a bus; there's even a running tour you can do around Gugulethu. Better still is to stay overnight at a township-based B&B or homestay (p210).

Best Places to Eat

- ➔ Tables at Nitida (p155)
- ➔ Moyo (p155)
- ➔ Maestro's on the Beach (p155)
- ➔ Clifford & Sandra's (p154)
- ➔ Mzoli's (p154)

For reviews, see p154. ➔

Best Places to Drink

- ➔ Blue Peter (p156)
- ➔ Kefu's (p155)
- ➔ Buyel' Embo Village (p155)
- ➔ Petit Fours (p156)

For reviews, see p155. ➔

Best Places to Shop

- ➔ Canal Walk (p157)
- ➔ Milnerton Flea Market (p157)
- ➔ Philani Nutrition Centre (p157)

For reviews, see p157. ➔

Explore Cape Flats & Northern Suburbs

Sprawling across the sandy plains east of Table Mountain, the Cape Flats seldom get good press. The down-at-the-heel communities and informal settlements (ie shacks) of the largely black townships may seem unlikely candidates as tourist destinations, but visiting a township might well be one of the most illuminating and life-affirming things you do while in Cape Town.

Langa, founded in 1927, is South Africa's oldest planned township, 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). Complexes such as the spiffy shopping mall Gugulethu Square and Langa's Guga S'Thebe Arts & Cultural Centre are proof that there is much more to life here than crime, poverty and disease. We highlight some of the sights and projects to visit on a township tour or on your own. While most of the places we list will be perfectly safe to visit without guides, be sure to call your destination first and get clear directions or arrange for a local to meet you.

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 are Milnerton, Table View and Bloubergstrand, all blessed with excellent beaches and spectacular views of Table Mountain. There's also a gigantic shopping centre at Century City, and a string of wineries in the rolling hills of Durbanville. Give yourself a day for the sights in the townships and another for the northern suburbs.

Local Life

- ➔ **Markets** Join the hunters of antiques, bargains and curios at the weekend Milnerton Flea Market (p157).
- ➔ **Pubs** Enjoy a beer and a slice of pizza in front of Blue Peter (p156), a Bloubergstrand institution.
- ➔ **Church** Attend a gospel church service in the townships on Sunday; township tour guides (p26) can help arrange this.

Getting There & Away

- ➔ **Car** Take the N2 to Langa, Gugulethu and Khayelitsha; the N1 to Century City; and Marine Dr (R27) to Milnerton, Table View and Bloubergstrand.
- ➔ **Township tours** There are set itineraries but tour guides can be flexible in where they go.
- ➔ **Bus** MyCiTi buses run through Milnerton to Bloubergstrand and out to Khayelitsha.
- ➔ **Train** Metro trains run to Langa, Gugulethu (closest stop Nyanga) and Khayelitsha.