

# 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 to guard Table Bay.
- 2 Explore the cobbled streets of the rainbow-painted **Bo-Kaap** (p58).
- 3 Wander the lush, historic **Company's Gardens** (p56).
- 4 Discover the City Bowl's eclectic selection of art galleries at the **First Thursdays** (p74) monthly event.
- 5 Browse the craft market on cobbled **Greenmarket Sq** (p59) and admire the surrounding art deco architecture.



For more detail of this area see Map p268 and p272 ➔

## 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 and Bree Sts where you'll find many restaurants, cafes and bars.

Other parts of the City Bowl turn deathly quiet come nightfall, though this is changing as more and more old office blocks and commercial buildings are transformed into swanky apartments. New buildings are also going up in the Foreshore, the bleak swathe of reclaimed land between Strand St and Table Bay, including an extension to the Cape Town convention centre.

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 much favoured by Cape Town's gay community.

## Local Life

- ➔ **Markets** Buy a bunch of roses or proteas from the flower vendors at Trafalgar Pl flower market (p65).
- ➔ **Party** Bar- and restaurant-hop along Bree and Long Sts, look out for events at Youngblood Africa (p64).
- ➔ **Parades** Cheer on the marchers in the Cape Town Minstrel Carnival (p20) parades on New Year's Eve and 2 January.

## Getting There & Away

- ➔ **Walk and 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 converge at Adderley and Civic Centre.
- ➔ **Shared taxi** Plenty of these stop on Strand and Long Sts.
- ➔ **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](http://www.earthfairmarket.co.za); ☎11am-3pm Thu) is a good place to buy artisan food products or grab a healthy lunch; if it's raining the market moves inside Mandela Rhodes Pl.

## Best Places to Eat

- ➔ Chef's Warehouse & Canteen (p67)
- ➔ Bombay Brasserie (p69)
- ➔ Hemelhuis (p67)
- ➔ Africa Café (p68)
- ➔ Plant (p66)

For reviews, see p66. ➔

## Best Places to Drink

- ➔ Publik (p70)
- ➔ Weinhaus + Biergarten (p70)
- ➔ Honest Chocolate Cafe (p70)
- ➔ Beerhouse (p71)
- ➔ Orphanage (p70)

For reviews, see p70. ➔

## Best Places to Shop

- ➔ Africa Nova (p78)
- ➔ Streetwires (p78)
- ➔ Monkeybiz (p78)
- ➔ South African Market (p75)
- ➔ Luvey 'n Rose (p75)

For reviews, see p75. ➔