

Sea Point to Hout Bay

SEA POINT | CLIFTON | CAMPS BAY | HOUT BAY



Neighbourhood Top Five

- ❶ Stroll along **Sea Point Promenade** (p118), stopping to admire or ponder the public artworks, then go for a swim at the beautiful art deco **Sea Point Pavilion** (p123).
- ❷ Snorkel or dive with Cape fur seals off rocky **Duiker Island** (p123).
- ❸ Lounge on the soft sand at the quartet of beaches at **Clifton** (p118) or ritzy **Camps Bay Beach** (p118).
- ❹ Gaze down on Hout Bay from thrilling **Chapman's Peak Drive** (p123).
- ❺ Shed your clothes at secluded **Sandy Bay** (p118) and explore its giant rock formations.

For more detail of this area see Map p282, p283 and p284 ➔

Explore Sea Point to Hout Bay

Long popular with Cape Town's Jewish, gay and Chinese communities, Sea Point sports numerous art deco apartment blocks, lending it an almost Miami Beach elegance. Main Rd and Regent Rd form its commercial spine, lined with many good restaurants, cafes and shops.

Moving south, you'll find prime beach territory: the exclusive and wealthy residential neighbourhoods of Bantry Bay, Clifton and Camps Bay follow hard and fast on each other in a tumble of mansions with to-die-for sea views.

Follow the coastal Victoria Rd over the pass beside Little Lion's Head (436m) to drop down into the fishing community of Hout Bay. Hout means 'wood' in Afrikaans: this is where Jan van Riebeeck found plentiful supplies of timber in the forests that once blanketed the Disa River valley, which helped him to build his original fort in Cape Bowland. The forests are long gone, but Hout Bay's stunning geography – a natural harbour and horseshoe sweep of white sand nestled between the almost vertical Sentinel and the steep slopes of Chapman's Peak – remains eternal.

With its township of Imizamo Yethu (also known as Mandela Park) inland and its coloured district of Hangberg facing the harbour, Hout Bay is like a microcosm of South Africa, and is facing the same post-apartheid integration challenges. Its village atmosphere and handy location midway along the Cape make it a good base for visitors.

If you're not planning on staying in the area, a day or two is fine to see the sights here.

Local Life

- **Markets** Join locals on Friday night grazing at Hout Bay's Bay Harbour Market (p122) and listening to live music.
- **Beaches** Search out lower-profile beaches to escape the crowds, such as Glen Beach (p119) or Llandudno (p118).
- **Constitutionals** Jog or stroll along Sea Point Promenade (p118) in the late afternoon and early evening – and meet legions of locals doing likewise.

Getting There & Away

- **Bus** MyCiTi shuttles run along the coast from Clifton to Hout Bay via Camps Bay.
- **City Sightseeing Cape Town** The hop-on, hop-off tour buses (p25) make stops in Camps Bay and Hout Bay.
- **Shared taxi** These run regularly from the city to Sea Point and Camps Bay.

Lonely Planet's Top Tip

A beautiful spot to watch the sunset over Camps Bay, with the sun's dying rays warming Table Mountain's Twelve Apostles buttresses, is near the top of Camps Bay Drive. There are benches and plenty of grass on which to spread a blanket and toast the view.

Best Places to Eat

- La Boheme (p119)
- La Mouette (p120)
- Duchess of Wisbeach (p120)
- La Perla (p119)
- Kleinsky's Delicatessen (p119)

For reviews, see p119. ➡

Best Places to Drink

- Bungalow (p120)
- La Vie (p120)
- Dunes (p121)
- La Belle (p121)
- Hout Bay Coffee (p121)

For reviews, see p120. ➡

Best Places to Shop

- Bay Harbour Market (p122)
- Hout Bay Craft Market (p122)
- Ethno Bongo (p122)
- T-Bag Designs (p122)

For reviews, see p122. ➡