

Simon's Town & Southern Peninsula

MUIZENBERG | KALK BAY | SIMON'S TOWN | KOMMETJIE | NOORDHOEK

Neighbourhood Top Five

1 Hike, cycle or just laze on a serene beach at the **Cape of Good Hope** (p139), a nature reserve covering the rugged tip of the peninsula.

2 Snap photos of the colony of African penguins

waddling around **Boulders** (p144).

3 Go shopping in **Kalk Bay** (p149) and enjoy a bite or a drink overlooking its harbour.

4 Learn to surf off **Muizenberg Beach**

(p141), which is lined with brightly coloured bathing chalets.

5 Explore caves and walk around the reservoir in Table Mountain National Park's **Silvermine Nature Reserve** (p141).



For more detail of this area see Map p290, p292 and p293 ➔

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 (*breedah*) whales are the most commonly sighted. Good viewing spots include the coastal walk from Muizenberg to St James (p142), the Brass Bell pub (p147) at Kalk Bay, and Jager's Walk (p150) at Fish Hoek. You can also take whale-watching cruises with Simon's Town Boat Company (p150).

Best Places to Eat

- Olympia Café & Deli (p146)
- Flagship (p147)
- Foodbarn (p147)
- Lighthouse Cafe (p147)
- Casa Labia (p146)

For reviews, see p145. ➡

Best Places to Drink

- Brass Bell (p147)
- Slow Life (p147)
- Tiger's Milk (p147)
- Cape Point Vineyards (p148)

For reviews, see p147. ➡

Best Places to Shop

- Blue Bird Garage (p148)
- Kalk Bay Modern (p148)
- Sobeit (p148)
- Artvark (p148)

For reviews, see p148. ➡

Explore Simon's Town & Southern Peninsula

The Cape's deep south is practically a world unto itself, far-flung 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 see 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 pleasure boats depart for thrilling cruises to Cape Point; and Boulders, home to the famous colony of African penguins.

On the Atlantic Ocean (western) side of the peninsula, life is even quieter at Noordhoek, famous for its wide, sandy beach, and the surfing mecca of Kommetjie (pronounced *com-ma-key*; also known as just 'Kom'), a quiet and isolated fishing village beside 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, making swimming far more pleasant here.

Local Life

➤ **Markets** Much of Muizenberg decamps to the Blue Bird Garage (p148) on Friday night for eats, drinks and live music; the Thursday-night market at Cape Point Vineyards is also a hit.

➤ **Surfing** Suit up and join the surfies catching waves at Kommetjie (p144) and Muizenberg (p141).

➤ **Music** Check for concerts at Casa Labia (p145), Slow Life (p147) and Alive Cafe (p148) in Muizenberg.

Getting There & Away

➤ **Car** Essential for getting the most out of the region.

➤ **Taxi** Try **Noordhoek Taxis** (☎021-234 7021; www.noordhoektaxi.co.za).

➤ **Train** There are stops at Muizenberg and Kalk Bay before the terminus at Simon's Town. Cape Metro Rail offers a R30 day ticket.

➤ **Water taxi** Take **Mellow Yellow** (Map p292; ☎073-473 7684; www.watertaxi.co.za; single/return R100/150) between Kalk Bay and Simon's Town. (We recommend taking the train to Simon's Town and the water taxi back to Kalk Bay, not the other way around.)