Cape Town & the Garden Route

“All you’ve got to do is decide to go and the hardest part is over.

So go!”

TONY WHEELER, COFOUNDER – LONELY PLANET
Top Itineraries

Day One

Gardens & Surrounds (p92)
Skip the line at the kiosk by printing a web-ticket for the Table Mountain Cableway. The revolving car provides 360-degree views as you ascend this mesmerising 60-million-year-old mountain. From the upper cableway station it’s about an hour’s round-trip hike to the 1088m summit at Maclear’s Beacon.

City Bowl, Foreshore, Bo-Kaap & De Waterkant (p52)
After a postprandial stroll through the Company’s Gardens, browse the craft stalls in Greenmarket Square, then head uphill into the old Cape Malay quarter, the Bo-Kaap, where cobblestoned streets are lined with brightly painted houses. There’s more good shopping here, in stores such as Monkeybiz and Streetwires. Continue over into the gay-friendly De Waterkant for more prettily restored cottages and the buzzing malls of the Cape Quarter.

Lunch Locals love Jason Bakery (p66) and Tamboers Winkel (p98).

Sea Point to Hout Bay (p116)
Catching the sunset with a cocktail in hand is a must – whether it be from along Sea Point Promenade or the strip of touristy restaurants and cafe-bars lining picturesque Camps Bay.

Day Two

District Six & City Bowl (p80 & p52)
Learn about the city’s troubled past at the District Six Museum. Join the 11am tour of the 350-year-old Castle of Good Hope, then watch the noon key ceremony. Across the road is the handsome old Cape Town City Hall.

Woodstock & Salt River (p80)
Check out Woodstock’s contemporary galleries such as Stevenson, as well as the abundant street art. In nearby Salt River there’s more art at What If The World (in a converted synagogue), and the fabulous retail collection at the Old Biscuit Mill; if it’s Saturday don’t miss the Neighbourgoods Market that happens here, offering the cream of the region’s artisan food purveyors and product designers.

Dinner Enjoy tapas and wine at Chef’s Warehouse & Canteen (p67).

Green Point & Waterfront (p104)
More than just a mega shopping mall, the V&A Waterfront is worth exploring for its carnival-like atmosphere, well-preserved Victorian architecture and the chance to join a harbour cruise. It’s also where you board the boat out to World Heritage-listed Robben Island (for which you should book ahead).

Lunch Kitchen (p85) offers delicious food fit for First Ladies.
Day Three

Southern Suburbs (p124)

Explore the beautiful Kirstenbosch Botanical Gardens, covering some 5 hectares of the eastern slopes of Table Mountain, to learn more about the richly endowed Cape floral kingdom. A wander around lovely Wynberg Village, packed with old thatched-roof cottages, is also a pleasure. Alternatively, admire the paintings in the Irma Stern Museum.

Lunch Gourmet delights await at La Colombe (p133).

Southern Suburbs (p124)

Spend a blissful afternoon exploring the wineries on the Constantia Valley Wine Route. Target the historic ones, such as Groot Constantia, with its beautifully restored homestead and wine cellar, and Klein Constantia, producer of Napoleon’s favourite tipple. Steenberg Vineyards has an excellent contemporary tasting room and restaurant – not to mention delicious wines.

Dinner Tuck into top-quality pizza at Massimo’s (p120).

Sea Point to Hout Bay (p116)

Motor over Constantia Neck; if it’s not too late in the day, drop by the hidden ceramics gallery Art in the Forest. Enjoy the view of Hout Bay, beer in hand, from the deck of the Chapman’s Peak Hotel or beachside pub Dunes. If it’s Fri-

Day Four

Simon’s Town & Southern Peninsula (p137)

Time to explore the peninsula’s deep south. Take the Atlantic Coast route, including spectacular Chapman’s Peak Drive, past Noordhoek’s broad sweep of sand and the surfing hot spots of Kommetjie and Scarborough. Hit the very southwestern tip of Africa, found within the Cape Point section of Table Mountain National Park.

Lunch Try the Lighthouse Cafe (p146) in Simon’s Town for seafood.

Simon’s Town & Southern Peninsula (p137)

Also part of the park is Boulders, home to a thriving colony of super-cute African penguins, who waddle around and over the giant boulders that give this secluded False Bay beach area its name. The historic naval yard of Simon’s Town is just up the road; take a cruise around the harbour or potter around its antique and gift stores.

Dinner Glam it up at Tiger’s Milk (p147) in Muizenberg.

Simon’s Town & Southern Peninsula (p137)

Continue around False Bay to charming Kalk Bay, an old fishing village packed with more great places to find arty buys and tasty nibbles. Freshen
Simon Richmond

Coordinating Author; Cape Town
Simon has been hooked on Cape Town since first visiting in 2001 to research Lonely Planet’s South Africa, Lesotho & Swaziland guide and the Cape Town guide. He’s returned for every edition since, exploring practically every corner of the Cape and surrounding area, taking full advantage of a travel writer’s licence to meet a cast of inspirational locals and indulge in the fruits of the land – not least of which are its delicious wines! An award-winning journalist and photographer, Simon has written scores of titles for Lonely Planet and other publishers, as well as contributing features to many magazines and newspapers around the world. Follow him on Twitter, Instagram and at www.simonrichmond.com.

Lucy Corne

Day Trips & Wineries, The Garden Route
Since she first visited South Africa in 2002, Lucy has been hooked and has returned on six occasions, spending time in over 200 towns across the country. She moved to Cape Town in 2010 and spends her weekends exploring the wineries, restaurants and breweries of the Western Cape. Lucy has become one of the Cape’s leading beer experts – a role she’s been practising for since university. She blogs about the South African beer scene at www.brewmistress.co.za.

Read more about Lucy at: http://auth.lonelyplanet.com/profiles/lucycorne