



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

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Contents

Plan Your Trip

4

Welcome to Cape Town & the Garden Route4	Month by Month 20	Drinking & Nightlife 35
Cape Town's Top 106	With Kids 23	Entertainment37
What's New13	Like a Local 24	Shopping 39
Need to Know14	Tours.....25	Sports & Activities ...41
Top Itineraries16	Table Mountain	GLBT Travellers43
If You Like.....18	National Park.....28	Wineries 45
	Eating 32	

Explore Cape Town

48

Neighbourhoods at a Glance.....50	Gardens & Surrounds ..92	Cape Flats & Northern Suburbs..... 151
City Bowl, Foreshore, Bo-Kaap & De Waterkant 52	Green Point & Waterfront 104	Day Trips & Wineries159
East City, District Six, Woodstock & Observatory..... 80	Sea Point to Hout Bay..116	The Garden Route ...183
	Southern Suburbs124	Sleeping198
	Simon's Town & Southern Peninsula ...137	

Understand Cape Town

211

Cape Town Today212	Architecture..... 228	The Natural Environment 236
History.....214	Arts..... 232	Wine.....239
People & Culture 224		

Survival Guide

243

Directory A–Z244	Language 253
Transport 249	Index258

Cape Town Maps

266



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(left) **Bo-Kaap p58**
Colourful houses and
cobble streets

(above) **Cape Town
Stadium p110** Contem-
porary architecture

(right) **Kirstenbosch
Botanical Gardens
p126** Local flora




L. RANKIN/SHUTTERSTOCK ©



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.



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


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 cobbled 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.




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

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.



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


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 La Perla (p119) serves excellent Italian, along with water views.

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).

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 tippie. **Steenberg Vineyards** has an excellent contemporary



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


tasting room and restaurant – not to mention delicious wines.

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



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

the harbour or potter around its antique and gift stores.

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



Our Story

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

Our Writers



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

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