

Comprehensive Guide of Activities to Shape (but not define!) your Cape Town Experience
by Chloe Koseff

Here's a list of things to do and places to eat. It's organized by neighborhood of Cape Town and is by no means perfect. It's pretty much a list of the things I did and impressions that I had. I've included some things that we tried but don't recommend, but don't be afraid to try them out anyways. Keep in mind that Cape Town is an amazing place and there's always something new to do! I just wish I had had a little more guidance in the beginning stages—hence this list.

Key: ** = Absolute must/very important

OBSERVATORY:

Your hood. There's a lot of stuff to do/eat here and you can walk everywhere, so make sure to explore the area!

Coffee Shops:

**Cocoa Cha Chi: <http://www.cocoa.co.za/cha%20chi.html>

This is a coffee shop almost all the way at the end of Lower Main that has a huge outdoor area to sit and free wifi. GO HERE IMMEDIATELY. They have a huge menu and the food is so good.

Tip #1: Get a frequent customer card. They will give you a free drink/pastry/cake if you get to 10 (surprisingly easy to do...)

Tip #2: The Chach is the only place open until 11 pm six nights a week, so its ideal for late night homework and coffee.

Tip #3: Their cake and dirty chais are so good, and all hot drinks are served with a little cookie.

Tip #4: Monday nights are Pasta Rasta, aka cheap pasta and reggae music from 5-11 pm.

Mango Ginger: <http://mangoginger.co.za/coffeeshop/>

Also a little walk down on Lower Main, but very cute coffee shop.

Tip: The wraps are definitely the best thing on the menu, but the pastries are also bomb.

Honeybun: <https://www.zomato.com/capetown/honey-bun-observatory>

It's pretty much the closest coffee shop to the house. It's pretty tiny, but its delicious and has free wifi. They have objectively the best tasting coffee on Lower Main but it can get really crowded because its so small.

Hello Sailor: <http://www.hellosailorbistro.co.za/>

Really close by also, and it has a really cool vibe that will bring out your inner hipster. Also has free wifi!

**Tip #1: Disco Fries and Malva Pudding—if nothing else, at least try these in your time there.

Tip #2: I really liked going here for breakfast and dinner, but its not really a good lunch place.

Bolo Bolo: <http://www.bolobolo.co.za/>

I didn't personally go here, but its an anarchist bookstore that has coffee and a lot of people liked doing homework here.

Restaurants:

Panchos: <https://www.zomato.com/capetown/panchos-observatory/menu>

One of the only Mexican restaurants in all of Cape Town. It's a little bit pricey (but only comparatively) and its not really Mexican food (the burritos are square??) but it'll do if you have a craving for some beans and rice.

Tip #1: We loved going here for birthdays or to celebrate turning in a big assignment. We would make reservations at the beginning of the week and it was always a lot of fun.

**Tip #2: I repeat, this is not real Mexican food but they do make really good quesadillas (especially the mushroom ones) and jalapeño poppers

**Tip #3: THEY HAVE AMAZING (AND CHEAP) MARGARITAS. They come in three flavors, are strong, and you can order them by the pitcher. Abby and I were not shy about ordering these to-go at the bar and bringing them to other establishments when we didn't feel like beer. Warning: they will get you really drunk (but you will enjoy every sip).

**Queen of Tarts: <http://www.queenoftarts.co.za/>

This is a bakery on Lower Main in the direction of Woodstock. They make delicious everything—especially cupcakes—and the shop is so cute.

Tip: They have a stand at Old Biscuit Mill on Saturdays so don't feel pressured to go to the actual shop.

Jerry's Burger Bar: <https://www.zomato.com/capetown/jerrys-burger-bar-observatory>

This restaurant had just opened when we were leaving. It's a sports bar and they serve really good burgers and wings.

Tip: Really good place for big group reservations. They are super accommodating and they're food is really good.

Gypsy Cafe: <http://www.gypsycafe.co.za/>

This restaurant is only open weeknights and is sort of hidden under the bridge to the freeway, but serves really good food. Get there right when it opens because it fills up.

1890 House Sushi: <https://www.zomato.com/capetown/1890-house-sushi-observatory/menu>

This is like a fusion of all things Asian, but the food is pretty good and its really close to the house.

Tip: Best things on the menu are the Japanese salad, chicken fried rice, and anything from the sushi carousel.

Activities:

Trenchtown: <https://www.zomato.com/capetown/trenchtown-observatory/menu>

Right next to Forex, its a big pub with a giant outdoor area where they screen big sporting events. We never actually ate the food here (except for some truly terrible pizza) but the bar is fun.

****Tip #1:** They have Karaoke on Thursday nights. We only discovered this the last week of the trip but its so much fun. Nothing screams “We’re American!” like belting “Waka Waka” or “Party in the USA” at the top of your lungs.

Stones: <http://www.stones.co.za/>

This is a bar on Lower Main that has pool tables and lots of people that are not from South Africa.

Tip #1: Wednesdays are two-for-one from 10-11 pm, so head over to get super cheap drinks and meet international students from all over the US. You have to do it because its part of the Cape Town experience, but don’t expect it to become a regular part of your week.

Tip #2: You will leave smelling like cigarettes, so just be prepared for that.

Tip #3: This is actually the only place I got carded in Cape Town, so bring an ID!

Tip #4: Every night of the week besides Wednesdays its just a sad pool joint that plays sad music.

Armchair: <http://www.obviouzlyarmchairbackpackers.hostel.com/>

This is a bar with a big outdoor area that has a fire pit in the middle. Kind of weird, but a good place for casual drinks.

Tip: They don’t make mixed drinks, so come ready to drink beer or cider.

CityROCK: <http://cityrock.co.za/>

This is an indoor climbing gym and yoga studio pretty close to the house.

Tip: Yoga classes are like 7 bucks, so if you are looking to exercise, these are a pretty good deal. Schedule is on the website.

Quikspar:

This is actually the grocery store down the street, not an activity/restaurant/coffee shop.

Tip #1: Good South African foods that you should try/always have in the house: Simba Chips (chutney or tomato flavored), Rusks, Nando’s Peri-Peri sauce, Cadbury’s Top Deck (chocolate)

Tip #2: The freshly-baked bread is cheaper and tastier than the pre-packaged stuff, just keep it in the fridge so it doesn’t go bad

Tip #3: Milk goes bad REALLY quickly, so unless you’re a big milk drinker, buy small cartons.

****Tip #4:** This is a great place to get cash instead of going all the way to the ATM. Just ask for cash back when checking out. Super easy and much safer!

We tried it...but you can probably skip it:

Mimi’s Cafe: <https://www.zomato.com/capetown/mimis-observatory>

This is close to the house and the food is okay, but not good enough to choose it over any of the other cute restaurants in Obz.

WOODSTOCK:

This is a super cool neighborhood that's really close to Obz. It's within walking distance if you have like 25 minutes to spare but you do have to walk through kind of dodgy areas, so don't do it alone.

Restaurants:

*****The Test Kitchen: <http://www.thetestkitchen.co.za/>

This is a super gourmet restaurant in the Old Biscuit Mill that has a seasonal menu.

Tip #1: Make a reservation as soon as possible. If you are there in peak season (December-March...so yes) it will be really difficult to get a table. Even in June, which is basically winter, we had to get a reservation two weeks in advance and that was just for lunch.

Tip #2: The optimal reservation is for four people. It's the perfect size for sharing food and you won't have to make a deposit when you make your reservation.

Tip #3: Don't be afraid to splurge. This is just about the best meal you will ever eat.

Tip #4: We did the a la carte menu (instead of the 5 course meal) and just split everything. This way you get to try everything but it's not as expensive.

Tip #5: Ask for more bread. It's worth it, and they will give it to you, but only one extra time.

The Pot Luck Club: <http://thepotluckclub.co.za/>

This is The Test Kitchen's little brother. We couldn't get a reservation here but apparently it's equally delicious, if not better.

Superette: <http://www.superette.co.za/>

This is a super hip restaurant in the Woodstock Exchange that's all about natural ingredients and other hip stuff. Really good food and really cool vibe!

Tip: From what I understand the menu is always changing, but the veggie sandwich I got was one of the best things I've ever eaten.

Activities:

*****Neighbourgoods Market at the Old Biscuit Mill:

<http://www.neighbourgoodsmarket.co.za/>

This is an outdoor food market every Saturday at the Old Biscuit Mill, rain or shine. It's basically two gigantic tents filled with food stands from local eateries. We went pretty much every weekend because there was always something new to try.

Tip #1: Come hungry.

Tip #2: You pretty much can't go wrong with food here, but my personal favorites were the Belgian waffles, latkes with smoked salmon, and Love Sandwiches from The Kitchen. Scratch that, everything is delicious.

Tip #3: Bring cash! You will want to eat everything and the line for the ATM is never short.

**Lady Bonin's Tea Parlor: <http://www.ladybonin.com/>

This is a little tea room in the Woodstock Exchange that serves loose leaf tea. The atmosphere is super cute, with throw pillows and soothing music.

****Tip:** Tea Tasting. You pick three teas and the person working there will explain the origin of each tea and give a little story about it. It's really relaxing, but give yourself about 2 hours.

We tried it...but you can probably skip it:

Tribe Coffee: <http://www.tribecoffee.co.za/>

This is a coffee shop next to the Woodstock Foundry. It's good, but not worth the travel.

WATERFRONT:

This is a kind of posh area but there's lots of shops, restaurants and fun things to do. It was one of my favorite places to walk around and just people watch or look in store windows.

Activities:

****Robben Island:** <http://www.robben-island.org.za/>

The Nelson Mandela Gateway, where you'll catch the ferry to Robben Island, is located at the Waterfront. This is an absolute must if you're going to be in Cape Town, but the experience is unfortunately kind of dependent on your guide.

Tip #1: Plan ahead because it can be difficult to get tickets, but know that tours will get cancelled if the water is too choppy, so have a back up plan.

Tip #2: Try and be on the last tour of the day so that you can catch the sun setting behind Robben Island on your ferry ride back. Bring layers though, it can be windy there even if it's hot in town.

Tip #3: Stand close to the front or you won't be able to hear your tour. Don't be afraid to be pushy.

Two Oceans Aquarium: <http://www.aquarium.co.za/>

Pretty much the same aquarium you'd get anywhere in the world, but doesn't make it any less cool. There's a strong focus on sustainability with quotes and picture exhibits everywhere, so it's worth checking out if you're into that.

Tip #1: There's a penguin feeding twice a day that's adorable.

Tip #2: Great thing to do on a rainy day because it's indoors.

Tip #3: Plan on spending about 2 hours there, it's not a full day activity.

V&A Market on the Wharf: <http://www.marketonthewharf.co.za/>

This is a food market reminiscent of the one at Old Biscuit Mill, except it runs everyday. It's indoors and a little bit more spread out so it was less hectic as well.

Tip #1: It's open for dinner—unlike OBM—so good if you want to get your food truck foods for dinner.

Tip #2: Grab some food from inside and then sit outside and watch the harbor while you eat. The boats on the water with the view of the mountains behind it is pretty beautiful.

V&A Waterfront Craft Market: <http://www.waterfront.co.za/>

This is a craft market under a huge white tent that sells all kinds of ‘high-end’ African crafts. You will definitely feel like a tourist here, but there is a lot of nice stuff. I bought a dress here that they tailored to fit me for about \$35 and had ready for me in an hour and a half.

Tip: They except cards for bigger purchases here so you don’t need to worry about bringing lots of cash.

Cape Town Diamond Museum: <http://www.capetowndiamondmuseum.org/>

This is actually a diamond showroom with an exhibit out in front, but they’ll give you a tour with your admittance to the museum and you get to look at REALLY fancy diamonds.

Tip: If you act REALLY enthusiastic, they might surprise you by not charging you for your ticket—it happened to me and Abby. Repeat after me: “WOW THIS IS SO COOL.”

Grand Café and Beach: <http://www.grandafrica.com/GrandCafeandBeachCapeTown.aspx>

This is a fancy seafood restaurant and cocktail bar on the Waterfront with an amazing view of the ocean. We went for sunset (oops, the sun goes down in the other direction) but we did still get amazing colors in the sky and had fun walking around on the white sand within the restaurant.

Tip: We originally went just for cocktails, but ended up staying for dinner. It’s worth the splurge, the seafood is fresh and delicious.

World Design Capital:

There’s lots of cool stuff relating to the World Design Capital sprinkled around the Waterfront. Look for anything bright yellow.

Tip: One of the yellow frames for the WDC is at the Waterfront. Grab your friends and take a picture sitting inside of it; you’ll feel like an idiot but the picture will be cute.

CITY CENTRE:

This category encompasses all the neighborhoods close to town. Tip: take minibuses into town! They are intimidating at first but infinitely cheaper and lots of fun!

Restaurants:

Kloof Street House: <http://www.kloofstreethouse.co.za/>

This is a really cool restaurant that is as much about the decor as the food. Make sure to walk around and check out all the different rooms.

Tip: Drinks are great, food is great, and dessert is extra great.

****Dog’s Bollocks:** <https://www.zomato.com/capetown/the-dogs-bollocks-at-yard-gardens>

An absolute must. They serve burgers as big as your head—not an exaggeration (vegans, there’s options for you too).

Tip #1: Get there early or call ahead; they only make a certain number of patties every day but you won’t be able to make reservations!

Tip #2: Split a bottle of the house brew, its some of the best beer I've ever had.

Tip #3: CASH ONLY.

Asoka Bar: <http://www.asoka.za.com/>

This is an Asian-inspired bar on Kloof Street that serves expensive food and even more expensive cocktails.

Tip #1: Could also be filed under nightlife. Apparently on Tuesdays its the place to be. Not my personal favorite, but some people loved it enough to keep going back.

Tip #2: Their Tempura Jalapeños (glorified jalapeño poppers) are pretty delicious.

Bistrot Bizerca: <http://www.bizerca.com/>

This is kind of a snooty Frenchish bistro on Shortmarket street. Really delicious food, but probably not within price range.

****The Bombay Bicycle Club:** <http://www.thebombay.co.za/>

Really cool restaurant with crazy decor on Kloof Street. You'll need to make a booking, but its definitely worth it.

Tip #1: If you go with a group of five, try to get the "swing table." Its a little circular table with five swings suspended around it—quite the dining experience.

Tip #2: The Bombay Cigars (deep fried chocolate cigars with ice cream) are some of the best dessert I've ever had. The pasta is also amazing.

Sidewalk Café: <http://www.sidewalk.co.za/index.php>

This beachy café is located in Vredehoek, (my personal favorite neighborhood) so it has a beautiful view of the mountains. The portions are huge and the food is delicious—especially great for a rainy day.

****Jason Bakery:** <http://www.jasonbakery.com/>

AMAZING bread. Great place to go for brunch or lunch.

Tip: Try their Sushi Sandwich for lunch and anything on their menu for dessert.

Coffee Shops:

****Origin Coffee Roasting:** <http://www.originroasting.co.za/>

They have amazing coffee and serve the only bagels we were able to find in Cape Town (average, but bagels all the same). The vibe here is super relaxed and they have wifi, so we liked to come here, get breakfast, and then bust out our laptops and get work done.

Yours Truly: <http://yourstrulycafe.co.za/>

Very cool industrial vibe, good music, great dirty chais (though you will have to let them know what those are).

Nightlife:

Lefty's: <http://www.zomato.com/capetown/leftys-cbd>

We liked to go here to pregame a little before hitting Long Street. The waiters are super cool and the atmosphere is fun and welcoming.

Tip: Get their Chicken and Waffles, and their homemade ice cream. Plus drinks are cheap!

Rafiki's: <http://rafikis.co.za/>

Huge upstairs area with a sports bar atmosphere. Good place for pregameing.

Crew Bar:

Don't be scared off because it's a gay bar; they played the best music of anywhere we went dancing and nobody is grabbing you without your consent—win-win!

Long Street:

There are lots of places to casually drink or dance your heart out on Long Street. There's something here for everyone but I'm not a good person to ask about this one...

Tip #1: Street sausage after a night of dancing...delicious.

Tip #2: Watch yourself, your possessions, and your friends. It's easy for something bad to happen to you, so have fun, but be aware.

Activities:

The Fugard Theatre: <http://www.thefugard.com/>

Check the local listings and see what's playing while you're there. We saw an adaptation of Blood Brothers set in apartheid-era District Six and it was incredible.

****High Tea at the Mount Nelson Hotel:** http://www.belmond.com/mount-nelson-hotel-cape-town/afternoon_tea

This is the classiest hotel in Cape Town that serves an amazing high tea. For about R235 you get all-you-can-drink tea, all-you-can-eat finger food, and a dessert buffet.

Tip #1: You'll need to make a reservation. There are two seatings: 1:30 PM and 3:30 PM.

Tip #2: Dress nicely or people will stare at you.

Tip #3: Don't be afraid to ask for more of whatever you want—they will bring it to you.

We tried it...but you can probably skip it:

The Crypt: <http://www.thecryptjazz.com/>

This is a jazz club under St. George's cathedral that has live music sometimes. It's cool, but not worth the price and bad service.

Charly's Bakery: <http://www.charlysbakery.co.za/>

The claim to fame of this bakery is that they have a TV show similar to Cake Boss.

Unfortunately, the cakes are overpriced and not very good at all. It might be worth at least looking in since it's painted crazy and the cakes are beautiful.

KALK BAY:

This is a beach town on the False Bay side. It is incredibly charming with lots of alleyways and tiny shops to explore. Plus, there's amazing restaurants here. You'll find lots of amazing things just by walking up and down the main road.

It's really easy to get here by train. It's about a 45 minute ride, but the station is right in town so it's very convenient. The cost of the ticket to Kalk Bay is a little bit over R20 round-trip so it's an awesome deal. Just make sure to buy MetroPlus tickets and be vigilant while you're on the train.

Restaurants:

****Cape to Cuba:** <http://www.capetocuba.com/>

Gonna be honest, this is more seafood than Cuban food but it is a great restaurant. The decor is super cool and the food is delicious.

Tip #1: They claim to have the best mojitos in Cape Town...worth checking out.

****Tip #2:** UNREAL jalapeño poppers. They also have pretty good paella and fried bread.

Excuse My French Creperie:

A little French creperie and coffee shop right on the water. Crepes are so good!

Tip #1: Nutella crepe. Nuf said.

Kalky's Fish & Chips:

This little restaurant is right on the harbor and is famous for its fish and chips.

Tip #1: Make sure to eat it while it's hot, they get soggy and sad quickly.

Shops:

Memory Lane:

This is a little alleyway with shops off the side. Not really worth buying anything, but totally worth walking through because of its charm.

We tried it...but you can probably skip it:

The Ice Cafe:

We were told that they have amazing ice cream and funky flavors, but honestly, it wasn't worth the hassle.

BEACHES:

There are lots of amazing beaches in Cape Town. Be warned though, the beaches are always a trade off. Either you head to the Atlantic side and get great beaches and freezing cold water, or you go to False Bay and get warm water but soggy beaches. Also always make sure somebody is watching your stuff—it will get stolen.

****Camps Bay:**

Camps Bay is my favorite beach. There's white sand and beautiful views of Lion's Head and the Twelve Apostles. Be warned, it's pretty touristy and lots of people will try to sell you something, but it's worth it.

****Tip #1:** Come here for sunset! The orientation of the beach means that you'll watch the sun sink behind the water; its one of the most spectacular views you can get in Cape Town. We liked to come here and watch the sun set and then get dinner nearby before heading home. Bring warm clothes though, it can get cold once the sun goes down.

Tip #2: It is possible to minibus here if you don't want to pay an exorbitant amount for a cab. The ride will take about 15 minutes longer and you'll have to transfer at the depot in town, but only costs about 15 rand one way, rather than almost 200.

Restaurants:

Da Luigi: Great place for midday cocktails and overpriced Italian food. All the restaurants on the strip at Camps Bay are touristy, but Luigi's has good pasta and pizza.

Ocean Blue: They have an awesome (and cheap) Sunday brunch menu and the crowd there won't judge you for having cocktails with brunch. Be warned though, four of us got food poisoning from there...

Café Caprice: This is the happening place for 30-somethings on Sunday nights. My cousins dragged me here and it was CROWDED by 6:30 PM. During the day I'm pretty sure it's a pretty good place to get food. <http://cafecaprice.co.za/>

Clifton:

Clifton has four beaches separated by rock formations, so make sure you choose wisely. Fourth Beach is for families while Third Beach is usually for the gay community. First and Second Beach is where you'll find beautiful people. This beach is right down the road from Camps Bay and also on the Atlantic side, so that means freezing water.

Tip: Also a great place for sunsets! And you can walk down the road for about 20 minutes to get to Camps Bay for restaurants.

Muizenberg:

This is on the False Bay side so the water is much warmer. Muizenberg is a really cute area with colorful dressing houses and a surfer vibe.

Tip #1: Do as the Capetonians and try your hand at surfing. You can rent gear for an hour at pretty much any of the surf shops on the strip. We got a board and a wetsuit for R100 for an hour, plus the guys stored our stuff while we were on the beach and let us shower off at the end.

They're pretty chill and they won't keep time very strictly.

Tip #2: Take the train here as well; the station is right on the beach.

Restaurants:

Knead Bakery: <http://www.kneadbakery.co.za/kneadcafes-southafrica.html>

This is a great post-beach lunch spot. They have a huge menu that includes lots of sandwiches on their homemade bread (delicious)! It's right next to the beach, so get your meal to go and eat it on the sand.

St. James:

This beach is also on False Bay and is famous for its colorful dressing houses. The beach looks normal sized in photographs, but don't be fooled, it's tiny. We didn't actually swim here, but we did have a great time collecting shells from the beach (there's tons), and when the tide is low the tide pools are visible.

Tip #1: You can take the train here, and the station is right on the beach.

Tip #2: You won't want to stay here for very long. Go and visit to see it because it's iconic, but then walk down the road to Kalk Bay where there's tons of restaurants and things to do.

Tip #3: If you do choose to walk to Kalk Bay, make sure to check out Danger Beach along the way. There's a cool tunnel hidden off to the side that you can walk through to get to a secluded beach.

HIKES:

There are some AMAZING hikes in Cape Town, mainly on the three main peaks. These are the ones that I tried. I highly recommend all of them.

Devil's Peak:

There are a lot of different ways up Devil's Peak, but if you want the easiest one, start from the trailhead near Tafelberg Road. This will take you up a dirt trail instead of having to scramble up steep rocks.

We also hiked Devil's Peak starting at Rhodes Memorial, but you'll need to do this hike with somebody who knows the way up or else you will definitely get lost.

Table Mountain:

Platteklip Gorge: The most straightforward of all the Table Mountain trails. This will take you straight uphill on switchbacks until the top. As much as the hike hurts, it will get you to the top quickest.

****Kasteelspoort:** This was my favorite of the Table Mountain hikes. The trail wraps around the back side of Table Mountain and up the Twelve Apostles so that you get a view of Camps Bay while you hike. If you explore at the top you will find the reservoirs and the mysterious Table Mountain Outdoors Clubhouse.

Skeleton Gorge: This trail starts in Kirstenbosch and ends at the reservoirs. Very cool hike with metal ladders but not a good idea if it has rained any time in the last week. I slipped and had a really bad fall on this trail.

Cable Car: This is worth doing in one direction (but make sure you earn your view by hiking on your first trip up Table Mountain). We did it at sunset and got to watch the sun sink behind Lion's Head.

Lion's Head:

There's only one path up, but it is the easiest hike in all of Cape Town. It only takes about 45 minutes and at the top you get a 360 degree view of the city. We did it multiple times: sunrise,

sunset, daytime and with a full moon (highly recommended—don't worry, there will be lots of people out doing the same thing).

****Three Peaks:**

This hike hits all three of the main peaks in Cape Town in the same day. The order is Devil's, Table, Lion's, and it takes about 11 hours total.

Devil's Leg: we walked from our house in Obs to Rhodes Memorial (in time to watch the sunrise) and then up Devil's Peak. It's kind of an unmarked route and can be pretty dangerous at times, so I would recommend only doing this if you are with somebody who has done this route before. I'm happy to give more details.

Table Mountain: you can walk down the back of Devil's and come to a path that takes you right to Platteklip. Walk up Platteklip, walk over to the cable car station to get more water or snacks, and then walk back down the same way.

Lion's Head: walk down the road to the big intersection and then up to the trail head for Lion's Head. We sat up here for a while and waited for the sun to set, but it was nearly winter when we did the hike, so the sun was setting earlier in the day. It might be a stretch to wait for sunset if this hike is done in the summertime.

Tokai Forest:

This is an area that is not really known by tourists, but provides some amazing views of the city. We went up to Elephant's Eye Cave which is a really cool, moderate level hike. The tea room at the bottom has some delicious muffins.

CAPE FLATS:

You'll be spending a lot of time here during your placements, but take a few opportunities to get out and explore this side of the city a little bit as well.

Activities:

Tour of Abalimi Bezekhaya: <http://abalimi.org.za/>

This is the organization that I partnered with while I was in Cape Town. It's an urban agriculture collective that has gardens all over the Cape Flats and the people who run it are amazing. They have tours every Tuesday that run from about 9 AM to 12 PM, where they take you to some important sites for the organizations. Rob, the man who gives the tour, is a little nutty but has lots of interesting things to say. Stanford usually tries to organize a tour so that everybody can check out the organization, but if not, make sure to contact them and sign up for one. It's an amazing way to see a different side of Cape Town.

Mzoli's:

The butcher shop in Gugulethu turns into an outdoor meat party every Sunday afternoon. You'll want to get a big group together, get there around 11 AM, and get ready to eat your heart out.

Tip #1: They only sell meat, so bring other supplies like plates, napkins, silverware, chips, fruit, and DRANKS. It turns into a party with loud music, so bring a six-pack for yourself.

Tip #2: When you get there you'll wait in line to look at a window of raw meat. Order in a group of about 5 or 6 and choose A LOT. It's really cheap (to stuff yourself it's only about R40 per person), but cooking can take a while so you're not gonna want to go back for seconds. Don't be afraid to load up your tray because it will all get eaten.

Tip #3: CASH ONLY.

MISCELLANEOUS:

These are some suggestions of things to do that are not neighborhood dependent.

Nando's:

When it comes down to it, Nando's is fast food, but like fast food that's not that bad for you.

They have grilled chicken and delicious sides and are in pretty much every neighborhood.

Tip #1: Nando's is pretty damn spicy. They have a Lemon and Herb (say it with a hard 'h' if you want to sound South African) if you're a wimp when it comes to spice. Otherwise, start with Mild—don't be deceived, it is SPICY.

Tip #2: The peri-peri wedges are the best side by far.

Tip #3: It can be pretty overwhelming to order there your first time, so practice what you're gonna say before you get up to the counter. You're gonna want to know what size of chicken, what side, and what level of spiciness. Specify when you order if you want breast meat.

Tip #4: Go to your local grocery store, buy bottled Nando's sauce, and put it on EVERYTHING.

Have a Braai:

A braai is like a barbecue except it's actually more like a party with meat. Host one at your house and tell everybody to bring their own meats, marinades, and sides. You're definitely going to want something to snack on while you cook, something to sip on, and loud music for dancing!

Tip #1: We went to a braai at our neighbor's house which was a cool way to meet new people. After we finished eating, the dancing lasted late into the night.

LAST OF ALL: don't forget to be present in everything that you do! Cape Town is an incredible city with a lot to offer, so go make the best of it!