



CAPE TOWN

Essentials

Currency: South African Rand (ZAR)

Languages: English is the common language but Afrikaans, isiXhosa, and isiZulu are also used

The capital of South Africa, Cape Town, is a beautiful city crowned by the magnificent Table Mountain National Park. Nestled amidst majestic mountains and the vast ocean, Cape Town captivates with its breathtaking landscapes, dynamic culture, and storied past.



What to see

**Table Mountain**

01

Ascend this iconic landmark via cable car or hiking trails to soak in panoramic views of the city, ocean, and surrounding landscapes, offering a breathtaking vista and unforgettable photo opportunities.

**Robben Island**

02



Visit the historic site where Nelson Mandela was imprisoned, exploring its museum and guided tours for insights into South Africa's struggle against apartheid.

V&A Waterfront

03



Wander through this bustling harbourfront precinct, featuring shops, restaurants, entertainment, and scenic views of Table Mountain, offering a vibrant atmosphere and diverse attractions for visitors to enjoy.

Cape Point and Cape of Good Hope

04



Journey to the southern tip of the Cape Peninsula to witness the dramatic landscapes and rugged coastline of Cape Point and the historic Cape of Good Hope, where two oceans meet amidst breathtaking natural scenery.

Botanical Garden

05



Discover the beauty of indigenous flora at the Kirstenbosch Botanical Garden, showcasing diverse plant species amidst stunning landscapes, walking trails, and outdoor concerts, providing a tranquil escape in the heart of Cape Town.



Handcrafted jewellery

Browse the stalls of the Watershed Market at the V&A Waterfront for exquisite handcrafted jewellery, featuring designs inspired by South African culture and crafted from precious metals, gemstones, and traditional materials, offering a wearable souvenir of your Cape Town experience.



Where & what to buy



African artwork

Explore Greenmarket Square in the city centre for a vibrant array of African artwork, including paintings, sculptures, and crafts, offering authentic pieces from local artisans to add a touch of African flair to your home décor.



African textiles

Explore the colorful stalls of the Pan African Market in Long Street for a stunning selection of African textiles, including vibrant fabrics like shweshwe and kente cloth, perfect for creating unique garments, accessories, and home furnishings infused with African style.



Biltong and droëwors

Sample and purchase traditional South African snacks like biltong (dried meat) and droëwors (dried sausage) from specialty shops and markets throughout Cape Town, where you can find a variety of flavours and quality cuts to satisfy your carnivorous cravings.



Adventures



01

Shark cage diving



Brave the waters off Gansbaai for an exhilarating shark cage diving adventure, coming face-to-face with majestic great white sharks in their natural habitat, offering a thrilling and unforgettable encounter with one of the ocean's most awe-inspiring predators.

02

Helicopter tour

Soar above Cape Town's iconic landmarks on a scenic helicopter tour, enjoying bird's-eye views of Table Mountain, the Twelve Apostles, and Cape Point, offering a unique perspective and breathtaking photo opportunities of the city's stunning landscapes.


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03

Abseiling Table Mountain



Descend from the summit of Table Mountain on an adrenaline-pumping abseiling adventure, rappelling down sheer cliffs and rocky outcrops while soaking in panoramic views of Cape Town and the surrounding coastline, providing an exhilarating and unforgettable outdoor experience.

05

Ocean kayaking

Paddle along the scenic coastline of False Bay or explore the tranquil waters of Hout Bay on an ocean kayaking excursion, encountering marine life such as seals, dolphins, and penguins while enjoying breathtaking views of the Cape Peninsula, offering a memorable and eco-friendly adventure on the water.

04

Sandboarding in Atlantis Dunes

Glide down the towering sand dunes of Atlantis on an exciting sandboarding excursion, experiencing the thrill of surfing on sand as you carve your way down steep slopes and catch air on thrilling jumps, offering a unique and adrenaline-fueled adventure in the Western Cape.





Eat Right



Seafood platter at Harbour House

Enjoy a fresh seafood feast with a platter of oysters, prawns, calamari, and line fish overlooking the picturesque Kalk Bay Harbor at Harbour House, offering a taste of Cape Town's coastal bounty in a stylish waterfront setting.

Gatsby sandwich at Superette



Indulge in Cape Town's iconic Gatsby sandwich, a massive sub filled with chips, meat, and sauce, at Superette in Woodstock, offering a delicious and filling meal that's perfect for sharing with friends.

Bobotie at Gold Restaurant



Savour traditional South African flavours with bobotie, a fragrant and savoury minced meat dish topped with egg custard, at Gold Restaurant in the city centre, providing an authentic taste of Cape Malay cuisine in a vibrant atmosphere.

Malva pudding at The Test Kitchen



Indulge your sweet tooth with malva pudding, a decadent South African dessert served with custard or ice cream, at The Test Kitchen in Woodstock, where you can enjoy innovative interpretations of classic dishes in a world-renowned fine dining setting.

Bunny chow at The Indian Chapter



Delight in the spicy flavours of Durban with bunny chow, a hollowed-out loaf of bread filled with curry, at The Indian Chapter in Bloubergstrand, providing a taste of South Africa's vibrant Indian culinary heritage with a Cape Town twist.