

Things to do in and around Cape Town

Scarborough and onwards to Cape Point

Scarborough remains far from the madding crowds, despite its proximity to the city. It is a nature-lover's haven with an easygoing lifestyle. Small as it is it offers 3 **restaurants**. Our 2 personal favorites are:

- **The Village Hub** - The café serves breakfast, lunch and dinner. At the deli you can pick up freshly baked bread, croissants, locally grown farm produce, and an assortment of readily prepared warm meals, cured meats, cheese and olives.

- **The Whole part Cafe** - Their ethos is to provide cuisine that is true to nature, promoting a healthier lifestyle, using only the freshest ingredients that are ethically and locally sourced. They offer delicious, healthy cuisine including gluten-free, vegan, raw and other dietary alternatives.

Not even 10 minutes away from Scarborough is the entrance to **Cape Point National Parc**, nature at it's best, wide vistas over the 2 oceans surrounding the Peninsula and a chance to see ostriches, zebra's, baboons and many other animals in the wild. The parc offers great hiking opportunities and if you are hungry, the **Two Oceans Restaurant** offers great food overlooking the ocean. For reservations, visit www.two-oceans.co.za If you don't feel like sitting down, their neighbor offers simpler take away meals.

Just before you get to the entrance of the Cape Point National Parc, you pass The **Cape Point Ostrich Farm** where you can go on a guided tour, have a bite at their restaurant or visit their shop.

Highly recommended! If you are a foodie or like cooking and want to have an unique experience going out in nature to forage food that you will then learn to prepare yourself, check out the website www.veldandsea.com

Founder of **Veld and Sea**, Roushanna Gray is a wild food innovator and avid forager. She teaches adults and children about indigenous edible foods through immersive experiences, connection and creativity. Inspired by the local edible indigenous plant availability, she has been experimenting with the exciting flavours and diversity of Fynbos, flowers and Indigenous plants for over ten years. The wide range of delicious and nutritious culinary offerings from the beautiful inter-tidal rock pools along our coastline also play a major role in her **cooking classes and workshops**. Most workshops take place at the Cape Point Nursery which you can find between Scarborough and Cape Point National Parc.



Simonstown & Boulders Beach

About 15 minutes away by car, lies **Simonstown**, nestled on False Bay on the other side of the peninsula. It is a village rich in history, character, atmosphere and warmth and home to the SA navy as well as whales, penguins and seals and world heritage status bird life. If you want to know about it's ties to the navy, you can visit the Navy Museum.

It offers one of the most unique places in the world, **Boulders Beach National Parc**, - a penguin colony in suburban Cape Town! Part of it is a small protected beach that is great for swimming. Don't be surprised if a penguin overtakes you in the water. Next to the entrance to the beach, you'll find **Boulders Beach Restaurant** which offers great views on the ocean.

Another way to see the penguins, is from the water. **Kayak Trips** (082 501 8930) leaves from Simon's Town Waterfront and paddles past the civilian and Naval Harbour and out to Boulder's Beach to see the penguins every day (weather permitting). The 2 hour long trip in very stable double kayaks costs R300 per person and a scheduled morning trip (08h30 summer, 09h00 winter) leaves from Simon's Town Waterfront, Wharf St. daily, 365 days a year, weather permitting. (Groups of 4 or more may book an afternoon excursion)

Do you happen to be in Cape Two during the whale season, **The Simonstown Boat Company** (083 257 7760) can take you **whale watching**. During the whole year you can join them for trips to seal Island or Cape Point.

Om other way to go out on the water is to learn to **Stand Up Paddle** (062 604 1977 or 084 607 8567) in the calm waters of Simon's Town Quays, ideal for beginners to find their feet and practise their technique in the protected basin. The bay is a visual delight with an ever changing vista of seals and penguins at play, yachts gliding by and the Navy practicing their manoeuvres. On a good day the kelp forests come alive with colourful sea creatures. The coastline is filled with interesting beaches and perfect for the more adventurous or experienced paddlers to explore.

The little town itself offers plenty of quirky shops to visit and lots of **restaurants and coffee shops**. To name a few:

The Black Marlin - Known for it's sea food and location right next to the ocean at Millers Point.

Salty Sea Dog - Famous for its quality fish and chips, a Simon's Town institution, located at the Simon's Town jetty and harbour. Take-aways and sit down.

The Tasty Table - Offers delicious and affordable local and artisan breakfast and lunch and great cappuccino.



Kommetjie & Noordhoek

If you are a seasoned surfer, you don't want to miss **surfing** at Long beach in **Kommetjie**, a very laid back rustic seaside village, known for being one of Cape Town's surfing and kiting hot spots. It is home to South Africa's tallest cast iron lighthouse, which can be climbed. Kommetjie offers a few simple restaurants. Personal favorite is **The Green Room** that offers some Mexican style food plus burgers, steak and salads. There is very nice surf shop and a great deli. The **Kommetjie Pizzeria** makes excellent pizzas.

Contact **Warren van Rooyen**, a professional tennis coach, if you are interested in **private tennis lessons** on the tennis court at Kommetjie Primary.

When you drive towards Noordhoek along Kommetjie road, you pass **Imhoff Farm**. The farm shop sells nice breads, great small cakes, olives, local made cheeses and lots of country produce. Next door is a small but excellent wine shop. There are also some nice arts and crafts shops. The **Imhoff Snake Park** is a reptile sanctuary and rehabilitation centre, where you can learn all there is about snakes.

Foodwise, you can choose between 3 different **restaurants**, The Imhoff **Farm Shop**, **Unami** (sushi) and **The Blue Water Cafe** that sells delicious pizza's, plus a lot of other nice dishes. The last one has a nice play area for kids and the **Higgeldy Piggeldy Farm Yard**.

If you like **horse riding**, the **Imhoff Equestrian Centre** offers guided horseback rides just under two hours long along Noordhoek beach. They offer 3 rides a day: 09:00, 13:00 and 17:00 (Dec – Mid Mar) & 09:00, 12:00 and 16:00 (Mid Mar – Nov). Booking is essential (082 774 1191).

Besides a beautiful white beach, Noordhoek's main attraction is the Noordhoek Farm Village, a collection of small shops and restaurants, like:

- **The Foodbarn** - Chef Franck Dangereux serves delicious and decadent 'fine-dining' style food but in a super relaxed old barn (021 789 1390).
- **Cafe Roux** - A Noordhoek institution, not only do they offer uncomplicated food all day long and a super relaxed vibe, they have an outstanding lineup every week, showcasing **SA's top artists**, together with amazing up & coming talent in a unique setting. **Highly recommended.**
- **Faith Juice** - A unique, quirky raw juice bar located in a small wooden shack in the food garden near the entrance to the Village. Healthy, delicious veg and fruit juices and yummy smoothies are made every day till 2.00 pm.
- **Kristen's Kick-Ass Ice Cream** - Delicious handmade ice cream, fantastic flavours, only using local dairy and handpicks sustainable ingredients.
- **The Foodbarn Deli** - During the day they offer great coffee, delicious home made breads and other bakes, breakfast and lunch. At night they turn into a nice tapa place.
- **Wednesday Market** - Every Wednesday between 4 - 8 there is a small market held which offers Italian, vegan, Mexican, Potjies, Food Barn offerings and plenty more.

Just around the corner from The Farm Village are **The Cape Point Vinyards** with it's amazing views over Noordhoek Beach. They host a very popular Thursday night market (4-8).



The Southern Peninsula: Kalk Bay, St. James & Muizenberg

The Southern Peninsula has so many fun places to go to. The colorful bathing boxes of **St. James** feature on almost every Cape Town travel guide cover. Their shark museum will teach you every thing there is to know about sharks and ocean life around the peninsula. It is situated on the False Bay coast between Muizenberg and Kalk Bay. All 3 small towns are situated between the rocky shore and a steep mountain.

Kalk Bay has just been named by Forbes magazine as 'one of the coolest neighbourhoods in the world'... This relaxed bohemian ocean town, offers lots of nice little shops, a beautiful harbor, a small and the very affordable **Kalk Bay Theater** with entertaining shows and a great variety of **restaurants**. To name a few:

Bob's Bagel Cafe - If you're after a quiet spot to grab a great bagel, Bob is your guy. His bagels are homemade and he fills with all the usual suspects. Added bonus, the restaurant has space outside for the kids to run wild so you can enjoy your bagel in peace. It's a small little café that gets really busy but the coffee and bagels are worth the wait.

Harbour View Restaurant - One of the most iconic Kalk Bay restaurants, The food may be a bit more expensive than at the other restaurants in town but is also consistently good and you won't go wrong, despite what you choose. Situated in the harbour, the views are really unbeatable. Be sure to call ahead (021 788 4136) and book!

Olympia Café - Also an institution and featured in many international magazines. Their coffee is as good as the looks of their coffee machines and the food is tasty. Do also visit their bakery around the corner for delicious bread and sweet treats. In the morning the locals line up for their cappuccino before they go to work.

Lekker - Just as the name says, this local spot is lekker and serves up wholesome, tasty food. The vibe and service is always friendly and you can expect fresh ingredients and delicious baked goods.

Kalky's - Is Kalky's technically a restaurant? We're not sure. But their no-frills attitude to serving the freshest fish and the crispiest chips has earned them a spot in the hearts of Capetonians. You can find them in the harbour.

Muizenberg

If you have always wanted to learn how to surf, Muizenberg is the place to go. Kilometers of great steady waves and lots of **surf schools** around where you can hire a board and a wetsuit and an instructor. Go check out Gary's Surf School, Roxy's or the Surf Emporium. Another local favorite water activity are the waterslides. Or if you on't feel like getting wet, you can always go for a round of put put next door. And if all those activities have made you hungry, check out the many **places to go for lunch or dinner** along the beach: Knead, Yoffi falafel, Tiger's Milk or Live Bait.

If you want to go for a great creative, vibe local experience, visit the **Blue Bird Garage Foods & Goods Market**. It takes place every **Friday night** as of 4 in a beautiful old postal plane hangar on the edge of this urban village. You will find this space filled with a collection of local Artisans, specialty cooks, bakers, producers and Designers. Handpicked South African wines, craft beer, delicious food, live music from local artists, a creative kids area and great company are all part of the tapestry that makes this a very unique and inviting market experience. It's a great way to spend a Friday night!



Kirstenbosch Botanical Gardens & Constantia wineries

The **Kirstenbosch Botanical Garden** is acclaimed as one of the great botanic gardens of the world. Few gardens can match the sheer grandeur of the setting against the eastern slopes of Cape Town's Table Mountain. It is one of our favorite spots. Not just because it is also the start of some great hikes on Table Mountain but also because of the **Summer SunSet Concerts** they offer on Sunday afternoons (gates open at 16.00). They have a fantastic line-up and tickets sell out fast. Tickets are sold online (www.webtickets.co.za). Once you have your ticket just bring a picnic blanket, a bottle of wine or else and snacks and enjoy the show. Aanrader: <http://insideguide.co.za/kirstenbosch-summer-sunset-concerts/>. **Highly recommended!**

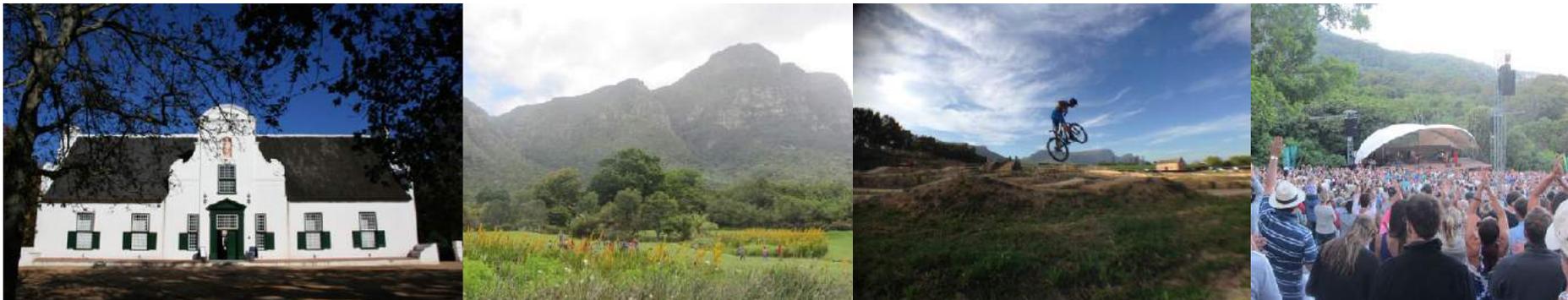
Kirstenbosch is also one of the locations that hosts the **Galileo Outdoor Cinema** performances on a Wednesday. Same as the concerts, a stunning location to watch a movie under the stars. It is combined with a market where you can buy food and drinks. Check out their website for the program: www.thegalileo.co.za

Next to Kirstenbosch is **Constantia** with its many wineries. You can visit most of them for wine tastings. The oldest and biggest one is **Groot Constantia**. It has 2 restaurants, a museum, stunning views and a relaxed lawn where you can enjoy your drinks and food.

Silvermist Winery is the home of the **La Colombe Restaurant**, one of the top restaurants in South Africa. If you like fine dining and are up for a bit of 'food theatre', this is the place to go. You will have to book way ahead of time (021) 794-2390.

If you are up for a bit of adventure 155 meters above the tree canopy, **Silvermine** also offers more than 500 meters of **ziplining**. Visit www.ziplining.co.za for more information.

Constantia Uitsig hosts a nice selection of **restaurants**, The Open Door Restaurant, Sushi, Kirsten's kick Ass Ice Cream, Chocolates, craft beer and single-origin coffee. And for bike lovers there is the **Bike Park** featuring a variety of pump tracks, currently totaling 2,8 km. There are beginner jump lines all the way to expert drop-offs, rock gardens, a wooden berm, rollers and a suspension sky bridge ending in a corkscrew exit. On site you can find a pitstop with bike repair facilities, a dual slalom race track and bike party hire facilities. Open 7 days a week, from 8am until 6pm, the Bike Park at Constantia Uitsig offers cyclists of all ages and skill levels laps and laps of fun.



Woodstock, The Waterfront & Robben Island

Woodstock is an edgy, evolving neighborhood where hipster cafes, veggie eateries and galleries occupy old factories covered with vivid murals. The renovated Old Biscuit Mill is home to cool design stores and hosts the weekly Neighbourgoods Market, with street food stalls, African handicrafts and designer fashion. On nearby streets, quirky stores sell vintage fashion, upcycled furniture and antiques. In the Biscuit Mill you will also find SA's no.1 restaurant **The Test Kitchen**. If you want to eat here, you definitely have to book a few weeks before. (021 447 2337) It is up market so not cheap but worth it.

For a total different experience, go on a street art tour through Woodstock with Juma's Tours. Check out their website for the different options: www.townshiparttours.co.za *Highly recommended*

The **V&A Waterfront** combines a big **shopping centre** with 2 **movie theatres**, The **Watershed** (home of great SA design), a food market, the amazing **Two Oceans Aquarium** and many **restaurants**. Yes, it may be a bit touristy but there is always a nice vibe and the backdrop against Table Mountain and the proximity of the harbor only add to the charm.

Every third Friday the **Galileo Outdoor Cinema** hosts a movie at the V&A Waterfront.

The latest addition and a great success is the award winning **Zeitz Museum of Contemporary Art** in the old silo's at the V&A Waterfront.

The V&A Waterfront is also where the boat to **Robben Island** leaves. Be sure to reserve tickets beforehand but also be aware that those trips sometimes get cancelled because of bad weather.



Table Mountain via Chapman's Peak and Camps Bay



Visiting **Table Mountain** is on top of most visitor's list. You can either climb up or take the cable car, unless there is too much wind. Needless to say that the views from the top are amazing.

You can follow up your visit with a **High Tea** at the **Mount Nelson Hotel** with its beautiful garden.

Another great view to be had is from the top of **Signal Hill**, on the other side of Table Mountain. From here you not only see Table Mountain but the whole city of Cape Town. Next to Signal Hill lies **Lion's head**, again a place with a great view but this time there is no other alternative than to get to the top by foot. It is a nice 1 1/2 hour hike. Very popular with people who want to see sun set or sun rise.



If you drive from Table Mountain back to Scarborough along the coast, you will get through **Camps Bay**. The spot to drink a cocktail and to be seen and watch others. When you keep driving, you pass through **Houtbay** and get to **Chapmans Peak**, one of the most scenic routes in the world and featured in many car commercials. On the other side of Chapmans Peak you'll find yourself in Noordhoek.



In Camps Bay, Houtbay, Noordhoek, Kommetjie, St. James or at some of the other beaches, you can join one of the **Secret Sunrise sessions**. Secret Sunrise is a global movement and platform to share positivity and get the world grooving, celebrating, feeling united in joy, and making a global change. A gathering of sun saluters, expressionists, dancers, 9 to 5'ers, youngsters, oldies and people who just want to dance and celebrate the sunrise. Guided sessions with wireless headphones allow you dance without disturbing the neighbours. **Highly recommended!**

