

# BEST OF ATLANTIC SEABOARD

## HANG OUT WITH THE BEAUTIFUL PEOPLE

Catch some rays, or a wave, at the beaches of Clifton, reputedly among the loveliest – and sexiest – in the world.

## SEE THE SUN SET

Sip a cocktail at one of the many bars and restaurants in Camps Bay and watch the sun sink into the sea.

## GET OUT ON THE MOUNTAIN

The Seaboard is not all about flash – there are many hiking trails, mostly in the lovely Table Mountain National Park. There are views aplenty, and an abundance of incredible indigenous fauna and flora to appreciate.

## EAT, DRINK AND BE MERRY

Some of the best restaurants and nightspots are on the Atlantic Seaboard – meander along the sea and have breakfast in Mouille Point, lunch in Sea Point and enjoy cocktails followed by dinner in Camps Bay.

## WALK, JOG, RUN

Capetonians get fit on the Sea Point Promenade. But don't feel pressured – the grassy areas are perfect for relaxing or a game of catch, and you can wander literally for miles along the crashing seafloor.

## FIND A HIDEAWAY

All along this stunning coastline are little beaches with far fewer visitors than you'd expect. Park the car and walk along the road looking for the signs. You never know what you'll find...

## HIT THE ROAD

You can drive along the coast all the way from Sea Point, past the flash of Clifton, Camps Bay and Llandudno, and beyond. It's an absolutely breathtaking drive, especially as the sun is setting over the sea, and there are several places to stop and take it all in. You can even continue the whole way to the famous Chapman's Peak Drive.

To book any of the experiences on this map or get more information, please contact Cape Town Tourism call centre on 021 487 6800

## VIEWES



## GET OUT ON THE MOUNTAIN



## SEE THE SUN SET



## SENSIBLE SAFETY TIPS

- ▶ Avoid carrying large sums of cash, cameras or other valuables in plain sight, and never leave belongings unattended.
- ▶ Heed the advice of Cape Town Tourism Visitor Centre staff or locals on where to go after dark. Try not to walk alone, and take special precautions at lonely lookout points. At night, park in a secure, well-lit area.
- ▶ Do not allow strangers to assist you in any way at ATMs.
- ▶ Do not give money to street children and beggars. If you wish to do good, rather give food or donate your change to a registered charity.
- ▶ Keep photocopies of all valuable documents in a safe place.
- ▶ Report any safety incident at the following numbers:

**All emergencies: Mobile phone – 112 Landline – 107**  
**South African Police Service (SAPS) – 10111**  
**Cape Town Tourism – 021 487 6800.**

Cape Town Tourism, in partnership with Protection and Emergency Services, runs a successful Visitor Support Programme to assist you further, should you be involved in an incident.

## WALK, JOG, RUN

## HANG OUT WITH BEAUTIFUL PEOPLE



# ATLANTIC SEABOARD

Mouille Point • Three Anchor Bay  
Sea Point • Bantry Bay  
Camps Bay • Bakoven  
Oudekraal • Llandudno

## THE ATLANTIC SEABOARD

The Atlantic Seaboard is Cape Town's trendiest area, the playground of the rich and famous. Here, you'll find perfect beaches for a romantic sunset, fabulous restaurants in which you can while away a whole day and some of the Cape's most spectacular scenery. The old suburbs of Green Point, Sea Point and the surrounds have a whole new lease on life thanks to the iconic Cape Town stadium. The area is abuzz with atmosphere and excitement.



### GET ACTIVE!

After one too many wine tastings or indulging in some of our fine Cape cuisine, you may want to don your running, hiking or biking kit and hit the many trails around the Atlantic Seaboard. Although it might be hard work, we promise you won't tire of the breathtaking views, the crunch of fynbos underfoot or the sensation of mountain and sea air on your face.

Just don't forget to take a moment to contemplate how lucky you are to be in the most beautiful city in the world...

There are also plenty of opportunities to practise your favourite sports, from a relaxing round of bowls or golf to leaping off the mountain as a hang-glider or paraglider.

**Visitor Information**  
021 487 6800  
capetown@capetown.travel



## WATER SPORTS

Llandudno 18

## SUNDOWNERS

### SEA POINT

This is one of Cape Town's most densely populated suburbs – check out the forests of high-rise apartment blocks, populated by a wide cross-section of residents from all over the world. Sea Point Main Road has recently undergone a rejuvenation and the many restaurants offering cuisine from all over the world buzz at night.

### 1

#### SEA POINT PROMENADE

Join the joggers, rollerbladers and walkers along the seafront for a bracing stroll or a long, flat run – it's a Cape Town tradition. It's possible to walk all the way from Mouille Point to Clifton and Camps Bay – it's quite a long way, but it's a route you won't forget – marvel at the waves crashing on one side and 'window shop' for your perfect seafront pad on the other. It's all beautifully paved so it's great for prams too. There are many cafés and restaurants along the way to reward your strenuous efforts.

Beach Road, Sea Point

### 2

#### ROCKLANDS BEACH

There are a few places to get down to the water at Sea Point, and it's a popular spot for sea kayakers and surf skiers. Chill out on the sand or pick your way over the rocks to dip your toes into the chilly water. If you're more adventurous, Graaff's Pool, close by, juts out into the ocean.

### 3

#### TAKE A DRIVE

Start at Sea Point and wind your way along Victoria Road (M6) all the way to Hout Bay. With views stretching away to the horizon, it's utterly magnificent. You'll pass the dramatic peaks of the Twelve Apostles, which form the back of the Table Mountain range, and the expanse of the Table Mountain National Park – keep your eyes peeled to spot the Upper Cableway Station. Continue past the roadside craft market at Koeël Bay, the posh Twelve Apostles Hotel and Spa towards Llandudno and the peak known as Little Lion's Head, until finally you descend into the valley at Hout Bay.

### 4

#### MILTON'S POOL

This tidal pool is a favourite child-friendly hangout for families who don't mind the bracing water.

### 5

#### SEA POINT PAVILION

With an Olympic-sized seawater pool, diving pool and kids' pool, this is an ideal spot for a family picnic in the shady area. There is a refreshment kiosk. Further along is Queens Beach, a popular viewpoint and tourist hot spot.

Beach Road, Sea Point  
021 434 3341



### 6

#### BANTRY BAY

A wind-free enclave and the start of some seriously sleek architectural edifices clinging to the rocky hillside overlooking the ocean.

### 7

#### SEA POINT CONTACT

A commemorative plaque marks the spot where in 1836 Charles Darwin observed the evidence that a catastrophic geological event produced the melting and fusion of rocks. You can clearly see the mix of two different rock types in this place.

Beach Road, Bantry Bay



### 8

#### SAUNDERS ROCKS

A small but popular beach with a protected tidal pool.

### 9

#### WALK VICTORIA ROAD TO CAMPS BAY

The road along the seafront here runs all the way to Camps Bay, perfect for a long wander to look at the ocean, the dream houses and the beautiful people.



18 Llandudno

## BEACHES

### TAKE A HIKE...

Table Mountain offers some great hiking. The most popular route from the Camps Bay side is known as Kasteelspoort, or Castle Gate. Start from the parking at the Kloof Nek end of Tafelberg Road and ascend the Pipe Track – the path will reward you with stunning views of the Twelve Apostles and the beaches at Camps Bay. You'll pass several of the reservoirs on Table Mountain – the Kasteelspoort path was once an important route for getting water down to Camps Bay. You can choose to do a round route, or even hike to the Upper Cableway Station and take a ride down.

Remember conditions on the mountain can be very changeable – never go hiking without water and something warm and make sure to tell someone when to expect you back.

### CLIFTON



Clifton is one of the swankiest addresses in South Africa – it's known as Millionaire's Mile. Some of the houses are perched so precariously on the cliffs, residents need a lift to get home! Take a stroll along the road to look at the mansions lining the cliffs, or pack a picnic for a day at the beach that'll last way past sunset.

### 10

#### CLIFTON BEACHES 1, 2, 3 & 4

The famous beaches at Clifton are naturally divided into four sections by big boulders. Each has its own character, although they have two things in common: the trendy sun-worshippers and the notoriously chilly water. Head to Clifton First Beach to watch the surfers and volleyball players; take the family down to Second or Third Beach or hit Fourth Beach to hang out with the seriously beautiful people. Clifton Fourth, as it's known, also has the best facilities and has been awarded Blue Flag Status.

### CAMPS BAY

Camps Bay has long had a reputation as one of Cape Town's favourite places to come out and play. Spend the day on the white-sand beach, and the night at one of the many restaurants, bars and clubs along palm-lined Victoria Road. Named after Queen Victoria, it snakes along the beachfront and is perfect for a casual promenade stroll.



### 11

#### MAIDEN'S COVE

This little beach is good for families, and it's overlooked by the Glen Country Club where you can practise your bowls or chill out in the very popular restaurant, La Med. The grassy patch here is a popular landing spot for hang-gliders.

### 12

#### GLEN BEACH

Watch out for the sign for lovely little Glen Beach – it's a bit of a local secret, especially among surfers. Shh, don't say we told you...

### 13

#### THE GLEN AND ROUNDHOUSE

Perched high on the slopes of Table Mountain, the historic Roundhouse has a rich past, and was used by the once-governor of the Cape, Lord Charles Somerset, as his hunting lodge. The Glen provides a cool, leafy setting. The Roundhouse is now the elegant setting to an award-winning restaurant.

Kloof Nek Road  
021 438 4347

### 14

#### CAMPS BAY BEACH

Camps Bay is an ideal family beach, spacious with white sands, green lawns and a tidal pool. It's well equipped with toilets and showers. You can hire chairs and umbrellas and, of course, get an ice cream from a wandering vendor.

Take a picnic to watch the waves or the sun go down, but remember you aren't allowed to take any alcohol to the beach.

### 15

#### THEATRE ON THE BAY

This intimate theatre stages contemporary plays, farces, musical tributes and reviews. There's a café for pre-show dinner.

Victoria Road, Camps Bay  
021 438 3300  
www.theatreonthebay.co.za

### 16

#### BAKOVEN

The gorgeous beach at Bakoven must be the reason so many people want to live here. This laidback enclave is much more low-key than its neighbours – but then, that's part of its charm. The beach is sheltered by large boulders and there are rock pools perfect for marvelling at the ocean's smallest treasures.

### AFTER DARK

In the evenings, the restaurants and bars along Camps Bay's Victoria Road offer the perfect place to watch the sun go down, whether lounging on the sand or sipping a cocktail in one of the many bars and achingly trendy restaurants facing the sea. There are new places springing up all the time – check out the spots with the biggest (and best dressed) crowds, or play it safe with some of Cape Town's old favourites, like Blues Restaurant, which has been serving Long Island Iced Teas to locals for over 20 years.



For this map in detail refer to the Cape Town Map or visit <http://www.capetown.travel/guide/maps/>

- 1 City Centre
- 2 Atlantic Seaboard
- 3 Peninsula
- 4 Southern Suburbs
- 5 Cape Flats
- 6 Helderberg
- 7 Northern Suburbs
- 8 Blaauwberg

## DETAILED MAP OVERLEAF

map 2 of 8  
Collect them all including the Cape Town map.

**TAKE TO THE AIR**  
With its dramatic backdrop of the Twelve Apostles, part of the Table Mountain range, Camps Bay is a popular spot for hang-gliding, paragliding and micro-lighting. Contact Cape Town Tourism for operators, or watch the action from the safety of terra firma.

## COASTLINE

14 Camps Bay

11 Maiden's Cove



## BE A RESPONSIBLE TRAVELLER

### 10 tips to be responsible in our communities

- 1 Research the culture of the area you intend to visit before arriving at your destination.
- 2 Talk to locals, make use of local tour guides and stay in accommodation establishments that are invested in the local community.
- 3 Learn some of the language – a simple greeting and thank you in the language of our people will see you embraced as a guest and not only a visitor.
- 4 Respect the dignity and privacy of others – please ask permission before you take a photo.
- 5 Rather than giving money to beggars and street children, make an effort to donate to a local charity that supports community projects.
- 6 Purchase souvenirs directly from community markets and handcrafters so that the money goes directly to local businesses.
- 7 Take your tastebuds on a journey by experiencing local and regional cuisine. This will give you insight to the culture of the area and you will support the local economy.
- 8 Practise safe and responsible sex and be vigilant about child prostitution.
- 9 Question establishments where children of school-going age are working.
- 10 Bargaining for goods may not always be appropriate, but if the price is negotiable, pay a price that is fair for the seller and maker.

### 10 tips to be responsible towards our environment

- 1 Please use water as efficiently as possible. Drink tap water. South Africa's tap water quality is ranked as third best in the world. Do not leave your towels in your hotel room to be washed unless necessary. Try to use biodegradable shampoos and soaps.
- 2 Take care not to start a fire with your cigarette butts or matches.
- 3 Please use electricity as efficiently as possible. Switch off the lights, electric fan, air conditioner and television when you are not in your room.
- 4 Do not approach or feed baboons. They are wild and potentially dangerous.
- 5 Do not take natural keepsakes like shells and indigenous flowers when spending time in nature.
- 6 When driving or hiking, stick to marked paths and roads.
- 7 Make sure the seafood you want to buy and eat is not on the list of endangered species. SMS the name of the fish to +27 (0)79 499 8795 and you will receive an answer within seconds.
- 8 Dispose of rubbish carefully, recycle where possible and reuse your beverage bottles and shopping bags.
- 9 Make use of public transport when possible or take a walking tour.
- 10 Holiday closer to home or offset your carbon footprint by planting a tree or buying local produce – support some of the great local organic markets in Cape Town.