

BEST OF

CAPE FLATS

▶ TOUR A TOWNSHIP

Well, of course the essential Cape Flats experience is one of the many tours to the local townships. It's a whole other side of the Cape to explore. And don't stop at just one tour – each township has its own unique culture and flavour, and there are plenty of different experiences on offer, from walking or cycling tours to jazz or sport-themed days out.

▶ SING THE BLUES

The Cape Flats is bursting with vibrancy and unique culture. Many of SA's best musicians come from hereabouts, so explore the jazz clubs and live music venues and perhaps encounter one of tomorrow's – or today's – greats.

▶ EAT LIKE A LOCAL

Places like Mzoli's in Guguletu aren't just for filling your stomach – fill up on culture as well, and experience a Cape welcome you won't find elsewhere. Be adventurous and your tastebuds are guaranteed an experience as well.

▶ FILL YOUR SUITCASE

There's no better place to find all those gifts and souvenirs than the wonderful craft projects on the Cape Flats – and what's more, you can feel good about where your money's going.

▶ REMEMBER

Scene of some of the fiercest resistance to apartheid, the Cape Flats is a great place to explore South Africa's fascinating past. Take a tour with a local and learn all about this compelling history and keep your eyes peeled for monuments and reminders of days gone by.

▶ MAKE A DIFFERENCE

There are plenty of opportunities to do your bit for the community. Visit a project, make a donation or support one of the many wonderful initiatives in the townships. Ask Visitor Information for ideas on ways you can help.

▶ GO GREEN

The Cape Flats may be notorious for its urban sprawl, but there are some wonderful pockets of green in the reserves. Enjoy a lovely walk – but it's not advisable to venture off the beaten track into isolated areas.

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



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.

FILL YOUR SUITCASE



Guga S'Thebe Art & Culture Centre 7



Mzoli's Place 9



Khayelitsha

EAT LIKE A LOCAL

TOUR A TOWNSHIP



Khayelitsha



7 Guga S'Thembe Art & Culture Centre



Edith Stephens' Wetland Park 11

GO GREEN

THE CAPE FLATS

- THE CAPE FLATS**
- 1 Trojan Horse Memorial
 - 2 Coline Williams / Robert Waterwitch Memorial
 - 3 Athlone Stadium
 - 4 Wembley Roadhouse
 - 5 Galaxy Disco Restaurant
 - 6 West End Jazz Club
- LANGA**
- 7 Guga S'Thembe Arts & Culture Centre
 - 8 Eziko Cooking and Catering School
- GUGULETU**
- 9 Mzoli's Place
 - 10 Guguletu Seven Memorial
- PHILIPPI**
- 11 Edith Stephens' Wetland Park
- KHAYELITSHA**
- 12 Look Out Hill
 - 13 The Philani Centre
 - 14 Khayelitsha Craft Market
- MITCHELL'S PLAIN & SURROUNDS**
- 15 Baden Powell Drive
 - 16 Wolfgat Nature Reserve
 - 17 Mnandi Resort
- Legend:**
- i Visitor Information Centre
 - P Police Station
 - H Hospital

CAPE FLATS

Athlone • Rylands Estate
Langa • Guguletu
Philippi • Khayelitsha
Mitchells Plain



CAPE TOWN TOURISM
www.capetown.travel

Book your experience at 021 487 6800 or www.capetown.travel

LIVE IT! LOVE IT!

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.

THE CAPE FLATS

The Cape Flats region of the Cape did not, despite popular belief, get its name from the government-erected apartment blocks that are common here – rather, the name refers to the flatness of the low-lying land. The Flats are not only home to some of the Cape's most vibrant communities, but also to some fantastic natural beauty – 76 plant species found here grow nowhere else on earth.

One of the best ways to explore this area is on one of the many township tours available – contact Visitor Information for more booking enquiries.

Please also check with Visitor Information if you have any security concerns about this area – and when in doubt, hop on one of the many tours available.

ATHLONE AND RYLANDS

Designated a 'coloured' area by the apartheid government, Athlone still celebrates its Cape Malay roots while embracing the multi-cultural community. Tuck into traditional fare and party the night away, or visit one of the thought-provoking memorials to the events of the apartheid years. The adjoining suburb of Rylands was established as a designated Muslim area during the apartheid era and developed its own special identity.

REMINDERS OF APARTHEID

Dotted around this area are several memorials to the many young activists who risked – and lost – their lives in the struggle against apartheid. Take a moment to contemplate their courage.

1

TROJAN HORSE MEMORIAL
The memorial recalls the Trojan Horse Massacre in 1985, when protesters were ambushed and 3 people killed and 15 injured by the police.
cnr St Simon's & Thornton Roads, Athlone



DISCO

2

COLINE WILLIAMS / ROBERT WATERWITCH MEMORIAL
A tribute to two ANC freedom fighters who laid down their lives in the struggle years.
Opp Magistrates Court, Old Klipfontein Road, Athlone

3

ATHLONE STADIUM
Home ground of Ajax Cape Town and Santos Cape Town football teams, Athlone Stadium was built in 1972 to hold 30 000 people. It's also the traditional home of the annual Kaapse Kloppse Carnival. The stadium has recently been renovated and is one of the main training venues for the 2010 FIFA World Cup™.
Johnson Road, Athlone
021 637 6607

4

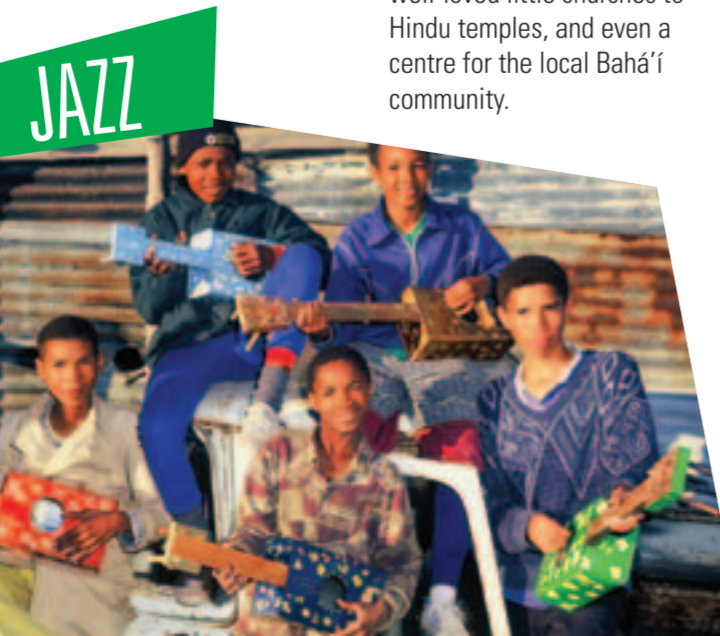
WEMBLEY ROADHOUSE
Grab the WembleyWhopper Burger or a steak sandwich at this classic roadhouse. For a taste experience right out of another era, park your car and someone will bring your meal right to the window.
23 Belgravia Road, Athlone
021 697 1435

5

GALAXY DISCO RESTAURANT
Athlone is famous for its vibrant nightlife, and Galaxy is one of Cape Town's oldest and hottest clubs, featuring a line-up of the best local DJs.
College Road, Rylands
021 637 9132
info@superclubs.co.za

6

WEST END JAZZ CLUB
For a more laid-back vibe, check out the jazz at the West End on Thursday through to Saturday nights.
Cine 400 Building, College Road, Rylands
021 637 9132
info@superclubs.co.za



JAZZ

Galaxy Disco Restaurant 5

LANGA

Langa is the oldest township in Cape Town and was a centre of resistance to apartheid. It was built with only one entry and exit point so that police could monitor movement. Meet sangomas and traditional healers; shop at local markets; sup on African delicacies and party township style, while supporting one of the poorest areas of the Mother City. The best way to discover the area is on a guided walking tour. Contact Visitor Information for operators.

1
Langa Visitor Information Centre Guga S'Thebe Cultural Centre, Cnr Washington and Church Streets
021 695 5098
langa@capetown.travel

7

GUGA S'THEBE ARTS & CULTURE CENTRE
If it's shopping for an unusual craft piece that you're after, head to Guga S'Thebe. Housed in a magnificent award-winning building, this community centre, like many businesses in Langa, is dedicated to the empowerment of the local people. There are regular exhibitions, art studios and a resource centre.
Cnr Washington and Church Streets
021 695 3493



8

EZIKO COOKING AND CATERING SCHOOL
The aim of the school is to teach members of the local community to cook, and so provide them with marketable skills. There's a restaurant, open for breakfast, lunch and dinner, that's a popular stop with tour operators.
Cnr Washington Street & Jungle Walk, Langa
021 694 0434
www.ezikorestaurant.com

TAKE A TOUR

Many people choose to delve into the secrets of the Cape Flats on one or more tours. Visitor information can help you pick from myriad options with licensed, reputable operators who'll take you into the heart of the community. Sit back on a bus, jump on a bike or get up close and personal on a walking tour. Many tours focus on specific interests, so whether you're into sport, food, culture or want to learn about the moving history of the struggle against apartheid, there'll be an expert to guide you.

GET CRAFTY

The Cape Flats is one of the best places to find unusual treasures. Look for unusual art made of found objects like telephone wire and plastic bags, or beautiful traditional beadwork you'll treasure forever.

GUGULETU

Guguletu, or Gugs, as it's often called, is a colourful combination of vibrant life and the problems associated with poverty, making a visit to the township poignantly unforgettable. Tourism provides much-needed jobs for the people of the township, and there are numerous restaurants, jazz clubs and B&Bs, as well as fascinating walking tours.

1
Guguletu Visitor Information Centre Sivuyile Campus, cnr NY1 & NY4, Guguletu
021 637 8449
gugulethu@capetown.travel

9

MZOLI'S PLACE
For a taste of township life, head to Mzoli's, a buzzing hang-out where you buy your meat and pay someone to cook it for you over hot coals. There's usually live music and a vibrant atmosphere.
Off Klipfontein Road, Guguletu
021 638 1355

10

GUGULETU SEVEN MEMORIAL
The memorial commemorates seven young black activists from the township who were killed in a police ambush in 1986.
Cnr NY1 & NY111, opposite Guguletu Police Station
021 637 8449
021 638 1355

PHILIPPI

The farms in Philippi provide the bulk of Cape Town's vegetables and there's still a pleasant rural feel to the area. You can go horse riding here, with several trails suitable for all levels winding through the dunes and down to the beach at Strandfontein.



11

EDITH STEPHENS WETLAND PARK
Home to 37 bird species and a variety of reptiles, this is an important wetland conservation area. The star of the show, however, is the fern-like plant *Isaetes*, which has its origins 200 million years ago, and is found only in this wetland.
Lansdowne Road, Philippi
021 691 8070021 638 1355



SUN & FUN

Monwabisi 17

KHAYELITSHA

Khayelitsha (meaning "new home") is one of Cape Town's largest townships, and is situated some 40km from the City Centre. It consists of both formal accommodation (houses of bricks and mortar) and informal settlements (makeshift shacks). The township was created in the 1980s and today is home to over two million people.

There are many overnight accommodation options and even more places to grab an authentic and delicious meal.

1
Khayelitsha Visitor Information Centre Look Out Hill Tourism Facility Cnr Mew Way & Spine Road, Khayelitsha
021 387 6189 / 082 454 7312
khayelitsha@capetown.travel

12

LOOK OUT HILL
The tourist facility here gives a good insight into life in the settlement. There's an arts and science centre, a restaurant, gift shop and information kiosk.
The facility has a look-out point on the highest dune with a 360-degree view that incorporates False Bay, the Hottentots Holland Mountain range, Helderberg and Groot Drakenstein.
Cnr Mew Way & Spine Road, Khayelitsha

13

THE PHILANI CENTRE
Give something back to the community by visiting the Philani Development Centre, part of an organisation that uplifts and supports the poorest people. You can see the school and craft workshops, and pick up some feel-good souvenirs of your day in their shops. Visit as an individual or as part of a tour. The patron of the project is Archbishop Emeritus Desmond Tutu.
08h30-16h30 weekdays; 09h00-13h00 Sat
Phaphani Street, Site C, Khayelitsha
021 387 5124
www.philani.org.za



14

KHAYELITSHA CRAFT MARKET
Here, you can buy all sorts of hand-made curios, pottery, beadwork, baskets and fabric paintings. The market is aimed at alleviating poverty in the area and all goods are made by the local community. You might even be lucky enough to be serenaded by a marmba band as you browse.
St Michael's and All Angels Anglican Church, Bukwayo Road, Khayelitsha
021 361 5246
www.stmichaels.org.za

MITCHELLS PLAIN & SURROUNDS

A suburb engineered by the apartheid government, Mitchell's Plain was supposed to be a 'model township'. Today, home to nearly 2 million people, the suburb rolls right down to the beaches at Strandfontein.

15

BADEN POWELL DRIVE
The road hugging the shoreline all the way from Muizenberg in the Peninsula to the winelands of the Helderberg is one of the loveliest drives in Cape Town. Hop on Baden Powell Drive (R310) and cruise past the waves crashing on one side and the evidence of township life on the other. Stop at craft stalls or pick up diner ingredients from one of the local fishermen who ply their catch along the route.

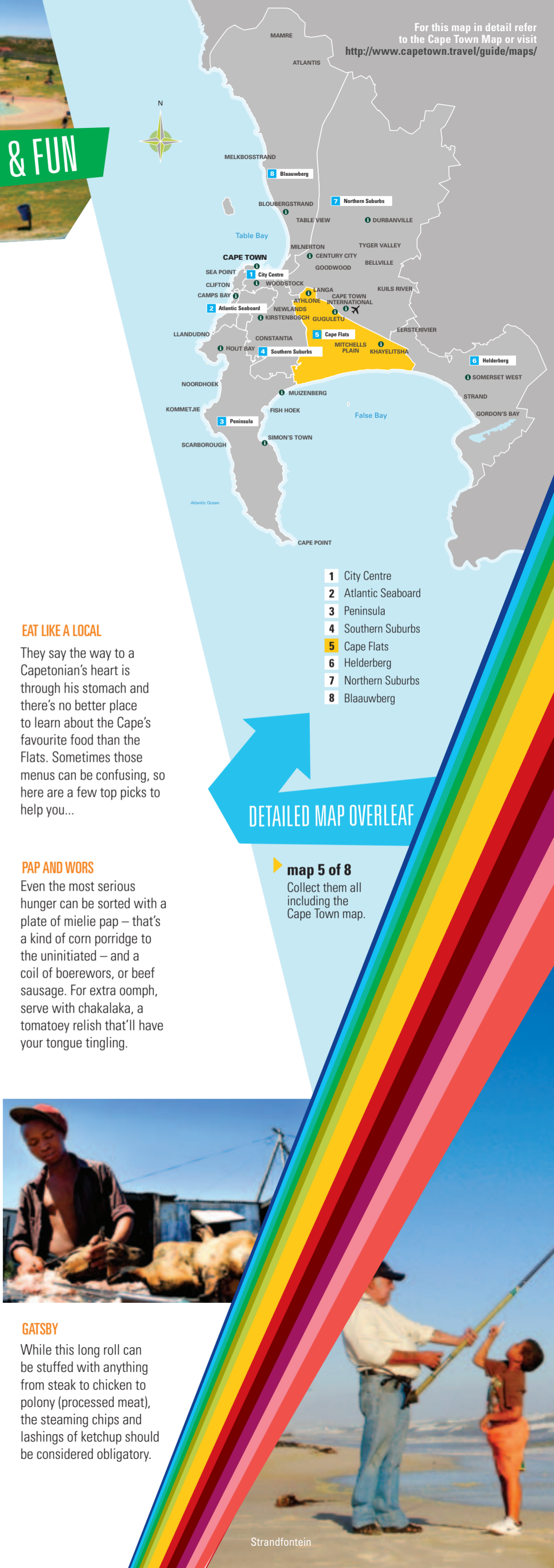


16

WOLFGAT NATURE RESERVE
Wolfgat derives its name from a cave found in the 1960s that was used as a den by hyenas. The site was rich in fossil finds. The limestone cliffs offer unequalled views of False Bay. It is the largest reserve on the Cape Flats, and protects the coastal flora. You might be lucky while out walking and see a grysbok or porcupine. Remember to exercise caution when in isolated areas.
Baden Powell Drive, Mitchell's Plain
021 392 5134/5

17

MNANDI RESORT
This is one of only six Cape Town beaches to have attained Blue Flag Status. There is an enclosed water park, playground, picnic area and other facilities. The long sandy beach is good for walking. Nearby Monwabisi Beach Resort is well-known for its rollicking parties, but beware of a very strong current.
Baden Powell Drive, Mitchell's Plain
021 392 5520



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



Strandfontein