

CAPE TOWN PENINSULA

Hout Bay • Chapman's Peak
Noordhoek • Kommetjie
Scarborough • Cape Point
Simon's Town • Fish Hoek
Kalk Bay • St James
Muizenberg



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.



1 WORLD OF BIRDS

At the largest bird park in Africa, fans of our feathered friends will be enthralled by over 400 different species of birds and small mammals like the playful squirrel monkeys in the Monkey Jungle.

09h00-17h00 daily
Valley Road, Hout Bay
021 790 2730

2 HOUT BAY HARBOUR

Enjoy some of the freshest seafood around at the Mariner's Wharf waterfront in the harbour. Choose from several restaurants, browse the nautically-themed shops or watch the boats while munching on some fine fish and chips. You can even take fresh fish home with you. For great views of the bay enjoy a cruise to Seal Island – a large seal colony – or Duiker Island with one of the several boat companies operating from the harbour.

3 HOUT BAY MARKETS

The Hout Bay Lions Craft Market is held at the Common on Main Road every Sunday between 10h00 and around 16h00.

4 IMIZAMO YETHU

Take a fascinating township tour. Contact Cape Town Tourism to book.

FISHING



22 Kalk Bay

5 WEST & EAST FORTS

Built by the Dutch in the 18th century, the forts, with the original cannons and barracks still standing, can be visited on the slopes of Chapman's Peak. The East fort is the one of the oldest operating gun batteries in the world.

021 791 8380

6 CHAPMAN'S PEAK DRIVE

One of the most spectacular marine drives in the world, Chapman's Peak Drive winds its way between Hout Bay and Noordhoek, offering 180-degree views of the Atlantic Ocean. Take a picnic to enjoy at one of the frequent rest stops and don't forget the camera! This is a toll road and is sometimes closed due to rock falls so check before you go.

021 791 8222 / 021 791 8380
www.chapmanspeakdrive.co.za

NOORDHOEK

Noordhoek, or 'northern corner', is one of the last remaining rural areas in Cape Town. It's famous for its long white beach, perfect for horse riding, and its excellent farm cafés and restaurants. The distinctive wreck on Long Beach is a great destination on a walk or horse ride. The *Kakapo* ran aground in 1900 when the captain mistook Chapman's Peak for Cape Point.

7 CAPE POINT VINEYARDS

Taste award-winning wines in a breathtaking setting at the Chapman's Peak tasting room of Cape Point Vineyards.

09h00-17h00 weekdays; 10h00-17h00 Sat; 10h00-16h00 Sun
1 Chapman's Peak Drive, Noordhoek
021 789 0900
info@capepoint.com
www.capepointvineyards.co.za

8 NOORDHOEK FARM VILLAGE

Soak up country charm under shady oak trees at Noordhoek Farm Village. Browse the shops for unusual souvenirs or tuck into a hearty, healthy lunch at some of the Cape's best-known restaurants. There's even a playground to keep the kids occupied while you relax.

Cnr Main Road and Village Lane, Noordhoek
021 789 2812
info@noordhoekvillage.co.za
www.noordhoekvillage.co.za

6 Chapman's Peak Drive

NATURE

9 SILVERMINE

Walkers will love the fynbos-covered hills of Silvermine, part of the Table Mountain National Park. There are plenty of walks, from gentle to challenging, to choose from, all with spectacular views. It's also a popular spot for birding, picnicking, mountain biking and there are sandstone caves to explore. Entry fee.

07h00-19h00 daily
Top of Du Kaapseweg, Westlake
021 701 8632
www.tnmp.co.za

KOMMETJIE

Kommetjie is a great spot for seabird watching. The fynbos here is especially diverse, including some very rare plants, and is home to a wonderful array of birds. It's also famous for its surfing events, crayfishing and the long summer nights. Kommetjie beach runs over 8km (5 miles) to Noordhoek – perfect for walking along or enjoying one of the sunset horse rides.

10 BABOON WALKS

Take a guided walk in the mountains and spend time watching the wild chacma baboons. Baboon Walks consists of conservationists, local residents and others trying to create awareness and appreciation for these often comical creatures, under threat from urbanisation.

12 Glen Road
021 782 2015
www.baboonmatters.org.za

11 IMHOFF FARM

There's plenty to do, from petting the animals to enjoying a cup of coffee or an organic meal. Check out the bird sanctuary and snake park, as well as the farm stall – or even ride a camel. There's also a market on the first Saturday of every month.

Kommetjie Road, Kommetjie
021 783 4545
www.imhofffarm.co.za

13 CAPE OF GOOD HOPE

Don't miss a visit to Africa's most south-westerly point, the Cape of Good Hope in Cape Point. This spectacular finger of land, southernmost point of the Table Mountain National Park, is covered in fynbos and home to picturesque bays, beaches, rolling green hills and valleys.

Make it an active day and hike through the spectacular fynbos to quiet beaches, or treat yourself to lunch in the restaurant and head straight for the lighthouse for unparalleled views of the Atlantic.

Look out for birds and animals such as baboon, eland, zebra and a variety of reptiles and small mammals. Also keep an eye out for traces of early explorers like Vasco da Gama and Bartholomew Dias whose voyages around the Cape opened up the trade routes to the East.

06h00-18h00 (Oct-Mar);
07h00-17h00 (Apr-Sep)
021 780 9010/11
info@capepoint.co.za
www.capepoint.co.za

SIMON'S TOWN

The historic suburb of Simon's Town is synonymous with the SA Navy, evident from the many imposing ships in its small harbour. This is SA's third oldest settlement and was named after Simon van der Stel, the 17th century governor of the Dutch settlement. There are many well-preserved Victorian buildings housing quirky antique shops and plenty of restaurants to enjoy.

Simon's Town Visitor Information

111 St George's Street
021 786 8440
simonstown@capetown.travel



14 BOULDERS BEACH

This beach is great for swimming – and not only for humans! The breeding colony of 3 000 African penguins makes this one of Cape Town's top attractions. Explore the many rock pools among the boulders that give the beach its name. There is an entry fee.

Kleintuin Road, Seaforth, Simon's Town
07h00-19h30 (Dec-Jan); 08h00-18h30 (Feb-Mar); 08h00-17h00 (Apr-Sep); 08h00-18h30 (Oct-Nov)
021 786 2329 www.tnmp.co.za

15 SEAFORTH

Seaforth is one of the best swimming beaches in Simon's Town and is overlooked by a restaurant that's ideal for sunbathers. Long Beach isn't great for swimming, but is wonderful for a long relaxing walk.



16 HISTORICAL MILE

The Historical Mile walk goes along St George's Street from the train station to the East Dockyard gates and takes in some of the finest old buildings and attractions the town has to offer. Visit some of the quaint museums, such as the SA Naval Museum in the dockyard or the Warrior Toy Museum.

17 JUBILEE SQUARE

The heart of Simon's Town on the Historical Mile of St George's Street, the square's most famous 'resident' is the bronze statue of Able Seaman Just Nuisance, a Great Dane who was adopted by British sailors during World War II.

18 SEAL ISLAND BOAT TRIPS

Home to 75 000 Cape fur seals and many species of bird, this is the hunting ground of the Great White shark. Take a cruise from the harbour.

021 788 8313



FISH HOEK

Fish Hoek has one of Cape Town's best swimming beaches and is also one of the country's only 'dry' towns – the land was given to the city for development on condition that no alcohol was ever sold here. There are plenty of walks and hikes in the area to explore.

19 JAGER'S WALK

A pleasant path linking Fish Hoek beach to Sunny Cove, the pathway winds over the rocks to the south of the bay along the railway line. The longer coastal walk will take you to Simon's Town and beyond.

20 PEERS CAVE

Peers Cave is a very important prehistoric archaeological site, discovered by a father and son named Peers in 1926. Excavations have revealed many artefacts and the remains of nine people, one of whom is known as the Fish Hoek Man, estimated to be about 12 000 years old. Visit the Fish Hoek Valley Museum to learn more about the cave.

021 782 1752

21 SILVERMINE RIVER WETLANDS

The wetlands are a protected fynbos marshland north-east of Fish Hoek. There are excellent paths popular with nature lovers on the lookout for many species of bird and the endangered Leopard Toad.

Off Main Road, Clovelly, Fish Hoek

KALK BAY

Kalk Bay's Main Road is packed with antique stores, coffee shops, galleries, second-hand bookstores and restaurants. Essentially a fishing village, Kalk Bay is still a lively working harbour and one of the best places to buy fresh fish straight off the boat. Shopping and eating in Kalk Bay is one of Cape Town's best days out.

22 KALK BAY HARBOUR

The long-established harbour is home to many working fishing boats, as well as some of the finest seafood restaurants and fish and chips shops. It's a great place to while away an evening over a few drinks and fine views – especially dramatic if there's a storm at sea.

021 788 8313



23 BOYES DRIVE

The view from Boyes Drive is spectacular all year round but during whale season (June-November) you can watch for calving Southern Right whales in False Bay.

021 787 9140

ST JAMES

With its multi-coloured Victorian bathing boxes and lovely tidal pool, St James beach is great for a relaxing family day swimming and sunning. The suburb is also the start of the old 'Millionaire's Mile' – look out for the magnificent stone houses built years ago by South Africa's mining magnates, as well as some historic little cottages including the Rhodes Cottage Museum. St James is small, but loaded with quiet charm.



SURFING



- 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 3 of 8
Collect them all including the Cape Town map.

MUIZENBERG

Set around the long white sands and warm waters of Muizenberg beach, this grand old suburb is going through an exciting rebirth. This Blue Flag beach stretches about 40km, all the way to Gordon's Bay curving around False Bay – see if you can beat that view of the waves. Learn to surf in Muizenberg's consistent waves – you can hire a board and a wetsuit in one of the many surf shops around Surfers' Corner.

Also look out for:

- 24 Natale Labia Museum
- 25 Het Posthuys
- 26 Arts Foundation
- 27 Masque Theatre

Muizenberg Visitor Information
The Pavilion,
Beach Road, Muizenberg
021 787 9140
muizenberg@capetown.travel

28 ZANDVLEI NATURE RESERVE

Zandvlei is an important wetland, river system and estuary. It attracts birders, walkers, canoeists and particularly windsurfers – it's a great place for beginners.

021 701 7542
www.zandvleitrust.org.za

12 Slangkop Lighthouse



BEST OF THE PENINSULA

▶ TAKE THE TRAIN

Hop on at Cape Town station or Muizenberg and wind your way round the coast for magnificent views and an old-fashioned way to travel.

▶ WATCH THE WHALES

Between June and November, keep your eyes peeled for Southern Right Whales that come to calve in the waters of False Bay. Magnificent...

▶ MAKE FRIENDS... WITH A PENGUIN

Boulders Beach is one of the biggest breeding colonies of comical African penguins.

▶ CATCH THE WIND

There are plenty of places on the Peninsula for windsurfing and Scarborough is one of the world's kitesurfing hotspots. Don't forget the famous annual kite festival at Muizenberg.

▶ TAKE THE PLUNGE

Muizenberg, St James and Fish Hoek are some of the best swimming beaches in the Cape, and Hout Bay is one of the best surfing and canoeing destinations. Hire a board or a boat and get out there.

▶ FIND HIDDEN TREASURE

Trawling the antique shops in Kalk Bay and Simon's Town is one of the best ways to spend a morning.

▶ TICKLE YOUR TASTE BUDS

Whether it's fine coffee, fish and chips on the harbour wall or gourmet seafood you're after, the Peninsula has some of the best restaurants in the Cape, many overlooking the crashing waves.

▶ TOUR A TOWNSHIP

Discover a whole different side of Cape Town in the townships of Hout Bay and Kommetjie by taking a tour of Imizamo Yethu or Masiphumelele, which you can explore by bicycle.

▶ SUNRISE, SUNSET

Watch the sunrise over the waters on the False Bay Coast, watch the sun dip below the waters on the Atlantic side, all in the same day.

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



TAKE A TRAIN

CATCH THE WIND

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.

PENINSULA

- HOUT BAY**
- World of Birds
 - Hout Bay Harbour
 - The Hout Bay Lions Craft Market
 - Imizamo Yethu
 - West & East Forts
 - Chapman's Peak Drive
- NOORDHOEK**
- Cape Point Vineyards
 - Noordhoek Farm Village
 - Silvermine
- KOMMETJIE**
- Baboon Walks
 - Imhoff Farm
 - Slangkop Lighthouse
- SCARBOROUGH, Misty Cliffs, a popular surf spot & Schuster's Bay, whale watching hot spots.**
- CAPE POINT**
- Cape of Good Hope

- SIMON'S TOWN**
- Boulders Beach
 - Seaforth Beach
 - Historical Mile
 - Jubilee Square
 - Seal Island Boat Trips
- FISH HOEK**
- Jager's Walk
 - Peers Cave
 - Silvermine River Wetlands
- KALK BAY**
- Kalk Bay Harbour
 - Boyes Drive
- ST JAMES BEACH**
- MUIZENBERG**
- Natale Labia Museum
 - Het Posthuys
 - Arts Foundation
 - Masque Theatre
 - Zandvlei Nature Reserve

- Visitor Information Centre
- Police Station
- Toll Gate
- Hospital

TAKE THE PLUNGE

WATCH THE WHALES

