

BEST OF CITY CENTRE

TOP THE TABLE

You haven't seen Cape Town until you've seen it from the top of Table Mountain. Catch the cable car for a swirly scenic ride to the top or, if you're feeling energetic, hike up, you can always catch the cable car down...

BE 'ON THE WATERFRONT'

South Africa's biggest tourist spot. Spend some time soaking up all the attractions, from shopping to eating to partying to just watching the yachts sail by in this working port. There's tons to do for the whole family.

BE KING OF THE CASTLE

Imagine yourself back a few hundred years at the Castle of Good Hope, built by the first Dutch settlers at the Cape. There are plenty of other wonderful museums to explore in the City Centre – it might be a modern city, but Cape Town still has a historical heart with some beautiful old buildings.

HAGGLE

The City Centre has some of the best shopping in town. If you're willing to bargain, you could pick up some curios for a song in Greenmarket Square or at the stalls lining nearby St George's Mall.

HIT LONG STREET

From cute boutiques to the hottest clubs in town, Long Street is the pulsing heart of the city. Trawl the shops by day and party by night.

THINK PINK

The area around Green Point is the gay heart of tolerant Cape Town – check out the 'Pink Village' for some of the best – and most welcoming – nightlife in town. It's great for shaking your tail feathers or some serious people watching around Somerset Road.

EXPLORE THE BO-KAAP

The historical area around the Bo-Kaap makes for wonderful meandering. The old colourful houses speak of times gone by, and the narrow streets are now home to some fabulous restaurants, cute shops and coffee spots.

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

GREEN POINT

Sometimes called the Soho of Cape Town, Green Point is also the home of the new Cape Town stadium

CAPE TOWN STADIUM

The newest landmark in the city, the stadium is like a bowl, its fibreglass facade reflecting the city's changing moods and weather. The unique roof is designed to protect spectators from wind and rain. 95% of the old Green Point stadium was recycled and used in the construction of the new stadium, contributing to its green building status



URBAN PARK

The 12.5 hectare Greenpoint Common and Urban Park contains walkways, landscaped green areas, water features and ponds and a walking, cycling, jogging track. The main tree-lined pedestrian boulevard runs between Somerset Road and the Mouille Point Lighthouse and beachfront Park. The 9-hole, 74 par Metropolitan Golf Course has been redesigned, and the existing facilities for several sports – including athletics, cricket, hockey, rugby and tennis – improved.

V&A WATERFRONT

Situated in the working port, the V&A Waterfront is packed with attractions for locals and visitors. It's South Africa's most visited attraction, and it's not hard to see why. Whether you want to dine on a gourmet meal, grab fish and chips, party the night away or learn about Cape Town's fascinating nautical past, there's something for everyone. There are also over 400 shops, from barrows to world-class boutiques. To see Cape Town from a different perspective, take one of the many boat cruises.

Shops open 09h00-21h00 Mon-Sat, 10h00-21h00 Sun
021 408 7600
www.waterfront.co.za

V&A Waterfront Visitor Information Centre
V&A Waterfront, Cape Town
021 408 7600
info@waterfront.co.za

TWO OCEANS AQUARIUM

With over 3 000 marine creatures on view – including sharks, turtles and penguins – the Two Oceans Aquarium is one of the finest aquariums in the world. It showcases the unique life of the Atlantic and Indian oceans that converge around the Cape. See sharks and stingrays, seahorses and delicate jellyfish. If you are qualified, you can even dive in the predators' tank – if you dare!

09h30-18h00 daily
Portsworld Square, V&A Waterfront
021 418 3823
www.aquarium.co.za

ROBBEN ISLAND

Once "home" to South Africa's most famous political prisoners, including Nelson Mandela, Robben Island is one of South Africa's most popular destinations. The island museum can be visited by taking a ferry from the V&A Waterfront. The guided tour includes a visit to the former maximum security prison, where seeing Mandela's cell is an unforgettable experience. Despite its dark history, the island is naturally beautiful and is home to a colony of African penguins.

07h00-21h00 daily, ferries depart at 09h00, 11h00, 13h00 & 15h00
Mandela Gateway, V&A Waterfront
021 413 4200
www.robben-island.org.za



TABLE MOUNTAIN



TOP OF THE TABLE

CITY CENTRE

CBD

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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.

THE WATERFRONT



Lion's Head 30

V&A Waterfront



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.

GARDENS



Company's Gardens 9



PARTYING

CBD

The traditional hub of the Central Business District is around Adderley and St George's Streets. The centre of Cape Town is bursting with life and history. Beautiful old buildings tucked among modern skyscrapers are reminders of the elegance of times gone by; fascinating museums recall the natural and cultural history of the 'Fairnest Cape in all the world'.

1 Cape Town City Centre Visitor Information Centre
Pinnacle Building,
Cnr Burg & Castle Streets
021 487 6800
capetown@capetown.travel

1 ADDERLEY STREET AND THE FLOWER SELLERS

Soak up the atmosphere on Cape Town's main drag, where the ladies selling flowers are as colourful as their wares. Depending on the season there might be magnificent indigenous proteas on sale. Trading from Trafalgar Place on Adderley Street for over a century, the flower sellers' calls are part of the fabric of city life.



2 GREENMARKET SQUARE

Find all manner of things at Greenmarket, from curios to jewellery, all sold by a host of colourful characters. Remember to bargain for your treasures – it's all part of the fun at this legendary market.

10h00 - 17h00 weekdays;
10h00 - 16h00 Sat
Between Shortmarket & Longmarket Streets



3 LONG STREET

This is one of the best streets in Cape Town to wander down – there are some great boutiques showcasing the work of hip young designers, as well as some of the most popular restaurants and nightspots in the city. Check out the dealers in the Long Street Antique Arcade or pick up some African artefacts at the Pan African Market. Just off Long Street is the Church Street Antique Market where you just might find the missing spoon from Granny's cutlery set. And when you're totally exhausted, head to the historic Long Street Baths, which have a heated pool and Turkish baths, dating back to 1908.

4

HERITAGE SQUARE

This collection of buildings around a central courtyard dates back to 1771. They were originally residences as well as businesses – including one of the Cape's few original forges, still operational. The barred windows of the slave quarters are a stark reminder of the past. It's now home to funky bars and restaurants.

Between Buitengrapt and Bree Street

5

GOLD OF AFRICA MUSEUM

Much of Africa's wealth is built on gold, and this museum explores the history and mystery surrounding this most enchanting of metals. The building and courtyard is a Cape Dutch architectural gem.

96 Strand Street
021 405 1540
www.goldofafrica.com

6

THE GROOTE KERK

This is the mother church of the Dutch Reformed Church in South Africa. There has been a church on this site since 1704. The architecture is impressive, with a vast unspoiled ceiling and a large pulpit.

09h30 - 16h00 weekdays
Cnr Spin & Parliament Streets
www.grootekerk.org.za

7

CHURCH SQUARE

Located at the entrance of the Groote Kerk, see the memorial that marks the spot where slaves would wait under a 'slave tree' while their owners attended church. In the square is a statue of parliamentarian Jan Hendrik Hofmeyr, who attempted to have Dutch recognised as a language equal to English in the 1910 constitution and a monument commemorating slavery.

8

ST GEORGE'S CATHEDRAL

St George's is known as the 'People's Cathedral' because it welcomed the people of all races during the apartheid years. Archbishop Desmond Tutu addressed demonstrations from its steps, and it became a powerful symbol of the struggle against apartheid.

5 Wale St
021 424 7360
www.stgeorgescathedral.com



9

COMPANY'S GARDENS

There are over 8 000 species of plants in these lush gardens, planted by the Dutch East India Company soon after their arrival at the Cape to grow vegetables. In the Gardens there is a replica of a slave bell and a Saffron Pear tree planted in the time of Jan van Riebeeck, founder of the Cape Colony.

Between Government Avenue & Queen Victoria Street

10

HOUSES OF PARLIAMENT

Cape Town is the legislative capital of South Africa; you can tour the buildings of Parliament or sit in the public gallery when Parliament is in session (both by arrangement). The impressive facade is best viewed from Plein Street. Call in advance to arrange a free tour.

Plein Street, Cape Town
021 403 2911
www.parliament.gov.za

11

TUYNHUYES

Closed to the public, this historic house serves as the office of the President of South Africa. It was originally used by the Dutch to entertain foreign dignitaries. During the British era, it was known as Government House, and was home to the British royals when they visited the Cape in 1947.

THE IZIKO MUSEUMS

Delve into the natural and cultural history of the Cape at the Iziko Museums located in and around the Company's Gardens.

12

IZIKO SOUTH AFRICAN NATIONAL GALLERY

The Gallery holds many national art treasures, including fascinating 'resistance art'.

www.iziko.co.za

13

IZIKO SOUTH AFRICAN MUSEUM

The SA museum has over 1.5 million items, from fossils and Stone Age tools to the eerie Whale Well where you can hear the songs of whales while surrounded by lifelike exhibits.

14 Planetarium just next door is where you can reach for the stars. Iziko also has some fascinating preserved houses, including:

15 The Slave Lodge

16 Rust en Vreugd – the finest eighteenth-century townhouse in S.A.

www.iziko.org.za

18

SOUTH AFRICAN JEWISH MUSEUM

Built next to the Great Synagogue, the entry is through the original and first synagogue built in SA. This important museum forms a complex with the Cape Town Holocaust Centre. Opened in 2000, the museum highlights the history of the Jewish people in this country.

10h00-17h00 Sun-Thu
Hatfield Street
021 465 1546
www.sajewishmuseum.co.za

19

DISTRICT SIX MUSEUM

The museum revises the history of a vibrant community that was forcibly removed to the city's periphery. District Six was a multi-racial area, famous for its rich cultural life. In 1966 all "non-white" people were moved, mostly to the Cape Flats.

09h00-14h00 Mon; 09h00-16h00 Tues-Sat; Sun by appointment
25a Buitenkant Street
021 466 7200
www.districtsix.co.za

20

THE FUGARD THEATRE

The newest of Cape Town's theatres, this theatre is named after Athol Fugard, South Africa's most famous playwright.

Cnr Caledon & Harrington Streets
021 461 4554, www.thefugard.com

21

CITY HALL & GRAND PARADE

The gracious old-world City Hall dates from 1905, and although the offices of the municipality have moved to the Civic Centre, symphony concerts are still held here – its organ was designed by the organist of London's St Paul's Cathedral. The balcony of the City Hall is famous as the place where, on his release from prison in 1990, Nelson Mandela addressed crowds gathered on the Grand Parade. It is South Africa's oldest square.



22

THE CASTLE OF GOOD HOPE

This is South Africa's oldest surviving building built by the VOC shortly after the Dutch, under Jan van Riebeeck, landed at the Cape. The building's original decor has been restored and it is now a popular museum. The Castle also often hosts events and special exhibitions. Its position was the original shoreline – the Foreshore area of Cape Town is all reclaimed land. There is a lovely tea room and courtyard with a good view of Table Mountain.

Buitenkant Street
021 464 1264

THE FORESHORE

Although it seems unbelievable, this area, the business hub of Cape Town, was once sea! The reclaimed land was designed to be a grand entry into the city from Cape Town harbour, and its wide boulevards are still impressive today.

23

ARTSCAPE THEATRE CENTRE

This is Cape Town's home of theatre and ballet and where major international productions are staged. The architecture is very 1970s but the facilities inside are state-of-the-art.

DF Malan Street
021 410 9838, www.artscape.co.za

24

CAPE TOWN INTERNATIONAL CONVENTION CENTRE

The CTICC, as it's known, is at the harbour end of town, adjacent to the V&A Waterfront. Exhibitions, conferences and expos are regularly held here. There is also a swanky hotel. A canal connects the complex to the Waterfront.

Convention Square,
1 Lower Long Street, Cape Town
021 410 5000, www.cticc.co.za

25

CTICC Visitor Information Centre

021 410 5194
cticc@capetown.travel

WOODSTOCK

Visit vibrant Woodstock, Cape Town's oldest suburb, to trawl the quirky shops and clutch of leading art galleries, mostly along Main Road. It's had a tough history but as one of the city's Improvement Districts, it's now one of the most exciting up and coming places to visit.



THE OLD BISCUIT MILL & NEIGHBOURGOODS MARKET

The converted biscuit mill houses a number of quirky shops, selling jewellery, ceramics and stationery, among other things. There's also an art gallery and a restaurant. Don't miss the Saturday morning market for the very best 'takeaways' in town and some seriously funky designer stuff. Busting doesn't even begin to describe this weekly foodie scene.

375 Albert Road
021 462 6361
www.theoldbiscuitmill.co.za/
www.neighbourgoods.co.za

CITY BOWL

The suburbs at the foot of Table Mountain and surrounding the city are referred to as the City Bowl. These suburbs include Gardens, Vredehoek, Devil's Peak, Oranjezicht, Higgovale and Tamboerskloof.

26

KLOOF STREET

Head up to Kloof Street on the slopes of the mountain to party the night away in one of many bars and restaurants in this young, trendy area. It's very sought-after as a place to live as people love to soak up the atmosphere and wander the streets with the backdrop of Table Mountain.

27

THE LABIA

This old-world movie theatre screens art-house movies as well as more commercial productions. Go there for the step-back-in-time decor and to hang out with the locals.

68 Orange Street, Gardens
021 424 5927
www.labia.co.za

28

TABLE MOUNTAIN NATIONAL PARK

You can't visit Cape Town without exploring the symbol of the Mother City, Table Mountain. A variety of trails traverse the mountain. Take a guided tour for a thorough introduction to the lovely flora and fauna of the Cape. At the top of the mountain, if you're still feeling energetic, there are activities such as abseiling. One of the newer initiatives is the Hoerikwagvo Trails – named after the original San name for the mountain. Several guided walks enable you to stay overnight on top of the world.

The Cape floral kingdom is not only the smallest of the world's six floral kingdoms, it's also the richest and the only one contained within one country. It's incredibly diverse and fascinating, and well worth exploring on the slopes of Table Mountain.

021 701 8692
www.tmpn.co.za



TABLE MOUNTAIN CABLEWAY

1 Table Mountain Cableway Visitor Information Centre
Lower Cableway Station,
270 Tafelberg Road
021 422 1075
central@capetown.travel

TABLE MOUNTAIN AERIAL CABLEWAY

The most quintessential Cape Town experience, this 10-minute cable car ride offers spectacular views over the city on the way to the top of Table Mountain. First introduced as far back as 1929, this state of the art version has a rotating floor and huge windows to ensure that all passengers enjoy the view.

Once at the top there are plenty of walks, some very gentle, be sure not to miss the breathtaking views from all sides of the mountain. Many people choose to walk up and take the cable car back down, a particularly popular option over sunset. Remember the cable car only operates in good weather.

370 Tafelberg Road, Cape Town
021 422 1075
www.tablemountain.net

25 Neighbourhood Market



MARKETS

30

LION'S HEAD

Join the locals and climb Lion's Head at full moon. Take a picnic and enjoy the stunning views. There are some chains to climb if you want to make it all the way to the top.

Signal Hill Road, Cape Town
021 701 8692



31

SIGNAL HILL

An easy ride along Signal Hill road gives you brilliant views across the city and over the Atlantic Seaboard.

BO-KAAP

On the slopes of the mountain, among the trendiest areas in town is an enclave of real Cape character. Take a stroll through the narrow streets to see the colourful Cape Malay architecture and stop off for a bite at one of the atmospheric restaurants.

32

THE NOON GUN

If you're in the City Centre, you'll probably notice the 'boom!' at noon every day. The historic Noon Gun is fired from Signal Hill – named for its original function of flying signals to ships. Watch the firing of the cannon, or just bring a picnic and marvel at the view.

33

BO-KAAP MUSEUM

The colourful historic homes in the Bo-Kaap area were built by the original Malay community, whose forebears came to the Cape as slaves. Some of the houses are nearly 250 years old. Visit the Bo-Kaap Museum to learn about life in a typical 19th century Muslim household.

09h30-16h30 Mon-Sat
71 Wale Street
www.iziko.org.za



HISTORY



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

DE WATERKANT

One of Cape Town's newer developments, De Waterkant is packed with trendy restaurants and bars as well as gorgeous boutiques. It's the place for ladies who lunch, business meetings or chilling out on a Sunday morning with the paper.

34

PRESTWICH MEMORIAL

The Prestwich Memorial is the final resting place for thousands of skeletons found during building-work nearby. The area was a large burial ground for people, such as slaves, denied access to churchyards. The memorial houses information relating to the history of slavery in the Cape. The adjoining St Andrew's Church was the first to welcome freed slaves into its congregation.

08h00-17h00 weekdays;
09h00-13h00 Sat & Sun
Cnr Buitengrapt & Somerset Road, Green Point



Cape Town Partnership

35

THE PINK VILLAGE

Enjoy the gay friendly atmosphere at one of the many trendy bars and restaurants along Somerset Road. This is the hip and happening gay area of Cape Town.

36

THE CAPE QUARTER

Visit the Old and the new Cape Quarter, where you can shop and dine at leisure.

29 Aerial Cableway