

BEST OF SOUTHERN SUBURBS

▶ GET OUT INTO THE GARDEN

A visit to the botanical gardens at Kirstenbosch is a must – wander among the shady trees, picnic on the lawns, and get to know the Cape's magnificent Floral Kingdom.

▶ SEE THE VIEW

Gasp at the breathtaking vistas of Cape Town from some spectacular vantage points, from Rhodes Memorial to the vineyards at Groot Constantia.

▶ GO ORGANIC

There are several wonderful markets, mostly at the weekend, where you can do some shopping or have a delicious snack.

▶ FILL YOUR BAGS

Visit craft centres and trendy shopping malls to do all your shopping in the relaxed atmosphere of the suburbs.

▶ GET SPORTY

Newlands is home to some of South Africa's most venerable – and exciting – sports venues. Catch a rugby match in winter, a cricket match in summer, or hit the Newlands swimming pool for a dip.

▶ FOLLOW THE PATH

There are plenty of beautiful walks in this part of Cape Town, from gentle meanders to mountain hikes – start at Constantia Nek and walk all the way up Table Mountain.

▶ EXPERIENCE ELEGANT DINING

Get away from the hustle and bustle of city life and relax in one of the many gorgeous restaurants in the Southern Suburbs. Whether it's a traditional meal at a wine estate or a cup of coffee at the leafy Montebello Design Centre, this is one of the best ways to spend an afternoon.

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

INTO THE GARDEN

Kirstenbosch National Botanical Garden 17

SOUTHERN SUBURBS

OBSERVATORY

- 1 South African Astronomical Observatory
- 2 The Heart of Cape Town Museum at Groot Schuur Hospital

MOWBRAY, ROSEBANK & RONDEBOSCH

- 3 Mostert's Mill
- 4 The Irma Stern Museum
- 5 The Baxter Theatre Centre
- 6 University of Cape Town
- 7 Rhodes Memorial
- 8 Groot Schuur Estate

NEWLANDS

- 9 Newlands Cricket Ground (Sahara Park)
- 10 Newlands Rugby Stadium
- 11 SA Rugby Museum
- 12 Newlands Swimming Pool
- 13 Josephine Mill
- 14 Montebello Craft and Design Centre
- 15 Newlands Forest

CLAREMONT & KENILWORTH

- 16 Cavendish Square
- 17 Kirstenbosch National Botanical Garden

- 18 Kirstenbosch Craft Market
- 19 Access Park

WYNBERG

- 21 Old Wynberg Village
- 22 Wynberg Park
- 23 Chart Farm

CONSTANTIA & TOKAI

- 24 Porter Estate Produce Market
- 25 Constantia Village
- 26 Constantia Walks
- 27 Klein Constantia
- 28 Buitenverwachting
- 29 Constantia Uitsig
- 30 Groot Constantia
- 31 Steenberg Vineyards
- 32 Tokai Forest Arboretum
- 33 Die Oog Bird Sanctuary and Nature Reserve

RETREAT & GRASSY PARK

- 34 The Stables Craft and Culture Centre
- 35 Rondevlei Nature Reserve

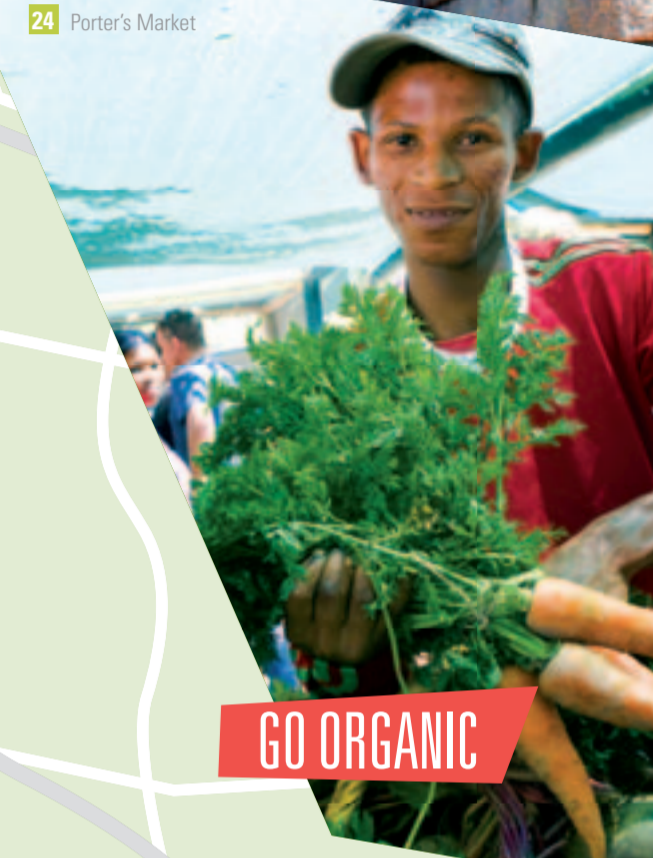
- i Visitor Information Centre
- P Police Station
- H Hospital



SEE THE VIEW



7 Rhodes Memorial



GO ORGANIC

24 Porter's Market

INTO THE GARDEN



GET SPORTY

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.

SOUTHERN SUBURBS

Observatory • Mowbray
Rosebank • Rondebosch
Newlands • Claremont
Kenilworth • Wynberg
Constantia • Tokai
Retreat • Grassy Park



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.

OBSERVATORY

“Obs”, as it is affectionately known, is Cape Town's bohemian suburb. Close to the University of Cape Town, it's home to students and young people who fill the many bars, restaurants and live music venues, mostly along Lower Main Road.



1 SOUTH AFRICAN ASTRONOMICAL OBSERVATORY

Founded in 1820, the institution was visited by Charles Darwin when he came to Cape Town aboard HMS Beagle in 1836. It is open to the public every second Saturday of the month at 20h00 for a tour of the observatory and its museum, a chance to view distant galaxies and the stars through a telescope.

Observatory Road, Observatory
021 447 0025
www.saa.ac.za

2

THE HEART OF CAPE TOWN MUSEUM at GROOTE SCHUUR HOSPITAL

One of the greatest moments in medical history took place at Groote Schuur Hospital on 3 December 1967: the first heart transplant, performed by pioneering surgeon Dr Christiaan Barnard. The two-hour guided tour honours the skill of the transplant team and the courage of both the recipient and donor.

Tours 09h00, 11h00, 13h00, 15h00 & 17h00 daily
Groote Schuur Hospital, Main Road, Observatory
021 404 1967
info@heartofcapetown.co.za
www.heartofcapetown.co.za



MOWBRAY, ROSEBANK & RONDEBOSCH

Home to Medical School, the University of Cape Town and several of its halls of residence, there is definitely a vibey student buzz to these suburbs. But there is a lot more besides in terms of historical ambience and charm.

3

MOSTERT'S MILL
This landmark, which can be seen from the M3 highway, was built in 1796 and is still in working order. The mill recalls the days when settlers were given land grants to farm along the banks of the Liesbeek River.

Open most Saturdays.
088 129 7168

4

THE IRMA STERN MUSEUM
Irma Stern was a major South African artist. The museum, in the house where she lived for four decades, has a fine collection of her works, her collections of African art, and changing exhibitions of other contemporary South African artists.

10h00-17h00 Tues-Sat
Cecil Road, Rosebank
021 685 5686
www.irmastern.co.za

5

THE BAXTER THEATRE CENTRE

This is one of the major live theatre venues in Cape Town with an exciting mix of theatre, music and dance.

Main Road, Rosebank
021 685 7880
www.baxter.co.za



6

UNIVERSITY OF CAPE TOWN

One of the top universities in Africa, UCT is set on the slopes of Devil's Peak in beautiful historical buildings. Its famous students include Prof Christiaan Barnard, the heart surgeon, and three Nobel laureates: Sir Aaron Klug, Prof Alan MacLeod Cormack and the writer JM Coetzee. Visitors can sit on 'Jammie steps' outside Jameson Hall or walk along the path to Rhodes Memorial.

021 650 9111
www.uct.ac.za

7

RHODES MEMORIAL

This imposing monument to imperial colonisation, at the foot of Devil's Peak, offers visitors spectacular views of Cape Town. The memorial, designed by Sir Herbert Baker, was built in 1912 to honour the former Cape Colony Prime Minister and mining magnate Cecil John Rhodes. The site was chosen as it was Rhodes's favourite view site. The restaurant is famous for its tea and cake.

08h00-18h00 (May-Sept); 07h30-19h00
Off M3, Below Devil's Peak, Groote Schuur Estate, Rondebosch
021 689 9151
www.rhodesmemorial.co.za



KIRSTENBOSCH

Kirstenbosch National Botanical Gardens 17

Newlands Stadium 10



SPORTS

8

GROOTE SCHUUR ESTATE

This sprawling estate is the home turf of South Africa's President, Deputy President and a few ministers. Once the home of Cecil John Rhodes, today you can visit (by appointment only) the old Groote Schuur manor house. You won't encounter our top brass however – the President lives in nearby Genadendal on the estate.

083 414 7961
gstour@mweb.co.za

NEWLANDS

The city's most sporty suburb is also steeped in residential charm and historic associations. The cricket oval, rugby ground and swimming pool are all conveniently in walking distance of the railway station.

9

NEWLANDS CRICKET GROUND (SAHARA PARK)

The cricket oval opened in 1888 and in 2003 hosted the opening game of the Cricket World Cup. Watching a game from under the oaks is a summertime tradition.

146 Campground Road, Newlands
021 657 3300
members@wpcc.co.za
www.wpcc.co.za

10

NEWLANDS RUGBY STADIUM

Home of the Stormers and Western Province rugby teams, Newlands has a capacity of 51 900 and has been hosting rugby since 1890. It's the second oldest rugby stadium in the world.

8 Boundary Road, Newlands
021 659 4600
lrayne@wprugby.co.za
www.wprugby.com

11

SA RUGBY MUSEUM

Rugby fans shouldn't miss this museum dedicated to the highlights and magic moments of South African rugby. You'll also learn how a rugby ball and boots are made and plenty more.

Ground Floor, Sports Science Institute, Boundary Road, Newlands
021 686 2151
www.sarugby.net

12

NEWLANDS SWIMMING POOL

Cool off under old oak trees while the kids splash around in the kiddies' pool, or get fit in the main pool.

Main Road, Newlands
021 674 4197

13

JOSEPHINE MILL

This is Cape Town's only surviving water mill. Built in 1818, the mill has been fully restored to working condition. Visit the interesting museum, take home stone-ground flour, or enjoy the shop, wine bar and restaurant beside the river. There are daily guided tours.

Boundary Road, Newlands
10h00-16h00 weekdays or
by appointment
021 686 4339
mil@josephinemill.co.za
www.josephinemill.co.za

14

MONTEBELLO CRAFT AND DESIGN CENTRE

See the work of local artists and crafters or relax over a good meal in tranquil surroundings at Montebello. It's a non-profit organisation dedicated to job creation and good local design. Many artists have studios here so you may just catch them at work.

31 Newlands Avenue, Newlands
021 685 6445
www.montebello@telkomsa.net
www.montebello.co.za



15

NEWLANDS FOREST

Off the M3 you will find the entry to Newlands Forest, which offers forest and mountain trails to explore.

CLAREMONT & KENILWORTH

Serious shoppers beware! These suburbs offer an extensive range of shopping experiences – from marvellous malls to crafty markets and bargains at factory shops.

16

KIRSTENBOSCH CRAFT MARKET

This is a fun family market that specialises in wooden toys and original crafts.

Last Sunday of the month.
09h00-13h00
Stone Cottages, Rhodes Drive (opposite Kirstenbosch)

17

KIRSTENBOSCH NATIONAL BOTANICAL GARDEN

South Africa's world-famous national botanical garden is set against the awesome backdrop of Table Mountain and Devil's Peak, and is home to over 22 000 indigenous plants. The Cape is renowned as the world's richest floral kingdom and Kirstenbosch is magnificent in any season. The gardens host outdoor concerts every Sunday in summer and in one of the restaurants in winter. There is a free daily walking tour (10h00) and hourly golf-cart tours. Many hiking trails start from the gardens.

08h00-18h00 (Apr-Aug);
08h00-19h00 (Sept-Mar)
Rhodes Drive, Newlands
021 799 8783, www.sanbi.org

18

Kirstenbosch Visitor Information Centre

Rhodes Drive, Newlands
021 762 0687
kirstenbosch@capetown.travel

19

CAVENDISH SQUARE

This is one of Cape Town's premier shopping destinations, offering an array of local and international fashion brands, a choice of great mainstream and art house movies, and delicious fare at delis, restaurants and coffee shops. A free shuttle service will collect you at the mall and drop you off anywhere within the Southern Suburbs.

Dreyer Street, Claremont
021 657 5620
www.cavendish.co.za

20

ACCESS PARK

Find great bargains at this factory shop outlet precinct. Many of the shops here stock brand names you'll recognise at low prices.

Chichester Road, Kenilworth
021 683 5885
www.accesspark.co.za

21

KENILWORTH RACECOURSE

Home of the J&B Met, one of SA's premier horse races, Kenilworth is more than just a racecourse – in the centre of the track is one of Cape Town's most important fynbos conservation areas, with over 300 plant species.

Rosemead Avenue, Kenilworth
021 700 1600, www.krca.co.za

WYNBERG

Steeped in history, the old village still survives around the military camp established at the time of the British occupation.

22

OLD WYNBERG VILLAGE

Explore the little shops and restaurants of the village also referred to as Little Chelsea. Many of the boutiques specialise in decor, but there are plenty of unusual buys. After your browse around, you can stroll in Maynardville Park, home of the annual Summer Shakespeare Festival. If being pampered is more your style then be sure to treat yourself at a luxury spa in the area.



23

WYNBERG PARK

Take a picnic to the rolling expanses of the park on Klaassens Road.

WINE

CONSTANTIA VALLEY WINE ROUTE

See the Cape's oldest wine estates and some award-winning restaurants. Five wineries, all in stunning surroundings, are on the route so make it a day – or more – out.

021 794 5128
www.constantiawineroute.co.za

27 Klein Constantia

28 Buitenverwachting

29 Constantia Uitsig



30

GROOT CONSTANTIA

The first governor of the Cape, Simon van der Stel, had his own farm here, named after his daughter, Groot Constantia is the largest estate in the valley and has many of Van der Stel's original buildings. Napoleon Bonaparte was known to be a fan of the wines of Groot Constantia. The museum in the stately Cape Dutch manor house offers a fascinating glimpse into the Cape's colonial past.

Groot Constantia Road,
off Main Road, Constantia
021 794 5128
enquiries@grootconstantia.co.za
www.grootconstantia.co.za

31

STEENBERG VINEYARDS

Lying on the mountain slopes at the southern end of the Constantia Valley, Steenberg produces a number of cultivars, including their flagship Sauvignon Blanc. The estate's restaurant, Catharina's, is also well known. The Steenberg Golf Club offers a great game in a superb setting.

Cnr Steenberg & Tokai roads
021 713 2211
www.steenberg-vineyards.co.za

32

TOKAI FOREST ARBORETUM

Situated on the slopes of the Constantiaberg, the arboretum is home to hundreds of species of trees, including oaks and even California redwoods. It's a popular place for walking and hiking – try the 6km hike up to Elephant's Eye cave and back.

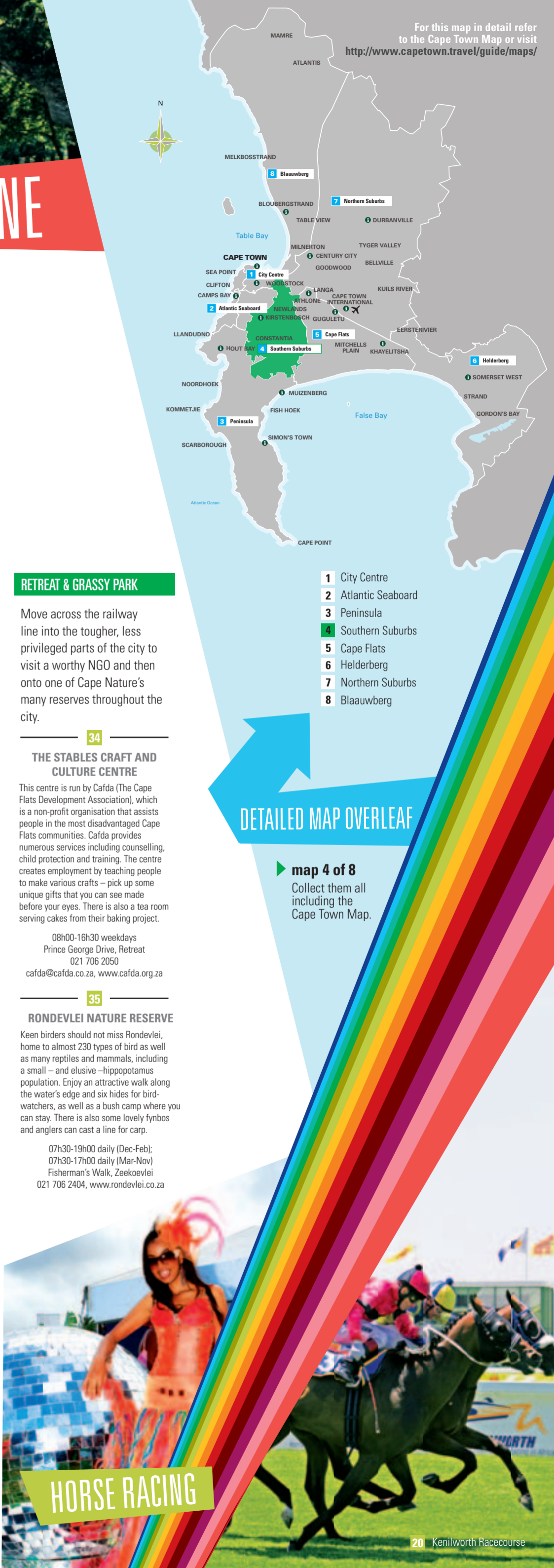
021 712 7471

33

DIE OOG BIRD SANCTUARY AND NATURE RESERVE

See ducks, herons and kingfishers as well as many other birds at this unique area for the endangered Leopard Toad. There is a recreation area for visitors.

Open daylight hours daily
Cnr Lakewood & Midwood Avenues, Bergvliet
021 712 1314, www.dieoog.org.za



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

DETAILED MAP OVERLEAF

map 4 of 8

Collect them all including the Cape Town Map.

HORSE RACING