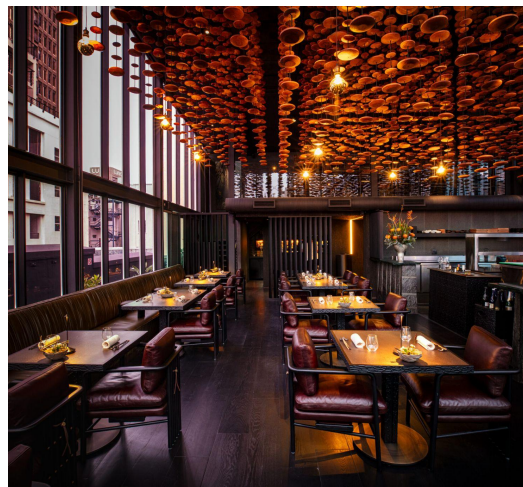




1
ROUTE

CAPE TOWN & PENINSULA



OVERVIEW

- Hike Table Mountain with a FairTrade guide
- Shop the city's uber-chic independent boutiques like Afraid of Mice on Bree Street
- Sip Fair Trade coffee at Bean There on Strand Street
- Uncover the San people's history of Cape Town's Castle
- Reflect at the globally significant Robben Island Museum
- Dine in style at ethical restaurants like Aubergine and Fyn
- Eat at sustainable bistros like Miller's Thumb
- Swig wine with black female winemakers at Wine Shaq
- Reculture at What If The World, an urban art gallery in Woodstock
- Dance pantsula, drink umqombothi beer and eat shisanyama in Mzoli's
- Snorkel with fur seals in Hout Bay
- Savour organic wine from Africa's oldest wine region at Silvermist, Constantia
- Get your goosebumps on with a Xhosa Gospel choir on a Sunday morning

INTRODUCTION

The smallest but most condensed of our Greenwood Guides Routes, Cape Town and its peninsula have enough to offer to fill an entire lifetime.

Inundated with spectacular scenery, beautiful beaches, forests and of course Table Mountain, more of the landmass of Cape Town is given over to national park and nature reserve than to human settlement - so exploring the city requires you to explore the natural environment too.

The marine and terrestrial wildlife, particularly such highlights as the Cape Floral Kingdom (the most diverse floral kingdom on the planet), the Great White Shark, the African Penguin, the Rock Hyrax and baboons are all part and parcel of city life.

But on top of all this natural splendour, the city's people have created a never-ending collection of man-made beauty, from the vast range of architecture stretching back to the early 19th century, to the cornucopia of art galleries, museums and workshops, to a range of shopping both Western, African and everything in between. This is not to mention the dining, wine and coffee culture which can be both ultra-refined and delightfully informal.



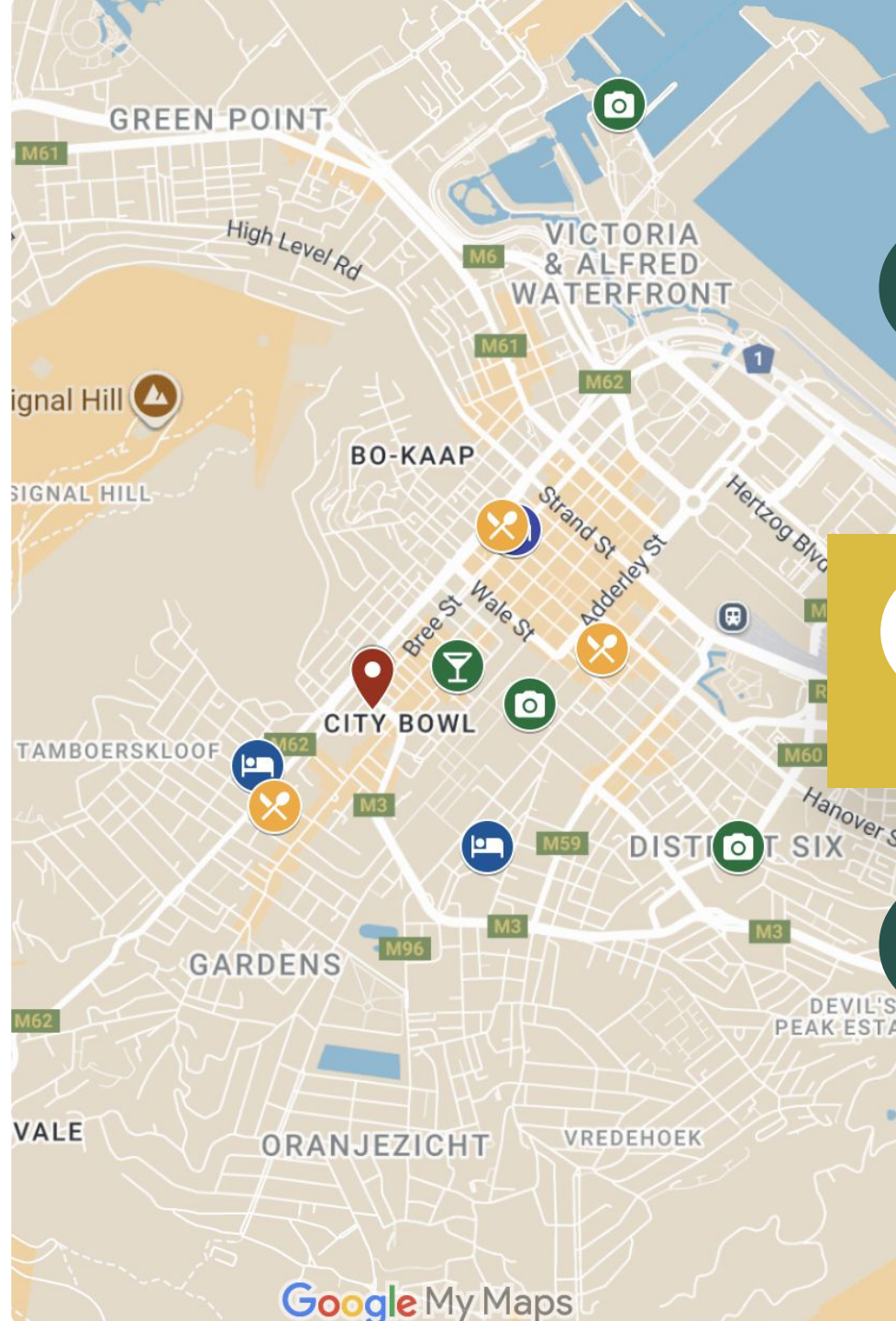


Day

1

Thrilling, laid back, chaotic, refined - Cape Town is all of these and the contradictions don't end there. The layers of history in Cape Town stretching right back to the San people and coming right up to date with the winter sun residences of the jet-set make this a city where nothing is what it seems and innumerable visits uncover surprising contrasts every time. Small wonder then that it's the continent's most visited city.

[View Live Map](#)



What To Do

1. Culture Connect SA
2. District Six & Bo Kaap Tour
3. Robben Island Museum
4. Fynbos Guy TM hike
5. Nkula



Where To Eat

1. Fyn
2. VUE Shortmarket
3. Miller's Thumb



Where To Stay

1. Ikhaya Lodge
2. Cape Heritage Hotel
3. Parker Cottage

CULTURE CONNECT

Experience Cape Town's creative pulse with Kate Crane-Briggs of Culture Connect. Her expertly researched tours cover art, heritage, architecture, gardens, and private collections. Blending detail with storytelling, they offer insider access to the city's cultural gems. Join a group tour or book a private experience for deeper discovery.

[VIEW LISTING](#)

DISTRICT SIX & BO-KAAP TOUR

Beyond their exteriors—colorful (Bo-Kaap), desolate (District Six), and imposing (The Castle)—lie stories of resilience and culture. A guided tour reveals The Castle's surprising links to the San people, the deeper history of District Six beyond forced removals, and Bo-Kaap's unique traditions. Explore these sites with knowledgeable local guides from Hannival's Travel.

[VIEW LISTING](#)

ROBBEN ISLAND MUSEUM

A UNESCO World Heritage Site and "University of the ANC," Robben Island shaped leaders like Nelson Mandela. Travel by ferry, then explore privately with Five Star Guides. Guided by a former political prisoner, you'll visit hidden sites beyond the public tour, gaining unforgettable, personal insight into South Africa's struggle.

[VIEW LISTING](#)



THE FYNBOS GUY - TABLE MOUNTAIN HIKE

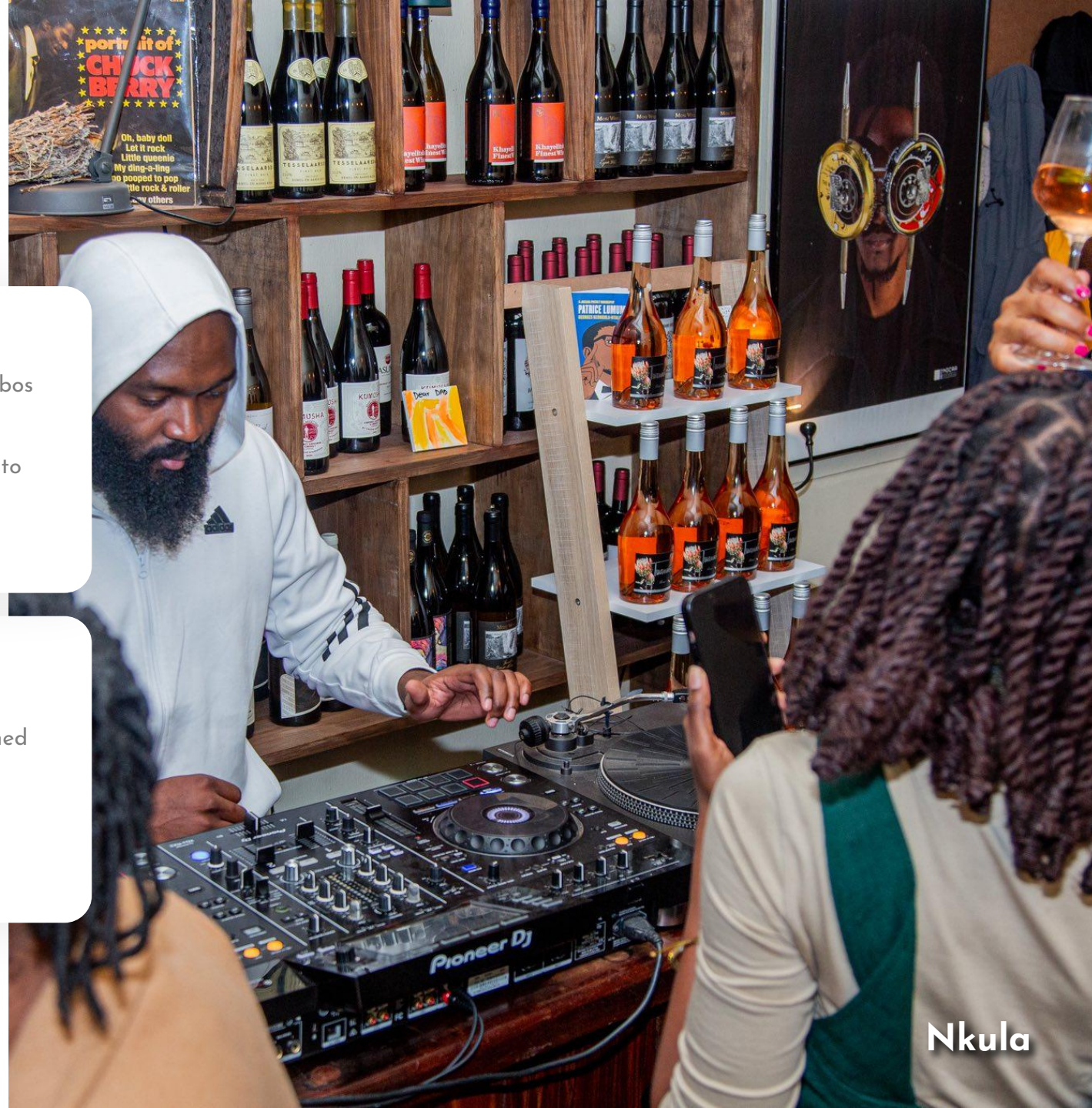
Skip the cable car queues and hike with Dominic Chadbon of The Fynbos Guy. His guided walks reveal the mountain's history, diverse flora and fauna, and hidden trails. With routes tailored to your fitness, Dominic brings the mountain's many moods– from the Valley of the Red Gods to Skeleton Gorge– vividly to life.

[VIEW LISTING](#)

NKULA

On Long Street, Nkula redefines the speakeasy as a space of cultural pride and quiet rebellion. Owned by Simbi Nkula, this 100% Black-owned bar serves only Black-owned wines and handcrafted cocktails. With handmade décor, local sourcing, and inclusive energy, Nkula honours South Africa's heritage while reclaiming the city's creative spirit.

[VIEW LISTING](#)



Nkula

FYN

\$\$\$

Chef Peter Tempelhoff's Fyn artfully fuses Japanese precision with South African soul. Its boundary-pushing approach to flavour, presentation, and sourcing creates a dining experience both modern and timeless. Backed by world-class service and style, Fyn invites you to slow down and savour every moment of this culinary masterpiece.

[VIEW LISTING](#)**VUE SHORTMARKET**

\$\$

At VUE on Shortmarket Street, Absie Pantshwa and Chef Vusi Ndlovu redefine African cuisine with bold creativity and cultural pride. Their dishes honour nostalgic flavours—like ujeqe and mussels with Zamalek—while elevating them with refined flair. Locally sourced, Black-owned, and proudly rooted in heritage, VUE celebrates Africa's evolving culinary identity.

[VIEW LISTING](#)**MILLER'S THUMB**

\$\$

A Cape Town classic, Miller's Thumb blends homestyle charm with outstanding seafood. Run by the warm and lively duo Jane and Solly ("Sane and Jolly"), it's famous for fresh, inventive fish dishes and a relaxed, joyful atmosphere. After 20 years, it remains a beloved local favourite for good reason.

[VIEW LISTING](#)

WHERE TO STAY

IKHAYA LODGE

For great value and authentic warmth, stay at the Black female-owned Ikhaya Lodge in Cape Town's lively City Bowl. Since 2006, it's been a welcoming hub for locals and travellers alike, offering terrace dining, a private function room, and delicious South and East African dishes served throughout the day.

[VIEW LISTING](#)

CAPE HERITAGE HOTEL

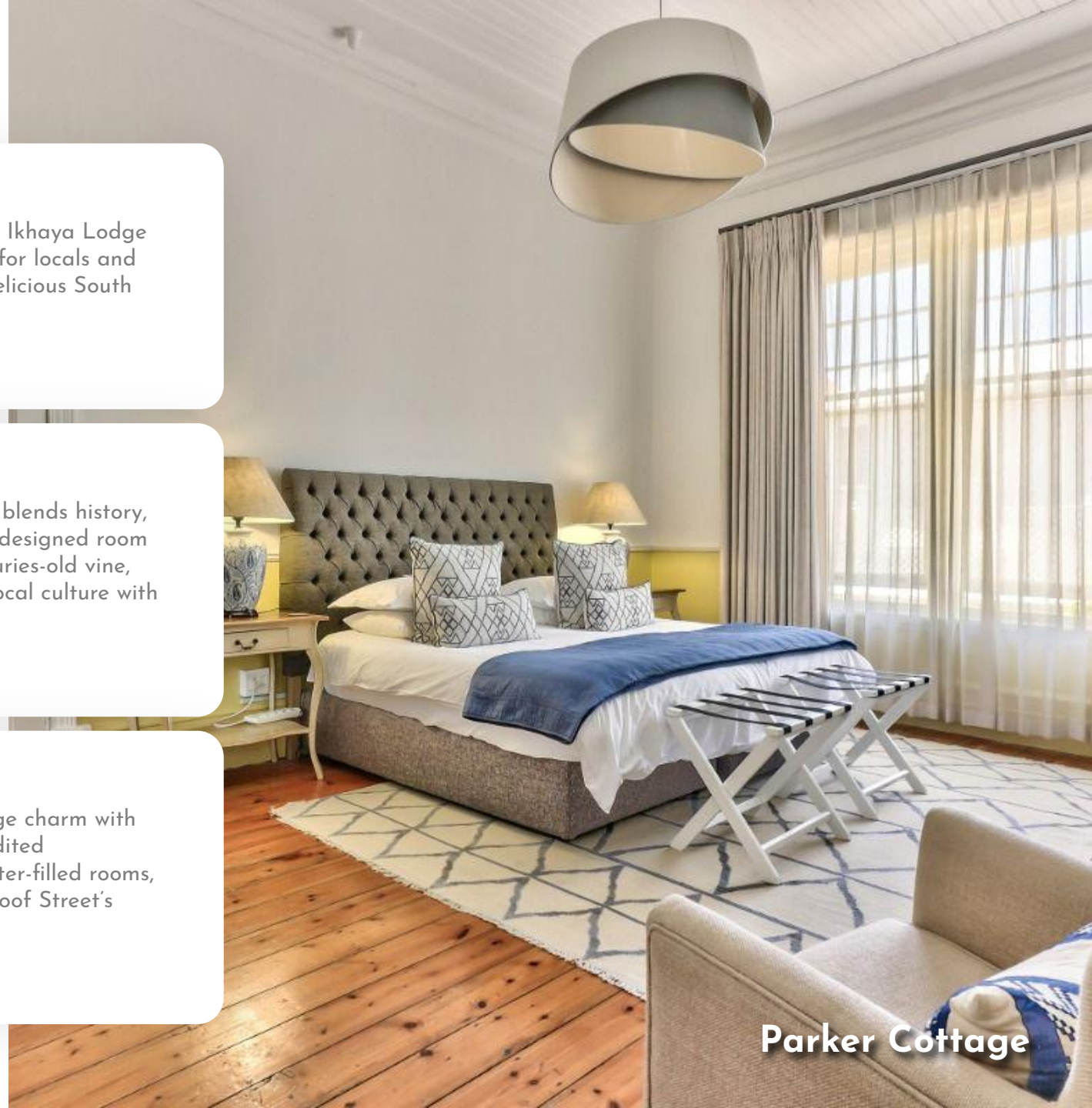
A restored 1771 landmark saved from demolition, Cape Heritage Hotel blends history, art, and sustainability in Cape Town's Heritage Square. Each uniquely designed room showcases preserved architecture and local artistry. Dine under a centuries-old vine, explore the courtyard's diverse restaurants, and experience authentic local culture with ethical, community-driven flair.

[VIEW LISTING](#)

PARKER COTTAGE

Built in 1895 by Cape Town's first mayor, Parker Cottage blends heritage charm with modern comfort in Tamboerskloof. This Black-owned, Fair Trade-accredited guesthouse runs entirely off-grid and offers exceptional service, character-filled rooms, and gourmet breakfasts. A tranquil, sustainable stay just steps from Kloof Street's lively cafes and culture.

[VIEW LISTING](#)



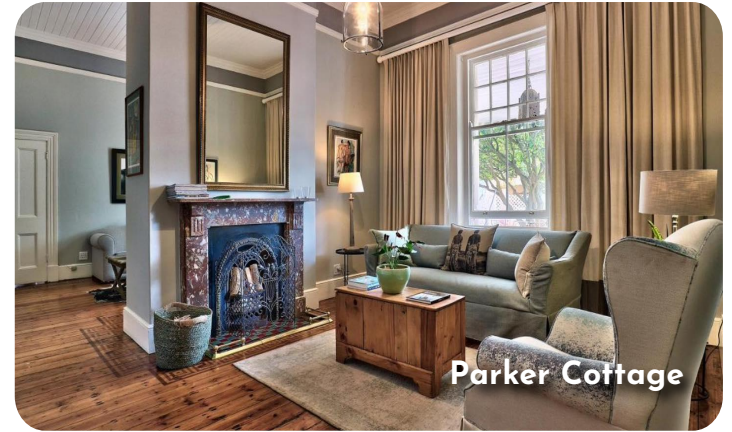
Parker Cottage



Table Mountain Hike



Nkula



Parker Cottage



Cape Heritage Hotel



Edge X Vue Shortmarket



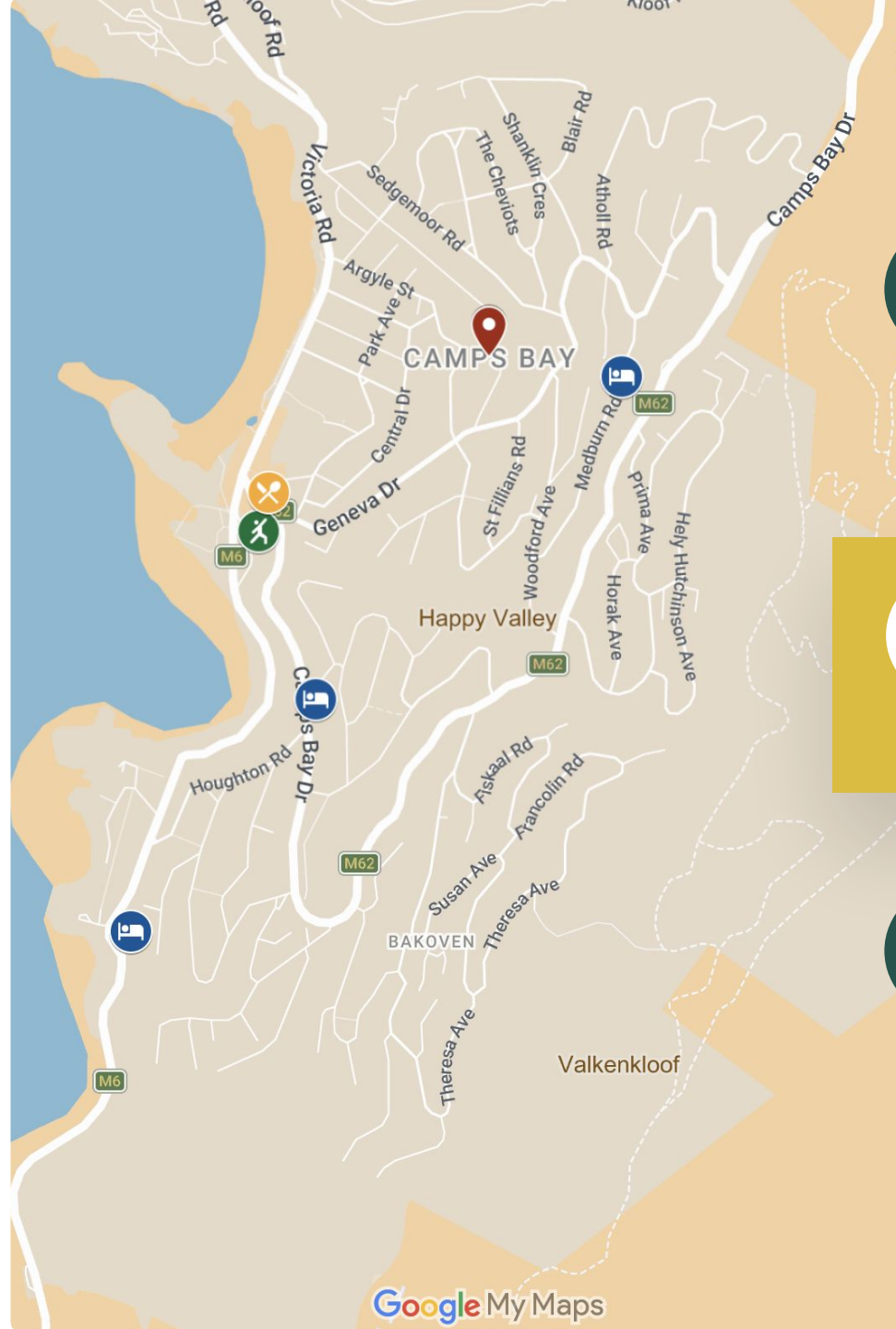
Culture Connect



Day 2 CAMPS BAY

Just over Signal Hill and not even ten minutes away from Cape Town's City Centre lies the Atlantic Seaboard and Camps Bay: this wonderful stretch of coastline was for many years considered to be a hinterland but now plays host to the most popular city beaches and has the vertiginous backdrop of the 12 Apostles, the side buttresses of Table Mountain. This area is all about the beach, glamorous lifestyles and glorious views.

[View Live Map](#)



What To Do

1. Lion's Head and Pipe Track
2. Theatre on The Bay
3. Two Oceans Aquarium
4. Parapax Tandem Paragliding
5. Kaskazi Kayaks

Where To Eat

1. La Parada Kloof Street
2. The Duchess of Wisbeach
3. Codfather Seafood & Sushi

Where To Stay

1. Ocean View House Cape Town
2. 3 on Camps Bay
3. Boutique @ 10

LION'S HEAD AND PIPE TRACK

Lion's Head offers breathtaking Atlantic panoramas via a spiraling trail, perfect for magical sunrises or full-moon ascents. For a gentler alternative, the Pipe Track shadows the iconic Twelve Apostles. Access Lion's Head via Signal Hill or Kloof Road. Reach the Pipe Track from Kloof Nek, conveniently located near a MyCiti bus stop.

[VIEW LISTING](#)

THEATRE ON THE BAY

In 1988, Pieter Toerien transformed a disused cinema into Theatre on the Bay, building a South African institution. Here, you'll find year-round, professional entertainment from comedy to musicals. Performers haven't truly made it until they've played this iconic venue. Arrive early to enjoy a meal or drink at the bar and restaurant before the show starts.

[VIEW LISTING](#)

TWO OCEANS AQUARIUM

Endorsed by WildChoices.org, the Aquarium is a top Cape Town attraction. Its diverse exhibits highlight South Africa's incredible coastline. The centerpiece is the entrancing kelp forest, the biome featured in *My Octopus Teacher*. We highly recommend diving in the tanks—a truly unique experience offered at a very reasonable rate.

[VIEW LISTING](#)



PARAPAX TANDEM PARAGLIDING

Soar silently from Signal Hill over coastal mansions to a gentle landing at Winchester Mansions. Parapax Tandem Paragliding offers a sedate yet exhilarating adventure with breathtaking views of Table Mountain and the Atlantic. Whether a beginner or experienced flyer, this is a must-do for an unforgettable perspective on Cape Town.

[VIEW LISTING](#)

KASKAZI KAYAKS

The Atlantic Seaboard is lined with kelp forest, creating a diverse marine environment for wildlife great and small. If the wind is light, head to Kaskazi Kayaks. This unique perspective offers an unforgettable way to experience Cape Town's coastal beauty and thriving marine life from the water.

[VIEW LISTING](#)



Parapax Tandem Paragliding

LA PARADA KLOOF STREET

\$\$

La Parada Kloof Street is a vibrant tapas restaurant in Cape Town, offering a lively atmosphere and delicious small plates. With its trendy decor, excellent cocktails, and social vibe, it's a perfect spot for a relaxed meal with friends or a fun night out in the heart of the city.

[VIEW LISTING](#)**THE DUCHESS OF WISBEACH**

\$\$

The Duchess of Wisbeach is a quirky and eclectic restaurant in Sea Point, offering a whimsical dining experience with delicious food. Known for its lively atmosphere and vintage decor, it serves a range of hearty dishes with a focus on comfort food. It's a great spot for a fun, casual night out.

[VIEW LISTING](#)**CODFATHER SEAFOOD & SUSHI**

\$\$\$

Codfather Seafood & Sushi is a renowned restaurant in Camps Bay, known for its fresh seafood and sushi. With a unique concept where guests choose their seafood from the display, the restaurant offers a personalized dining experience. The relaxed atmosphere and ocean views make it a favorite for seafood lovers.

[VIEW LISTING](#)

WHERE TO STAY

OCEAN VIEW HOUSE CAPE TOWN

Ocean View House offers sensational Atlantic views rivalling luxury hotels. This mid-century gem features lush gardens, koi ponds, and three pools. Choose Superior rooms for marginal extra cost to gain private braais or balconies. Located in quiet Bakoven, it's a short, safe MyCiti bus ride from vibrant Camps Bay.

[VIEW LISTING](#)

3 ON CAMPS BAY

3 on Camps Bay offers surprisingly affordable rooms with stunning mountain and ocean views, just 600m from the beach. Choose Superior Rooms for sea vistas or the private two-bedroom cottage. While the minimalist décor is slightly dated, the value is exceptional. Enjoy buffet breakfasts before exploring nearby Bali Beach or the Kasteelspoort trail.

[VIEW LISTING](#)

BOUTIQUE @ 10

Boutique@10 feels like a welcoming Mediterranean villa, replacing minimalism with a soulful "home" vibe and 70s music. All four suites face the ocean, offering some of Camps Bay's best views. Enjoy breakfast on the pool deck or relax in the art-filled atrium. It's a peaceful, adult-only retreat conveniently located near a MyCiti bus stop.

[VIEW LISTING](#)



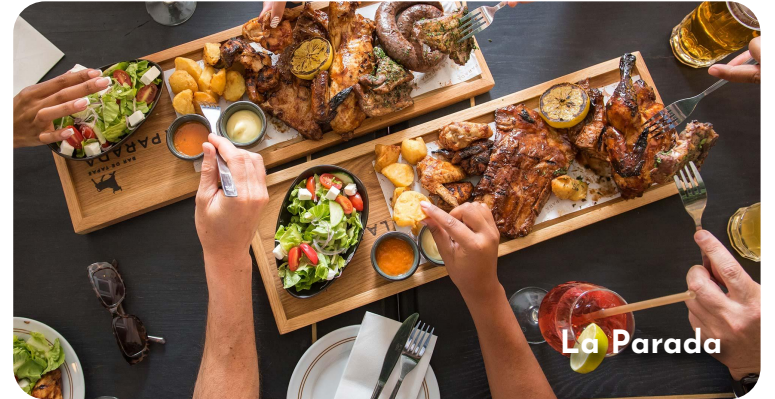
Ocean View House



Boutique @ 10



La Parada Kloof Street



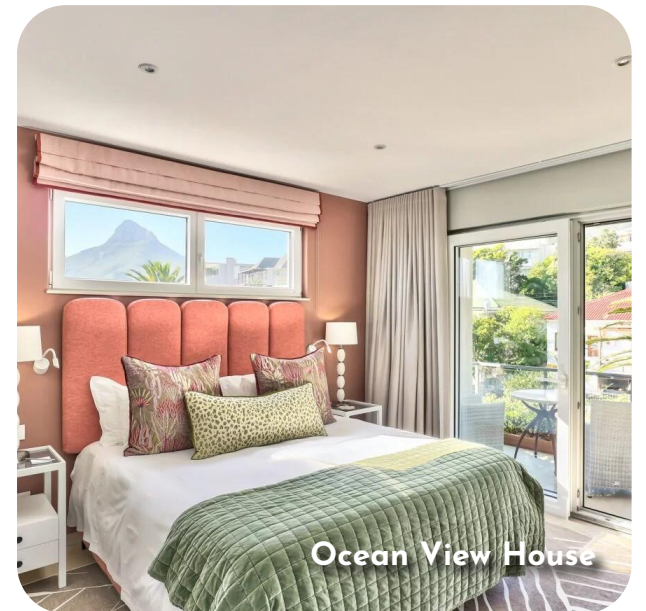
La Parada



Kaskazi Kayaks



Two Oceans Aquarium



Ocean View House



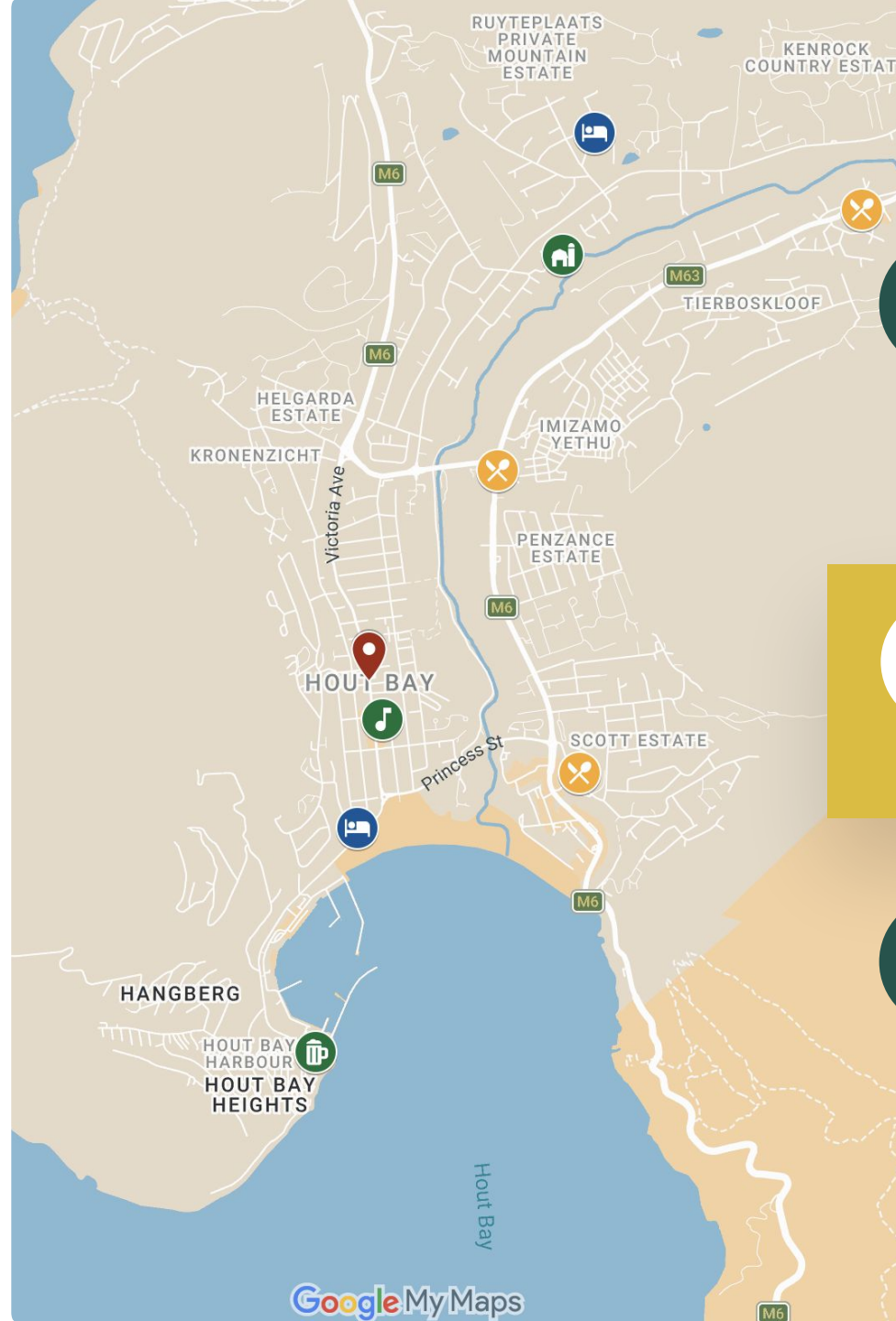
Day

3

HOUT BAY

Connected to the city by a serpentine coastal road, perennially popular with a bizarre mix of cyclists, runners, Harleys, divers, whales and hikers, the Republic of Hout Bay (as locals like to call it) is a microcosm of South Africa all in one seaside village. The beautiful croissant-shaped beach gives way to the working fishing harbour on the one side, the precipitous Chapman's Peak Drive to the other and in the middle a blend of hippy and beach chic. Hout Bay residents have a little Cape Town of their own right here and that's just the way they like it.

[View Live Map](#)



What To Do

1. Bay Harbour Market
2. Hout Bay Music Project
3. Karbonkelberg Tour
4. Meuse Farm
5. Noordhoek Beach Ride

Where To Eat

1. KwaMdu's
2. Massimo's
3. Hout Bay Manor

Where To Stay

1. Dune Lodge
2. Silvermist Organic Farm
3. Mooibaai Cape Town

NOORDHOEK BEACH RIDE

At the southern end of Chapman's Peak Drive lies Noordhoek, famous for its farm village and Café Roux. The vast beach is best explored on horseback; canter through the surf past shipwrecks and waves. We love Imhoff Equestrian Centre for its superb horses, tack, and stables—it's truly a luxury hotel for horses.

[VIEW LISTING](#)

HOUT BAY MUSIC PROJECT

You will struggle to find stories as uplifting as this: Leanne Dollman's desire to teach a handful of children the violin has grown into a world-class project performing for the G20 and Andre Rieu. While South African performances are rare, this inspiring initiative remains a remarkable testament to the power of music and community.

[VIEW LISTING](#)

KARBONKELBERG TOUR

Very few Capetonians even know the secrets of the peninsula west of Hout Bay, from Sandy Bay to Hangberg. Brent Thomas offers super inventive tours to the Sentinel, WWII radar stations, and the Bos wreck. You can even walk to Seal Island or explore the fishing village of Hangberg with a local guide.

[VIEW LISTING](#)

A photograph showing three people riding horses on a sandy beach. The rider on the left is on a light brown horse, the middle rider on a dark brown horse, and the rider on the right on a white horse with dark spots. They are all wearing helmets and riding gear. In the background, there is a clear blue sky, a large mountain, and the ocean with waves breaking on the shore.

Noordhoek Beach Ride



MEUSE FARM

What started as an ambitious veggie patch has blossomed into a three-acre farm supplying Cape Town's best restaurants. Iming Lin is passionate about soil health and sustainable produce. Meuse Farm offers insightful open days, a bakery, and private dinners with the farm chef. It's an educational experience—call ahead to book.

[VIEW LISTING](#)

BAY HARBOUR MARKET

Bay Harbour Market in Hout Bay is a lively weekend destination filled with local crafts, street food, and live entertainment. Set against the harbor, this vibrant market captures the local culture perfectly. Open Friday evenings and weekends, it's one of the best places to see the full range of Capetonians enjoying life.

[VIEW LISTING](#)



Meuse Farm

KWAMDU'S

\$

Imizamo Yethu's Silver DM Cafe, known locally as KwaMdu's, offers an authentic community experience. Open daily, customers enjoy grilled meats, burgers, and hearty stews. This calm daytime cafe transforms into a lively nightspot with DJs. Found on Sisulu Street, it's best visited with a local guide—everyone is welcome here.

[VIEW LISTING](#)**MASSIMO'S**

\$\$

Massimo's offers wood-fired pizzas and pastas reflecting Italian-South African fusion. Owners Massimo and Tracy prioritize community, donating portions of sales to local charities. This rustic, dog-friendly eatery features a dedicated canine menu and a kids' playground. It's an intimate spot where every meal helps pay it forward to Hout Bay.

[VIEW LISTING](#)**HOUT BAY MANOR**

\$\$\$

Set amid hills overlooking the bay, Hout Bay Manor is a five-star hidden gem. This restored Cape Colonial hotel features sophisticated yet outlandish additions, including African cherubs and Regency-striped chairs. Enjoy classic dishes in the mirrored conservatory surrounded by African objets d'art—a true delight for all the senses.

[VIEW LISTING](#)

DUNE LODGE

Dune Lodge offers renovated, affordable accommodation near the beach. Ideal for adventurers, it features sea-view family rooms and dormitories overlooking Chapman's Peak. This philanthropic lodge supports local upskilling and provides expert concierge services for hiking, surfing, and local excursions.

[VIEW LISTING](#)

SILVERMIST ORGANIC FARM

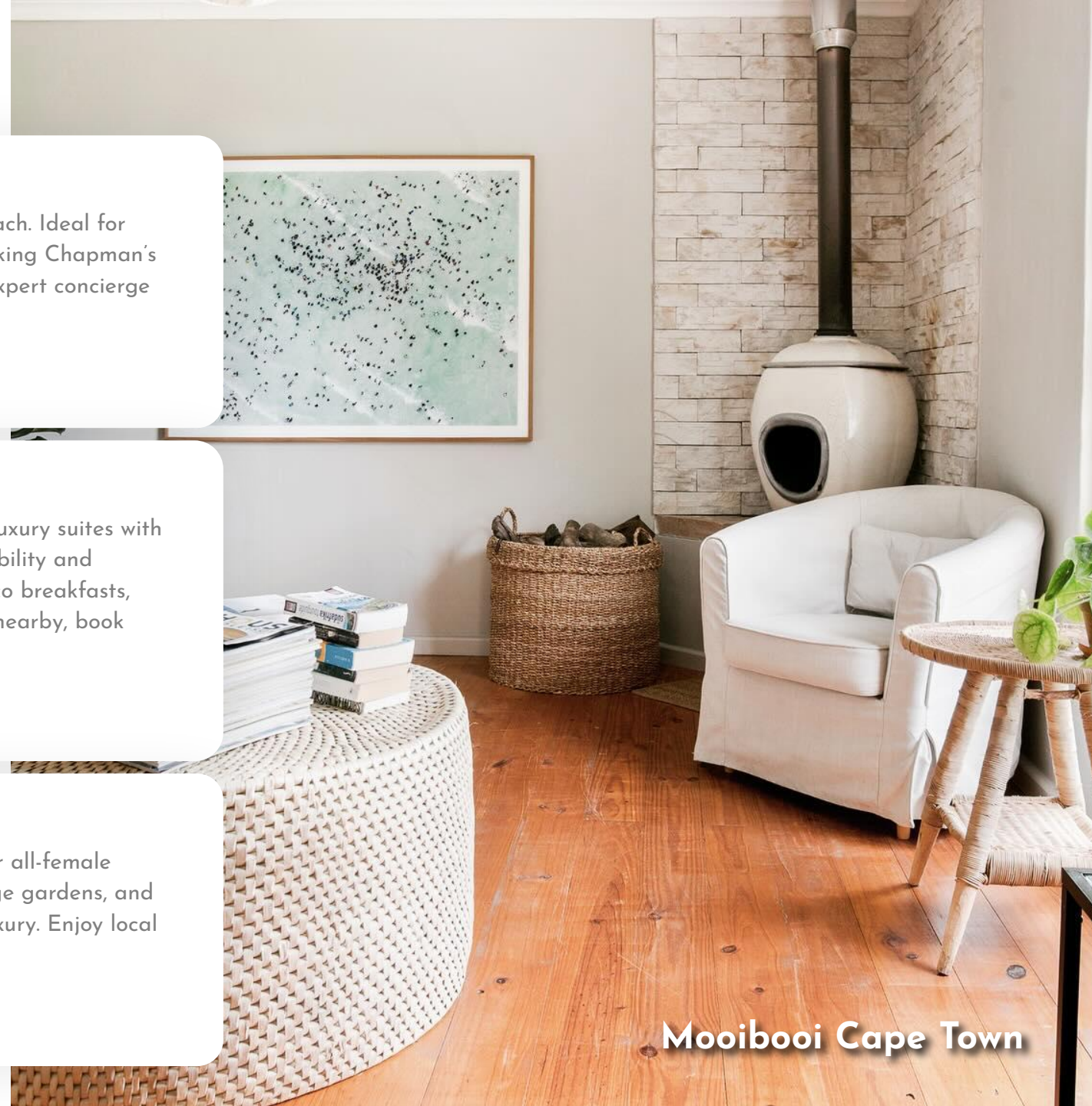
Silvermist Boutique Hotel is a family-run organic wine estate offering luxury suites with mountain views. Winemaker Gregory and wife Tessa prioritize sustainability and ethical local employment. Guests enjoy indigenous hiking trails, al fresco breakfasts, and immersive African drumming experiences. Though La Colombe is nearby, book early for this intimate retreat.

[VIEW LISTING](#)

MOOIBAAL CAPE TOWN

Modern cottages in a Cape Dutch farm setting! Owner Valérie and her all-female team provide a relaxed Hout Bay retreat with mountain-view pool, large gardens, and communal kitchen. Rooms range from poolside suites to main house luxury. Enjoy local wine and fireside evenings in this intimate, woman-owned gem.

[VIEW LISTING](#)





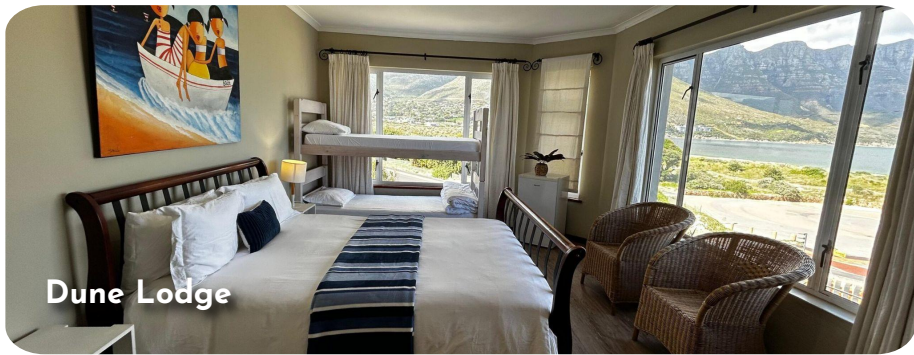
Noordhoek Beach Ride



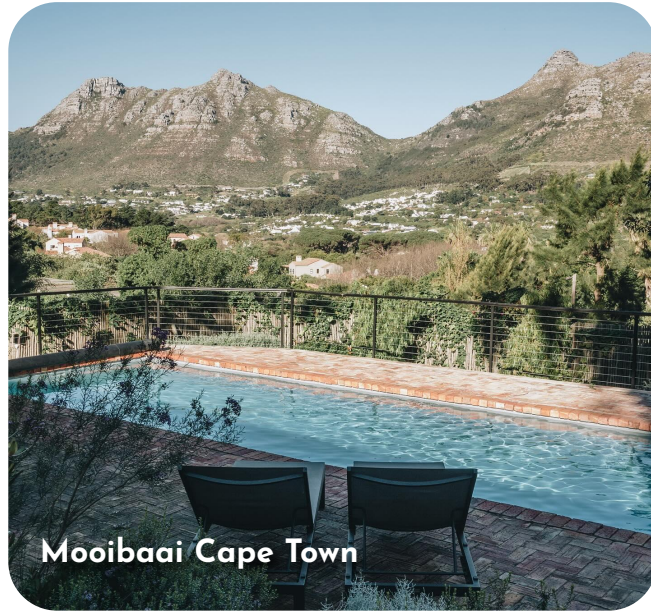
Meuse Farm



Hout Bay Manor



Dune Lodge



Mooibaai Cape Town



Karbonkelberg Tour



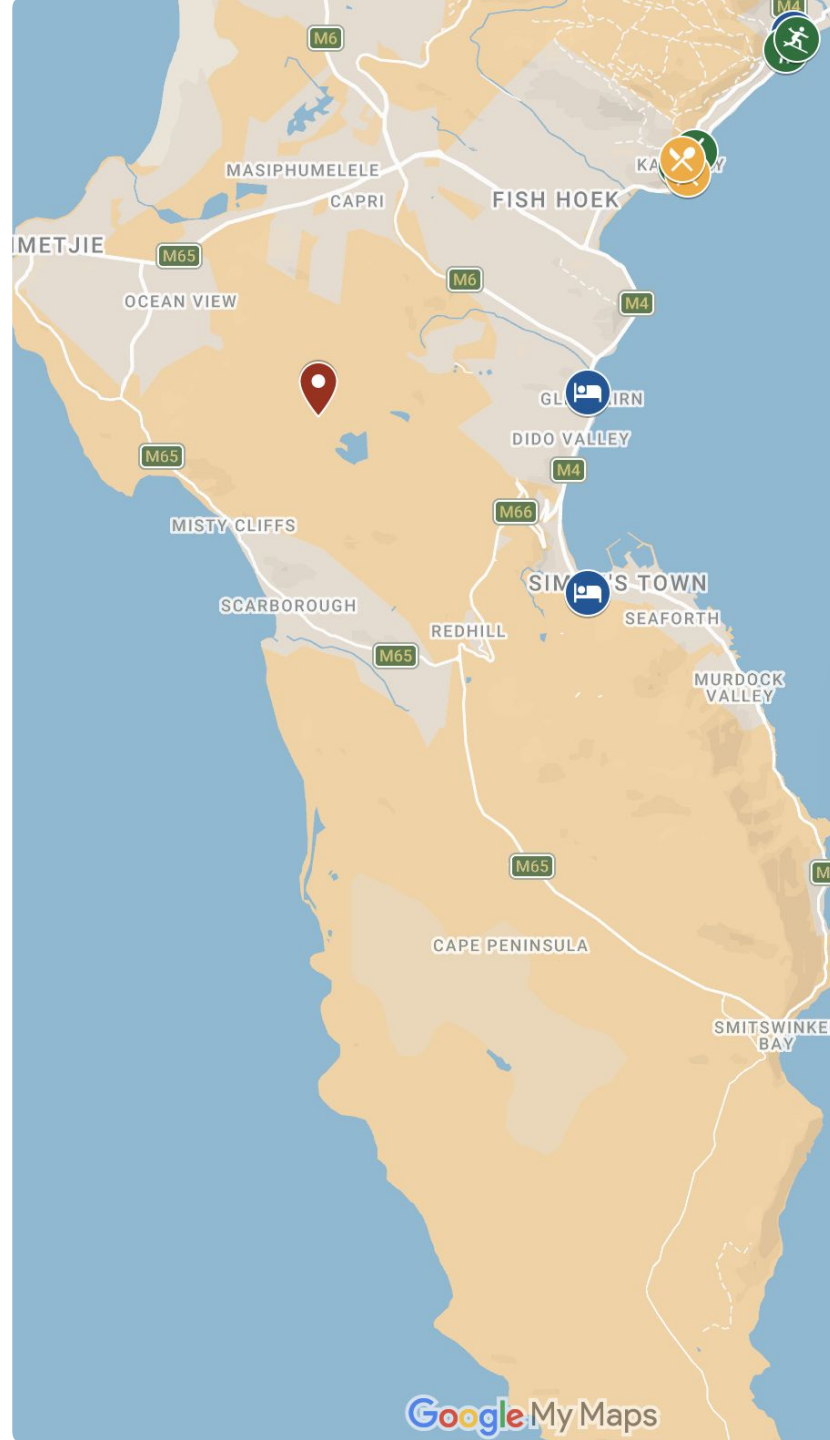
Day

4

PENINSULA

Stretching down towards the tip of South Africa, the Cape Point Nature Reserve's raw and wild splendour will have you leaning into the wind at the lighthouse or sharing a beach with a zebra. Coming back up the other side of the Cape on the eastern side you'll meet the South African 'Cinque Terre': a collection of pretty seaside towns connected by a rickety railway line, each with their own character and distinctions. Here one floats from coffee shop to junk shop to bakery to beach all year round.

[View Live Map](#)



What To Do

1. Surfer's Corner
2. Cape Point
3. Muizenberg Catwalk
4. Kalkies Shopping
5. Kalk Bay Theatre



Where To Eat

1. Olympea Cafe
2. Harbour House Kalk Bay



Where To Stay

1. Moonglow Guesthouse
2. A Boat House
3. Soul Surfer

SURFER'S CORNER

Surfers Corner in Muizenberg is Cape Town's top surfing destination, attracting surfers of all levels. Known for its consistent waves and laid-back atmosphere, it's a great place to learn to surf or simply enjoy the beach. The colorful beach huts add a vibrant touch to the iconic shoreline.

[VIEW LISTING](#)

CAPE POINT

Cape Point, located at the tip of the Cape Peninsula, is a dramatic landscape where rugged cliffs meet the ocean. This iconic spot is part of the Table Mountain National Park and offers stunning panoramic views, scenic hiking trails, and the famous lighthouse perched atop the cliffs.

[VIEW LISTING](#)

KALKIES SHOPPING

Kalk Bay feels like a 1950s British seaside town colonized by Cape Town's chic hippies. Expect antiquarian bookstores beside vegan cafes and boho boutiques. Hike Echo Valley or Spes Bona for sensational views, or visit the seals at the harbour. It is a charming blend of nostalgia and bohemian energy.

[VIEW LISTING](#)



MUIZENBERG CATWALK

Not for fashionistas, the Catwalk extends from surfing-cultured Muizenberg along the railway to Kalk Bay. Waves crash on one side while trains trundle on the other. Stop-offs abound: try www.casalabia.co.za for Rococo decadence, Rhodes Cottage Museum, or the 'paper house' of Yokohama. A perfect coastal stroll.

[VIEW LISTING](#)

KALK BAY THEATRE

Kalk Bay Theatre is an intimate venue in a historic building, known for diverse musicals and comedy. This Victorian-era theatre offers popular music-hall style entertainment. Book a show and dinner ticket to secure an elevated table at the Brass Bell Theatre Restaurant, featuring a varied menu from sushi to pizza.

[VIEW LISTING](#)



Muizenberg Catwalk

OLYMPIA CAFE

\$

Olympia began when decent coffee was rare in Cape Town. Originally a fish shop overlooking Kalk Bay Harbour, its old-school tiling remains. The chalkboard features hearty, chef-inspired fare without reservations. This traditional café bakes fresh croissants daily. Enjoy the lively atmosphere and visit their upstairs jazz room.

[VIEW LISTING](#)**HARBOUR HOUSE KALK BAY**

\$\$\$

Harbour House offers a premier seafood experience perched above Kalk Bay's harbor wall. With starched linen and waves kissing the windows, the setting is unmatched. Enjoy inventive dishes like sole Florentine paired with local MCC. While now part of a larger group, its 40-year legacy of quality and ambiance shines.

[VIEW LISTING](#)

MOONGLOW GUESTHOUSE

Moonglow is a Fair Trade certified B&B in Glencairn, offering spectacular False Bay views from six ocean-facing rooms. The homely, upmarket space features Gillian's African art collection. Near the beach and train, it's ideal for a comfortable stay. Note the many stairs and shower-only rooms in this mountain-side retreat.

[VIEW LISTING](#)

A BOAT HOUSE

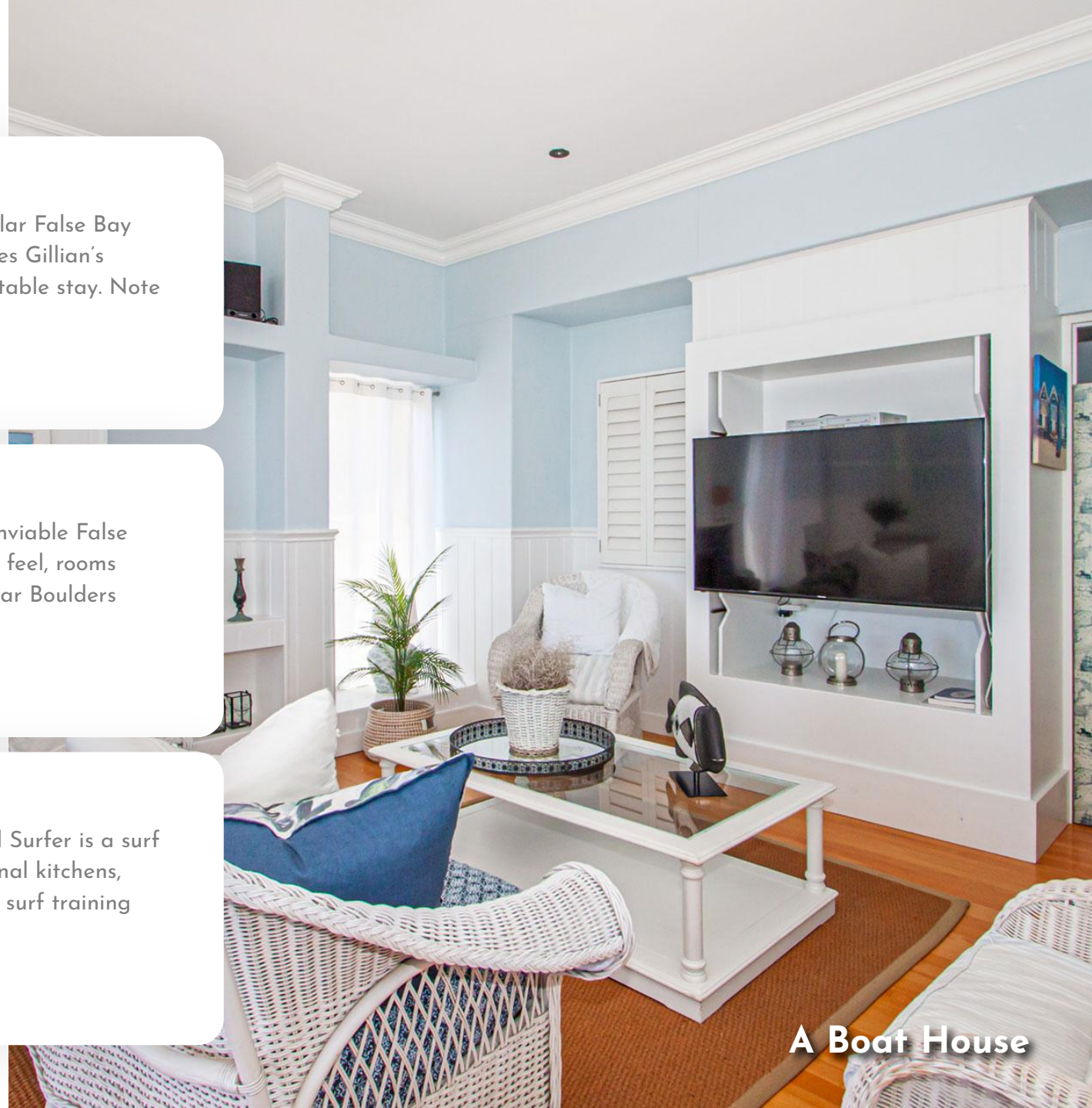
Perched on Simons Kloof, this solar-powered, six-bedroom BnB offers enviable False Bay views. With a distinct nautical theme and "home away from home" feel, rooms range from the flagship Captain's Cabin to the cozy Quarter Deck. Near Boulders Beach, it's a maritime retreat managed by seasoned industry veterans.

[VIEW LISTING](#)

AFRICAN SOUL SURFER

Perched on Muizenberg Beach in a 1916 heritage building, African Soul Surfer is a surf and yoga hub for authentic travelers. Offering sea-view rooms, communal kitchens, and board storage, it prioritizes ocean culture over luxury. With on-site surf training and ethical cafes, it's a vibrant, community-focused Peninsula base.

[VIEW LISTING](#)



A Boat House



Moonglow Guesthouse



Kalk Bay Harbour



A Boat House



Muizenberg



Cape Point

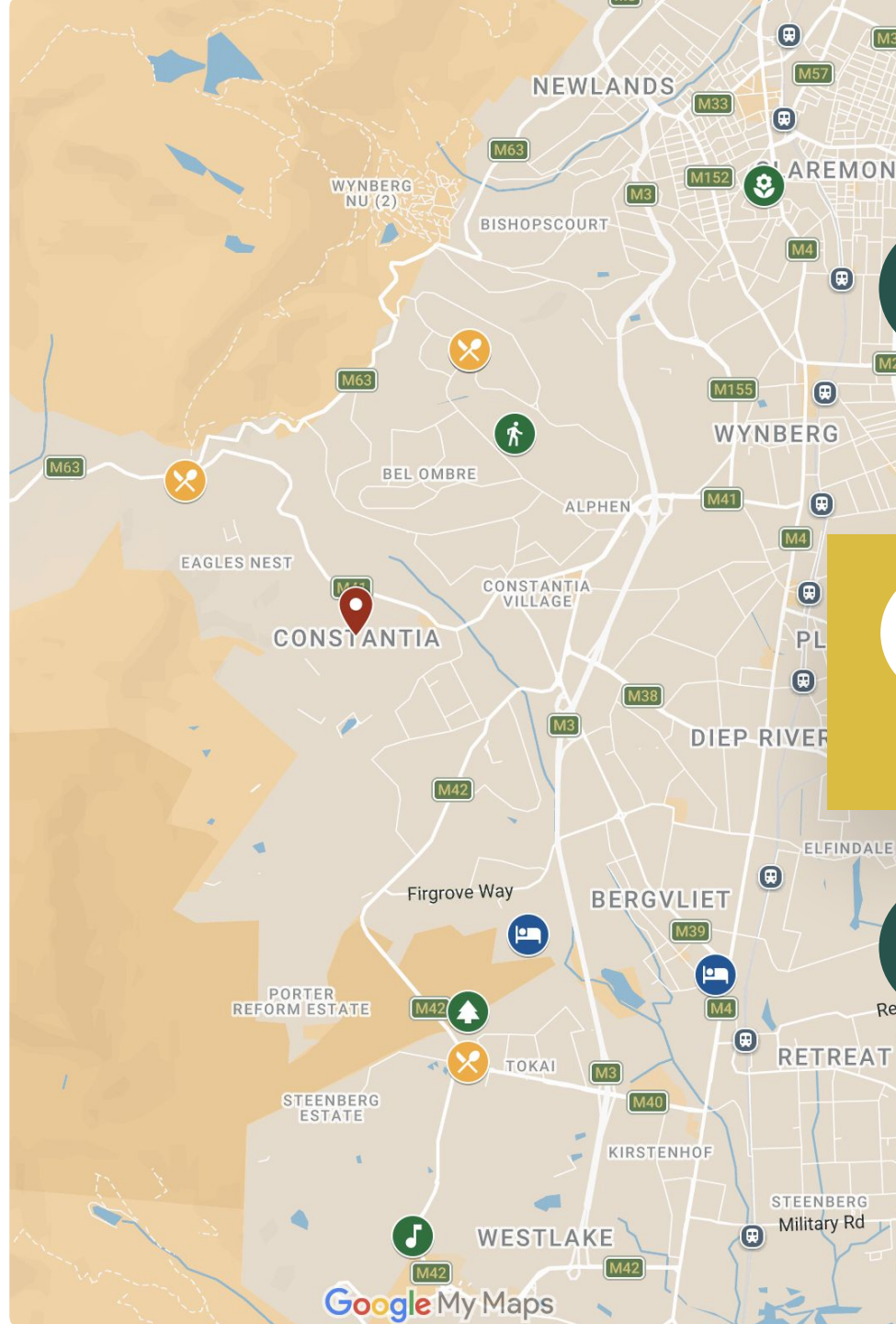


Surfer's Corner



From the small and intimate to the brash and extrovert, Constantia is both a suburb and a wine region that never ceases to surprise: the estates here house spectacular wine, yes, but also endless tree-lined avenues, expansive sculpture gardens and art galleries, water gardens and lily ponds. Picnic below monkey-puzzle trees, dine formally in total refinement or discover the cool green corridors that web through this district.

[View Live Map](#)



What To Do

1. Norval Foundation Curator Tour
2. Arderne Gardens
3. Picnic in Tokai Park
4. BEN Bike Tour
5. Constantia Greenbelt Walk/Run



Where To Eat

1. The Brasserie
2. Foxcroft
3. The Conservatory at Cellars Hohenort



Where To Stay

1. Majini
2. Cellars Hohenort Hotel
3. 15 Glen Alpine

NORVAL FOUNDATION CURATOR TOUR

The Norval Foundation is a beautiful collection of interior and exterior spaces filled with diverse artistic creations. Part exhibition space, museum, and institute, it features various types and sizes of art. To truly get the most out of these extensive collections, we recommend booking a private curator tour.

[VIEW LISTING](#)

ARDERNE GARDENS

Originally a private collection, Arderne Gardens offers peaceful surroundings featuring vast global tree specimens, including Hiroshima survivors. Friendly Egyptian geese charm children throughout the five-acre site. Join monthly Saturday tours to explore the history behind one of Cape Town's most beautiful public spaces, or stroll at your own pace. Entrance is free.

[VIEW LISTING](#)

PICNIC IN TOKAI PARK

Stretching along Constantia southern side, Tokai Park is a former pine plantation replanted to showcase diverse Cape Flats Sand Fynbos. Expect purpose-built picnic areas, meandering brooks, and cool forest glades. With dog walkers, horse riders, and families, there is ample space for everyone to enjoy themselves.

[VIEW LISTING](#)



BEN - BIKE TOUR

BEN is a charity that fixes second-hand bicycles via locally trained mechanics for distribution through community bike shops. Join Meshack Nchupetsang for a tour of Westlake's bike shop, Enkosi Orphanage, and Pollsmoor Prison. The route winds through Tokai Forest and concludes with authentic African cuisine at Eyethu Emvelo Restaurant.

[VIEW LISTING](#)

CONSTANTIA GREENBELT

Hidden between Constantia mansions lies a series of interconnected valleys filled with tree ferns and babbling brooks. These trails vary from broad paths to thin, winding tracks perfect for reflection. Start at the corner of Monterey and Bel Ombre, ending with a delicious lunch or afternoon tea at The Alphen.

[VIEW LISTING](#)



BEN - Bike Tour

THE BRASSERIE

\$

Busy, brunchy, and brassy, the Brasserie focuses on conviviality and bistro-style food. Sourcing from Abalimi Bezekhaya, an urban growers project, the atmosphere is authentically Capetonian—a daily stop for Tokai’s hikers and remote workers. Expect classic French dishes with a South African twist; do not miss the crème brûlée.

[VIEW LISTING](#)**FOXCROFT**

\$\$

Chef Glen Foxcroft Williams may look like a bare-knuckle boxer, but he possesses an inventive, delicate culinary mind. His eponymous restaurant offers South Africa’s first plant-based set menu and wonderfully light tasting dishes. Experience these creative offerings within a modern, minimalist café-style environment that belies Foxcroft’s rough and ready exterior.

[VIEW LISTING](#)**THE CONSERVATORY AT CELLARS HOTEL**

\$\$\$

The Conservatory at Cellars-Hohenort offers spectacular dining within world-renowned, award-winning gardens. Open all day, it serves classic dishes—from eggs benedict to vegan options—sourced from the onsite garden and local suppliers. Don’t miss the unique crème brûlée pumpkin tart, a must-try for sweet-toothed guests.

[VIEW LISTING](#)

WHERE TO STAY

MAJINI

Majini Guest House offers a restorative escape in Constantia Hills. Featuring three elegant self-catering cottages in lush gardens, it balances serenity with proximity to vineyards and beaches. Enjoy mountain views, a poolside gym, and cozy interiors. This peaceful retreat is ideal for a quiet, soulful stay.

[VIEW LISTING](#)

CELLARS HOHENORT HOTEL

Cellars-Hohenort blends 300-year history with contemporary luxury across 51 distinct rooms and villas. Set within award-winning gardens, it features solar-heated pools, a spa, and renowned dining. This unhurried retreat offers easy access to the Constantia Wine Route and Kirstenbosch Botanical Garden, perfect for quiet elegance.

[VIEW LISTING](#)

15 GLEN ALPINE

This beautifully priced Bergvliet retreat offers a private, freestanding cottage between city and beach. Enjoy a tastefully decorated interior, fully equipped kitchen, and secluded herb garden. With secure parking and private access, it's minutes from Muizenberg beach and local shops—perfect for guests seeking a local-friendly, serene escape.

[VIEW LISTING](#)



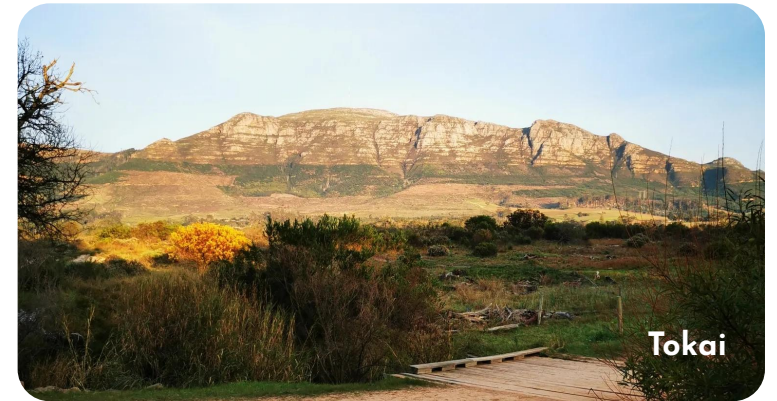
Cellars Hohenort Hotel



The Conservatory



Foxcroft



Tokai



The Norval Foundation



Cellars Hohenort Hotel

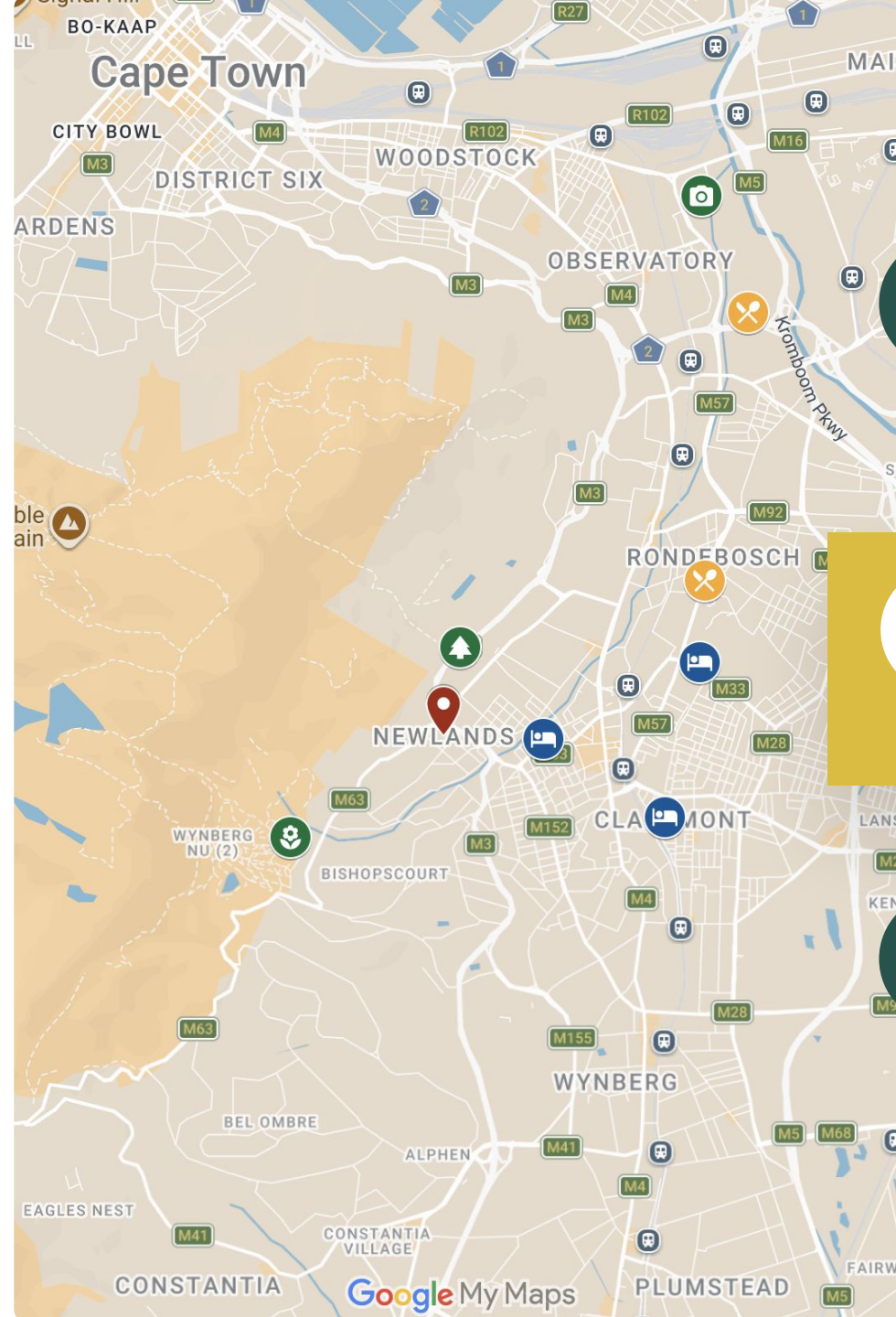


15 Glen Alpine



Back inland from the coast and right at the southern base of Table Mountain, the northern half of the Cape Peninsula houses the world-famous Kirstenbosch Botanical Gardens and the splendid Newlands Forest: in this most verdant of areas one finds a calm more associated with deep rurality, yet you're not even 20 minutes from the city centre. Life here is slow-paced and filled with gardens, trees and flowers and a sedate oxygenated tranquillity - a place to catch your breath!

[View Live Map](#)



What To Do

1. Specialist Kirstenbosch Tour
2. Newlands Forest
3. Riverlands First Nations Centre



Where To Eat

1. The Wild Fig
2. Michael's Kitchen



Where To Stay

1. The John Bauer's Pottery Studio
2. Vineyard Hotel
3. Hedge House

SPECIALIST KIRSTENBOSCH TOUR

Inimitably situated and curated, Kirstenbosch Gardens are a park, nursery, and conservatoire. Hosting summer concerts and year-round art, the plants are merely one attraction. Enjoy free daily tours or book a botanist-led experience. The Boomslang Treetop Canopy walkway restores a sense of fantasy to the word fantastic.

[VIEW LISTING](#)

NEWLANDS FOREST

Hugging the base of Table Mountain's eastern slopes, Newlands is a plantation turned recreational forest. It houses a helicopter fire-fighting unit and offers a lovely mix of wide-open tracks, footpaths softened by pine needles, and deep boulder-strewn streams. Just around the corner from Kirstenbosch, it remains a favorite for outdoor enthusiasts.

[VIEW LISTING](#)

RIVERLANDS FIRST NATIONS CENTRE

Twenty-two years in the making, this spectacular First Nations owned site celebrates Khoi and San cultures—including traditional plant knowledge and cuisine. Serving as a venue, museum, and arts centre, it features beautifully laid out gardens where indigenous plants used in traditional medicine are grown for visitors to enjoy.

[VIEW LISTING](#)



THE WILD FIG

\$\$

Combining the feeling of a South African country farm with a central city location, The Wild Fig is housed in an old farmhouse. It hosts folk music events and offers 'eenvoudig' (simple) dining and lunches. Guests can also enjoy a particularly good selection of South African craft beers here.

[VIEW LISTING](#)

MICHAEL'S KITCHEN

\$\$

Situated in the heart of Rondebosch elite school triangle and opposite its park, Karen and her family serve up home-kitchen fare all day. It is a splendid people-watching haunt that often features live music at the weekends. This cozy spot perfectly captures the community spirit, providing a welcoming atmosphere for all visitors.

[VIEW LISTING](#)

THE JOHN BAUERS POTTERY STUDIO

John Bauer Pottery Studio and BnB is a living gallery in Cape Town's southern suburbs. Guests can book studio time with John or enjoy dedicated art residencies. Each themed room features his intricate tiles and communal kitchen access. This community-focused retreat is ideally located near Kirstenbosch and Newlands Forest.

[VIEW LISTING](#)

VINEYARD HOTEL

Steeped in 200 years of history, within six acres of parkland on the Liesbeek River. Formerly the Regency-style home of Lady Anne Barnard, this 226-room hotel blends historic charm with modern extensions. Guests enjoy mountain views, diverse dining, solar-heated pools, and a spa, all while supporting Fair Trade sustainability.

[VIEW LISTING](#)

HEDGE HOUSE

Verdant Newlands is home to Hedge House, a soulful turn-of-the-century residence offering guesthouse standards with a local feel. Featuring private-access rooms, a pool shaded by Plane trees, and mountain-view decks, it balances privacy with communal warmth. Ideally located near Kirstenbosch and Newlands Forest, this wheelchair-accessible, ethically run home embodies Cape Town living.

[VIEW LISTING](#)



Hedge House



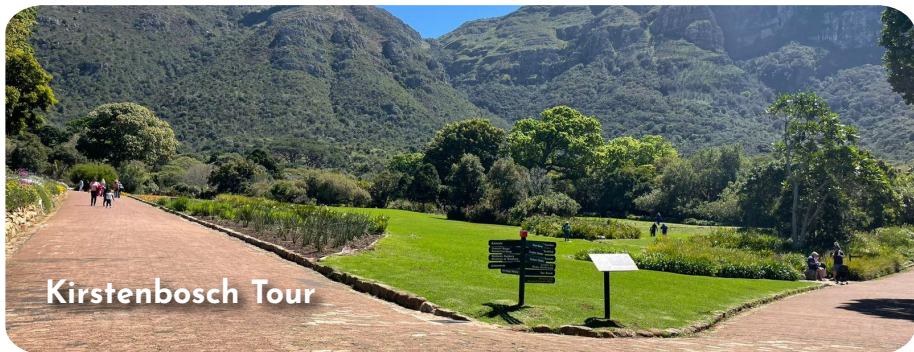
Hedge House



Wild Fig



Michael's Kitchen



Kirstenbosch Tour



Vineyard Hotel



Riverlands First Nations Centre

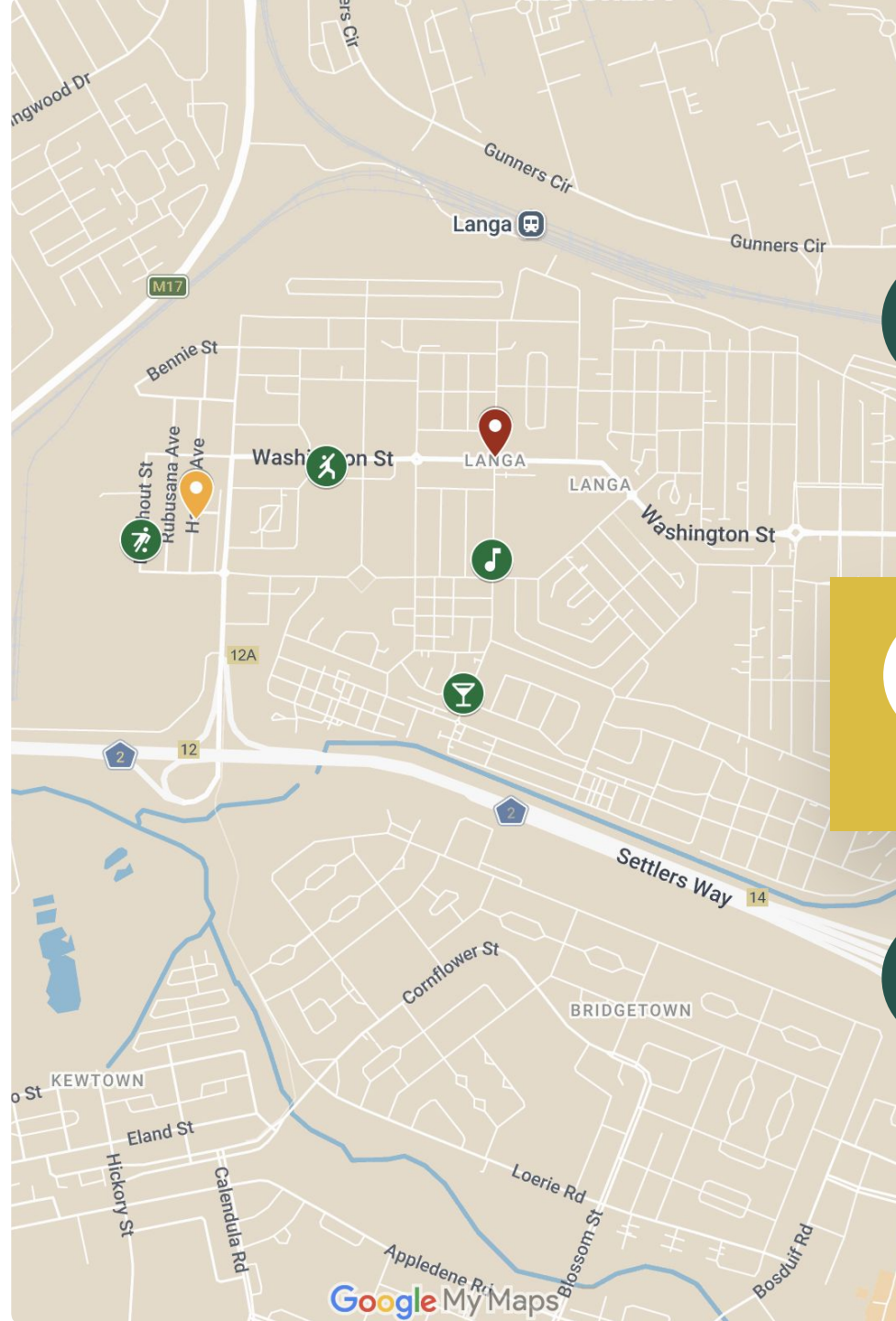


CAPE TOWN EAST

Day 7

Ask any resident of Langa where the centre of Cape Town is they will say 'right here' - and they're right. Langa, meaning simply 'Sunny Place' is where the soul of Cape Town is to be found. Home to some of the most influential South Africans from the arts, politics and academia, if you don't visit Langa and its neighbouring districts like Gugulethu you're really only seeing half the city. Life here is visceral and effervescent and the welcome you'll receive is second to none.

[View Live Map](#)



What To Do

1. Gugu S'Thebe Langa Arts Centre
2. Uthando Projects
3. Soccer Diski (Camissa)
4. Wine Shaq
5. Sunday Gospel Tour (Camissa)



Where To Eat

1. Eziko
2. Lelapa
3. SEEK



Where To Stay

1. Hotel Verde
2. Spade Boutique and Spa

GUGU S'THEBE LANGA ARTS CENTRE

Langa's Guga S'Thebe cultural centre showcases and incubates cultural expressions. Its sustainable buildings house community theatre, dance, and music. High-standard amateur and professional works are featured alongside exhibition areas for local and national art talent. We suggest touring with Fatima Dike.

[VIEW LISTING](#)

UTHANDO PROJECTS

Uthando connects tourism with community development through innovative partnerships. Key projects include Abalimi Bazekhaya, promoting urban farming and upskilling, and Zama Dance School, a world-class studio in Nyanga. Uthando also offers tours to Driftsands Nature Reserve. To visit these meaningful projects, contact them directly, though availability varies.

[VIEW LISTING](#)

CAMISSA - SOCCER DISKI

Think you know football? You don't until you've been on a soccer diski trip. Football is vital in South Africa, crossing racial and gender divides. Join the team at www.gocamissa.co.za for a half-day trip to play with local youngsters and enjoy refreshments. You won't score, but you'll have fun trying!

[VIEW LISTING](#)



WINE SHAQ

Winemaker Nomhle Zondani created Wine Shaq to market wines to black South Africans and promote black winemakers. Challenging perceptions of wine as an elite drink, Wine Shaq offers a visitor experience with live jazz, tastings, and food. Visit with www.coffeebeansroutes.co.za for this refreshingly different experience!

[VIEW LISTING](#)

CAMISSA - SUNDAY GOSPEL TOUR

Church music infiltrates South African life, celebrating, protesting, and mourning through spontaneous three-part harmony. It transcends religion, ingrained from birth. Experience these beautiful African hymns first-hand on a half-day African Gospel Music tour in Langa, Gugulethu, and Nyanga with www.gocamissa.co.za.

[VIEW LISTING](#)



Sunday Gospel Tour

EZIKO

Eziko Restaurant challenges township dining stereotypes. Established by Victor Mguqulwa, it nurtures hospitality professionals with curated menus. Traditional dishes like umleqwa and chakalaka are elegantly served, proving African cuisine competes with global fare. Enjoy this Langa experience.

[VIEW LISTING](#)

LELAPA

Beyond Ubuntu, Lelapa embodies Ububele—kindness and generosity. For 25 years, Sheila and Monica Mahloane have hosted diners in Langa, serving seasonal plates packed with flavor, like ostrich stew and chakalaka. Enjoy a live marimba band and join the soundscape. Located near Langa Mosque, please request your host meet you outside upon arrival.

[VIEW LISTING](#)

SEEK

SEEK Lounge feels like visiting a friend. Located off Mew Way, it serves generous "seven colours" traditional food like creamy samp and umleqwa. From Friday, the upstairs shisha lounge features local DJs and an infectious vibe. Join the weekly "Sip, Eat and Paint" on Sundays or meet a guide to navigate.

[VIEW LISTING](#)

HOTEL VERDE

Hotel Verde transcends typical airport stays with its eco-friendly design and rewarding "Verdinos" green currency. Located 400m from Cape Town International, it features a serene garden, eco-pool, and shuttles. It offers sophisticated, carbon-neutral accommodation perfectly positioned for exploring Langa and Gugulethu.

[VIEW LISTING](#)

SPADE BOUTIQUE AND SPA

The Spade Boutique Hotel brings four-star standards to Khayelitsha, blending sleek design with warm township culture. Featuring thirteen polished rooms, a spa, and a heated pool, the hotel offers mountain views and a restaurant championing local flavors. It is an affirming, luxury retreat proving that modern hospitality belongs everywhere in Cape Town.

[VIEW LISTING](#)





Spade Boutique and Spa



Sunday Gosepl Tour



SEEK



Uthando Projects



Uthando Projects



Hotel Verde