

#TNDistrict Guides

Cape Town, South Africa

Cape Town is the second largest city in [South Africa](#) and is the capital of the [Western Cape Province](#), as well as being the legislative capital of South Africa (the Houses of Parliament are here). It is located in the south-west corner of the country near the Cape of Good Hope, and is the most southern city in [Africa](#). It is a stone's throw from South Africa's world-famous [Cape Winelands](#) around [Stellenbosch](#), [Paarl](#) and [Franschhoek](#).

source: wikitravel

UNDERSTAND

General information about the country / City & useful tips to know

GET IN

How to get into the country

- By Air
 - Budget (\$)
 - Average (\$\$)
 - High-End (\$\$\$)
- By Sea

GET AROUND

How to get around once you're in

- By Bus:
- **MyCiti** (myciti.org.za)
- By Rail:
- **Train** (capemetrail.co.za)
- Rental Cars:
- **Hertz** (hertz.co.za)
- Scooters / Mopeds:

SLEEP

Where to stay

- Airbnb's
 - <https://www.airbnb.com/rooms/650049>

- Average (\$\$)
 - High-End (\$\$\$)
- Hostels
- **Big Backpackers:** A 5 star hostel in Greenpoint. A great area close to many attractions. bigbackpackers.co.za
- Hotels
 - Budget (\$)
 - Average (\$\$)
 - **Colosseum:** Located in Century City walking distance to Canal Walk (largest mall in Cape Town) & Hillsong - colosseum.co.za
 - High-End (\$\$\$)
 - **12 Apostles Hotel & Spa:** Amazing views. If you don't stay there go for sunset and a drink or dinner. (12apostleshotel.com)
 - **Cape Royale:** On main Road in Greenpoint - close to many attractions (caperoyale.co.za)
- Resorts
 - Budget (\$)
 - Average (\$\$)
 - High - End (\$\$\$)
 - **Botlierskop Game Reserve:** Along the Garden Route with epic views. Suggest renting a car as it is 5 hours out. You can feed the elephants and do a safari there. Many adventurous activities on their site they can connect you with. botlierskop.co.za
 - **Aquila Private Game Reserve:** First choice for African safari in Cape Town. aquilasafari.com
- Hostels

DO

Things to do

- Adventure
 - **Shark Diving:** Swimming with the Sharks (gosharkdiving.com)
 - **Ostrich Riding:** Ride an ostrich (cangoostrich.co.za)
 - **Lion Walking:** Walk with Lions (zorgfontein.com)
- Theater
- Tours
- Art
- Outdoor Activities
 - **Cape of Good Hope & Cape Point:** A road trip there is a must. It's the most southern tip of the African continent and where the Atlantic and Indian Oceans meet.
 - **Lions Head:** About a (60-90min max) hike to top with epic views. There is a short route with ladders and chain or a longer route you can take that is less adventurous. Best to go during

weekdays when locals are at work for less traffic on the mountain. During summer, go at 7am because of the heat.

- **Botanical Gardens:** Most beautiful garden in Africa. A photographers dream. Many walks and trails through the garden and natural area. Perfect place to picnic, so bring a blanket, food & your friends. sanbi.org/gardens/kirstenbosch
- **Food Markets:** *Oranjezicht City Farm* - fresh healthy produce and local organic dishes, coffee, cheeses and baked goods. ozcf.co.za/market-day/
- **Spice Route:** Best place for wine tasting. It's a compound with several things to do all at one location. Has chocolate tasting as well. Highly recommend La Grapperia on their grounds to eat fat for lunch. Can go wine farm hopping after visiting. All the wine farms are along the strip the Spice Route road entry is. (spiceroute.co.za)
- **Boulders Beach:** See penguins on the beach in Simon's town.
- Nightlife
- Shopping
 - Budget (\$)
 - Average (\$\$)
 - High-End (\$\$\$)

SEE

Things to see

- Landmarks
- **Table Mountain:** One of the 7 wonders of the world. Hike it to the top or cable car it. It's a 2.5 hour hike. For the adventurous, recommend hiking it up then taking cable car down. (tablemountain.net)
- Museums
- **Robben Island:** Tour the Island and prison where Nelson Mandela stayed. Book tickets in advance, it sells out days before. Budget time for a 3.5 hour tour. Recommend going at 9am so you have the rest of the day to do other things. Tours are typically delayed during later hours. (robben-island.org.za)

EAT

What to eat

- Local Cuisine
 - Budget: (\$)
 - **Old Biscuit Mill:** Saturday open market with fresh local and cosmopolitan foods. Open from 9am - 2pm. Make sure you get there early so you can get first dibs and they accept cash only. theoldbiscuitmill.co.za
 - Average (\$\$)
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- **The Butcher Man:** Meat that you select and they grill for you on the spot. Highly recommend the ribs. You can sit in or take the meat home to cook. (thebutcherman.co.za)
- **The Dogs Bollocks:** a vibey burger place open from 5pm-10:30pm that serves 50 burgers a day. It's #instaworthy food with the largest burgers in Cape Town.
- **Royal Eatery:** Legendary milkshakes & THE best burgers too. Cooked to perfection. Highly recommend the BopBop. If you are super hungry ask for a double patty. (royaleeatery.com)
- **Mama Africa:** Serves traditional South African food. Make sure you order pap (local side - similar to our grits in America) it's so good & their local dessert is malva pudding. From 8pm they have a local band that plays live music. Make your reservation at 7pm and request your table by the band. There is also a bar to sit and eat if you are rolling solo. (mamaafricarestaurant.co.za)
- **Volvo Telo:** A nice healthy option. Makes home made bread that is divine, they have amazing salads, fresh pressed juices and brunch food. (vovotelo.co.za)
- **Gold Restaurant:** You can purchase a drumming lesson in addition to what Gold calls a "tasting safari": a 14 course sampler of dishes from a variety of African nations. There's also a very good chance that you'll be pulled out of your seat to participate in one of the multiple dance performances throughout the evening. (goldrestaurant.co.za)
- **Moyo:** Traditional south African food. Have tables over a small "pool" where you put your feet in and eat. Have the option of having a local face paint. Birthdays are fun, they come out and sing to you with drums. The Blouberg location is right off the beach. Amazing views.
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- High-End (\$\$\$)
- Other Cuisine
 - Budget (\$)
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 - **El Burro:** bomb.com mexican food - you have to book in advance. You can't go wrong with anything on the menu, however the most recommended dish is the chicken enchilada. They also have churros too! (elburro.co.za)
 - High-End (\$\$\$)

TALK

Languages and common phrases

Afrikaans is the local language

common phrases:

lekker - good

baie danke - pronounced "buy a donkey" - thank you

THINGS TO AVOID

Bad experiences that you wouldn't recommend

COMMENTARY

Name of Topic / Tip - When were you there - Additional Commentary - District @