

## Cape Town

Country: South Africa  
Province: Western Cape  
Population: around 3 million  
Currency: 1 Rand = 100cents

## Cape Town Links

The City of Cape Town  
[www.capetown.gov.za](http://www.capetown.gov.za)

The History of Cape Town  
<http://www.cape-town.net/html/history.htm>

The Cape Argus (newspaper)  
[www.capeargus.co.za](http://www.capeargus.co.za)

Cape Town Entertainment  
[www.travelcomments.com/entert\\_ct.htm](http://www.travelcomments.com/entert_ct.htm)

Cape Town Streetmap  
[www.easymap.co.za](http://www.easymap.co.za)

Cape Region maps  
[www.themaps.co.za](http://www.themaps.co.za)

South African tidal, solar and  
lunar data  
[www.satides.co.za](http://www.satides.co.za)

Medical practitioners, dentists etc.  
<http://www.healthdirectory.co.za>

Nature Reserves in the Cape Region  
[www.capenature.org.za](http://www.capenature.org.za)

John Platter - Guide to Cellars,  
Vineyards & Winemakers  
[www.platteronline.com](http://www.platteronline.com)

Cape Town International Airport  
[www.airports.co.za](http://www.airports.co.za)

WiFi Hotspots in Cape Town  
[www.totalhotspots.com](http://www.totalhotspots.com)

# Cape Town

## City Guide



## Cape Town - the "Mother City"

Cape Town or the "Mother City" is the place where South Africa, as we know it today, has its origin. Cape Town was founded in 1652 by the Dutchman Jan van Riebeeck. First used as a refreshment station for the Dutch East India Company, Cape Town grew quite quickly and became a small settlement of the first European settlers. In the following years Cape Town got a fort (the Castle of Good Hope) and the Gardens were established at the foot of Table Mountain. Today Cape Town is probably the major tourist attraction in South Africa. But Cape Town is more than just another city - Cape Town has the Table Mountain in the back, two oceans at their front door and many more amazing things to do.

# Cape Town

## City Guide



### Flea Markets and Markets

#### Greenmarket Square

Arts and crafts  
daily 10am-5pm

#### Greenpoint Stadium

Flea market stuff plus arts and crafts  
every Sunday 10am-2pm

#### Adderley Street

Flowers  
daily

#### Groot Constantia

Antique Collectors Market  
every Saturday and Sunday

#### Church Street

Antiques market  
summer: daily; Thursday - Saturday

#### The Grande Parade

"weekly market"  
Wednesday - Saturday

#### V&A Waterfront

Arts and crafts market  
December - January daily

### The Atlantic Ocean Beaches

#### Table Bay

Table Bay | Big Bay | Table Bay |  
Dolphin Beach | Blouberg | Sunset Beach |  
Milnerton  
*water sports (surfing, windsurfing &  
kitesurfing), swimming & sundowners*

#### Atlantic Seaboard

Mouille Piont | Sea Point, Saunders & Three  
Anchor Bay | Clifton | Camps Bay | Bakoven |  
Llandudno | Sandy Bay | Hout Bay  
*to watch and to be seen, water sports,  
swimming, sundowners*

#### South of the Atlantic Seaboard

Noordhoek | Long Beach | Misty Cliffs |  
Witsands | Scarborough  
*escape the masses, walking, tanning,  
swimming etc.*

### The Indian Ocean Beaches

#### Helderberg Beaches

Gordon's Bay | Kogel Bay | Strand | Bikini Beach  
*Family beach, swimming, tanning, paddling,  
walking etc.*

#### False Bay Beaches

Muizenberg | St. James (Dagger Beach) |  
Boulders | Smitswinkelbaai | Diaz  
*Swimming & sun bathing, photo shooting*

#### North Shore of False Bay

Macassar | Monwabisi | Mnandi | Strandfontein  
*nature (fynbos), fishing, swimming,  
some surfing*

### What 2 Do in Cape Town

#### Stroll through the City Bowl

Probably the best way to get an idea of Cape Town is to walk around in the historic City Bowl - loads of old houses, castles and museums

#### Sightseeing Tour

You have got to options of organised Sightseeing Tours in Cape Town - you can either do a "guided walk through the historical streets of Cape Town", or do it by a red londonstyle doubledecker bus.

#### Robben Island

Visiting Robben Island is a must when you are in Cape Town. Very intense introduction in to the younger South African history. The only way of going there is by boat. Tickets for the ferry can be booked at the V&A Waterfront (Nelson Mandela Gateway & Cape Town Tourism Office, Clock Tower) and at the Canal Walk Information Centre (Entrance 3).  
[www.robben-island.org.za](http://www.robben-island.org.za)

#### Victoria & Alfred Waterfront

Actually nothing really special, but somehow a place where every tourist is going to. The V&A Waterfront is a huge shopping center and a sort of entertainment center with loads of restaurants etc. But, the Waterfront is also the place where your ferry to Robben Island is leaving from (and coming back to). The other "highlight" of the Waterfront is the famous "Two Oceans Aquarium!"  
[www.waterfront.co.za](http://www.waterfront.co.za)

#### Cape Peninsula National Park

Officially part of the Table Mountain National Park, the Cape Peninsula is situated south of Cape Town. The most southern point of the Peninsula is the "Cape of Good Hope" which used to be called to most southern point of Africa. This is wrong - Cape Agulhas is the most southern point of Africa.  
[www.sanparks.org/parks/table\\_mountain](http://www.sanparks.org/parks/table_mountain)

#### Table Mountain National Park

The Table Mountain is always overlooking the City of Cape Town. The Mountain got its special magic which you have to check out while you are there. You can either climb [link] the mountain or take the Cableway. You will enjoy it when you are up there - fantastic views on Cape Town!  
By the way - for a good first idea what the Table Mountain National Park has to offer watch the official video stream!  
[www.sanparks.org/parks/table\\_mountain](http://www.sanparks.org/parks/table_mountain)

#### District Six Museum

The District Six Museum is a MUST while you are in Cape Town. It shows the diversity of the city at it's best. But it also shows how brutal and disgusting the Apartheid government of South Africa tried to reach their stupid aims.  
[www.districtsix.co.za](http://www.districtsix.co.za)

#### The Independent Armchair Theatre

The Independent Armchair Theatre is a totally, totally sick live music venue. I mean, seriously. Sick. Like a dog. That died and went to heaven and came back as the Dalhai Lama.  
[www.armchairtheatre.co.za](http://www.armchairtheatre.co.za) | [www.myspace.com/armchairtheatre](http://www.myspace.com/armchairtheatre)

#### Shopping Centres

Victoria & Alfred Waterfront | Tyger Valley | Constantia Village | Cavendish Square | Canal Walk | Blue Route Mall | Bayside Centre | Noordhoek Farm Village

#### Music, Restaurants, Clubs etc. -

[http://www.travelcomments.com/entert\\_ct.htm](http://www.travelcomments.com/entert_ct.htm)

#### There is so much more Cape Town has to offer...

Kirstenbosch National Botanical Garden  
Castle of Good Hope  
South African Museum  
City Rock - indoor climbing & more in Cape Town  
Chapman's Peak Drive - one of the most spectacular marine drives in the world  
Biosphere Coastal Clarence Drive - magnificent views across False Bay to Table Mountain and the rest of the Cape Peninsula  
Baboon Matters - Walk with the baboons (Cape Peninsula)  
Southern Line Tourism Route - scenic train route from Cape Town to Simonstown - timetable  
WECAT Journeys of Remembrance of Cape Town and the Cape Flats  
Stellenbosch  
Inverdoorn Game Reserve (about a 2hour drive from Cape Town)  
Soekershof Walkabout - Mazes & Botanical Gardens (about 140 kilometres, or a 1.5 to 2 hour drive)