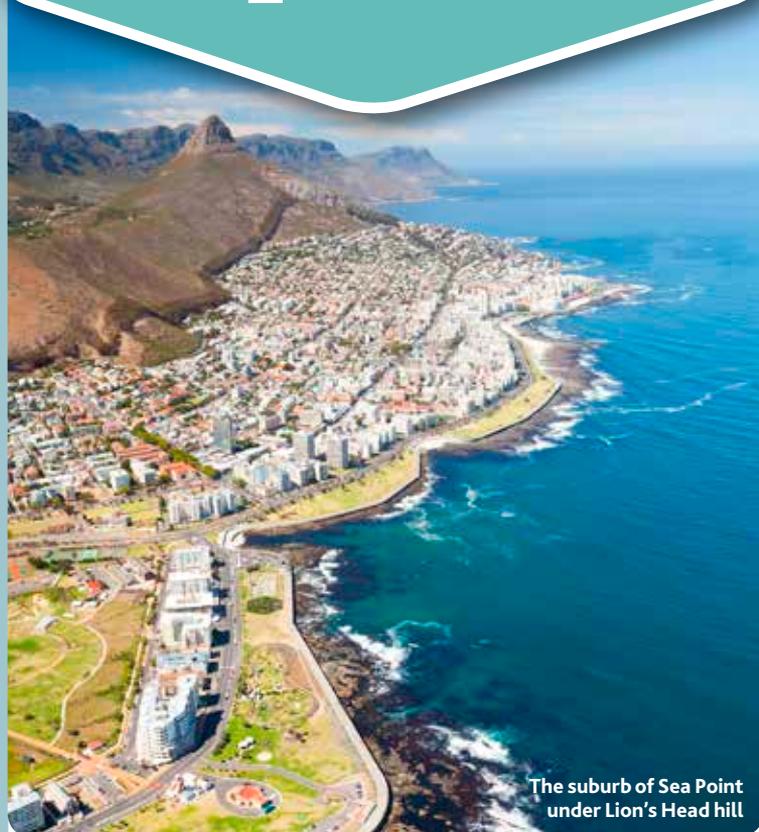


# Outdoors in Cape Town



The suburb of Sea Point under Lion's Head hill

*There's nowhere quite like Cape Town, a singularly beautiful city that blends cultures, cuisines and landscapes, all crowned by magnificent Table Mountain. See it in South Africa's summer season.*

## **SIGHTS** **Bloubergstrand Beach** (Bloubergstrand)

A visit to this beach in a pleasant coastal suburb brings panoramic views of Table Mountain across Table Bay. This stretch of sand is popular with kitesurfers and windsurfers, and it's impressive to watch them ride the waves on weekends. You can also see Robben Island clearly from here.

## **Bo-Kaap** (Cape Town City Centre)

Meaning 'Upper Cape', the Bo-Kaap, with its vividly painted low-roofed houses, many of them historic monuments, strung along narrow cobbled streets, is one of the most photographed sections of the city. Initially a garrison for soldiers in the mid-18th century, this area of town was where

freed slaves started to settle after emancipation in the 1830s. The most picturesque streets are Chiappini, Rose and Wale.

## **Company's Garden** (City Bowl)

A shady green garden park, which started as the vegetable patch for the Dutch East India Company, this makes a lovely place to relax. It's planted with a rose garden and a fine collection of botanical specimens, some quite rare, from South Africa and the rest of the world, including frangipanis, African flame trees and aloes.

## **Kirstenbosch National Bosch Garden** (sanbi.org/gardens/kirstenbosch)

Location and unique flora combine to make these 1,300-acre botanical gardens among the

most remarkable in the world. Added for the garden's centenary in 2013, the popular Tree Canopy Walkway (informally known as the 'Boomslang', which means tree snake) is a steel and timber bridge that rises through the trees and provides amazing views.

## **Meerendal** (meerendal.co.za)

This wine estate was established in 1702, and has some of South Africa's oldest pinotage and shiraz vineyards, but there's plenty of innovation here, too. The tasting room is adjacent to a contemporary art gallery and distillery, offering vodka, rum and gin tastings. There are also 21 miles of mountain-biking trails.

## **ACTIVITIES** **Cape Camino** (capecamino.co.za)

Inspired by Spain's Camino de Santiago pilgrimage route, the nine-leg, 97-mile long Cape Camino was launched by mother-and-daughter team Gabrielle Andrew and Peggy Coetzee-Andrew in 2015. Local guides and small businesses, such as cafés and guesthouses, are involved, and the Camino passport entitles you to discounts along the route.

## **Christopher Smith Hikes** (tablemountain.my-hiking.com)

This National Park-trained freelance guide is a personable, knowledgeable chap who has plenty of experience guiding in Table Mountain National Park and other local domains.

## **City Sightseeing Cape Town** (citysightseeing.co.za)

The city's hop-on, hop-off buses, running two main routes, are

perfect for a quick orientation, and the open-top double-deckers mean you're outside in the fresh air. Buses run at roughly half-hourly intervals between 9am and 4.30pm.

## **Endeavour Safaris** (endeavour-safaris.com)

A Botswana-based company that can arrange safari-related and other activities in and around Cape Town and beyond for clients with disabilities.

## **Table Mountain Walks** (tablemountainwalks.co.za)

Choose from a range of guided day hikes in different parts of the park, from ascents of Table Mountain to rambles through Silvermine Nature Reserve.

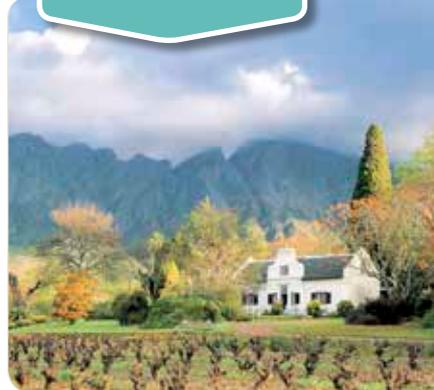
## **Vamos** (vamos.co.za)

Take a two-hour cycling tour around Langa Township with this company, which is part-owned by personable guide Siviwe Mbinda of Siviwe Tours. Vamos can also arrange homestays in Langa.

## **Veld and Sea** (veldandsea.com; Good Hope Gardens Nursery, Plateau Rd, Cape Peninsula, Cape Town)

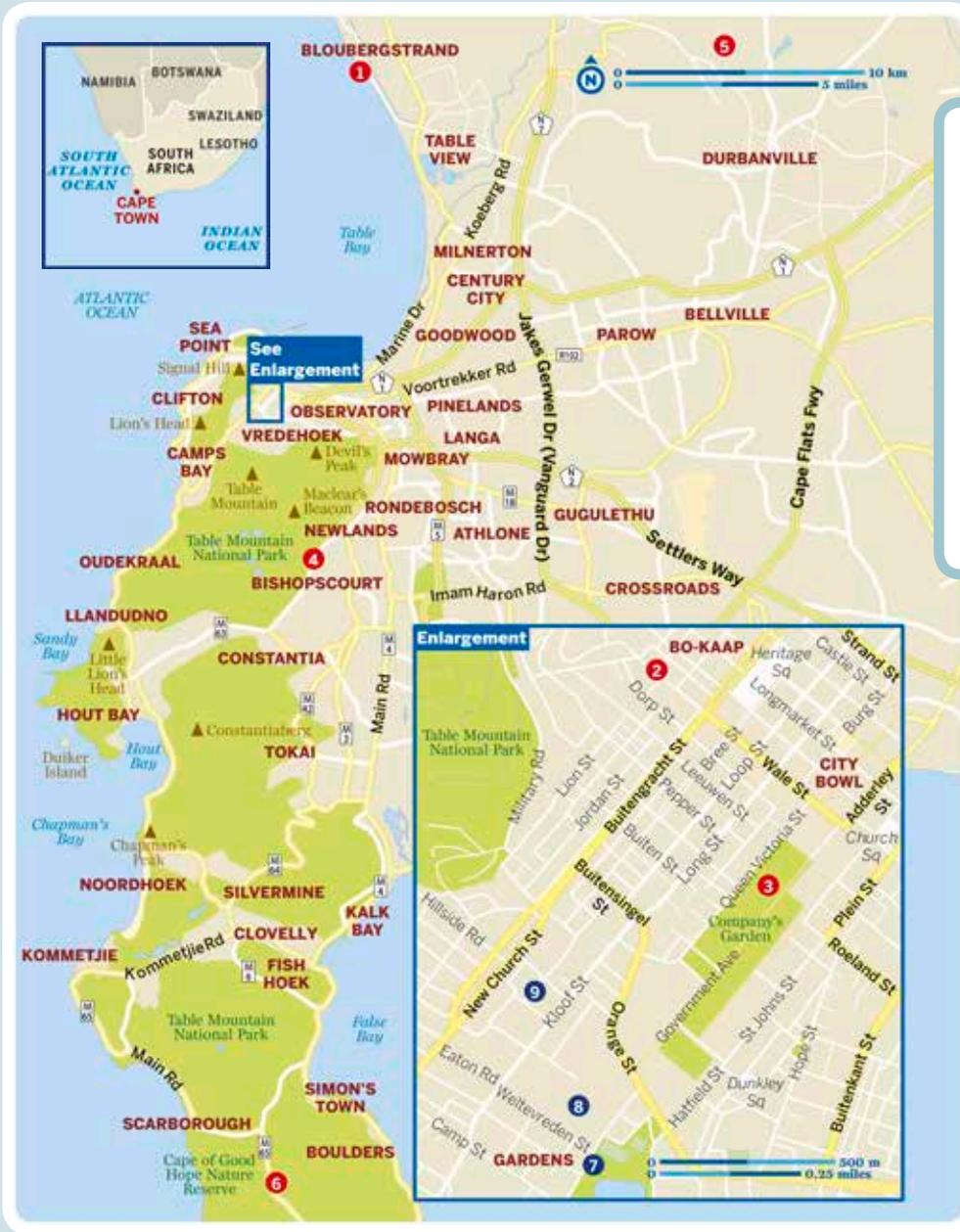
Sign up for foraging courses here around fynbos (local shrubland) and the coast. The experienced guides will teach you sustainable techniques to harvest Mother Nature's edibles, including seaweed and mussels from nearby rock pools in Scarborough and the Cape of Good Hope Nature Reserve. Lunch is made from whatever you find. If you want to harvest mussels, you'll need a mollusc permit, available from any local post office.

## Good to know



**African Story's** full-day tours include wine, cheese and chocolate tastings at four wine estates in the Stellenbosch, Franschhoek and Paarl regions, all within 1½ hours' drive from Cape Town (africanstorytours.com).

# OUTDOORS IN CAPE TOWN



**MAP KEY**

- 📍 SIGHTS
- 1 Bloubergstrand
- 2 Bo-Kaap
- 3 Company's Garden
- 4 Kirstenbosch National Botanical Garden
- 5 Meerendal
- 🏠 ACTIVITIES
- 6 Veld and Sea
- 🛏 SLEEPING
- 7 Ashanti Gardens
- 8 Belmont Mount Nelson Hotel
- 9 La Grenadine

TOP PICKS

## 🛏 Sleeping

### Ashanti Gardens

Best for backpacker vibes ([ashanti.co.za](http://ashanti.co.za); 11 Hof St)  
 This is one of Cape Town's slickest hostels, with much of the action focused on the lively bar and deck that overlook Table Mountain. The beautiful old house, decorated with a tasteful collection of contemporary art, holds the dorms and rooms with shared bathrooms, and there's also a lawn where you can camp. It's conveniently within walking distance of the city centre.

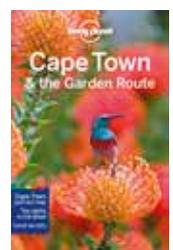
### £ La Grenadine

Best for a home-from-home feel ([lagrenadine.co.za](http://lagrenadine.co.za); 15 Park Rd)  
 Expat French couple Maxime and Mélodie ladle on the Gallic charm at this imaginatively renovated former stables, where the ancient stone walls are a feature of the rooms. The garden, filled with old pomegranate, guava, avocado and olive trees, is magically secluded, the lounge is stacked with books and vinyl LPs you're welcome to borrow and enjoy, and breakfast is served on gorgeous china.

### ££ Belmont Mount Nelson Hotel

Best for luxurious surroundings ([belmond.com](http://belmond.com); 76 Orange St)  
 A world apart from the rest of the city, sitting in over seven acres of gardens, the sugar-pink painted 'Nellie' is a colonial charmer with manicured grounds and doormen in pith helmets. Rooms sport elegant, grown-up furnishings (such as embroidered pelmets and accent pillows) and facilities include a pool, tennis courts, spa and several restaurants.

### £££



### FURTHER READING

Pick up our *Cape Town & the Garden Route* guide (£13.99), or download the eBook (£9.79) or separate chapters (£2.99 each) from [shop.lonelyplanet.com](http://shop.lonelyplanet.com).