

TOURISM  
EXPERIENCES ACROSS  
CAPE TOWN AND  
THE WESTERN CAPE



DISCOVER

*Cape Town*

AND THE WESTERN CAPE, SOUTH AFRICA.

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[www.nowherebetter.co.za](http://www.nowherebetter.co.za)



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# WELCOME

## Welcome to Cape Town and the Western Cape

To visit our inspiring province is to love our province. Cape Town city is a bustling melting pot of cultures, tastes and experiences for young and old. You'll find state of the art shopping malls, open-air markets, a dynamic night life and windows into our rich history. You're going to want to discover more, and a world of natural beauty lies beyond the boundaries of the city in the greater Western Cape regions: the Cape West Coast (Weskus), the Cape Karoo, the Garden Route & Klein Karoo, the Cape Winelands and the Cape Overberg.

Each area is worth exploring and has its own charm, you'll uncover diverse culinary delights, award-winning wine estates, nature in full bloom, wide open spaces and deserts, azure waters and white sandy beaches, luxury experiences and animal encounters that will make your journey truly unforgettable. But that's not all you'll find here. Drawing strength from its diversity it's the people that make our destination beautiful, and they invite you to share in our colourful heritage.

### POPULATION:

6,166,324 (Stats SA) people call Cape Town and the Western Cape their home.

### CLIMATE:

We have a year-round mild Mediterranean climate, with temperatures averaging between 15°C - 27°C.

### CURRENCY:

South African Rand (ZAR): R1 = 100 cents  
 Coin denomination: 5c, 10c, 20c, 50c, R1, R2 and R5  
 Banknote denomination: R10, R20, R50, R100 and R200

### FOREIGN EXCHANGE:

It is important to note that you can only pay in Rands in South Africa. Money can be exchanged at the airport, commercial banks, Rennie's Travel and American Express. These can be found in most shopping centres in the Western Cape. You may also find exchange facilities in some hotels.

Banking hours are: 9am – 3.30pm (weekdays) and 8.30am – 11am (Saturdays) and are closed on Sundays and Public Holidays.

All major credit cards are accepted at most establishments in the Western Cape.

## LANGUAGES

South Africa has 11 official languages but English, Afrikaans and Xhosa are the most frequently heard in our Province.

Some local chit-chat:

ENGLISH	AFRIKAANS	XHOSA
Good morning	Goeiemore	Molo
Hello	Hallo	Bhota
Goodbye	Totsiens	Sala Kakuhle
Thank you	Dankie	Enkosi
How much does this cost?	Hoeveel kos dit?	Yimalini?
Yes	Ja	Ewe
No	Nee	Hayi

## DUTY FREE SHOPPING

All stores must charge the Value Added Tax (VAT) of 15% that is levied on the purchase of most goods in South Africa. As a foreign visitor you may apply for a refund of the VAT you pay while in the country provided you apply before you depart.

Ensure that you receive your tax receipts for all purchases made, to claim your VAT refund, present all your tax receipts to the VAT administrator at your point of departure.

## AIR ACCESS TO THE WESTERN CAPE

Developing greater air access for the Western Cape is a key enabler in growing the province's economy. The Cape Town Air Access project, housed within Wesgro, is a joint initiative between six public partners, namely: Wesgro, the Western Cape Government, City of Cape Town, Airports Company South Africa, Cape Town Tourism, and South African Tourism, as well as partners within the private sector. The team's role is to establish and sustain direct air routes to Cape Town, and expand existing air routes.

Flight frequency between the Middle East and Western Cape (direct or via one hub):

Emirates	7 flights per week	2x daily (Dubai - Cpt)
Etihad Airways	7 flights per week	2x daily (Abu Dhabi - Jhb - Cpt)
Qatar Airways	10 flights per week	1x daily (Doha - Cpt)
Turkish Airlines	7 flights per week	1x daily (Istanbul - Cpt)



Direct figures for the Middle East to Cape Town:

City	Country	Airline	Passengers	Year
Dubai	United Arab Emirates	Emirates	81 800	2018
Istanbul	Turkey	Turkish Airlines	14 000	2018
Doha	Qatar	Qatar Airways	10 700	2018

## BUSINESS HOURS

Shops at the major malls such as the V&A Waterfront and Canal Walk are open until 9pm everyday, while the shops in shopping centres close at 7pm. Informal traders and flea markets generally trade from 9pm - 4pm. Muslim owned businesses are closed between 12pm and 2pm on Fridays.

## SAFETY TIPS

Avoid walking in deserted and dark places at night.

Never allow strangers to assist you in any way at ATMs.

At night, park in a secure and well-lit area with street guards. Keep photocopies and all valuable documents in a safe place.

## DRINKING WATER

Drinking water in South Africa is safe to drink and cook with when taken from taps in urban areas. Not all tap water in rural areas is safe for consumption, so take precautions if necessary.

## EMERGENCY NUMBERS

For all emergency services from your mobile dial: 112

All emergencies from landline: 107

South African Police Service: 10111



# WESTERN CAPE ACCOMMODATION

Over the forecast period to 2021, Business Monitor International (BMI) is projecting steady growth in the number of hotels and other accommodation establishments in South Africa, averaging 4.6% between 2017 and 2021.

Now, investor attention remains largely focused on the major cities of Cape Town, Johannesburg, Durban and Pretoria. However, BMI believes there could also be scope for major hotel chains to look beyond the major cities for additional investment opportunities.

# ACCOMMODATION

Cape Town and the Western Cape offers a variety of accommodation to suit all group types, budgets and styles. Value for money, discreet first-class service and style make Cape Town and the Western Cape an inspiring choice to plan a memorable stay for any business or leisure visitor. With over 20 000 bedrooms, the greatest density of Cape Town hotels, boutique hotels, bed and breakfasts, guest houses, self-catering apartments and holiday villas are situated within the city bowl area and immediate South Atlantic Seaboard belt, all within a 10 minute drive from the Cape Town City Centre, Cape Town International Convention Centre or the V&A Waterfront.

## Western Cape Accommodation Stock

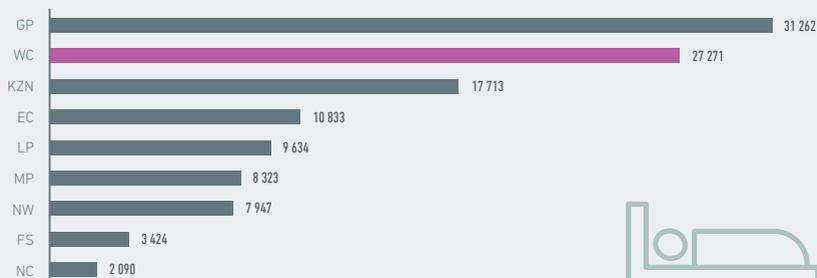
The Western Cape now has **1,567 graded properties** as of April 2018, with **27,271 graded rooms** available throughout the year.

### NUMBER OF GRADED ESTABLISHMENTS IN SOUTH AFRICA, APRIL 2018



Source: Tourism Grading Council, 2018

### NUMBER OF GRADED ROOMS IN SOUTH AFRICA, APRIL 2018



Source: Tourism Grading Council, 2018

# SHOPPING

Cape Town and the Western Cape offers a variety of shopping, offerings from international luxury brands, Cape Town produced designer clothing and curios, quality diamonds, tanzanite and fine jewellery and world class collections of art.

For renowned brands and quality South African haute couture, plan a visit to one of the many shopping experiences across Cape Town and the Western Cape.



**Canal Walk**, just outside the Cape Town city centre, is one of the biggest shopping malls in the Southern Hemisphere, offering shoppers a choice between hundreds of stores offering everything from designer imports to hand-crafted South African curios.

**Trading hours:** 9am to 9pm, Monday – Sunday.

[www.canalwalk.co.za](http://www.canalwalk.co.za)



**Tyger Valley Shopping Centre**, a short drive out of the city centre, offers a waterfront, cinemas, restaurants and about 275 shops, boutiques and outlets to cater for every shopping need.

**Trading hours:** 9am to 7pm, Monday – Saturday and 9am – 5pm, Sunday.

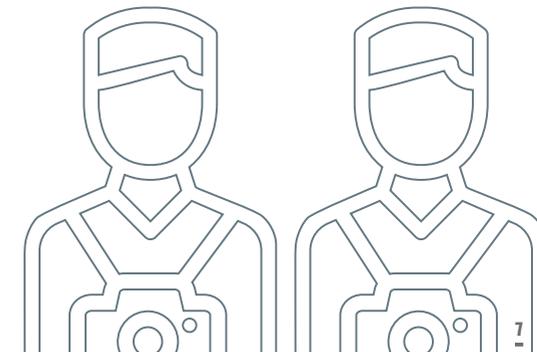
[www.tygervalley.co.za](http://www.tygervalley.co.za)



**The Victoria and Alfred Waterfront** is one of Africa's most visited destinations and attracts 24 million people every year. Its setting is in the oldest working harbour in the southern hemisphere and it has Table Mountain as a dramatic backdrop. With over 450 retail outlets

**Trading Hours:** Monday – 9am to 9pm, Monday – Sunday

[www.waterfront.co.za](http://www.waterfront.co.za)



# CAPE TOWN BIG 6

Cape Town Big 6 consists of Cape Point, Kirstenbosch National Botanical Gardens, Groot Constantia, Robben Island, Table Mountain and Victoria & Alfred Waterfront. These 6 attractions are definitely a must see when visiting Cape Town & Western Cape as they each offer their own unique beauty just waiting to be discovered.



## Table Mountain

Table Mountain needs no introduction, this iconic landmark towers over Cape Town and can be seen from almost anywhere. One of the natural 7 wonders of the world, this icon can be explored by either a cableway or hike up. Whatever you may decide, you will be amazed at the views on top of this majestic mountain.  
[www.tablemountain.net](http://www.tablemountain.net)



## Cape Point

There are not many things that can compare to the beauty at Cape Point, which is situated at the South western tip of Africa. These views allow for perfect photographic moments. Take a picture at the Cape of Good Hope sign for the perfect memories.  
[www.capepoint.co.za](http://www.capepoint.co.za)



## Robben Island

Robben Island forms part of the UNESCO World Heritage sites of the world and there are few places in South Africa that bear the weight and sheer historical importance. Discover a guided tour by a former inmate on the island which will provide you with a personalized experience through the prison cells and courtyard where many integral political figures such as Nelson Mandela aided in shaping South Africa.  
[www.robben-island.org.za](http://www.robben-island.org.za)



## Kirstenbosch National Botanical Garden

Kirstenbosch National Botanical Garden was voted Garden of the year at the 2015 International Garden Tourism Awards and are located at the foot of the iconic Table Mountain. The garden is just over a hundred years old. It is the first garden of its kind to be devoted entirely to a single country's indigenous fauna. Visit the new Treetop Canopy Walkway, the 'boomslang' which gives you a bird's eye view of the gardens and the surrounding beauty.  
[www.sanbi.org/gardens/kirstenbosch/](http://www.sanbi.org/gardens/kirstenbosch/)



## Groot Constantia

Groot Constantia is South Africa's oldest wine producing estate. You can dine at superb restaurants while sipping on some of the finest wines. The beautiful estate with Cape Dutch architecture offers a wine cellar tour and superb wine tasting opportunities. For big groups wanting to visit the farm restaurants, special dietary requirements will be made.  
[www.grootconstantia.co.za](http://www.grootconstantia.co.za)



## The V&A Waterfront

The V&A Waterfront is a world recognized shopping hotspot in the Western Cape. With over 450 retail outlets selling everything from fashion, homeware and curios, to jewellery, leather goods and audio visual equipment, the V&A Waterfront is South Africa's most popular shopping destination and also has prayer room facilities.  
[www.waterfront.co.za](http://www.waterfront.co.za)



## Discover unique activities

Cape Town and the Western Cape with its brilliant weather, varied terrain and love of all things sporty and extreme has plenty to offer every adventurer, big or small. From abseiling to scuba diving, angling to kloofing, stand up paddle boarding to surfing there is not a single adrenaline rush or extreme activity which we don't cater for.

### Shark cage diving

Shark cage diving takes adventurous to a whole new level. Containing the best sites in the world to view Great White sharks in their natural habitat throughout the year. Shark cage diving operators can practically guarantee you shark encounters by heading for the populated waters of Hout Bay, Gansbaai, Dyer Island, KleinBaai, Seal Island, Mossel Bay and Simon's Town. You needn't be a qualified diver to try your hand at shark cage diving as no diving is required. Cages are simply lowered into the waters alongside the viewing boat.  
[www.sharkcagediving.co.za](http://www.sharkcagediving.co.za)

### Whale watching

The coming of the whales to the Western Cape's southern coastline, also known as the Cape Whale Coast, every year between June and November, sees the return of the Southern Right Whale and the less commonly Bryde's and Humpback whales. These giants migrate thousands of miles from the Antarctic to our sheltered bays seeking refuge to mate and calve.  
[www.whaleviewing.co.za](http://www.whaleviewing.co.za)

### Bungy jumping

Looking for the ultimate thrill then why not jump off the world's highest (commercial) bungy bridge the Bloukrans Bridge near the coastal town of Plettenberg Bay, 216 meters above the ground! Alternatively try the Gouritz River Bridge is a 65m high jump and bridge swing at the original African bungee site of the world, established in 1989.  
[www.faceadrenalin.com](http://www.faceadrenalin.com)

### Cape canopy tours

Located in the Elgin Valley, an hour's drive from Cape Town, these tours take you deep into the Cape Fynbos of a World Heritage Site! Recently listed as one of Lonely Planet's top new tourist experiences for 2015. The only African attraction to make the list, safe and fun for whole family.  
[www.canopytour.co.za](http://www.canopytour.co.za)

### Helicopter flights

A range of flights around the Peninsula offer the opportunity to view some of the most beautiful locations like, Camps Bay, Chapman's Peak, Long Beach and Cape Point. For a unique day excursion, plan a trip to the Cape Winelands and picnic in a secluded location or fly to your Shark Cage dive experience.  
[www.nachelicopterscapetown.com](http://www.nachelicopterscapetown.com)

### Seal snorkeling

Swim and interact with curious Cape Fur Seals, watch them dart around gracefully and playfully in the water below you, and take home the experience of a lifetime. No experience required. Swimmers are thoroughly briefed on what to do and enter the water under supervision of an experienced PADI dive-master.  
[www.sealsnorkeling.com](http://www.sealsnorkeling.com)

# DISCOVER CAPE TOWN AND THE WESTERN CAPE



12 out of the **TOP 20** attractions and landmarks visited in South Africa were based in the Western Cape.



13 out of the **TOP 25** natural scenery and game attractions visited in South Africa were based in the Western Cape.



The **Victoria Wharf Shopping Centre** is ranked as the **TOP** mall in the **TOP 20** malls and urban attractions visited in South Africa.



**Robben Island** ranked as the **TOP** landmark in the **TOP 10** culture and heritage attractions visited in South Africa.

Source: SATourism, 2018



**Camp's Bay and Clifton** ranked as the **TOP 2** beaches in the **TOP 10** beachfront attractions visited in South Africa, followed by **Mossel Bay** in 10th position.



©South African Tourism



## Introduction to the Western Cape

### Cape Town

Cape Town has always been considered the jewel in the crown of the Western Cape with the city's natural beauty, depth of experiences on offer and friendly locals well known.

With a history as rich as it is diverse, the Mother City is a heady mix of cultures, blended in a tumultuous past, making it one of the world's most cosmopolitan and intriguing cities to visit. With its natural beauty, blending seamlessly with its cultural, artistic and bespoke experiences, there is something on offer for traveller of all kinds.

The unmatched wonder of Table Mountain is always popular, while in the summer, the many beaches across the city's coastline are packed with both locals and foreigners alike. It is also quickly becoming a favourite for those seeking something more extreme, with shark cage diving, abseiling and sky diving just some of the adrenaline fuelled activities on offer.

It is the gastronomic capital of South Africa, with its restaurants consistently topping the local and international lists, while it boasts not one, but two world class wine routes, with the oldest wine farm in the country in Groot Constantia.

The city is also home to some of the most dynamic and versatile theatre venues you could ask for, including the Artscape, The Fugard and Maynardville Open-Air Theatre. The heritage of this great city is unmatched, its story to be found in any number of museums and heritage sites around the city.

From the foreboding Rhodes Memorial, which sits along the slopes of Devil's Peak, in remembrance of the city's colonial past, to the emotional and torrid history of Robben Island and District Six, Cape Town's tale is equally one of tragedy and heartache, inspiration and a triumph.

With so much on offer, is it any wonder that Cape Town continues to welcome the world to its doorstep?

#### Must-do Experience

##### Cape Point

There are not many things that can compare to the beauty at Cape Point, which is situated at the South western tip of Africa.

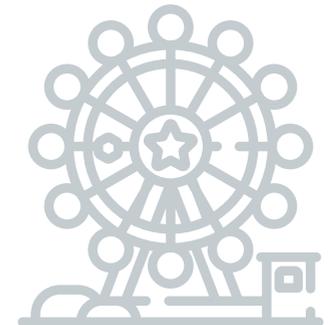
### Cape Winelands

The Western Cape is a place known for its abundance of quality wine and the Cape, in particular, is intrinsically tied to the vine. Nowhere is this truer than in the Cape Winelands, but while the wine put the Cape Winelands on the map, it delivers plenty on the food front as well, with world class restaurants in abundance, with Franschhoek and Stellenbosch, in particular, leading the way. Both towns are home to a number of award-winning restaurants, ranging from fine dining to more relaxed experiences.

#### Must-do experience:

##### Garden Tour at Babylonstoren

Babylonstoren's daily guided garden tour starts at the Farm Shop at 10am. One of the experienced gardeners will be your guide on this tour, during which guests are encouraged to pick, taste, smell and touch while walking through the garden. Each of the 300 plant varieties is edible or has medicinal value. The beautiful garden is not only pleasing to the eye, but also provides the restaurants with fresh produce, harvested daily. Babylonstoren's enthusiastic guides will share some of the garden's special stories with you and give practical gardening tips.





## Cape Karoo

Known for its wide-open spaces, the Cape Karoo is where you want to go when the pace of city life is something you want to escape. This is where you go to get off the grid.

A place of incredible beauty, wild game, clear skies and magical sunsets, the Cape Karoo has a number of Nature Reserves and game farms, boasting an abundance of wildlife. The Karoo National Park, for example, is home to black rhino, lions, and other wild game.

Another animal in abundance in the Karoo is sheep, who roam 'freely' around the area on large plots of land, sampling a wide range of indigenous, aromatic plants. As a result, the Karoo has become famous for its succulent and tasty lamb dishes. You need to sample some when in the area!

Perhaps the best way to see this ancient land is by train, with the luxurious Rovos Rail running through the area, as well as the more affordable Premier Classe, Blue Train and Shosholza trains. What better way to see this magical place than by train?

While in the area, be sure to visit Matjiesfontein, a tiny 19th Century town, seemingly untouched by time, and was once considered the jewel of the Western Cape.

### Must-do experience:

#### Stargazing:

Stargazing is a must when visiting anywhere in the Cape Karoo it only takes you to look up and view stars pinned against a black canvas. From open vast landscapes, to sunsets followed by open starry night skies. The Cape Karoo is an untouched region just waiting to be discovered by you.

## Cape Overberg

Lying between the Cape Peninsula and the Garden Route, the Cape Overberg is known as the 'breadbasket' of the Cape, because of its wheat fields and large harvest of fruits.

This is a place that boasts great diversity with coastal towns such as Hermanus, known as the jewel of the Cape Whale Coast for its abundance of marine wildlife, the beautiful Elgin Valley, an under-appreciated wine region and Swellendam, a jaw-dropping beautiful natural wonderland, coming to create a region unlike any other. With a landscape dominated by gentle, undulating hills, enclosed by the ocean and foreboding mountain ranges, the Cape Overberg is a favourite getaway for those seeking outdoor pursuits and adventure.

The region also boasts an abundance of animal life – both land and ocean dwelling – with the wild horses that roam the wetlands between Bot River and Kleinmond having been there for as long as people can remember and Hermanus a favourite breeding ground for the Southern Right whale. Visit the coastal town from May to October and you're virtually guaranteed a sighting of these magnificent ocean animals.

Walker Bay, meanwhile, produces the country's most southerly wine, while the region boasts fantastic seafood, artisanal cheeses, and much more for which to pair it with.

### Must-do experience:

#### Shark Cage Diving in Gansbaai

Shark cage diving is the best way to experience one of the ocean's most majestic, and feared, predators up close. Easily one of the most popular activities for those visiting Cape Town and the Western Cape, the small town of Gansbaai is arguably the best place to view these incredible animals. Known as 'Shark Alley', Dyer Island just off Gansbaai is a hot spot for viewing Great White sharks, giving you an opportunity to look them – and your fears – in the eye...



## Cape West Coast

The Cape West Coast (Weskus) is a place so awe-inspiring, so jaw-droppingly beautiful, and so magical, you would need weeks to take it all in. Stretching from Malmesbury, just outside of Cape Town, to the border of the Northern Cape at Touws River, the Cape West Coast is best known for its beautiful beaches and the quaint, seaside towns that populate the region.

Town such as Langebaan, Lambert's Bay, Paternoster and Saldanha have all become a home-away-from-home for many Western Cape locals and are havens for those looking to escape the city.

The region is also famous for its bountiful seafood, with snoek, mussels and crayfish in abundance and understandably the area has become a mecca for restaurants specialising in seafood dishes, the ingredients of which are usually fresh from the ocean in which they line.

But the Cape West Coast is not just about the sea and all things related to it! There are many wonders that lie inland with the aptly named town of Darling famous for its wildflowers, which are in full bloom over September, and its locally produced wines, while the Cederberg Mountains boast century-old rock art, warm, welcoming locals and some of the best hiking, mountain biking and bouldering in the world.

### Must-do experience:

#### Rocklands Bouldering

Situated in the Cederberg Mountains, Rocklands is a beautiful area in a semi-desert setting. Famous for its world class bouldering, there are a large variety of quality climbing options in both bouldering and sport climbing. All the sport routes are single pitch and you will have to do a small amount of walking to get to the different areas. Most of the original climbing is situated on Cap-eNature land and thus day or week permits must be obtained as permits for bouldering are not covered by Wild Cards. Depending on the time of year you visit, the Weskus can get pretty hot, so take along plenty of water.

## Garden Route and Klein Karoo

One the most beautiful, diverse and awe-inspiring regions in the country, the Garden Route and Klein Karoo is also one of the most-loved road trips to embark on. Stretching from Witsand to Plettenberg Bay, right around to Oudtshoorn as well as Calitzdorp and Ladismith on the world-renowned Route 62, this is a place where adventure lies around every corner.

With everything from majestic mountains – and equally impressive mountain passes – to brilliantly blue coastlines and thick forested areas, the region is a natural wonderland to explore with a hugely diverse number of experiences.

Route 62 runs through some fantastic small towns, with a number of options available to you – from olive and fruit farms, lesser-known, but equally impressive wineries, and nature reserves.

And while the Garden Route is often celebrated for its exquisite coastal beauty, brilliant beaches and marvellous lagoons, it is also a golfer's paradise with a number of world class courses on offer, including Fancourt and Pinnacle Point, with many designed by world famous golfers.

For the adventurous, there are few better playgrounds to explore, with a myriad of trails, running through indigenous forests and up epic, jaw-dropping passes, while for those who prefer the water are sure to be spoiled by what is on offer in Knysna, Wilderness and Plettenberg Bay.

### Must-do experience:

#### The Cango Caves

The Cango Caves are an iconic site and are both a cultural and natural landmark in South Africa. Dated to be around 20-millions years old, the caves are situated in the Swartberg Mountains, 30km outside of town, and are roughly one kilometre in length.





## Madiba Itinerary

The Western Cape is a hugely diverse province, a melting pot of cultures and heritage, all of which have had an impact on our landscape. Few people, however, have left a bigger impression than former South African President Nelson Mandela, both in terms of the Western Cape and the country as a whole.

'Tata' (father) Madiba as he is affectionately known is largely considered as having been the patriarch of the 'new' South Africa. The Western Cape, of course, is where he took his last steps in his 'long walk to freedom' and you can retrace those steps when you visit us.

### Day 1 Morning

#### Robben Island Museum

Madiba spent 18 years imprisoned on Robben Island, which is located just under 7km from off the coast of Bloubergstrand, Cape Town. His stay there has formed an important part of the narrative and it's the perfect place to start learning of not just his life story, but his fellow political prisoners. Be inspired by stories of former prisoners as they guide you through the prison hallways and around the island, which includes a visit to the Lime Quarry and the house of another famous political prisoner Robert Sobukwe. This three to five hour excursion is a life changing experience. [www.robben-island.org.za](http://www.robben-island.org.za)

#### Afternoon

##### Nobel Square at the V&A Waterfront

Based at the iconic V&A Waterfront, Nobel Square is where the statues of Nobel Peace Prize winners Mandela, Albert Luthuli, Archbishop Desmond Tutu and FW de Klerk stand side by side. It's a favourite photo spot for visitors and locals alike, while the ever-popular V&A Food Market is located a few feet away. After lunch, make sure you explore the Waterfront properly, which has more than 450 retail stores in the main centre and a further 150 in the Watershed market. [www.waterfront.co.za](http://www.waterfront.co.za)

##### Zeitz Museum of Contemporary Art Africa (MOCAA)

The newest jewel in the Mother City's crown, after having officially opened its doors to the public in September 2017, the Zeitz MOCAA has quickly become a popular attraction to both locals and visitors alike, bringing plenty of foot traffic to the up-and-coming Silo District. Boasting the largest collection of African art on the continent and rival the likes of the Tate Modern in London, MoMA in New York and Museo Nacional del Prado in Madrid, the museum itself is a work of art, having been constructed using the original grain silos. [www.zeitzmocaa.museum](http://www.zeitzmocaa.museum)

##### Cape Town City Hall

A newly-freed Nelson Mandela made his first public speech from the balcony of Cape Town City Hall on the 11th of February 1990. The speech became a defining moment of his legacy. A new larger than life Nelson Mandela statue was erected in his honour on the 24th July 2018 on the very spot he delivered his speech. The Cape Town City Hall is a large Edwardian building located on the Grand Parade, which was where tens of thousands of people gathered to hear and see Mandela address the country.

#### Evening

##### Mandela Rhodes Place

The iconic Mandela Rhodes Place hotel is located in the heart of Cape Town's cultural quarter, making it the perfect place to spend your first night exploring the great man's journey. The hotel also offers guests a timeline, displaying the life of Mandela in 14 sections, while a number of abstract portraits of Nelson Mandela are displayed in the corridors. [www.mandelarhodesplace.co.za](http://www.mandelarhodesplace.co.za)

### Day 2 Morning

#### Tour of Parliament

Enjoy a free tour of Parliament, where Nelson Mandela from the years 1994 to 1999 was the president of South Africa. Parliament located in the City Centre is open to the public, free of charge, and visitors can tour the floor where Mandela made historic speeches. There are also a number of free walking tours offered around the city that will provide you with a deeper understanding of Mandela as a man and leader. [www.parliament.gov.za](http://www.parliament.gov.za)

#### Afternoon

##### Mandela Memorial Square, Stellenbosch

The Mandela Memorial Square in Stellenbosch in the Cape Winelands is home to one of the lesser-known statues of Madiba. The design consists of iron silhouettes of Mandela's face applied to two sides of a wall. The eastern side also comprises a map of the eastern part of South Africa showing the places of importance in Mandela's life. The same applies to the western side of the wall (facing the town hall). A quote from Nelson Mandela's first opening of parliament speech connects the wall with a bench on the southern side. The Mandela image and the bench are illuminated at night.

##### Walking tour of Kayamandi

A walking tour of Kayamandi – which means "sweet home" in Xhosa – is part of Stellenbosch's Route 360 cultural tourism initiative. Tours run Monday to Saturday, from 10am till 1pm, starting at Stellenbosch 360's head office in town, from where you will walk to the taxi rank to catch a ride in a taxi to the township. Considered the second oldest township in the country, Kayamandi is a place of great contrast, and the tour will illustrate this as you walk through the paved streets and brick houses, to the narrow alleys between the shacks. Meet and engage with locals before dining with them later in the evening. [For more information: ann@stellenbosch360.co.za](mailto:ann@stellenbosch360.co.za)

#### Evening

##### Dine with Locals in Kayamandi

There is no better way to get to know somebody than by breaking bread with them. Dining with locals provides a unique opportunity to experience the rich and cultural diversity of Stellenbosch community, Kayamandi. Enjoy traditional African cuisine paired with exceptional wines in the company of the locals. Your host will take you on a great storytelling journey, told with vivacity and humour, while touching on customs, traditions and township life. Experience true South African hospitality in their company and emerge richer for it, simply by sharing a meal. [www.stellenbosch.travel/dining-locals](http://www.stellenbosch.travel/dining-locals)

##### Stay over Spier Hotel

Spier Hotel in Stellenbosch is the perfect stayover for families with the hotel pulling out all the stops necessary to ensure parents AND their kids have everything they need. The hotel – and greater estate – also enjoys strong ties to the outlying community. From social investment, outreach projects and upskilling of local staff, Spier invests heavily back into their work force and locals in the area. Staying here, you will quickly pick up on the sense of Ubuntu (humanity towards others), and it creates a wonderful atmosphere for both guests and staff at the estate. [www.spier.co.za/hotel](http://www.spier.co.za/hotel)

### Day 3

Route: N1 | take exit 59 from N1 | R301

#### Morning

##### Drakenstein Correctional Centre

Take a scenic morning drive to historic Paarl and visit the Drakenstein Correctional Centre where Nelson Mandela spent the last 14 months of his 27 years of imprisonment in a house on the property. Here, you will find a bronze statue of Nelson Mandela at the entrance of the prison, with a raised fist, signifying the freedom of a once oppressed country. [www.dcs.gov.za](http://www.dcs.gov.za)



# Cross Cape Cycle Route

The Cross Cape Cycle Route is the perfect way to see the Western Cape. Stretching from Plettenberg Bay on the Garden Route to Stellenbosch in the Cape Winelands, you will be challenged by long, steep climbs and rewarded with fast descents into lush, green valleys.

The Western Cape is currently in a drought and while some regions are worse affected than others, please remember to be water wise, save a like a local, and of course, travel responsibly. This seven-day itinerary below highlights areas most affected by the current drought and we suggest when, and where, to stock up on fluids and when to carry in with you.

Be mindful, be aware, and please, be responsible.

## Day 1

### Plettenberg Bay to Knysna: 80km

Begin your trip in the coastal town of Plettenberg Bay and enjoy dinner at Enrico's Italian restaurant, to get in some much-needed carbs the night before. You will need them!

Your first day of riding will be a good sign of what to expect for the duration of your stay. Steep climbs – a mix of tar and dirt – to start you off, before your legs are given a rest on some fast downhill sections. Keep an eye out for the notoriously shy elephants that roam the indigenous forest, before taking on one last big climb and then an epic downhill stretch into Knysna.

Once in Knysna, make sure you put your feet up for a bit before heading out to dinner at the Cruise Café located at the Knysna Waterfront.

## Day 2

### Knysna to George: 80km

Start your ride with Knysna Lagoon at your shoulder, before turning off onto some gentle jeep track ahead of some seriously big climbs. This section of the route offers a great mix of indigenous forest, dairy farms, and country roads, before finishing up in the town of George. Make sure you book a room at Fancourt Golf Estate. Book some time in the spa, enjoy some drinks at the Club House, before finally heading down to La Cantina for dinner and an early night. Fuel up in the morning with a fabulous buffet breakfast at La Cantina before heading back to your bike and the trails!

## Day 3

### George to Oudtshoorn: 80km

You are about to leave the lush, green forests behind you as you enter the drier, but no-less beautiful Klein Karoo. Steel yourself for the climb up the majestic Montagu Pass, which will certainly drain the legs, but also reward you with magnificent views and lush ferny vegetation. Of course, what comes up, must come down, and the second half of this section is far more forgiving than the first.

Once in Oudtshoorn book yourself in at the Buffelsdrift Game Lodge and make sure you try out the luxury tented accommodation, which is perfect for a rugged traveller like yourself. And if you're up for it – we know you will be – enjoy an evening game drive, where you are guaranteed to see some of the fabled Big Five animals. Finally, enjoy a sumptuous meal at the Bello Cibo restaurant before retiring for the night.

## Day 4

### Oudtshoorn to Rooiberg: 127km

The vegetation spreads out on this section of the route and best you be prepared for a long day in the saddle. The Rooiberg Pass will be your big challenge for the day – if you choose to take it on – an 11 km climb on loose, rough terrain. If it rains, it could be an even longer day than you prepared for, but never fear, there is a magic lodge nestled in the mountain – perfect for you to put your feet up after a tough day of riding.

Accommodation for the night is at the fantastic Ra Molopo Lodge where you can enjoy fine dining on lavish buffets or a la Carte in the restaurant for breakfast, lunch or dinner. In summer, have your dinner on the deck, before reliving the day's riding around a moonlit campfire.

## Day 5

### Rooiberg to Swellendam: 169km

Have a hearty breakfast before leaving Rooiberg, because this is the longest section of the route and we would recommend you consider hopping on and off here – it's a tough ride with some long stretches of road. But it's not without its rewards, including the fantastic section through the Duiwenhoks Valley and a ride-by of the oldest farmhouses in the district. The tar road from Suurbraak to Swellendam offers a welcome respite at the end of the day.

After a long day in the saddle, you will want some real downtime and A Log Home in Swellendam will give you just that. Off the grid, this self-catering log home is the perfect stopover, with a small pool to soak your weary feet, a comfortable sitting area and a lovely outside area, complete with a big fire pit for cooking. Here you can truly put your feet up with nobody to bother you as you unwind after your big ride.

## Day 6

### Swellendam to Greyton: 106km

Follow the Breede River, across rolling terrain, through grain fields, before turning off to follow the Riviersonderend River towards Greyton. Swellendam is famed for its natural beauty and eateries along the main road and we would advise taking your time to soak it all in. Be sure to make a pit stop at Die Ou Meul pie shop for a vital refuel before flying into the finish line.

Greyton is a lovely little town, with wonderful warmth of character and welcoming hosts. Your accommodation for the night – the Post House – has a great bar on site where you can enjoy a couple of drinks before heading down to Searle's Trading Post for dinner. The restaurant is about 100 metres down the stretch, so even your tired legs will make it with time to spare.

## Day 7

### Greyton to Stellenbosch: 107km

If you've made it this far without hopping off, congratulations, you're a biking machine and clearly up for the challenge. This section of the route has a fair bit of tar and two iconic passes for you to get over – the Franschoek Pass and Hellschoogte (applied named we assure you). Make sure you sample some coffee and cuisine in the town of Franschoek, before summiting and free-wheeling down into Stellenbosch for a well-earned rest.

For more information visit: [www.capecyclerroutes.co.za](http://www.capecyclerroutes.co.za)

**CAPE  
CYCLES  
ROUTES**



## Overberg Meander

Nestled between the Cape Peninsula and the Garden Route, the Cape Overberg is a place of unsurpassed beauty, fondly referred to as the 'breadbasket of the Cape' due to its bountiful harvests of wheat and fruit. The latest addition to the Cape Cycle Route network, The Overberg Meander, is an exploration of a region that is a playground for those seeking adventure and the great outdoors.

Made up of towns such as Swellendam, Cape Agulhas, Elim, Hermanus and Grabouw, the Cape Overberg boasts a landscape that is dominated by gentle, undulating hills, deep, green grass and golden wheat fields enclosed by the ocean and foreboding mountain ranges, making for great adventure activities.

### Swellendam to L'Agulhas

Swellendam is one of the oldest towns in South Africa, set against the backdrop of the gorgeous Langeberg Mountains. Visit Wldebraam Berry Estate for some liquor tasting before making your way along undulating gravel roads, wheat fields, and sun-kissed canola fields in bloom from the start of July, up until mid-October.

En-route to L'Agulhas – the southern-most point in Africa – make a detour into Bredasdorp for a quick dip in the Breede River, before refilling your water bottles and replenishing your supplies. Take caution on the tarred road between Bredasdorp and Struisbaai and stay in single-file.

Once through Struisbaai, stop for a mandatory selfie at the Southern-most point of Africa, which is also where the Indian and Atlantic Ocean meet. Refuel with the local food and get some well-deserved rest.

### L'Agulhas to Napier

This section of the Overberg Meander is made up pre-dominantly of gravel roads, periodically broken up by a few, short sections of tarred roads. The lovely little town of Elim – which was first established as a Moravian Mission Station in 1824 – is a logical halfway stop for replenishing your supplies.

Make sure you stop off at one of the wine estates along the Elim Wine Route. The route is made up of six wineries - Zoetendal Winery, Quoin Rock, The Berrio, Black Oystercatcher Strandveld Vineyards, home of First Sighting wines and Lomond – and they boast some delicious red, white and rosé wines.

Turning onto Elim road, you will encounter the first "climbs" of the day, surrounded by stretches of unspoilt fynbos (natural shrub land), before rolling past wheat and barley fields into the town of Napier – your home for the evening.

### Napier to Tesselaarsdal

Depart Napier in a westerly direction, making sure to keep an eye out for the turnoff to Sandy's Glen, which is roughly 11km out of town on the R316. A sharp left off the tarred road leads to an immediate climb into the fynbos strewn mountains of the Cape Overberg.

This 80km ride is made up of detours and possible options for you to cycle. Although not officially part of the Overberg Meander, Stanford is too good of an opportunity to pass up, with craft beer, wine, coffee, artisanal gin and food stops in abundance. Re-fuel your tired body before climbing the short and punchy Akkedis Pass, a 7km tarred climb on the R326. Turn off the tarred road once again in a westerly direction before embarking on more climbing, which will take you up and over the road into the Hemel-en-Aarde Valley and your base for the night.

### Tesselaarsdal to Elgin Valley

This is arguably the toughest section of the route, but also the most scenic, taking you past award winning vineyards of the Hemel-en-Aarde valley. You will have the option to detour into the bustling coastal town of Hermanus, or the second optional detour via the protected Kogelberg Biosphere Reserve, which forms part of the Cape Floral Kingdom a UNESCO World Heritage Site and ending up in the picturesque valley of Elgin.

Ensure that you are well rested before you take on the rough and corrugated Highlands road climb, which will reward you with panoramic vistas extending over the Cape Whale Coast, as well as the Groenlandberg mountains.

Stop off at the iconic Peregrine Farm Stall and reward yourself with a freshly baked pie and artisanal coffee or fresh pressed apple juice, before crossing the N2 highway on your way to the Elgin Railway Market that takes place every Saturday and also where you will end your Overberg Meander journey.

Ensure that you are well rested before you take on the rough and corrugated Highlands road climb, which will reward you with panoramic vistas extending over the Cape Whale Coast, as well as the Groenlandberg mountains.

For more information visit [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)

CAPE  
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## Cycle Tour 364

Cycle Tour 364 takes you over 123.3km through all the trendiest Cape Town hotspots, over Chapman's Peak to the Cape Point Nature Reserve, and back again all in one day. Filled with awe-inspiring views, intense hill climbs and unforgettable adventures.

### Waterfront to Hout Bay

As you leave the V&A Waterfront development it is prudent to keep the ocean to your immediate right and not at all a bad idea to use the bike path/ sidewalk for as long as possible. This will take you all along the Atlantic seaboard promenade past the Mouille Point Lighthouse and through Sea Point. The road is narrow as you pass through trendy Bantry Bay, Clifton and Camps Bay, with their popular beaches, restaurants and bars. You then find yourself following along the base of the Twelve Apostles until it rises up and over the Nek at Llandudno. The Valley of Hout Bay opens up in front of you as crest and the ride down and through the village to the beach offers numerous opportunities to be distracted.

### Hout Bay to Brakkekloof

With the beach stretching out to your right you begin the climb up spectacular Chapman's Peak Drive. It hugs the mountain and seems to be tacked onto the cliff face as you round the top and descend the other side. Just as you think it cannot get any better, the views of Noordhoek Beach stretching into the distance are guaranteed to take your breath away. From here the road is flat all the way to the Sun Valley/Brakkekloof intersection which marks the end of this section.

### Brakkekloof to Cape Point Gate

From the Sun Valley/Brakkekloof intersection you climb up Black Hill for the first glimpse of False Bay at Glencarin. Then it's on to Simon's Town, which has a long naval history, made apparent by the dated gun placements. As you approach this quaint Victorian-looking town, complete with pubs, fish and chip shops and tea rooms, the road winds past Boulders Beach and its famous penguin colony. The trees on the golf course give a good indication as to the prevalent wind direction. The final Smitswinkel climb, Cape Point can be seen stretching out ahead of you. At the top of this incline is the entrance to the Cape Point Nature Reserve.

### Cape Point Gate to Brakkekloof

Baboons are often seen foraging along the road on this section. The wind either blows from behind or into your face. The road swoops down past Scarborough, where you once again reach the coast. It is truly sublime riding through Misty Cliffs. There are some choice surfing spots all along here. The final hill climbs up the back of Kommetjie, and its landmark Slanghoek lighthouse. Then it's down through the village, before the long straight past Ocean View and Masiphumelele, and back to the Sun Valley/Brakkekloof intersection.

### Brakkekloof to Hout Bay

From Brakkekloof/Sun Valley intersection it is a flat cruise to Noordhoek Village, nestled against the side of the mountain. Here you could easily swap your bike for a horse and gallop across the beach. Or just enjoy coffee and eat delicious pastries at the Noordhoek Farm Village, which boasts a number of restaurants and shops. Chapman's Peak Drive starts with a preliminary hill opening, up vistas, down Long Beach, and back to Kommetjie. Before turning the corner and starting the more substantial climb of the course, with dramatic drop-offs to the ocean below. Look out for surfers and the shark spotter who keeps vigil. This is a most worthy and memorable climb and the descent to Hout Bay is truly exhilarating.

### Hout Bay to Waterfront

The infamous Suikerbossie climb out of Hout Bay is quite busy, but has a good wide shoulder. The exclusive beach suburb of Llandudno offers up a panoramic ocean view. It is complemented by the sight of Lion's Head and the back of Table Mountain as you continue on towards Camps Bay. The vibrancy of city life is evident as you pass the beaches and eateries and private balconies of this Riviera-like part of Cape Town. As you reach Sea Point it is a good idea to slow down and meander along the bike signposted V&A Waterfront, where your journey ends.

For more information visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)



## Cederberg Circuit

Cederberg Circuit takes you over 247km through winding historical mountain passes, past crystal clear rivers and unique nature reserves. This route can be done in 3 – 6 days.

### Citrusdal to Algeria

Leaving Citrusdal, the Ou Kaapse Pad takes you out on the eastern bank of the Olifant's River. It's easy and flat for a time, winding between the green orchards of the citrus farms that dominate the economy in this area. Just 20km out, you pass by the oldest orange tree in the southern hemisphere. You might consider a swim at the low-level bridge off to the left at 27km, as the temperatures around here can soar upwards of 50°C. At the Clanwilliam dam you turn right up the Rondegat River Valley and start climbing all the way to Algeria. This brings you to the Cape Nature campsite, where you can buy hiking permits and check into comfortable accommodation. Look out for a change in the road surface as it unexpectedly turns to brick paving for the last few kms, to the base of Uitkyk Pass.

### Uitkyk Pass to Mount Ceder

From the end of the paved road, the Uitkyk Pass rises sharply and winds spectacularly up the side of the mountain. As you hit the top you can get your last cell phone signal. While you make that final call, you can gaze over the majestic mountain peaks to the north or down the Driehoek valley to the south. The next section presents a fairly rough road surface all the way to Cederberg Cellars for 96km. There is a small shop and wine tasting is on offer - it's well worth a visit. 3km farther there is a right turn, and the road rises sharply before dropping down a steep descent to Krommviervier resort where you can swim in the stream and order an ice-cold beverage. As you pass through the gates be sure not to end up in the same pen as the Anatolian sheep dog, as he is a little protective. There are some cave paintings off to the right at Truitjieskraal, but you will need a permit, which is obtainable at the farm. From here there is still a 5km climb before heading down to Mount Ceder Resort.

### Mount Ceder to Op Die Berg

From Mount Ceder, on the banks of the Grootrivier, there is a 5km descent, which you zoomed down yesterday. Today, however, you will be climbing 5km to get out of the Blinkberg Pass, between the Skurweberge and the Swartruggens mountains. As the land flattens somewhat there are beautiful rock formations seemingly scattered about with innumerable 'gargoyles' keeping watch. The road now turns to tar and the pace picks up all the way to the T-Junction, where the Op Die Berg village is to the left and the route continues to the right.

### Op Die Berg to Citrusdal

The first 40km is on tar and is relatively flat, but this is the Koue Bokkeveld and is not for the faint hearted. It can be hellishly hot or freezing cold, and if there is a headwind it can be really tough. As the mountains close in from both sides, the road turns to gravel and winds howl through a narrow valley before you climb the Middelberg Pass. The views across to Middelberg Peak, Meulenskop and the Elandkloof valley are brilliant. Easily as good as the descent, which is often rough and skittish. One should take care on the tar road, which is a screamer all the way into Citrusdal and the finish.

For more information visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)





## Discover the luxury game reserves in Cape Town and the Western Cape

There are a number of game reserves in Cape Town and the Western Cape with some just 2 hours outside of Cape Town. You can experience the iconic Big Five, made up of the lion, leopard, rhino, elephant and buffalo, not that they need an introduction! Other interesting wildlife such as the Cape Zebra, giraffe, wildebees, and springbok can also be viewed while on safari. Many of these game reserves offer luxury accommodation with guided safari tours and restaurants offering world class dining experiences.

### Gondwana

Only 25km outside of the popular holiday destination town of Mossel Bay lies Gondwana. A fynbos reserve that's home to free roaming Big Five game as well as endangered species like the Cape Mountain Zebra and black harrier.  
[www.gondwanagr.co.za](http://www.gondwanagr.co.za)

### Botlierskop

In close proximity to Moordkuil River near the beautiful coastal town of Mossel Bay, Botlierskop Private Game Reserve is also home to the Big Five. For the brave, one can even take a guided walk alongside Lions. Luxury tented accommodation available.  
[www.botlierskop.co.za](http://www.botlierskop.co.za)

### Garden Route Game Lodge

The Garden Route Game Lodge is only three hour's drive from Cape Town and situated close to the Aloe producing town of Albertinia. This private game reserve is home to a richness of animal and birdlife including the Big 5. Visitors to the Garden Route Game Lodge can enjoy game viewing in open Landrovers and luxury accommodation.  
[www.grgame lodge.co.za](http://www.grgame lodge.co.za)

### Inverdoorn Game Reserve

Located in close proximity to the historic town of Ceres one can find Inverdoorn Game Reserve. Inverdoorn provides a home to 1 200 animals. One can visit the Big Five on safaris or stay at the beautiful Iziba Safari Lodge.  
[www.inverdoorn.com](http://www.inverdoorn.com)

### Aquila Private Game Reserve

Situated only 2 hours outside of Cape Town, close to Touws River, is Aquila Private Game Reserve. Aquila Private Game Reserve offers a Big Five safari experience with views of the Ceres Mountains and landscapes. The accommodation facilities are decorated in African style with earthy colours and with wooden furniture, all units feature an outdoor shower.  
[www.aquilasafari.com](http://www.aquilasafari.com)

### Sanbona Wildlife Reserve

Located at the foot of the Warmwaterberg Mountains near Montagu in the Cape Winelands you will discover Sanbona Wildlife Reserve. The Reserve stretches over 54 000 hectares of beautiful mountains and plains, with indigenous flora and fauna, rock formations and rock art. This reserve is home to an impressive selection of wildlife, which includes the Big Five and the rare free roaming white lions.  
[www.sanbona.com](http://www.sanbona.com)

### Kagga Kamma

Experience breath-taking views over Ceres and the Cederberg when visiting Kagga Kamma. Game drives can be done either morning or night. This 15000ha reserve allows one to spot wildlife such as the Black Wildebeest, ostrich, zebra, springbok, Red Hartebeest, bontebok, gemsbok and other antelope species including the eland. If you are lucky you might even spot the lynx, black backed jackal or even the mysterious Cape Mountain Leopard.  
[www.kaggakamma.co.za](http://www.kaggakamma.co.za)



## Discover where we came from: Discover the origins of human culture

Africa is the continent that gave birth to humankind. Some of the oldest human fossil bones were discovered in Gauteng province, South Africa, in an area north of Johannesburg now called the Cradle of Humankind.

While the dawn of biological humankind began in the limestone caves of northern Gauteng, our human story continued and developed more south, in the Western Cape province. It is here that we have some of the first evidence of humans starting to explore their potential for social, behavioural and cultural innovation. Archaeological evidence shows that this was one of the first places where our ancestors worked with fire to create better tools, where we started regularly eating seafood that may have allowed for our brains to develop, and where we started to express ourselves creatively and express spirituality.

This is where our modern-day culture began and where our ancestors started shaping our future through their behaviours.

This is the Cradle of Human Culture, and it's not just a place or even a destination, but a journey of self-discovery.

## Discover yourself

A trip to the Cradle of Human Culture in the Western Cape does not start or end with these three sites only. The evolution of our human culture can be experienced across the whole province. So take a road trip and time travel through the Western Cape. Explore sites like the West Coast Fossil Park (which has the largest concentration of fossils dating back 5-million years) and the famous Cango Caves in Oudtshoorn. Then experience the present and immerse yourself in the incredible collection of contemporary African art at the Zeitz MOCAA at the V&A Waterfront in Cape Town. These are just a few of the many amazing attractions in the Cradle of Human Culture that will fascinate you and change the way you see yourself. So start planning your road trip of a lifetime today.

## Discover the three main sites

The Cradle of Human Culture is rooted in three main archaeological sites in the Western Cape. These sites preserve some of the world's earliest evidence of the evolution of modern human behaviour.



**Diepkloof Rock Shelter**, east of Eland's Bay - contains some of the earliest evidence (dating back 60 000 years) of the human use of symbols, in the form of patterns engraved onto ostrich egg shell used as water containers. Diepkloof is unfortunately not open to the public, but there are many other surrounding historical and archaeological places to visit that link to this site, amongst which Eland's Bay Cave with beautiful rock paintings. Refer to the map.



**Blombos Cave**, on Blombosfontein Private Nature Reserve, close to Stilbaai, is where a small stone flake marked with intersecting lines of red ochre pigment (dated to around 73 000 years ago) was found. This artefact represents, what archaeologists have called, the oldest-known example of human drawing. Blombos Cave is unfortunately not open to the public, but a current exhibition at Iziko South African Museum explains its history and findings. Refer to the map.



**Pinnacle Point**, in Mossel Bay, - presents some of the oldest evidence of heat treatment of rock. The record from this world renowned archaeological site shows that humans were regularly eating seafood at about 162 000 years ago. Pinnacle Point is open to the public and offers tours with local guide Mr Christopher Jantjies or Dr Peter Nilssen. There are also many other surrounding historical and archaeological places to visit that link to this site. Refer to the map.  
[www.humanorigins.co.za](http://www.humanorigins.co.za)



cradle of human culture  
discover yourself  
[cradleofhumanculture.co.za](http://cradleofhumanculture.co.za)



## Discover Cape Malay Experiences in Cape Town and Western Cape

The Cape Malay community is rich in culture and religious traditions that have played a major role in shaping the history and diversity of Cape Town.

### Cape Town Itinerary

#### Day 1

**Discover Bo-Kaap's colourful houses and cobbled streets**

##### Morning

Discover the colourful, vibrant and historic Bo Kaap. Experience the best Malay cuisine can be found in the Bo Kaap. Go on a cooking tour and learn how to fold samoosa's and mix masala for that perfect pot of Cape Malay Curry.

[www.bokaapcookingtour.co.za](http://www.bokaapcookingtour.co.za)

##### Afternoon

Discover the Bo-Kaap on foot with a traditional Bo-Kaap tour. Visit the Bo Kaap Museum which showcases local Islamic culture and heritage. Walk down cobbled street ways and meet friendly locals.

##### Evening

Enjoy shopping at the Cape Quarter for exclusive boutique stores.

[www.capequarter.co.za](http://www.capequarter.co.za)

Have a delicious traditional meal at the Atlantic Express Train Restaurant in Sea Point Cape Town for a unique Malay experience.

[www.trainrestaurant.mycylex.com](http://www.trainrestaurant.mycylex.com)

#### Day 2

##### Kramats

Kramats is referred to the burial sites of Muslim Saints. These beautiful burial sites can be visited on a day trip.

##### Morning

Discover the Kramat of Sheikh Yusuf in Faure Macassar near Cape Town. Sheikh Yusuf, known as the father of Islam in South Africa, was an Indonesian Muslim first exiled to the Cape as a prisoner by the Dutch settlers. He was also the first to read the holy Qur'an in South Africa and shortly thereafter the first Muslim community was created in South Africa.

The Kramat of Sheikh Mohammed Hassen Ghaibie Shah at Qadri at Signal Hill Road in Cape Town. This beautiful Kramat is situated at the top of Signal Hill. The white square structure with a green dome was built to look like a mini mosque.

##### Afternoon

The Kramats of Sheikh Abdurahman Matebe and Sayed Mahmud in Constantia Cape Town were two religious leaders who were exiled to the Cape as prisoners of the Dutch settlers. Enjoy gourmet dining at Taj Mahal in Hout Bay

[www.tajmahalrestaurant.co.za](http://www.tajmahalrestaurant.co.za)

The Kramat of Tuan Guru in Bo Kaap cemetery was a prince from the Trimate islands who was exiled to Robben Island, where he wrote a book on Islamic Jurisprudence as well as several copies of the holy Qur'an from memory.

##### Evening

Enjoy a shopping experience at Canal Walk shopping mall just outside of Cape Town CBD with a number of boutique, and retail stores to shop at. Enjoy gourmet cuisine at an array of restaurants and delicious local dishes.

[www.canalwalk.co.za](http://www.canalwalk.co.za)

#### Day 3

##### Koeksister Run

##### Morning

The Cape Flats described as the Apartheid dumping ground from the 1950's and beyond this area became known to a people's group called "non-white".

This unique route kicks off with traditional Koeksister and coffee at a Guest House or a local home

Visit the Freedom Fighters memorials such as Trojan Horse, Robert Waterwich & Coline Williams and The Memorial Park paying homage to these brave men and women who fought the fight against Apartheid, this is where a poet will tell real life stories of these heroes.

The Cape Flats is a hub where children and adults dance from Ballet to Hip hop and perform for audiences local and abroad

##### Afternoon

Lunch break either at a local eatery or with a local family

A walk through the Spice Route-Gatesville to experience local culture at its best to taste see and smell the spices

Also visit a local school in the area depending on availability or an Old Age Home where seniors living in the area may come for a daily meal and entertainment

The day ends with a home-made meal with a family or one of the many traditional takeout dens like Wembley or Golden Dish

[www.rhondastourscapetown.co.za](http://www.rhondastourscapetown.co.za)



## Discover New Experiences

### Cape Town

#### The Alba Restaurant

Alba Restaurant is a first for Cape Town and is unique in every way, here's why! The Alba Restaurant is a floating restaurant. Enjoy a fine dining restaurant experience while floating on the waters of the Table Bay Hotel. This 72 seater restaurant is designed to be stable and smooth in the water, with floor to ceiling glass windows which results in great views regardless of the weather.

[www.thealba.co.za](http://www.thealba.co.za)

#### Cape Camino

Walk for seven days along the Cape Camino route with 16-20 other walkers. Visit diverse sacred spaces, neighbourhoods and communities and magnificent terrain around the Cape peninsula. Group Caminos offer individual pilgrims and small groups, who seek the solitude of a personal journey, within the comfort and company of other like-minded walkers, sharing accommodation, food, wine, stories, laughs and blisters. Both guided and self guided days available. Plus a range of options such as backpacker shared, homestay or private guesthouse accommodation.

[www.capecamino.co.za](http://www.capecamino.co.za)

#### Norval Foundation

New to the art scene in Cape Town is the Norval Foundation for art and cultural expression located in Steenberg. Visitors can enjoy a sculpture garden, an outdoor amphitheatre, research library, an on-site restaurant that serves classical South African cuisine and The Apartment is also available to rent for an exclusive "night at the museum" experience.

[www.norvalfoundation.org](http://www.norvalfoundation.org)

#### Cape Town City Hall

A newly-freed Nelson Mandela made his first public speech from the balcony of Cape Town City Hall on the 11th of February 1990. The speech became a defining moment of his legacy. A new larger than life Nelson Mandela statue was erected in his honour on the 24th July 2018 on the very spot he delivered his speech. The Cape Town City Hall is a large Edwardian building located on the Grand Parade, which was where tens of thousands of people gathered to hear and see Mandela address the country.

#### FYN Restaurant

Peter Templehoff's latest venture is situated in Church Square with view of Lion's Head and Table Mountain, and is headed up by executive chef Ashley Moss (Greenhouse) and Jennifer Hugé (former manager of La Colombe). Not much is known about this venue, but the menu is said to draw from South Africa's culture, lore and society.

[www.fynrestaurant.com](http://www.fynrestaurant.com)

#### Battery Park

Battery Park is a new urban park that forms the gateway to the V&A Waterfront. Officially opened in October 2018 this is where visitors can engage in a range of outdoor recreation, entertainment and retail activities in various levels of public spaces.

[www.waterfront.co.za/battery-park](http://www.waterfront.co.za/battery-park)

#### The Athletic Club & Social

A moody new restaurant inspired by the '20s and '30s has opened its doors on Cape Town's Buitengracht Street. Offering three storeys of entertainment and decor bliss, Athletic Club & Social is a carefully curated space, drawing on the nostalgia of a bygone athletic era, showcasing vintage sporting equipment, trophies and old photographs as part of its "Wes Anderson-eque" look.

<https://theathletic.co.za>

### Cape Garden Route & Klein Karoo

#### Featherbed Eco Experience

The Featherbed Eco Experience has officially reopened on 1 December 2018 after the 2017 Knysna Fires.

There is no better way to experience the rejuvenation of nature than taking a journey with a qualified guide through the Featherbed Nature Reserve. The tour includes a return ferry trip on the Knysna Lagoon to the Western Head, 4x4 vehicle & trailer drive up the headland onto the Reserve, stopping at spectacular viewpoints and optional guided 2.2km walk through coastal forest and fynbos into ancient sea caves. This experience is suitable for all ages.

[www.knysnafeatherbed.com](http://www.knysnafeatherbed.com)

### Cape West Coast

#### Cederberg Circuit

Cederberg Circuit takes you over 247km through winding historical mountain passes, past crystal clear rivers and unique nature reserves. This route can be done in 3 – 6 days.

[www.capecycleroles.co.za](http://www.capecycleroles.co.za)

#### West Coast Fossil Park

West Coast Fossil Park has a new visitor centre which enhances the visitor experiences at this unique location. The West Coast Fossil Park near the coastal and popular holiday destination of Langebaan, has one of the world's richest concentration of fossils dating back to the early Pliocene era some five million years ago. Discover the story when once sabre-toothed cats roamed this land, along with short-necked giraffes, four-tusked elephants and strange, three-toed horses.

[www.fossilpark.org.za](http://www.fossilpark.org.za)

#### Heritage Centre at Khwa ttu

On Heritage Day, 2018, the only heritage centre in the world dedicated to the San opened at !Khwattu.

The Heritage Centre building at !Khwattu is co-curated by San communities and serves as a vibrant demonstration of culture and beliefs and the digital archive will link you to one of the most recorded indigenous group in existence.

[www.khwattuheritagecentre.org](http://www.khwattuheritagecentre.org)

#### Cradle of Human Culture

The Cradle of Humankind is where humans originated, its home to the oldest discovered hominin fossils in the world. The Cradle of Human Culture is different. It is a combination of various locations where visitors can see tools and artefacts dating back to a 110 000 years. Be transported back in time, so we can better understand how modern day culture developed.

[www.cradleofhumanculture.co.za](http://www.cradleofhumanculture.co.za)

### Cape Winelands

#### Bosjes

Located near the historic town of Worcester lies something truly magical and unique surrounded by the inspiring Slanghoek and Waaihoek mountain ranges. Bosjes meaning "small bushes" in Dutch is the new name given to the old Bosjes-man's Valley Farm dating back to 1790. The striking new chapel designed by Coetzee Steyn from Steyn Studio is the highlight to many visiting.

[www.bosjes.co.za](http://www.bosjes.co.za)

#### Wine Valley Safari

The Wine Valley Safari offers a safe, reliable, convenient and extremely fun transport in an open-air safari vehicle. Guests have the option to choose from self-guided hop-on hop-off routes to pre-packaged wine tasting tours. There is no better way to explore the Robertson Wine Valley.

[www.winevalleysafari.com](http://www.winevalleysafari.com)

#### Sante Wellness Retreat and Day Spa

Sante Wellness Retreat is the ultimate sanctuary for anyone who wants to re-energize, rejuvenate and revitalize the mind, body and soul.

[www.santeretreat.co.za](http://www.santeretreat.co.za)

### Cape Karoo

#### Heuningland Karoo Trail - Karoo Camino

Follow in the footsteps of Sylvester the lion, by walking a circular route for about 100 km over four days through the beautiful and tranquil Karoo. This trail will revitalize your soul as you take in the natural surrounds and clear starry night skies. The hiking trail will be clearly marked and every one walks at their own pace.

[www.heuningland.com](http://www.heuningland.com)

### Cape Overberg

#### Elgin Rail Market

The Elgin Valley is an ideal week-end getaway destination for nature lovers, wine enthusiasts, culinary explorers and adventure seekers. The Elgin Rail Market officially opens on the 16 June 2018, this is an art deco and art nouveau inspired market. A host of local traders will be available in a very interesting space.

[www.elginrailwaymarket.co.za](http://www.elginrailwaymarket.co.za)

#### Overberg Meander

The newly launched Overberg Meander forms part of the Cape Cycle Route network. Pedal through the rolling hills of the Swellendam Valley with the Langeberg Mountains as your backdrop, as you arrive at the southern-most tip of Africa at Cape Agulhas as you embark on your Overberg Meander journey. Stop over at the historic town of Elim – a former Moravian Mission station – and sample the unique vintages of the Elim Wine Route, the southern-most wine route in South Africa. Discover the quaint, idyllic village of Stanford, a quiet town that despite its size punches well above its weight in the production of craft beer and artisanal gin and produce. Cruise into – and through – the aptly-named Hemelen-Aarde Valley (Heaven on Earth), before finishing your journey in Elgin Valley, a gem of the Cape Overberg – an adventure traveler's dream, with some of the most epic mountain biking trails; with wine thrown in for good measure.

[www.capecycleroles.co.za](http://www.capecycleroles.co.za)

#### The Iconic Map of Africa Monument

The Southernmost tip of Africa has a new must-see iconic attraction, the iconic Map of Africa Monument in the Agulhas National Park in the Southern Overberg region of the Western Cape. The symbolism of the map pays homage to the mighty African continent and boasts a circumference of 30 metres. The monument design shows the direction of the compass and includes representation of several African landmarks. It also lends itself to walking meditation or quiet contemplation while visitors behold the majestic confluence of the two mighty oceans – the Atlantic and Indian Oceans.

[www.sanparks.org/parks/agulhas](http://www.sanparks.org/parks/agulhas)



# Accommodation, tour operators and restaurants

## African Wildcats Charters & Tours

African Wildcats Charters & Tours is a full service tour and charter company in South Africa. We are based in Cape Town and specialise in transportation services. We pride ourselves in thinking of your needs and comfort and we are dedicated to satisfying our customer's needs and honouring commitments that we have made to them. We currently have a fleet consisting of 12 vehicles. We offer a 24/7 service and ensure that our professional team provides a safe and prompt service.

We also offer ad-hoc services outside of the normal scheduled tours and transfers.

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Contact Number: +27 (0) 82 786 5002  
Website: [www.africanwildcatscharter.co.za](http://www.africanwildcatscharter.co.za)



## Islamic Travel & Tours

Our philosophy is simple – help create valuable experiences and provide outstanding client service. Through our dedication to this philosophy, we aim to offer you unique South African experiences that will live with you forever. We know that no two clients are the same and that's why we are committed to providing services tailored to your individual needs. We cater to the complete needs of the Muslim traveller and offer the same quality of service to clients of all religious and cultural backgrounds.

Email: [info@islamictravelsandtours.co.za](mailto:info@islamictravelsandtours.co.za)  
Contact Number: +27 (0) 83 284 7867



## The Cape Mazaar Society

The Cape Mazaar Society was formed in January 1982 initially for the upgrade and maintenance of the Shrine of Sheikh Abdurahman Matura (R.A.) on Robben Island. However the name chosen "The Robben Island Mazaar (Kramat) Society" was rejected by the old Prison Authorities. Changing the name to "The Cape Mazaar Society" meant that we now had to look at all the Kramats in the Western Cape as custodians. Mohammed Ameen Dhansay is a registered Tour Guide for the Western Cape and Eastern Cape and offers Kramat Tours across the Western Cape.

Email: [info@capemazaarsociety.com](mailto:info@capemazaarsociety.com)  
Contact Number: +27 (0) 21 699 0500  
Website: [www.capemazaarsociety.com](http://www.capemazaarsociety.com)



## Centurion Travel & Tours

Established in 1999, Centurion Travel & Tours is a fully fledged Inbound Tour Operator with its own fleet of vehicles servicing international leisure markets. We offer a wide selection of high-end luxury services, which include:

Customised Family Holidays, Honeymoon Packages, Group and FIT Packages, MICE – Meetings, Incentives, Conferences and Events, Scheduled and Private Day Tours, Accommodation – 3 star to 5 star luxury – Hotels, Villas and Lodges, Chauffeurs, Transport and Ground Handling Services and Domestic Flights.

Contact Person: Nisreen Bulbulia  
E-mail: [nisreen@centuriontours.co.za](mailto:nisreen@centuriontours.co.za)  
Contact Number: +27 (0) 21 936 3466  
Website: [www.centuriontours.co.za](http://www.centuriontours.co.za)



## Ilios Travel

Ilios Travel is a full-service national tour and transport operator with offices in the Western Cape, Eastern Cape, Kwa-Zulu Natal, Gauteng and Kruger region with a variety of experienced staff who are trained and dedicated to service excellence. Ilios Travel has continuously expanded its footprint in South Africa, ensuring a national presence, not only providing operational and logistical support to our clients, but also a selection of national touring programmes, delivering exceptional experiences. Covering numerous significant scenic and historic landmarks across South Africa, the diversity of programmes on offer are sure to fit any individual's travel interest.

Contact Person: Ashlyn Worrall  
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Contact Number: +27 (0) 84 585 0029  
Website: [www.ilios.co.za](http://www.ilios.co.za)



## Cut Above Travel and Tours

Cut Above Travel and Tours is an accredited full 360 travel service provider with a special interest in Halaal Tourism, tailor-made, package, group and incentive tours including conferencing. Tours are organised to many of the tourist attractions across the country such as safari, adventure, scenic, cultural and eco tours. We research, plan and project manage all our tours to suit the customer's requirements. We also provide planning and insight for specific Cultural weddings.

Contact Person: Latifa Cozyn  
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Contact Number: +27 (0) 21 797 5856  
Website: [www.cutabovetours.co.za](http://www.cutabovetours.co.za)



## Wow Cape Town Tours

Established in 2007, we have grown into one of the leading Destination Management Companies in Cape Town. Our services include custom-made FIT and MICE packages throughout South Africa whilst also servicing South African Tourism & WESGRO, show-casing the Western Cape to international media and Tour operators. Our services extend to pre & post tours and transfers for international conferences of any group size. Our fleet of luxury vehicles ensures that we are well positioned in the market.

Contact Person: Rushdi Harper  
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Contact Number: +27 (0) 83 266 3591  
Website: [www.wowcapetowntours.com](http://www.wowcapetowntours.com)



## Escape to the Cape

Escape to the Cape is a young, dynamic tour company specializing in luxury tours at affordable prices. Our tours are all fully-inclusive and there are no hidden costs! Think luxury air-conditioned vehicles, free snacks and selected meals and the services of enthusiastic and knowledgeable guides a sure guarantee for an unforgettable vacation!

Contact Person: Shaheed Ebrahim  
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Contact Number: +27 (0) 21 686 3492  
Website: [www.escapetothecape.co.za](http://www.escapetothecape.co.za)



## Tripos Travel

Tripos Travel specialises in tailor-made holiday packages to Southern Africa. We offer our clients personal service and our team of professionals are amongst the best in the country. We have intimate knowledge of our region and this allows us to create the ideal product to meet our visitors' needs. Our luxury tailor-made tours are Muslim friendly and we accommodate a wide variety of customer preferences. Tripos Travel has an intimate and expert understanding of the needs of the Muslim traveller and our tours are operated by local Muslim guides. On our tours, visitors can also experience homemade dinners hosted by local Muslim families, cooking lessons from an authentic Cape Malay cook and they can immerse themselves in tours of the various mosques, District Six and the Malay quarters known as the Bo Kaap.

Contact Person: Rafik Romany  
E-mail: [rafik@tripostravel.co.za](mailto:rafik@tripostravel.co.za)  
Contact Number: +27 (0) 462 6104  
Website: [www.tripostravel.com](http://www.tripostravel.com)



## Prins and Prins

Situated in the historic Huguenot House on the corner of Hout and Loop Street you will find Prins and Prins. Discover a Diamond and Jewellery Museum, which is a free experience and a must see.

Prins and Prins was established in 1979 and is one of the oldest jewellery shops in Cape Town. The museum showcases the world treasure chest. That indicates why 90% of the world's platinum, 60% of the world's gold and 30% of the diamonds are found in the Transvaal and Free State. Due to erosion and natural elements. The cradle of creativity is a very interesting display as it showcases a replica of the oldest piece of jewellery ever found in the world, discovered in the Blombos Cave 200km from Cape Town, near Mossel Bay.

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Contact Number: +27 (0) 21 422 1090  
Website: [www.prinsandprins.com](http://www.prinsandprins.com)



## Shimansky Diamond Jewellers – Diamond Tour

At the V&A Waterfront situated in the Clock Tower Precinct is the unique Shimansky Diamond Experience. The tour lets you explore the fascinating world of diamonds like you've never seen it before. This is where you can shop for these precious, beautifully crafted in unique jewellery pieces.

Contact person: Kelly Richards  
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Contact number: +27 (0) 21 402 7984  
Website: www.shimansky.com



## Angala Boutique Hotel

Angala Boutique Hotel is where homely luxury blends with the pristine beauty of nature. Located in the heart of the Cape Wine-lands between magnificent mountains, Angala is a retreat for body, mind and spirit. Angala offers the feeling of serene remoteness, yet is only a few minutes' drive from the centre of Franschoek. Indulge in the "fruits of the valley" from our in-house restaurant, offering gourmet cuisine throughout the day. Local and ethically sourced produce is used to create our uniquely Angala menu.

Contact Person: Annette Ashley  
E-mail: annette@aimarketing.co.za  
Contact Number: +27 (0) 82 786 5002  
Website: www.Aimarketing.co.za



## Hilton Cape Town City Centre

Hilton Cape Town City Centre is close to the financial district, Cape Town International Convention Centre, Signal Hill and Lion's Head mountain. The culinary team at 126 Cape Kitchen and Café invite you to join them for a fun dining experience. Start your day off with a variety of delicious foods and beverages at our lobby bar or join us for lunch and dinner, Halaal certified by ICOSA. Experience the Capes' local wines or try an authentic Arabic shisha pipe at Signal Lounge and Terrace. The hotel has a prayer room for guests.

Email: hiltoncapetown.reservations@hilton.com  
Contact Number: +27 (0) 21 481 3700  
Website: www.hilton.com



## One & Only

Nestled within a natural amphitheatre shaped by the vertical cliffs of Devil's Peak and Lion's Head sits Cape Town in all of its coastal glory. Here, commanding an enviable spot in the city's fashionable Victoria & Alfred Waterfront, is One&Only Cape Town, overlooking the marina with panoramic views of Table Mountain.

Email: reservations@oneandonlycapetown.com  
Contact number: +27 (0) 21 431 5888  
Website: www.oneandonlyresorts.com



## Taj Cape Town

Embodying the unique 'Tajness' you can feel with your eyes closed, five-star Taj Cape Town Hotel captures the history and spirit of Cape Town's inner city with all the opulence and exoticism of the East. The hotel has seen many of the epochal events in South Africa's history. The elegant structure—a perfect synthesis between what were originally the Reserve Bank and Board of Executives (BoE) buildings, and a modern tower—combines the legacy of a bygone era with the luxury of the new. Taj is optimally positioned to immerse guests in the intoxicating energy of the city.

Email: reservations@tajhotels.com  
Contact number: 00-800-4-588-1-825  
Website: www.tajhotels.com



## Moerat Events & Accommodation

Looking for an extraordinary picturesque country venue? Then look no further! Our two beautiful venues, Klein Nederburg Country Farm and Roggeland Country House are 45 minutes from Cape Town and offers beautiful panoramic views of the award-winning Nederburg vineyards and Drakenstein mountains, making weddings, conferences, private functions and overnight accommodation simply unforgettable. Both estates are family orientated in every sense of the word, making our clients feel at home and part of our inspired family.

Email: info@moeratevents.co.za  
Contact number: +27 (0) 21 839 1665  
Website: www.moeratevents.co.za



## Ramasibi Guest Services

Ramasibi consists of 14 bedrooms with en-suite bathrooms of which one room is wheelchair friendly. All rooms have tea/coffee facilities and TV with DSTV as well as Wifi. It has a spacious open plan lounge, dining room, TV room with DSTV and DVD player, indoor braai (fire & gas). From the open plan area, a sliding door leads to a deck above the 11x4.5 metre swimming pool where one can have breakfast when weather permits it or relax under the cool thatched gazebo on the other side of the pool. It is situated 750 metres from the N1 off ramp at the Platteklouf/McIntyre (M14) exit in the picturesque Northern Cape Town suburb of Panorama. They have a fully equipped Conference Facility seating up to 45 delegates with its own separate toilets. It has a data projector, surround sound and air-conditioning. A fully equipped separate kitchen has been created that is Halaal certified – HT 4673, from where food is provided for the guest house as well as to outside customers.

Contact Person: JJ Pieterse  
E-mail: jj@ramasibi.co.za  
Contact Number: +27 (0) 21 939 0476  
Website: www.ramasibi.co.za



## Atlantic Imbizo Conference & Function Venue

Atlantic Imbizo Conference and Function Studio is situated in the heart of the beautiful Victoria and Alfred Waterfront and within walking distance of some of the Cape's best hotels and entertainment venues. Atlantic Imbizo is a fully equipped business and social centre, featuring a full range of sophisticated, superbly decorated Conference and Function facilities with the flexibility to customize the venues to your exact needs.

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Website: www.atlanticimbizo.co.za



ATLANTIC IMBIZO  
CONFERENCE & FUNCTION STUDIO

## The Silo Hotel

The Silo Hotel is an opulent, luxurious hotel towering above the iconic V&A Waterfront. Built in the grain elevator of the historic grain silo complex, the Silo Hotel occupies six floors above the Zeitz Museum of Contemporary Art Africa (MOCAA).

Email: info@thesilohotel.com  
Contact number: +27 (0) 21 670 0500  
Website: www.theroyalportfolio.com



## Tsogo Sun

The Tsogo Sun hotel portfolio caters to both business and leisure travellers. This includes a range of widespread hotels in Cape Town City Centre and the surrounds. Guests can enjoy the elegant, individually branded luxury hotels on the Waterfront, to the full service which includes the Southern Sun hotels, select service like the Garden Court and StayEasy hotels and the budget properties.

Contact person: Gerhard Louw  
Email: Gerhard.Louw@tsogosun.com  
Contact number: +27 (0) 86 144 7744  
Website: www.tsogosun.com



## City Grill

City Grill is a traditional South African Steakhouse - a place where food has substance, big appetites are essential and South Africa is the flavour of the month. We are famous for our traditional South African dishes with various Venison options and beautifully matured beef steak. Our dishes are drenched in African spirit and kept traditional with choices like Bobotie and Ostrich Fillet Steak. Our extensive menu means our service ambassadors are well-trained. We also have a Sommelier on hand, to assist with wine recommendations and food pairing from our fantastic Vintage Wine selection.

Contact Person: Annette Ashley  
E-mail: annette@aimarketing.co.za  
Contact Number: +27 (0) 82 786 5002  
Website: www.Aimarketing.co.za



## Jiah Restaurant

Jiah Restaurant is strictly Halal and offers delicious dishes ranging from Crayprawnia, Avo Ritz to Cape Malay traditional dishes.  
Contact number: +27 (0) 21 707 1001



## 126 Cape Kitchen & Cafe

126 Cape Kitchen & Café is located at the Hilton Hotel. Apart from their exquisite dining options, they also offer tea tastings daily (R85pp), cooking and baking master classes (booking essential) and chef's table experiences (where you see the chefs in action preparing your dish).

Email: [hiltoncapetown.126ckc@hilton.com](mailto:hiltoncapetown.126ckc@hilton.com)

Contact number: +27 (0) 21 481 3700



## Myatt Café

Delicious gourmet sandwiches, pastries, cakes and chocolates are but a few of the choices you will be faced with. With a variety of coffees and teas you could be tempted to stay all day and with names such as Kenyan Black, Ceylon Petiagala and Blooming Show Tea you could be forgiven for thinking you are seated at the front row of a High Fashion Award in Paris.

The retail counter and online store offers you a wide range of these exquisite Myatt products and decadent MARY chocolate which are imported from Belgium and crafted especially for Myatt Café & Chocolatier. Why not take a little of the Myatt flavour home with you? Indulge in excellence.

Email: [myattcafechocolatier@myatt.co.za](mailto:myattcafechocolatier@myatt.co.za)

Contact number: +27 (0) 21 418 8844

Website: [www.myattcafe.com](http://www.myattcafe.com)



## Greek Fisherman

Traditional Seafood and Mediterranean Cuisine with a modern twist. Here at the Greek Fisherman, we are proud of our roots, so expect traditional Greek and Mediterranean dishes. But, we also believe in moving with times, so we've added a modern twist to our otherwise classic menu. Our cuisine includes Greek & Seafood specialities and we are famous for our Greek Meze, our Souvla (spit roast) and our stunning Lamb in the oven. Take a seat and get a glorious view of Table Mountain while you enjoy your delicious seafood and meats grilled over open charcoals.

Contact Person: Annette Ashley

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Contact Number: +27 (0) 82 786 5002

Website: [www.Aimarketing.co.za](http://www.Aimarketing.co.za)



## 360° Marhaba

360° Marhaba focuses on the promotion of travel products and services through sales and marketing representation across the Middle East.

A collection of classix properties based in Cape Town, Stellenbosch and Franschhoek.

Contact Person: Rose Bilbrough

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Website: [www.360marhaba.com](http://www.360marhaba.com)



## Meloncino

Welcome to Meloncino, the V&A Waterfront's stylish restaurant for food and wine lovers alike. Meloncino serves traditional Roman food with a contemporary modern touch. Home-made pasta and authentic Italian sauces, steaks and seafood are available from the charcoal grill. Pizzas are created in our wood fired oven with thin base (Roman Style) and thick base (Neapolitan Style). To stay faithful to the original recipes, the majority of our ingredients and wines are fully imported from Italy. Being located on the second floor of Victoria Wharf Shopping Centre, above the quay, gives the restaurant commanding views of the magnificent Table Mountain and the working harbour below. It's the perfect setting for sun-downers, lazy afternoons and leisurely evenings.

Contact Person: Annette Ashley

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Contact Number: +27 (0) 82 786 5002

Website: [www.Aimarketing.co.za](http://www.Aimarketing.co.za)



## Aquila Private Game Reserve & Spa

Aquila Private Game Reserve and Spa offers the African Big 5 – malaria free safari tours, just 2 hours from Cape Town. Day trips and overnight facilities are available, including a 10 treatment room spa Quad – bike safaris, horseback and open 4x4 safari vehicles available.

Contact Person: Tanya Lubbe

Email: [sales@aquilasafari.com](mailto:sales@aquilasafari.com)

Contact Number: +27 (0) 21 430 7260

Website: [www.aquilasafari.com](http://www.aquilasafari.com)



## Fancourt

Positioned on 613 hectares in the Garden Route, Fancourt is South Africa's premier lifestyle estate with mountains, forests and the warm Indian Ocean in close proximity. 133 luxury rooms and suites including The Manor House, spa, restaurants, three Gary Player designed golf courses and a Leisure Centre including a Kidz Club.

Contact Person: Michelle van der Westhuizen

Email: [marketing@fancourt.co.za](mailto:marketing@fancourt.co.za)

Contact Number: +27 44 804 0000

Website: [www.fancourt.co.za](http://www.fancourt.co.za)



## NAC Helicopters Cape Town

NAC Helicopters and Charters provides professional and personalized services to the discerning traveller or business executive. Whether transferred to your dream destination, or to simply showcase Cape Town's breath-taking beauty, NAC Helicopters does it in style.

Contact Person: Lindie Strauss

Email: [lindie@naccapetown.com](mailto:lindie@naccapetown.com)

Contact Number: +27 (0) 21 425 3868

Website: [www.nachelicopterscapetown.com](http://www.nachelicopterscapetown.com)



## Rovos Rail

A trip aboard Rovos Rail is a journey like no other. Experience the opulent elegance of rail travel on one of the most luxurious trains in the world. Combine some of the most magnificent scenery with the glamour and excitement of the golden age of rail travel.

Contact Person: Estee Badenhorst

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Contact Number: +27 (0) 21 421 4020

Website: [www.rovos.com](http://www.rovos.com)



## Radisson Hotel Group

Radisson Hotel Group is one of the world's largest and most dynamic hotel groups with eight distinctive hotel brands with more than 1,400 hotels in destinations around the world.

Contact Person: Debra Sivertsen

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Contact Number: +27 (0) 21 467 4000

Website: [www.radissonblu.com](http://www.radissonblu.com)



## Sun International Sunlux Collection

Immerse yourself in the beauty, splendour, grandeur and adventure of Sun International's Sunlux Collection. Discover a landmark hotel in Cape Town, the Table Bay.

Contact Person: Mark O'Brien

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Contact Number: +27 11 780 7000

Website: [www.suninternational.com](http://www.suninternational.com)



## Tour D'Afrique

Tour d'Afrique is firmly established as one of the leading destination management companies in Africa. They provide a complete range of reliable, superior and professional services throughout Southern and East Africa.

Contact Person: Craig van Rooyen

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Contact Number: +27 (0) 21 526 9000

Website: [www.tourdafrique.co.za](http://www.tourdafrique.co.za)



## White Shark Projects

White Shark Projects is a shark cage diving company based in Gansbaai, home to the highest population of Great White Sharks in the world. Renowned for their ethics in responsible tourism, they believe strongly in conservation through education.

Contact Person: Charmaine Beukes

Email: [charmaine@whitesharkprojects.co.za](mailto:charmaine@whitesharkprojects.co.za)

Contact Number: +27 28 384 1774

Website: [www.whitesharkprojects.co.za](http://www.whitesharkprojects.co.za)



## African Pride Tours

A family business offering 30 years' experience, outstanding product knowledge, personal service and attention to detail. Offering tailored itineraries throughout sub-Saharan Africa for FITs, MICE, leisure and sports groups.

Contact Person: Trevor Hewett  
Email: [trevor@africanpride.co.za](mailto:trevor@africanpride.co.za)  
Contact Number: +27 21 715 5409  
Website: [www.africanpride.co.za](http://www.africanpride.co.za)



## Travel Juice

African Escapades (about to be rebranded as Travel Juice) is a recently launched specialist travel concierge company. We craft full-service holiday experiences tailored to our clients' liking to ensure peace of mind from the time they land in South Africa until the time they depart. Our vision is to be our clients' chosen partner for creating memorable holiday experiences.

Contact person: Shezaad Gani  
Email: [Shezaad@africanescapades.co.za](mailto:Shezaad@africanescapades.co.za)  
Contact number: +27 71 868 0705  
Website: [www.traveljuice.co.za](http://www.traveljuice.co.za)



## Mandela Rhodes Place

This iconic hotel is located in the heart of Cape Town's cultural quarter, redefining spacious and contemporary living with luxurious all-suite style apartments. In close proximity to Mandela Rhodes Place Hotel, there is a host of leisure options where you can meet, shop, relax, dine and explore the myriad of both business and cultural landmarks. Mandela Rhodes Place Hotel features five-star amenities, including a rooftop swimming pool, wireless internet as well as undercover parking.

Contact person: Liné de Wit  
Email: [resmanager@mandelarhodesplace.co.za](mailto:resmanager@mandelarhodesplace.co.za)  
Contact number: +27 21 4814000  
Website: [www.mandelarhodesplace.com](http://www.mandelarhodesplace.com)



## Bantry Bay Suite Hotel

Bantry Bay Suite Hoel is Located in wind-free Bantry Bay and a stone's throw from the popular Sea Point Promenade. Bantry Bay Hotel offers more than just a luxury boutique hotel experience. With breath-taking views of the Atlantic Ocean, set against a backdrop of the magnificent Lion's Head, it is located in the most perfect location for guests to explore and enjoy all that Cape Town has to offer.

Each of the 41 suites combine style and sophistication with spaciousness and offer a semi-self-catering kitchenette as well as an en-suite bathroom, dining area, sleeper couch and balcony (with exception of studios). The self-catering suites are air conditioned and are fully equipped with everything a guest would need to make their stay with us as easy and comfortable as it would be at home.

Contact person: Juanita Johnson  
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Contact number: +27 21 434 8448  
Website: [www.bantrybaysuitehotel.com](http://www.bantrybaysuitehotel.com)



## First Diamonds

First Diamonds philosophy is that a diamond is far more than a stone; more than a fortunate combination of time and geology. Rather, it is a glittering beacon of celebration. A symbol of life's most cherished moments. As a wholesale diamond merchant, their rough diamonds are purchased directly from South Africa's diamond mines, before each diamond is cut and graded by independent laboratories, including the GIA.

Contact person: Heidi Wahl  
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