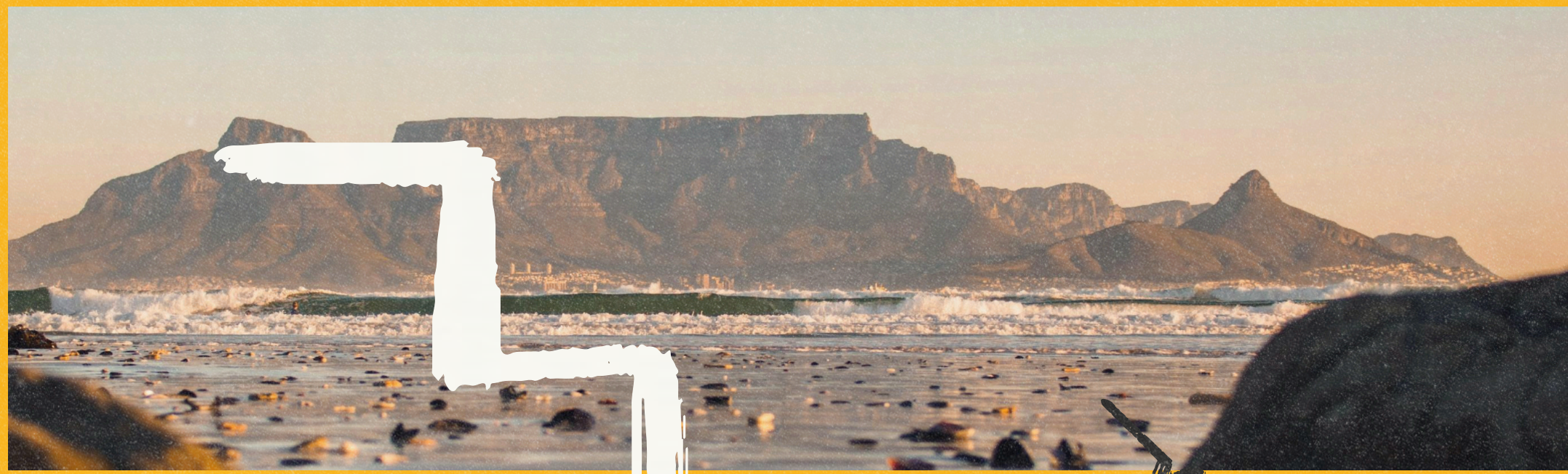


EXPLORING CAPE *TOWN



DISCOVER THE BEST PLACES FOR ART,
GASTRONOMY, NIGHTLIFE, NATURE, AND CULTURE!



WELCOME
TO THE DEFINITIVE
Guide
TO *
CAPE TOWN!



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Navigate the City

ART, CULTURE AND HISTORY

SPORTS AND FAMILY

BEACHES AND POOLS

FOODS AND CAFÉS

NIGHTLIFE & VIBES

SHOPPING & LOCAL MARKETS

OUTDOORS & NATURE ACTIVITIES

WINERIES & GASTRONOMIC EXPERIENCES

ART, CULTURE *and* HISTORY



MUST-SEE *Galleries* AND MUSEUMS

1. Zeitz MOCAA (Silo District, V&A Waterfront)

Innovative museum dedicated to pan-African and diasporic contemporary art, housed in an iconic repurposed grain silo.

Monday–Sunday, 10:00 AM – 6:00 PM (last entry 5:30 PM)

2. Young Blood Gallery (CBD)

Vibrant three-story gallery focused on emerging South African artists. The highlight is First Thursdays, with live music, drinks, and free entry.

Monday–Friday, 9:00 AM – 5:00 PM; First Thursday, 5:00 PM – 9:00 PM

3. Iziko South African National Gallery (Company’s Garden, CBD)

The country’s main art museum, displaying historical and contemporary works from South Africa and around the world.

Monday–Sunday, 10:00 AM – 5:00 PM

4. Iziko South African Museum (Company’s Garden, CBD)

Museum of natural history and anthropology featuring fossils, fauna, flora, and African cultures.

Monday–Sunday, 10:00 AM – 5:00 PM

5. Iziko Planetarium and Digital Dome (Company’s Garden, CBD)

One of Africa’s most modern planetariums, offering immersive digital projections about the universe.

Monday–Sunday, session times vary

6. Iziko Slave Lodge (CBD)

One of the city’s oldest buildings, reflecting on centuries of slavery and resilience. The museum explores the journey “from human wrongs to human rights.”

Monday–Friday, 9:00 AM – 5:00 PM

7. Iziko Bo-Kaap Museum (Bo-Kaap)

Historic museum showcasing the Cape Malay heritage and traditional architecture of the colorful neighborhood.

Monday–Friday, 9:00 AM – 5:00 PM

8. EBONY/CURATED (CBD and Franschhoek)

Vibrant three-story gallery focused on emerging South African artists. The highlight is First Thursdays, with live music, drinks, and free entry.

Monday–Friday, 9:00 AM – 5:00 PM; First Thursday, 5:00 PM – 9:00 PM

9. State of the Art Gallery (CBD)

Gallery promoting emerging South African artists through contemporary exhibitions and a strong online presence.

Monday–Friday, 9:00 AM – 5:00 PM

10. SMAC Gallery (Woodstock)

One of South Africa’s most influential galleries, representing leading contemporary African artists.

Monday–Friday, 9:00 AM – 5:00 PM

11. Robben Island Museum (Nelson Mandela Gateway, V&A Waterfront)

World Heritage Site and former prison of Nelson Mandela. Tours include his cell, Robert Sobukwe’s house, the limestone quarry, and marine wildlife. Guided by former prisoners.

Check schedules at robben-island.org.za

12. District Six Museum (25A Buitenkant Street, District Six, CBD)

Preserves the memory of residents forcibly removed during apartheid. A moving space dedicated to remembrance and cultural resilience.

Monday–Saturday, 9:00 AM – 4:00 PM

13. Cape Heritage Museum (Castle of Good Hope, CBD)

Award-winning museum exploring Cape history from colonization and slavery to modern multiculturalism.

Daily, 9:30 AM – 4:00 PM

14. Nelson Mandela in Cape Town – Legacy Exhibition (Cape Town City Hall, 1st Floor, Darling Street, CBD)

Exhibition tracing Mandela’s first public appearance after imprisonment, celebrating his life and legacy in Cape Town.

Tuesday–Friday, 10:00 AM – 4:00 PM

15. Bo-Kaap (Bo-Kaap, CBD)

Historic neighborhood representing Cape Malay Muslim heritage, dating back to the 18th century. Known for its colorful houses and vibrant culture.

Open daily

16. Long March to Freedom (Century Boulevard, Century City)

The world’s largest bronze exhibition, featuring 100 life-sized statues narrating South Africa’s liberation struggle.

**Tuesday–Sunday, 10:00 AM – 4:30 PM
Entrance: R75**



SPORT AND *Family*

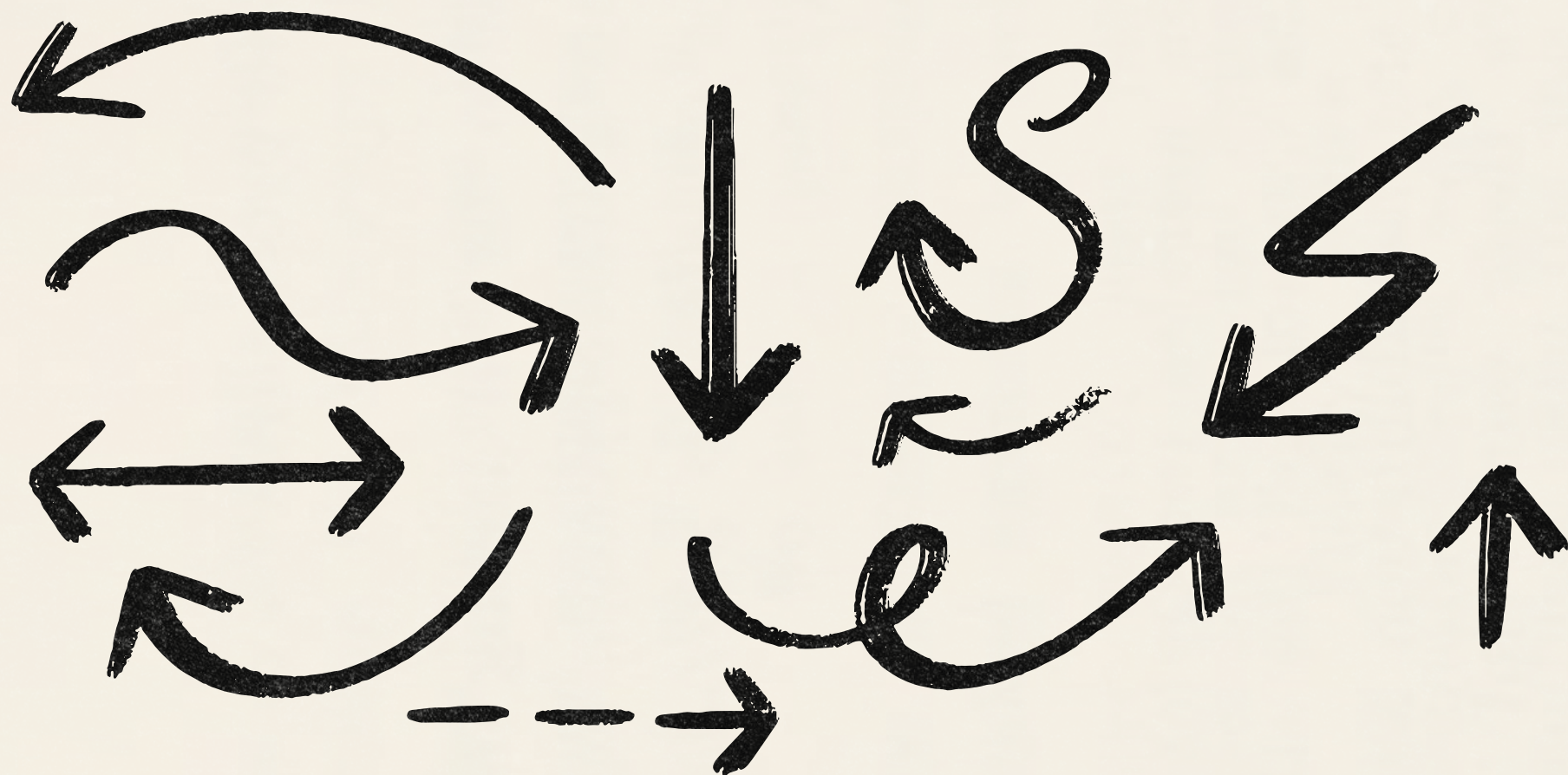
1. DHL Stadium - Green Point

A space that blends Cape Town's sporting spirit with local energy. Often used for community games, concerts, and cultural events that unite different generations.

2. Two Oceans Aquarium - Dock Rd, V&A Waterfront

An iconic aquarium showcasing marine life from the Atlantic and Indian Oceans. Ideal for families, teenagers and children, providing learning and fun all year round.

Monday–Friday, 09:30 AM – 6:00 PM
Weekends, 09:00 AM – 6:00 PM



Paradise beaches to relax and
enjoy the sun (and maybe the sea)

BEACHES AND *Natural Pools*

some INFORMATION

Cape Town has some of the most beautiful beaches in the world, just a 15-minute Uber ride from the city centre, but not all that glitters is gold, right? Before we start with my list of beaches, we want to share some information that is a BIG culture shock for almost every Brazilian who goes to the beach in Cape Town:

You can't drink alcohol on the beach,

so forget about beer, caipirinhas and any other refreshing delicacies we are used to in tropical climes. We recommend that you bring your own water too, as it is sometimes difficult to find anyone selling it on the beaches.

There is no one, not a soul, selling tasty snacks on the beach,

so be sure to bring your lunch box! Yes, in the best 90s style with meatballs, bread with cold cuts, fruit and whatever else you want to fill your belly.

Cape Town does not have a tropical climate

yes, very sad indeed – so take a jacket, jumper or anything else you can use to cover up, because sometimes even on a hot sunny day, there can be a chilly breeze. It's also worth checking the wind conditions on the day you decide to go to the beach. If your weather app is forecasting gusts of wind, don't go to the beach because the wind here is no joke and makes it impossible to stay on the sand in open spaces!

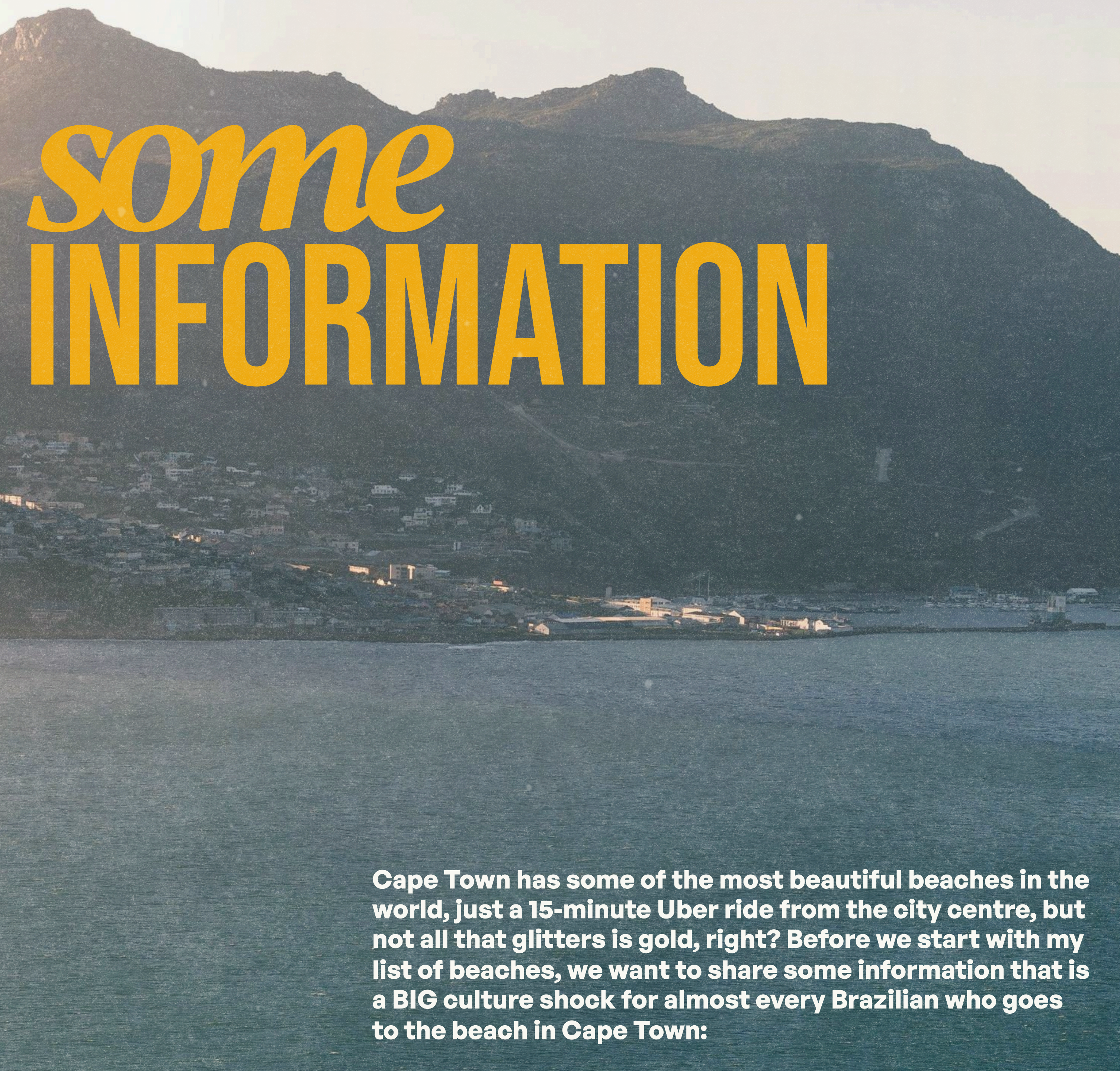
The sea water is very cold, really cold!

On this side of the Atlantic, temperatures range from around 17 degrees to 10 degrees. In other words, swimming in the sea is short and it feels like your soul is going to leave your body! But if you enjoy a challenge like I do, you'll love it and come out of the sea feeling refreshed!

The sea here is sometimes very rough with big waves,

a beach with a steep drop-off (the kind that sinks quickly) and full of seaweed, so there are several rock pools with sea water around the city, providing safety, comfort and warmer water for bathers. My list will contain several of these pools, which are a true national passion!





some INFORMATION

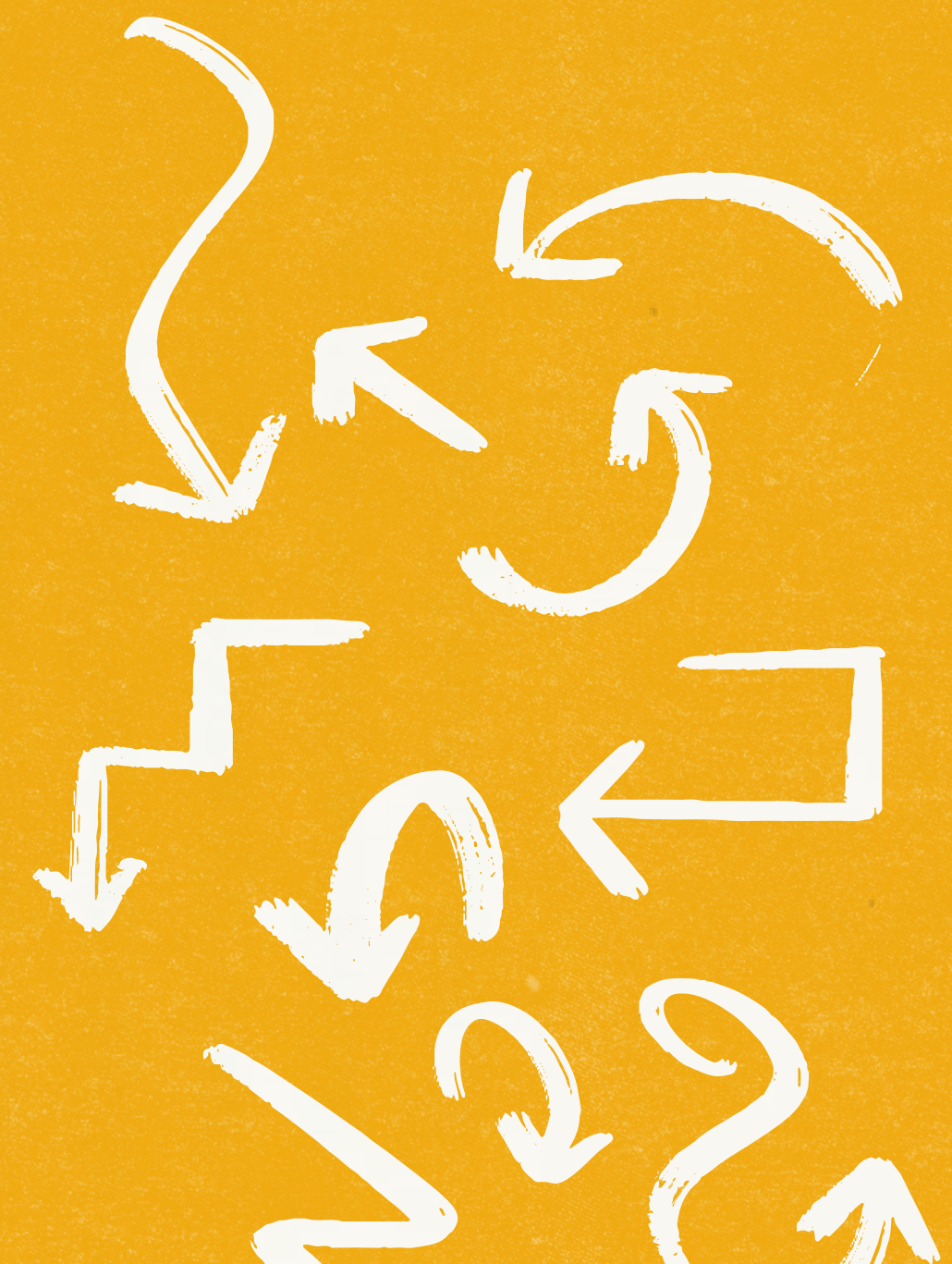
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Due to the historical context of apartheid, beaches are still mostly frequented by white people.

During the segregation regime, non-white people (blacks, coloured, Indians and Asians) were not allowed to access these natural beauties, and even today, access is still very limited for these people. Many black people here do not like the beach or the sand and cannot understand why we Brazilians love to spend hours on the beach 'doing nothing' and baking in the sun. In other words, unfortunately, the beach here is not a diverse place.

Finally, it is best to go to the main beaches in the morning,

because around sunset, many teenagers come from school to the beach (still in their uniforms) and it turns into a big high school party. If, like me, you are over 30, you may feel a little uncomfortable finding yourself suddenly in the middle of a teen party.



THE BEST BEACHES

1.Camps Bay

Large beach with several restaurants, bars, umbrella and chair vendors, and a more ‘Copacabana’ vibe.

2.Clifton Beachs

There wasn't much creativity here, so the beaches are named Clifton 1, 2, 3 and 4 (that's right!). Clifton 1 is more family-oriented - a bit boring - while Clifton 4 is more for the fitness crowd who look like they stepped out of a fitness magazine. At all the Cliftons, you have to bring your own food and drinks (non-alcoholic) because there are no restaurants, stalls or street vendors selling tasty things to eat – I miss Brazilian beach cuisine! – so to avoid going hungry, bring your lunch box and have a lovely picnic.

3.Bali Beach

Small, secluded beach with calm waters. Perfect for those who enjoy a more intimate beach.

4. Bakoven Beach

Small, secluded beach with calm waters. Perfect for those who enjoy a more intimate beach.

5. Cosy Bay

Small, secluded beach with calm waters. Perfect for those who enjoy a more intimate beach.

6.Saunders Beach

Beach on the hillside of the Sea Point neighbourhood, surrounded by millionaire homes and rocks. It is easily accessible on foot for those staying in the Sea Point neighbourhood. Perfect place to watch the sunset and then head to a bar with friends for happy hour.

7. Noordhoek

This one is a hidden gem and you will only find it here! It is a stunning, gigantic, wonderful and super empty beach located about 40 minutes from Cape Town City Centre! It is worth taking a day trip to this beach and enjoying the surrounding village, with its charming wineries and cafés

8. Kalk Bay Beach

A beach on the edge of a charming fishing neighbourhood with a vintage style, full of cafés, restaurants, themed shops and bookstores. It's definitely worth a day trip! It's also about 40 minutes from the city centre.

9. Muizenberg Beach

This is a classic Cape Town tourist spot, the famous large beach with colourful houses and gentler waters (don't be fooled, it's still cold!) great for longboard surfing. It also has a village full of charming cafés, bars, restaurants and shops. It's definitely worth a day trip because it's also about 40 minutes from the city centre! Avoid rush hour, as many people who work in Cape Town live in this area and during the week the traffic can ruin the fun for any beachgoer!





BEST ↓ THE NATURAL POOLS

1. Maiden's Cove Tidal Pool

Crystal clear waters for swimming, this pool allowed mixed-race people (the Coloured) during the Apartheid era, so even today there is a strong presence of Coloured families picnicking, barbecuing (Braai) and children around the pool from 8am!

2. Capes Bay Tidal Pool

A natural pool with an incredible view of the mountains. Avoid going in the afternoon, as all the mothers in the city take their babies to play in the sea after school!

3. Saunders Rock Pool

Small but perfect for a refreshing and relaxing swim. It is located on the hillside of the Sea Point neighbourhood, surrounded by millionaire homes and rocks. It is easily accessible on foot for those staying in the Sea Point neighbourhood. The perfect place to watch the sunset and then head to a bar with friends for happy hour.

4. Dalebrook Tidal Pool

Large natural pool, a little further from the city centre, around 40 minutes away, but with a lively vibe, full of beautiful people - read diverse - from the southern part of Cape Town. It is located in Kalk Bay, so you can enjoy the beach and the natural pool all on the same day!

5. Public Pool Sea Point

These are not natural water pools, they are traditional pools, but they are right next to the sea and have an incredible view. You can access them by paying an entrance fee of R 34.50 rands.



FOOD AND Cafés



MUST-SEE *Restaurants*

1. Gold Restaurant (Green Point)

Combines African cuisine with live dance and music performances, providing a complete cultural experience for visitors.

**Monday–Sunday,
6:00 PM – 11:00 PM**

2. Vixi (CBD)

Modern and relaxed atmosphere with a creative international menu and craft cocktails, ideal for brunch or casual dining.

**Monday–Sunday ,
12:00 PM - 10:30 PM**

3. Seven Colors (V&A)

A cosy restaurant that celebrates traditional South African cuisine with an emphasis on the ‘seven colours’ dish, which combines yellow rice, red beetroot, assorted vegetables and meats on the same plate.

**Monday–Sunday,
09:00 AM – 6:00 PM**

4. Tambourine Restaurant (Sea Point)

Contemporary cuisine with international influences, a welcoming atmosphere and great for relaxed dinners and social gatherings.

**Tuesday–Thursday,
06:00 PM – 9:00 PM
Friday–Saturday:
12:00 PM - 03:00 PM/
06:00 PM - 09:00 PM**

5. The Edge x Vue (CBD)

This is where fine dining and a super charming atmosphere come together. With Art Deco décor and incredible views of the city, the space creates a sophisticated yet welcoming atmosphere.

**Tuesday –Saturday,
1:00 PM - 10:00 PM**

6. New York Slice (Sea Point)

Casual New York-inspired pizzeria known for its generous slices and informal atmosphere, ideal for quick meals.

**Monday–Friday,
11:00 AM – 12:00 AM**

7. NV-80 (Sea Point)

Sophisticated restaurant with panoramic ocean views, offering contemporary dishes and handcrafted cocktails.

**Monday–Sunday, 12:00 PM –
2:30 PM / 6:00 PM - 10:00 PM**

8. The Nines (Sea Point)

Elegant rooftop bar on the 9th floor, known for its modern décor and refined Mediterranean dishes.

**Monday–Sunday,
12:00 PM – 11:00 PM**

9. El Burro (Green Point)

Mexican food

**Monday–Saturday,
12:00 PM – 11:00 PM
Sunday, 12:00 PM – 09:00 PM**

10. Rockpool (Sea Point)

Casual restaurant overlooking the sea, serving simple and tasty dishes.

**Monday–Friday,
11:00 AM – 10:00 PM
Saturdat–Sunday,
09:00 AM – 10:00 PM**

11. Mama Africa (Long Street)

Mama Africa is a restaurant founded in 1995 to celebrate African diversity and culture. The venue is famous for its typical South African cuisine, including dishes featuring exotic meats, and for its lively atmosphere with live music. It is a welcoming meeting place for those who want to eat well, drink and feel the vibrant soul of Africa.

**Monday–Sunday,
12:00 PM – 2:00 AM**

12. Madam Taitou Ethiopian Restaurant (Long Street)

Madam Taitou is a cosy Ethiopian restaurant in Cape Town, known for its flavourful shared dishes, charming atmosphere and attentive service. Although small, it wins customers over with its authentic food and fair prices. It is a great option for those who want to discover Ethiopian cuisine

**Monday–Sunday,
11:00 AM – 11:00 PM**

13. Meeting Point - Tanzania food (Strand Street)

Meeting Point is a place designed to bring people together through Tanzanian cuisine. The restaurant serves tasty dishes with meat, chicken and fish, as well as vegan and vegetarian options. The idea is simple: to connect people through flavourful food.

**Monday–Sunday,
09:00 AM – 10:30 PM**

14. The Butcher Shop and Grill (Mouille Point)

Sophisticated steakhouse offering premium cuts of meat and selected wines.

**Monday–Sunday,
09:00 AM – 11:00 PM**

15. The Deli (Sea Point)

Modern delicatessen offering a variety of gourmet products and fresh dishes.

**Monday–Friday,
07:00 AM – 05:00 PM
Saturday, 07:00 AM – 04:00 PM**

16. La Colombe (Constantia Nek)

Award-winning restaurant offering a French dining experience with African influences.

**Monday–Sunday, 12:00 PM –
2:00 PM / 6:00 PM - 09:00 PM**

17. The Codfather (Camps Bay)

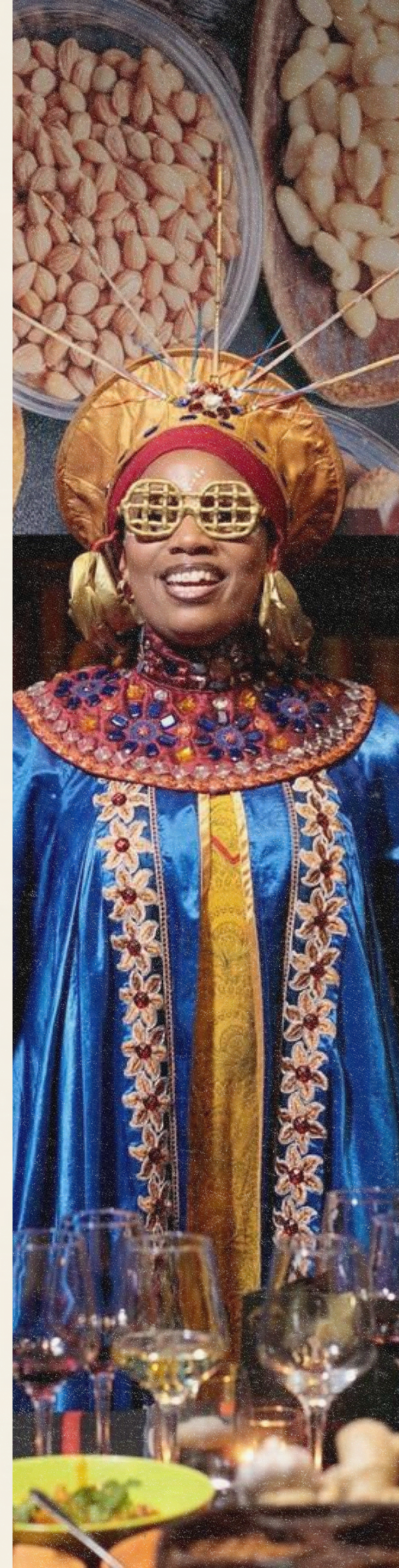
Seafood restaurant overlooking the sea, offering a variety of fresh dishes.

**Monday–Sunday ,
12:00 PM - 10:30 PM**

18. The Bungalow (Clifton)

Seaside restaurant with an elegant atmosphere, serving contemporary dishes and cocktails.

**Monday–Sunday,
12:00 PM – 11:00 PM**



MUST-SEE *Restaurants*

19. Salsify at the roundhouse (Camps Bay)

Sophisticated restaurant with tasting menu and panoramic views of the city.

**Tuesday–Sunday,
12:30 PM – 2:00 PM/
6:00 PM – 08:00 PM**

20. The Lawns at The Roundhouse (Camps Bay)

Open-air restaurant overlooking the sea, offering seasonal dishes and a relaxing atmosphere.

**Monday–Friday,
12:00 PM – 10:00 PM
Saturday–Sunday,
09:00 AM – 10:00 PM**

21. Cause Effect Cocktail Kitchen (V&A)

Modern restaurant focusing on creative cocktails and contemporary dishes.

**Monday–Friday,
10:00 AM – 01:00 AM
Saturday–Sunday,
09:00 AM – 01:00 AM**

22. Paranga (Camps Bay)

Seaside restaurant with a lively atmosphere, serving international dishes and cocktails.

**Monday–Sunday,
12:00 PM – 11:00 PM**

23. Timbuktu Café (Observatory)

A relaxed café with a varied menu, popular for brunches and light meals.

**Monday–Sunday,
11:00 AM – 10:00 PM**

24. Obz Café (Observatory)

A modern café known for its healthy options and relaxed atmosphere.

**Monday–Thursday,
11:00 AM – 10:00 PM
Friday–Saturday,
11:00 AM – 10:30 PM
Sunday, 11:00 AM – 09:00PM**

25. Bo-Kaap Kombuis (Schotsche Kloof)

Traditional restaurant serving Malaysian cuisine with panoramic views of the city.

**Tuesday–Sunday, 12:00 PM –
04:00 PM/ 06:00 PM – 09:30 PM**

26. Belly of the Beast (Cape Town City Centre)

The restaurant offers only tasting menus for lunch and dinner in a 30-seat dining room where chefs interact with customers. There is no choice of dishes; everything is made with seasonal ingredients, sustainable meat and seafood, using the whole animal. The aim is to surprise, sometimes even stepping outside the comfort zone, but always with balance.

**Monday, 06:30 PM – 10:00 PM
Tuesday– Saturday, 12:00 PM
– 15:00 PM/ 06:30 PM–10:00 PM**

27. La Parada (V&A)

La Parada is known on the South African scene for its creative small dishes inspired by Spanish cuisine. The V&A Waterfront location offers beautiful views of the mountains and a relaxed atmosphere to enjoy tapas and cocktails. In Constantia Nek, the restaurant is famous for lively events such as Sunday parties, brunches with unlimited drinks, yoga on Saturdays and musical sessions at sunset.

**Monday–Sunday,
11:00 AM – 12:00 AM**

28. Tigers Milk

Tiger's Milk is a group of cool bars and restaurants in South Africa, famous for its flavourful food, fancy drinks and lively atmosphere. It is a meeting place for those who want to enjoy the moment, eat well and soak up the vibe. Each venue has its own energy, but they all follow the same philosophy of good food, fun and that light-hearted atmosphere that makes us want to come back.

**Monday–Sunday,
11:00 AM – 12:00 AM**



Cosy Cafés

FOR WORKING OR RELAXING

01. Truth Coffee (CBD)

Known as one of the best cafés in the world, with steampunk décor and its own roasting facility.

Monday- Saturday,
07:00 AM – 10:00 PM
Sunday, 08:00 AM – 10:00 PM

02. Origin Coffee Roasting (De Waterkant)

Perfect for lovers of artisan coffee and creative environments

Monday-Friday ,
07:00 AM - 04:00 PM
Saturday-Sunday,
8:00 AM - 03:00 PM

03. Jason Bakery (Green Point)

Best croissant in town and popular brunch spot.

Monday-Saturday,
07:00 AM – 03:00 PM
Sunday, 08:00 AM – 02:00 PM

04. Kanéla Café (Sea Point)

Calm atmosphere and Mediterranean menu with good vegan options.

Monday-Sunday,
08:00 AM – 05:00 PM

05. New York Bagels (CBD)

Famous for its handmade bagels and retro atmosphere.

Monday-Friday,
07:00 AM - 04:00 PM
Saturday, 07:00 AM - 02:00 PM
Sunday, 07:30 AM - 02:00 PM

06. Swan French Café (Gardens)

Small and charming, with French pastries and excellent coffee.

Monday-Saturday,
08:30 AM - 04:00 PM
Sunday, 09:00 AM - 02:00 PM

07. Maria's Greek Café (Gardens)

Traditional, with a Greek menu and tables on the pavement.

Monday, 11:00 AM – 10:00 PM
Tuesday-Saturday,
08:30 AM – 10:00 PM
Sunday, 10:00 AM – 04:00 PM

08. Arthur's Mini Super (Sea Point)

Coffee shop with a vintage grocery store atmosphere and creative brunch options.

Monday, 07:30 AM – 04:00 PM
Tuesday-Saturday,
07:30 AM – 10:00 PM
Sunday, 07:30 AM – 03:00 PM

09. Maggy Lou's (Sea Point)

Modern and welcoming style, ideal for breakfast and informal meetings.

Monday-Saturday,
07:00 AM - 11:00 PM
Sunday, 07:00 AM - 09:00 PM

10. Pauline's Café (Sea Point/ Green Point)

Sophisticated and minimalist, it serves speciality coffees and light sandwiches.

Monday-Friday,
07:30 AM – 04:00 PM
Saturday, 08:00 AM – 03:00 PM
Sunday, 08:00 AM – 02:00 PM

11. Kasteel Café (CBD)

Small and charming, an oasis in the middle of the city, a black entrepreneur's café

Monday-Friday,
07:00 AM – 04:00 PM

12. Pang Specialty Coffee (Bo-Kaap)

Small and vibrant, ideal for those who appreciate fashion and the history of Bo-Kaap.

Monday-Friday,
07:00 AM - 04:00 PM
Saturday, 08:00 AM - 04:00 PM

13. Flat Mountain Coffee (Observatory)

Relaxed, with brunch options and filter coffee.

Monday-Friday,
07:30 AM - 03:30 PM
Saturday, 09:00 AM - 01:00 PM

14. The Conscious Kitchen (Gardens)

Sustainable, with healthy dishes and a green environment.

Sunday-Wednesday,
08:00 AM – 06:00 PM
Thursday-Saturday,
08:00 AM – 10:30 PM

15. Burnt Clubhouse (Green Point)

Coffee and creative space for meetings and cultural events.

Monday-Sunday,
07:00 AM – 03:00 PM

16. Nourish'd Café (Gardens / Observatory)

Focused on healthy eating and conscious living.

Sunday- Wednesday,
07:30 AM – 04:30 PM
Thursday-Saturday,
07:30 AM – 09:00 PM

17. Olympia Café (Kalk Bay)

An icon of the south coast, known for its artisanal menu and sea views.

Monday-Sunday ,
07:00 AM - 09:00 PM

18. The Commons (Muizenberg)

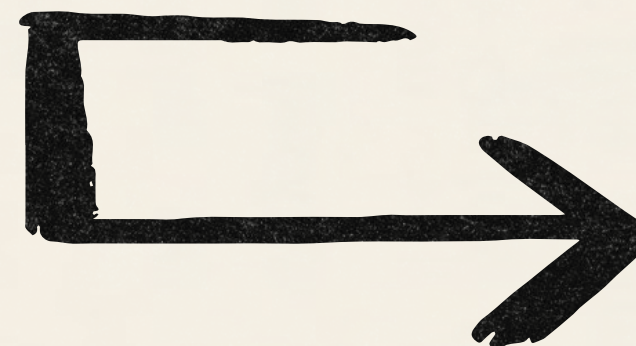
Coffee shop and coworking space with cultural programming.

Tuesday-Sunday,
08:00 AM – 11:00 PM

19. The Ladder (CBD)

The Ladder is a daytime café in central Cape Town serving artisan coffees, breakfasts and light meals all day long. The space can also be hired for small events and special gatherings. Saint John of the Ladder operates on the upper floor.

Monday-Friday,
07:05 AM – 04:00 PM
Saturday, 08:00 AM – 02:00 PM



Cosy Cafés

FOR WORKING OR RELAXING

20. The Clarkers (Cape Town City Centre)

Clarke's offers a traditional restaurant experience for those who want to sit down and eat at their leisure, and also has options for ordering, takeaway and counter service, including light meals, snacks, items to take home and more new additions coming soon.

**Monday–Friday,
07:00 AM - 11:00 PM**

Saturday, 08:00 AM - 11:00 PM

Sunday, 08:00 AM - 03:00 PM

21. Our local (Gardens)

Our Local is a super cosy spot on Kloof Street, housed in a former mechanic's workshop filled with plants, vintage furniture and charm. Famous for brunch, coffee and cakes, the place now also serves lunch and dinner with Mediterranean-inspired dishes, always in generous portions and with that home-cooked feel. In the evening, drinks, snacks and a perfect atmosphere for relaxing take over. The establishment also sells some of its décor and hosts private events on specific days.

**Tuesday–Saturday,
08:00 AM - 11:00 PM**

**Sunday–Monday,
08:00 AM - 03:30 PM**



Wineries & Gastronomic EXPERIENCES

Just a few minutes from downtown Cape Town, Constantia is the birthplace of South African viticulture and one of the oldest wine regions in the southern hemisphere. With centuries-old vineyards and breathtaking scenery, it combines tradition and sophistication in every glass.

Heading inland, you will find Stellenbosch, a true paradise for lovers of wine, gastronomy and historic architecture. Its tree-lined streets and Dutch colonial-style mansions add charm to one of South Africa's most vibrant university towns.

Further on, between mountains and valleys, lies Franschhoek, the 'French valley', where the influence of the Huguenots blends with cutting-edge cuisine and the elegance of local wines. With award-winning restaurants, boutiques and cinematic views, the region is synonymous with pleasure and refinement.

Together, these three regions form the golden triangle of South African wine — an invitation to savour, contemplate and celebrate the best of the Cape in every experience.



Stellenbosch: WORLD-CLASS WINE REGION.

01. Spier Wine Farm

One of Stellenbosch's historic farms, combining wines, a restaurant, art galleries and accommodation.

02. Lanzerac Wine Estate

An elegant winery, renowned for its Pinotage production; classic architecture and refined atmosphere.

03. Delaire Graff Estate

Located on the slopes of Helshoogte Pass, it offers premium wines, incredible views, promoting art, accommodation and high-quality cuisine.

04. Waterford Estate

It combines a pleasant atmosphere, outstanding wines, and experiences such as pairing with chocolates.

05. Tokara Wine Estate

Vineyards on mountain slopes; modern architecture; excellent for tastings with dramatic scenery.

06. Dornier Wines

Winery with restaurant, located at the foot of Stellenbosch Mountain. Produces reputable wines, with a focus on sustainability.

07. Neethlingshof Estate

One of the oldest; vineyards dating back to the 17th century; known for balanced and intriguing wines.

08. Alto Wine Estate

Winery on the slopes of Stellenbosch; great for those seeking terroir wines and views of False Bay.

09. Annandale Wines

High-quality wines; located near Stellenbosch, with a long history; ideal for exploring the wine-making tradition.

10. Stellenrust

One of the region's renowned wineries; good reds and whites, with a typical Cape Winelands atmosphere.

11. Seven Sisters Vineyards

A winery owned by seven black sisters, where each wine pays tribute to one of the women in the family.



Franschhoek:

WINE TASTINGS COMBINED WITH HAUTE CUISINE.

01. Grande Provence

Elegant winery with a fine dining restaurant; ideal for pairing with fine wines.

02. La Motte Wine Estate

Picturesque setting; a project combining art, gastronomy and exceptional wines.

03. Haute Cabrière

Old vineyards, sparkling wine production (Méthode Cap Classique) and a restaurant overlooking the valley.

04. Leopard's Leap Wine Estate

Good facilities for visitors; affordable wines; well known

05. Rickety Bridge

A blend of tradition and innovation; tasty red and white wines, good for lunch.

06. Chamonix Wine Farm

Located in nature, more isolated environment; great for those seeking tranquillity + good wines.

07. Mont Rochelle

Winery with hotel; panoramic views and exquisite cuisine.

08. Black Elephant Vintners

Boutique wine farm with a bold profile; blends local character into the wine.

09. Paserene Wine Estate

Modern elegance; space with a glass lounge and a focus on precision-made boutique wines.

10. Stony Brook Vineyards

More discreet boutique; good for those who want to escape large, touristy wineries.

11. Klein Goederust

Black family winery, where all bottles pay homage to the family matriarch.



Constantia:

AWARD-WINNING WINES CLOSE TO THE CITY CENTRE

01. Groot Constantia Estate

South Africa's oldest winery, steeped in history, Cape Dutch architecture, museum, classic tastings.

02. Klein Constantia

Famous for its Vin de Constance and cool climate white wines; premium and prestigious setting.

03. Buitenverwachting

Name meaning 'beyond expectations', charming winery, beautiful gardens, fine restaurant, pleasant views.

04. Constantia Glen

Boutique, cooler climate, ideal for Sauvignon Blancs, elegant wines; offers beautiful views of the valley.

05. Beau Constantia

Contemporary style, small batch wines, focus on visual tasting experience, dramatic views of the valley.

06. Constantia Uitsig

Historic estate, good facilities, restaurant (Blockhouse Kitchen), gardens, ideal for relaxing experiences.

07. Eagle's Nest Wines

More secluded location, panoramic views, peaceful atmosphere.

08. High Constantia Wines

Quality wines, reserved atmosphere, good tastings close to the city.

09. Steenberg Vineyards

Large winery with excellent service, good wines, restaurant and relaxing atmosphere.

10. Stony Brook Vineyards

More discreet boutique; good for those who want to escape large, touristy wineries.

11. Klein Goederust

Black family winery, where all bottles pay homage to the family matriarch.



Constantia:

AWARD-WINNING WINES CLOSE TO THE CITY CENTRE

01. Groot Constantia Estate

South Africa's oldest winery, steeped in history, Cape Dutch architecture, museum, classic tastings.

02. Klein Constantia

Famous for its Vin de Constance and cool climate white wines; premium and prestigious setting.

03. Buitenverwachting

Name meaning 'beyond expectations', charming winery, beautiful gardens, fine restaurant, pleasant views.

04. Constantia Glen

Boutique, cooler climate, ideal for Sauvignon Blancs, elegant wines; offers beautiful views of the valley.

05. Beau Constantia

Contemporary style, small batch wines, focus on visual tasting experience, dramatic views of the valley.

06. Constantia Uitsig

Historic estate, good facilities, restaurant (Blockhouse Kitchen), gardens, ideal for relaxing experiences.

07. Eagle's Nest Wines

More secluded location, panoramic views, peaceful atmosphere.

08. High Constantia Wines

Quality wines, reserved atmosphere, good tastings close to the city.

09. Steenberg Vineyards

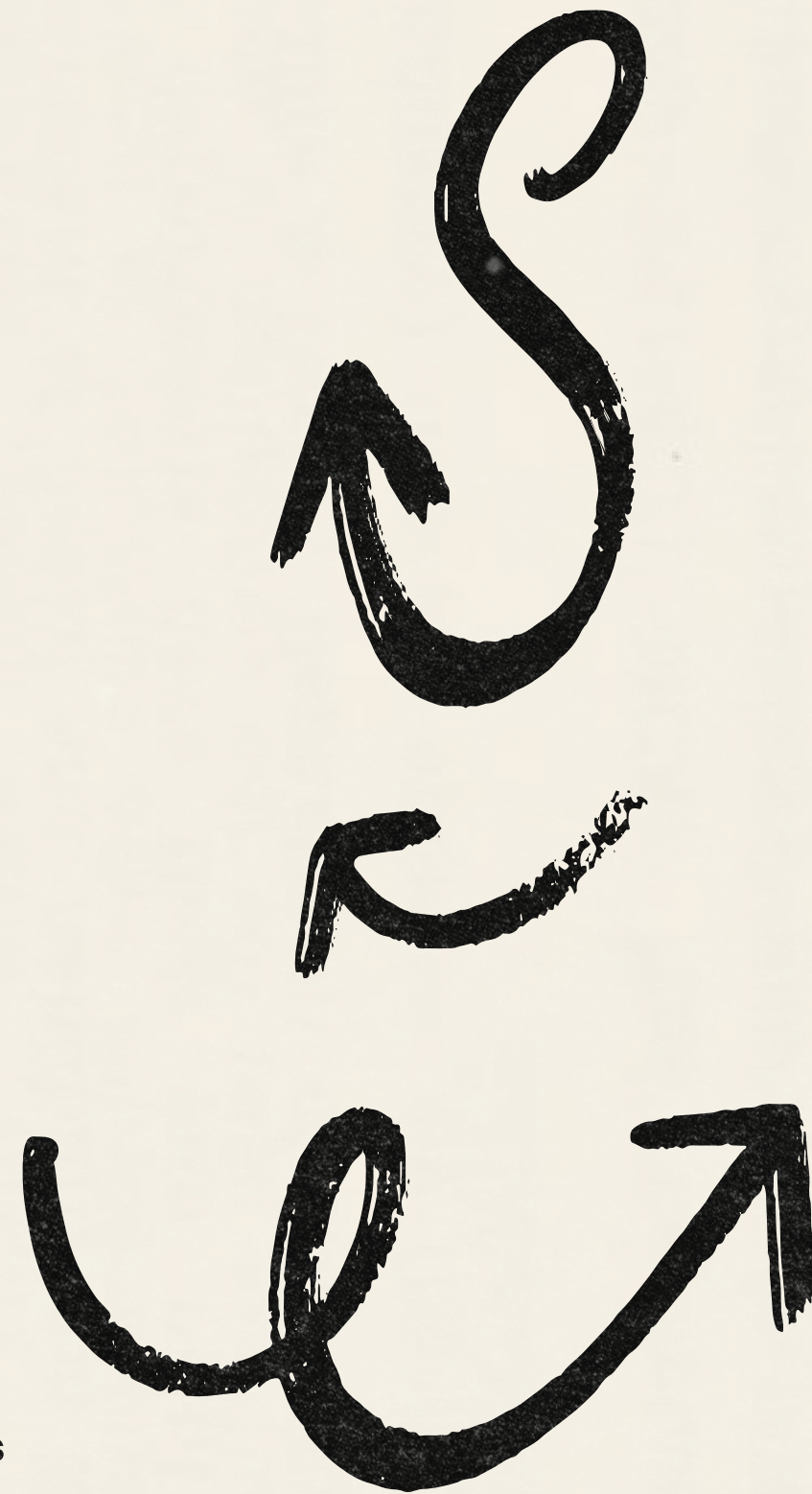
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NIGHTLIFE & *Vibes*



Bars and Rooftops

FOR DRINKS WITH A VIEW

01. The Silo Rooftop **(V&A Waterfront)**

Sophisticated rooftop with breathtaking panoramic views of the city and harbour. Ideal for drinks at sunset and memorable photos.

Monday- Friday,
12:00 PM – 09:00 PM
Saturday- Sunday,
11:00 AM – 09:00 PM

02. Tjing Tjing **(City Bowl / CBD)**

A modern Japanese bar known for its exclusive cocktails and intimate atmosphere. Perfect for those who enjoy creative mixology.

Tuesday-Saturday,
12:00 PM - 12:00 AM

03. The Gin Bar **(City Bowl / CBD)**

Specializing in over 100 types of gin, small and charming atmosphere. Ideal for gin lovers and unique tasting experiences.

Monday-Wednesday,
05:00 PM – 01:00 AM
Thursday-Saturday,
03:00 PM – 01:00 AM

04. The Old Biscuit **Mill (Woodstock)**

Iconic market with art, design, and food fairs every weekend. Vibrant and creative atmosphere, ideal for daytime strolls.

Monday- Friday,
10:00 AM – 04:00 PM
Saturday, 09:00 AM – 04:00 PM
Sunday, 09:00 AM – 02:00 PM

05. Mojo Market (Sea **Point / City Bowl)**

Modern market with bars, live music, and food trucks, ideal for happy hours and meeting friends.

Monday-Sunday,
11:00 AM - 11:00 PM

06. Time Out Market **(V&A Waterfront)**

A gastronomic space with a variety of food and drink options, a relaxed vibe, and frequented by tourists and locals alike.

Sunday-Wednesday,
08:00 AM - 09:30 PM
Thursday-Saturday,
08:00 AM - 10:30 PM

07. Utopia Rooftop **(City Bowl / CBD)**

Modern rooftop with city views, live music, and cocktails. Ideal for relaxed gatherings and sunsets

Monday-Saturday,
06:30 AM – 11:00 PM
Sunday, 06:30 AM – 10:30 AM

08. Pizza Shed (CBD / **Green Point)**

A cool, informal place, focused on artisanal pizzas and simple drinks, ideal for groups of friends or casual hangouts.

Monday-Sunday,
12:00 PM – 09:30 PM

09. Aperitif (Cape **Town City Centre)**

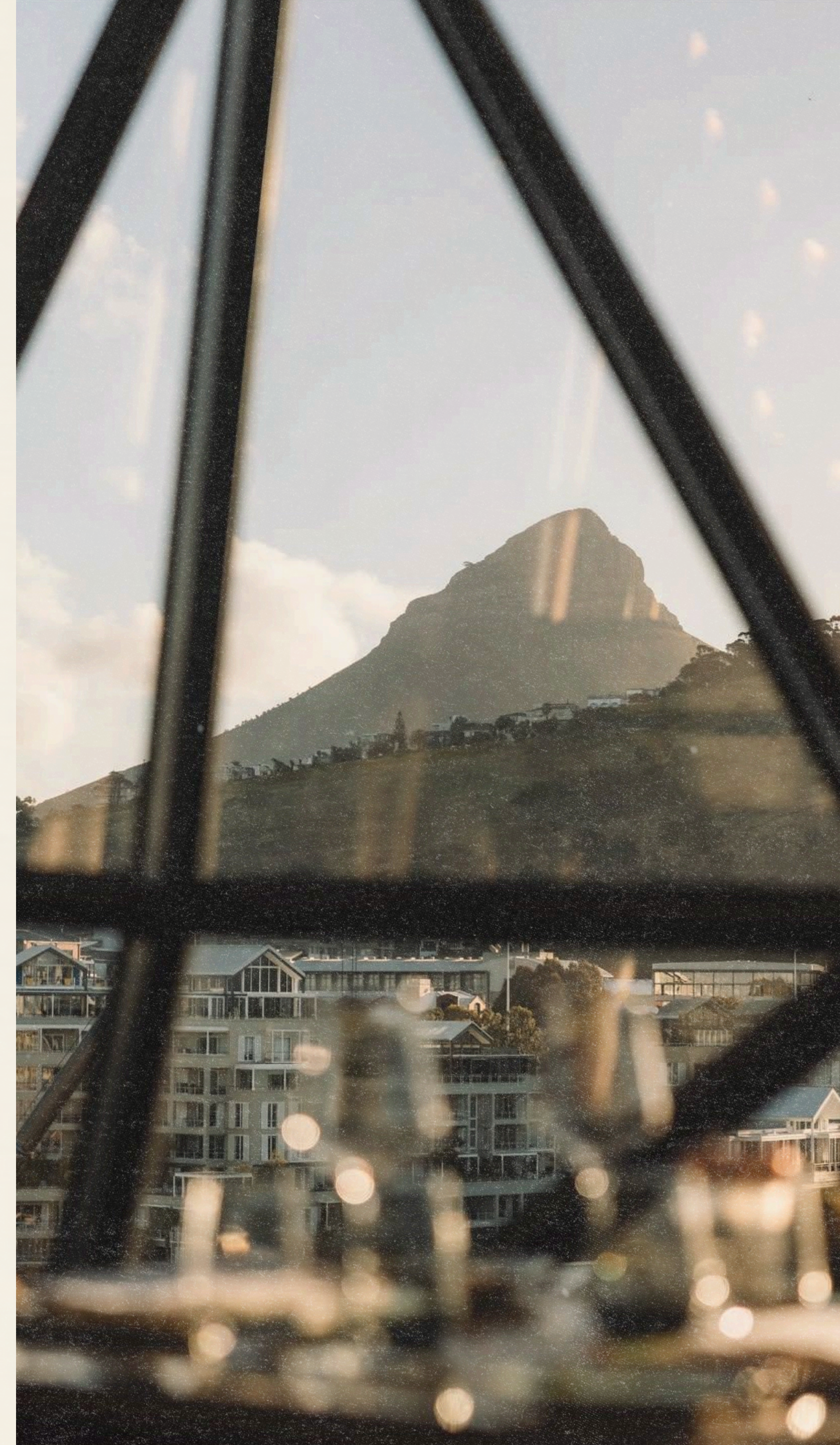
Aperitif is a cool bar, serving classic drinks, sharing plates, and boasting a European vibe. The downstairs area becomes The Sandwich Bar during the day. They don't take reservations, but they do rent out the space for events and offer catering.

Monday-Thursday,
12:00 PM - 11:00 PM
Friday, 12:00 PM - 12:00 AM
Saturday, 12:00 PM - 11:00 PM
Sunday, 12:00 PM - 09:00 PM

10. Cafe Ganesh (Observatory)

Vegetarian restaurant with a creative menu and a welcoming atmosphere.

Tuesday,
04:00 PM – 12:00 AM
Wednesday,
04:00 PM – 11:30 PM
Thursday-Saturday,
04:00 PM – 01:00 AM
Sunday, 04:00 PM – 09:00 PM



MUST-SEE *Nightclubs and Bars*

01. Destiny (CBD)

Popular among young people, with a lively atmosphere and varied music, from hip-hop to house. Perfect for those who enjoy a packed dance floor and urban vibe.

Monday –Friday,
20:00 PM - 04:00 AM

02. One Park (Gardens)

Alternative and cool, with a programme that mixes electronic music, indie and cultural events. Informal and creative atmosphere.

Wednesday–Friday,
18:00 PM - 10:00 PM
Saturday , 18:00 PM - 10:30 PM
Sunday, 02:00 PM - 06:00 PM

03. Drama (CBD / Long Street)

A modern and intimate club, known for house and techno music, minimalist décor and a discerning clientele.

Wednesday–Sunday,
06:00 PM – 02:00 AM

04. Open Wine (City Bowl / CBD)

More geared towards wine bars and live music experiences, with a crowd that enjoys socialising in a relaxed atmosphere.

Monday- Sunday,
12:00 PM – 11:00 PM

05. Athletic Club (City Bowl)

A young, casual and sporty club, combining a bar and dance floor. A good option for those looking for a lively atmosphere without excessive luxury.

Monday–Tuesday,
04:00 PM - 11:00 PM
Wednesday,
04:00 PM - 12:00 AM
Thursday–Saturday,
12:00 PM - 02:00 AM

06. La Trip (CBD)

Alternative, with diverse programming and a focus on local DJs. Relaxed atmosphere, good for dancing and enjoying underground music.

The club hosts various events, with schedules that vary according to the programme. Details about specific events can be found on the club's social media pages.

07. Caprice (Camps Bay)

A sophisticated beachfront bar and club, very popular with tourists and locals alike, ideal for sunset drinks that turn into a night out.

Monday,
12:00 PM – 12:00 AM
Tuesday–Thursday,
09:00 AM – 12:00 AM
Friday–Sunday,
09:00 AM - 01:00 AM

08. Nkula (Long Street / CBD)

Lively nightclub with African rhythms and international music, a welcoming atmosphere and a fun dance floor.

Monday–Sunday,
01:00 PM – 02:00 AM

09. Babbi (City Bowl)

A small, intimate club with an underground vibe and a crowd that enjoys alternative and house music.

Wednesday–Friday,
02:00 PM - 12:00 AM
Saturday, 12:00 PM - 12:00 AM
Sunday, 02:00 PM - 12:00 AM

10. Yours Truly (CBD / Long Street)

A mix of bar and club, with varied music and a welcoming atmosphere, this is a good option to start the night before moving on to other clubs.

Monday–Sunday,
07:00 AM – 12:00 AM

11. Cabo Beach V&A

A stylish beach club offering premium lounging, good food, and lively events. A relaxed coastal escape where sun, sea, and social energy come together in a refined, beach-chic setting

Monday–Sunday,
12:00 PM – 11:00 PM

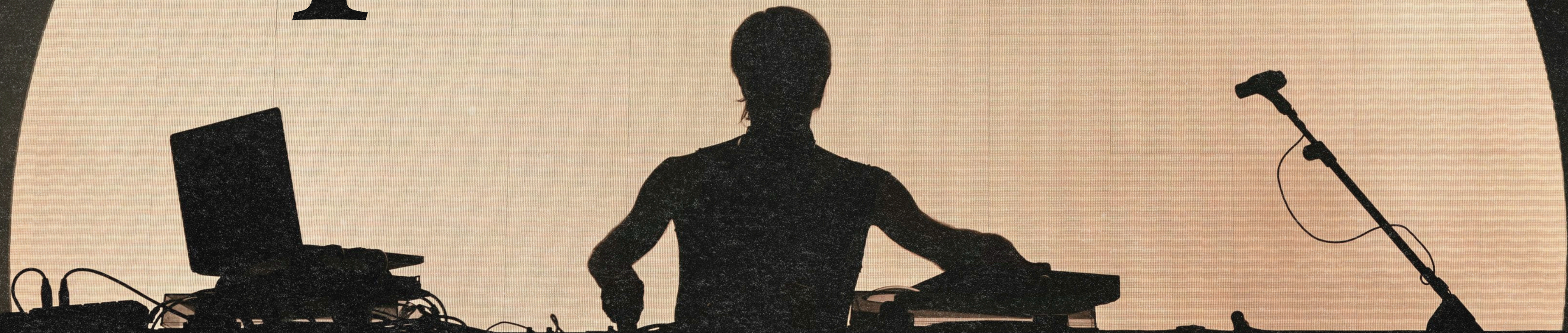
12. Slow Cooked Sundays

A Sunday experience focused on networking, meeting like-minded people, and discovering new local talent. All while enjoying a relaxed and fun atmosphere.

The events have their own dates and times. You can check them out on social media and on the website.



FESTIVALS & *Special Events*



Music and Culture FESTIVALS

1. Cape Town Jazz Festival (Cape Town International Convention Centre - CTICC, CBD)

Africa's largest jazz festival, bringing together international and South African artists. An unmissable event for lovers of music and culture.

2. Rocking the Daisies (Cloof Wine Estate, Darling, near Cape Town)

A music, art and lifestyle festival with a relaxed atmosphere and alternative music attractions, DJs and gastronomic experiences.

3. AfrikaBurn (Tankwa Karoo)

South African version of Burning Man, focused on experimental art, personal expression, community, and sustainability in the Tankwa Desert.

4. Investec Art Fair (Cape Town International Convention Centre)

The largest art fair on the African continent, bringing together contemporary galleries and emerging artists, ideal for collectors and art lovers.

5. Design Week (Various locations in Cape Town)

A week dedicated to creativity, design and innovation, with exhibitions, workshops, lectures and fairs showcasing local and international design products.

**Tuesday – Saturday,
1:00 PM - 10:00 PM**

6. FAME Week (Various locations in Cape Town)

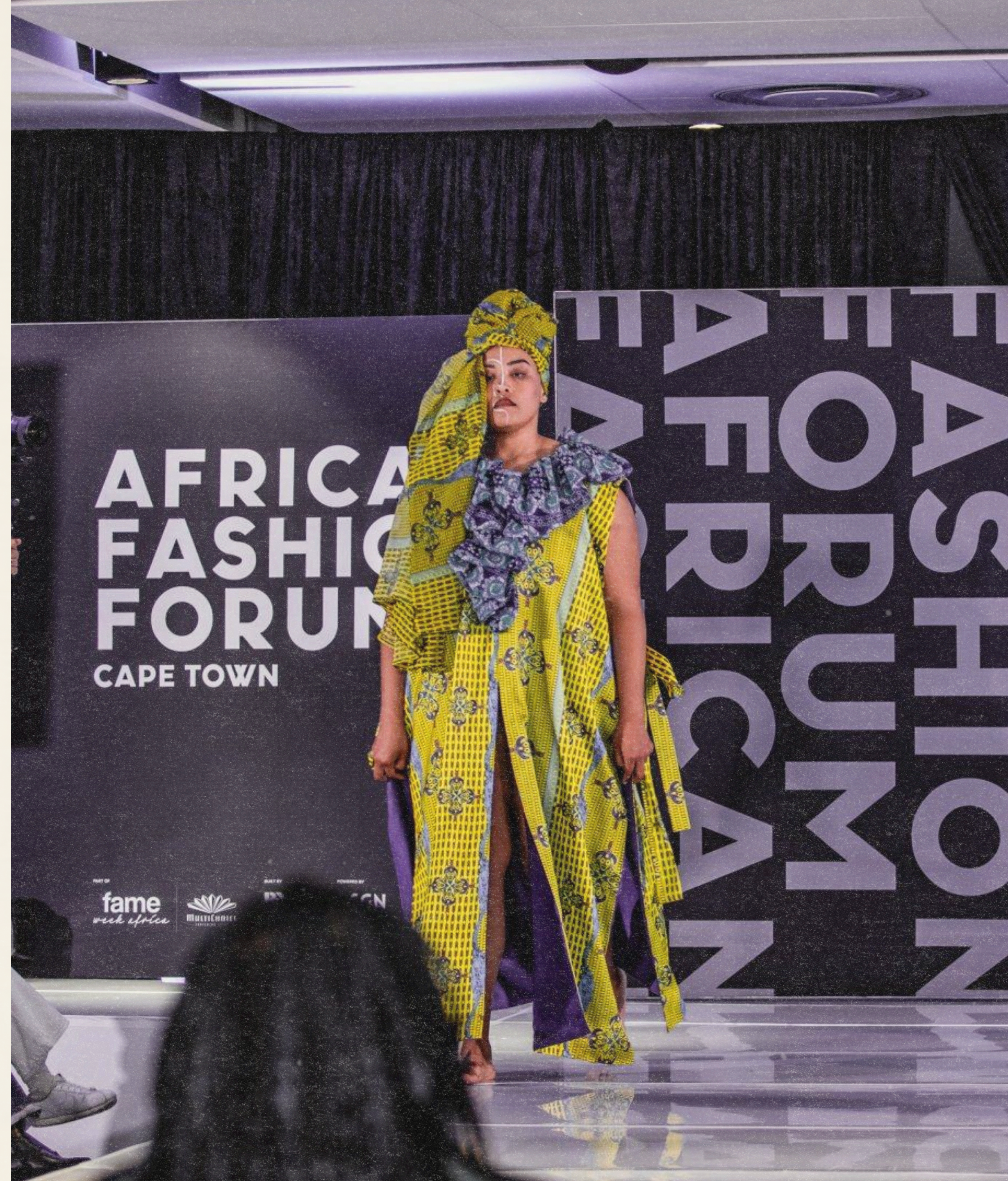
A festival of fashion, art, and music, ideal for professionals in the creative market, influencers, and lovers of cultural trends.

7. Afrotech Week (V&A Waterfront and CBD)

A week focused on technology, innovation and networking in the African market, with conferences, workshops and immersive experiences for professionals and entrepreneurs.

8. Days in the Sun (Ostrich Farm)

Days In The Sun is a one-day festival that combines music, African culture and that lighthearted feeling of childhood. Just 20 minutes from Cape Town, The Ostrich becomes a stage for DJs, good food and the perfect atmosphere to forget your routine and just enjoy yourself.





OUTDOORS & *Nature Activities*

INCREDIBLE DAY IN *Nature and Sunset*

01. Promenade (Green Point and Sea Point)

One of the city's most beloved areas for walking, running and cycling by the sea. The waterfront stretches from Green Point Stadium to the end of Sea Point, overlooking the sunset over the Atlantic.

02. Lion's Head (Signal Hill Road, between Camps Bay and Tamboerskloof)

Iconic trail offering the best panoramic view of Cape Town. Ideal for climbing at sunrise or sunset. Difficulty level: moderate.

03. Table Mountain (Tafelberg Road, near the city centre)

Cape Town's postcard image. You can go up by cable car or on foot (Platteklip Gorge is the most popular trail). At the top, there are viewpoints and cafés with 360° views.

04. Cape Point (Table Mountain National Park, Cape Peninsula)

The southern tip of the park, where the Atlantic and Indian oceans meet. Dramatic landscapes, historic lighthouse and coastal trails. Approximately 1.5 hours by car from the city centre.

05. Signal Hill (Bo-Kaap, between Table Mountain and Lion's Head)

Viewpoint accessible by car with panoramic views of the city and the sea. Famous spot for watching the sunset and the firing of the Noon Gun.

06. The Rock (Clifton/Camps Bay)

Large rock formation by the sea, very popular with locals and tourists alike for watching the sunset. Located between Clifton 2nd and 3rd Beach.

07. Kloof Nek Hiking (between Tamboerskloof and Camps Bay)

Region of trails connecting Lion's Head, Table Mountain and Pipe Track. A great starting point for those seeking outdoor adventures without leaving the city.

08. Kirstenbosch National Botanical Garden (Newlands, at the foot of Table Mountain)

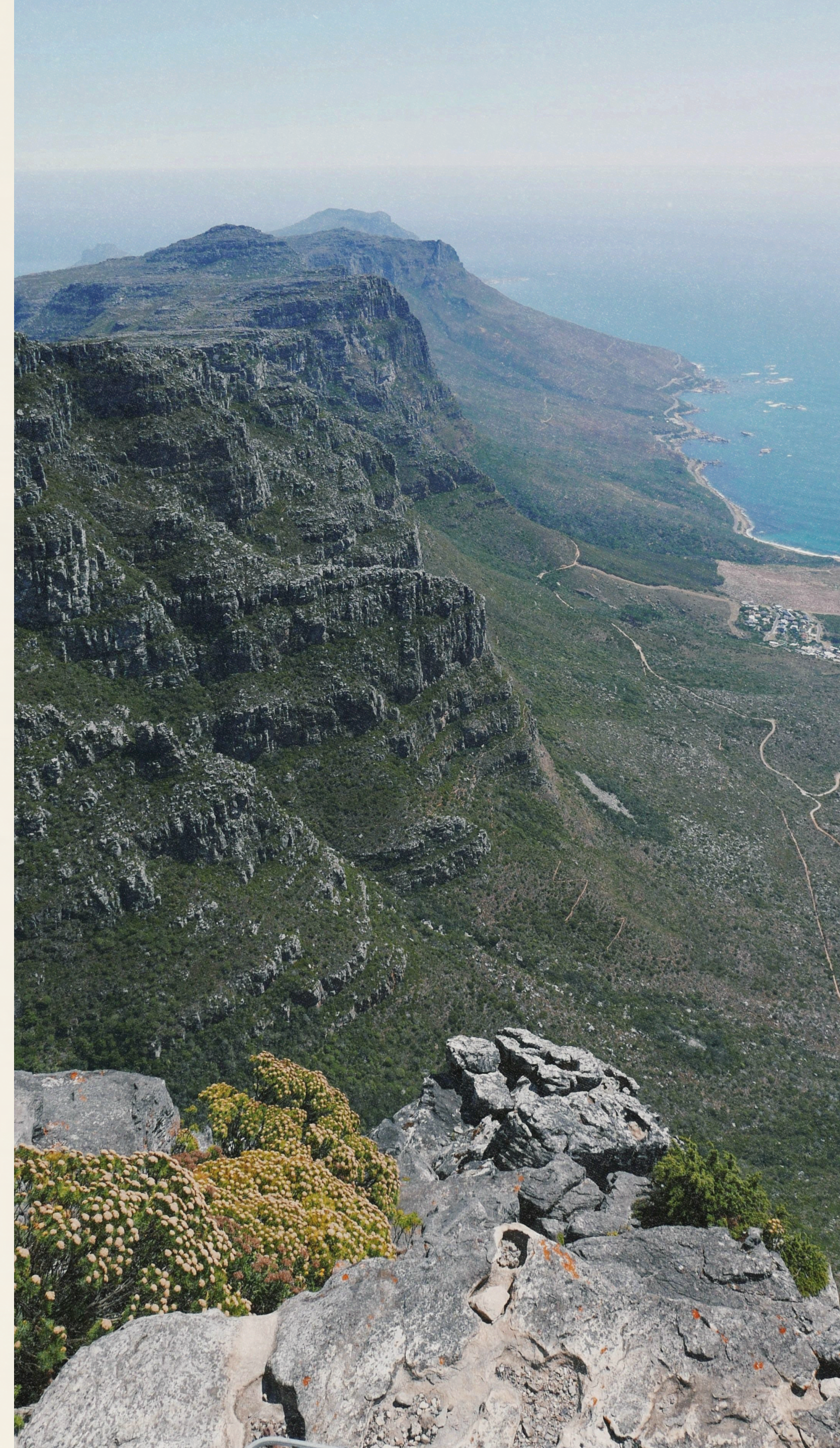
One of the most beautiful botanical gardens in the world, with trails, a suspended walkway among the trees (Boomslang Walkway) and outdoor concerts during the summer.

09. Green Point Park

Green Point Park is a green haven in the heart of the city, right next to Cape Town Stadium. It is perfect for walking, picnicking, relaxing on the grass, taking children, watching ducks on the lake and breathing fresher air without leaving the city.

10. the Company's Garden

The Company's Garden is one of the most historic and charming spots in central Cape Town. It is a public garden full of old trees, sculptures, surrounding museums and that peaceful vibe that makes us slow down. Perfect for walking, sitting on the lawn, feeding the squirrels and enjoying a breather in the middle of the city.



LITTLE *Purchases*

01. The Watershed (V&A Waterfront, Waterfront)

Market focused on local crafts, design and independent fashion. Ideal for those who want to take home authentic souvenirs and products made by South African designers.

**Monday- Sunday,
10:00 AM – 06:00 PM**

02.V&A Mall (V&A Waterfront, Waterfront)

A more traditional shopping centre with international stores and luxury brands, as well as dining options. Good for those looking for comfort and variety.

Different suppliers open at different times and on different days.

03. St George's Street Market (City Bowl, CBD)

A classic street market with crafts, clothing and souvenirs. Great for quick experiences and local shopping in the historic centre.

Thursday, 11:00 AM – 03:00 PM

04. Canal Walk Mall

One of the largest shopping centres in the region, with international brands, entertainment and dining. Ideal for those who want to shop on a large scale or enjoy a day of indoor leisure.

**Monday- Sunday,
10:00 AM – 06:00 PM**

05. Oranjezicht City Farm Market (Granger Bay / Oranjezicht)

Local farmers' market, ideal for fresh, organic produce, cheeses, breads and coffees. Relaxed and green atmosphere, perfect for those who love gastronomy and handmade products.

**Wednesday,
04:00 PM - 09:00 PM
Saturday, 08:00 AM - 02:00 PM
Sunday, 08:30 AM - 02:00 PM**

06. Old Biscuit Mill (Woodstock)

Historic and vibrant market, focusing on design, local fashion and gourmet cuisine. Good for those looking for creative and local products, as well as trying artisanal foods.

**Monday–Friday,
10:00 AM - 04:00 PM
Saturday, 09:00 AM - 04:00 PM
Sunday, 09:00 AM - 02:00 PM**

07. China Town Sable Square (Century City)

Shopping centre with electronics stores, imported goods and various items, generally at affordable prices. Ideal for those looking for diversity and bargains. Chinese food fair on weekends.

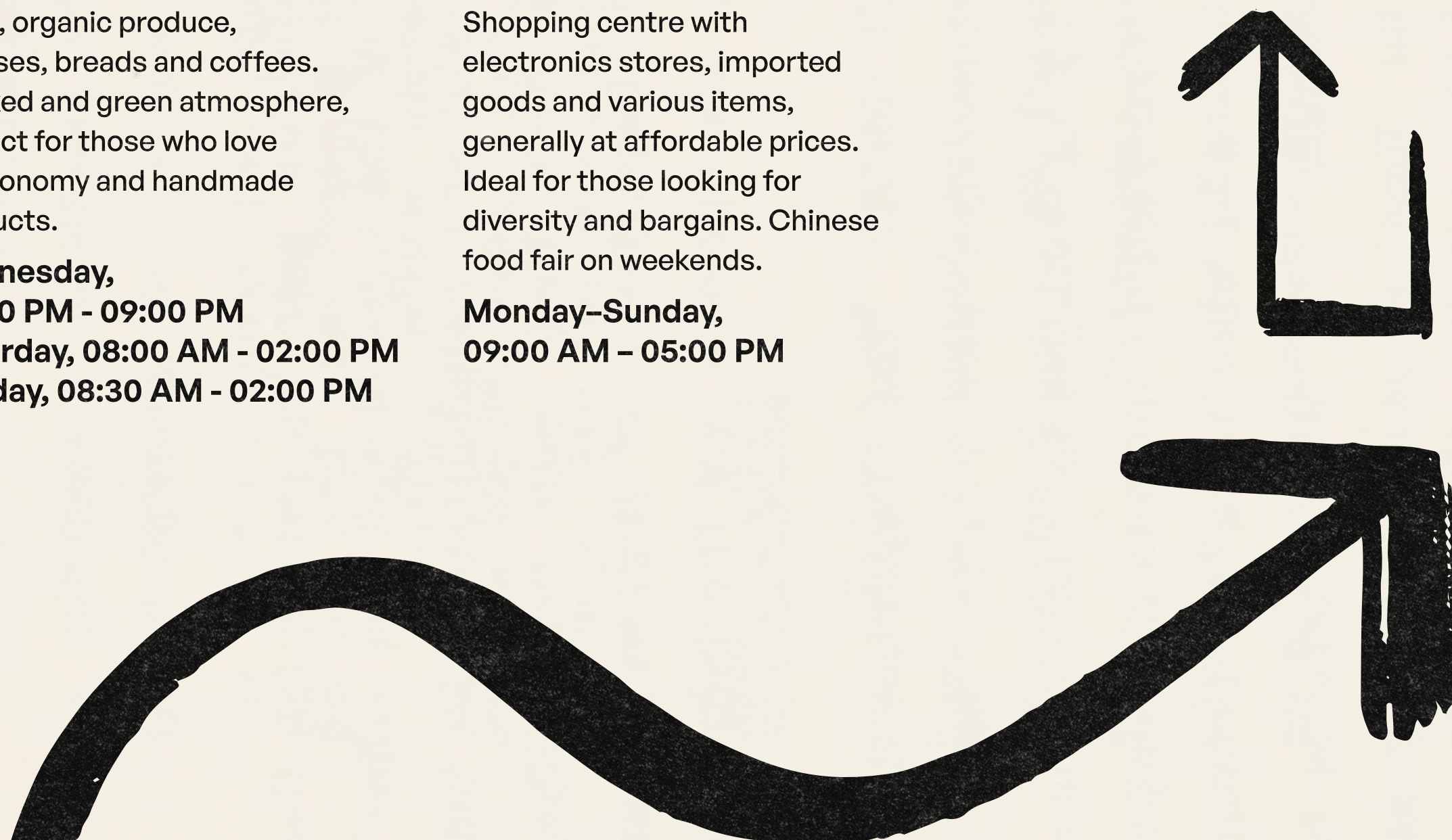
**Monday–Sunday,
09:00 AM – 05:00 PM**

08. Thrift shops in Observatory

The Observatory neighbourhood in Cape Town is a hub known for its thrift shops and vintage stores, especially along Lower Main Road. You'll find a variety of shops offering everything from retro clothing to designer pieces.

09. Long Street

Shops selling African goods and handicrafts



A woman with dark skin, wearing a black hijab and white-rimmed sunglasses with orange lenses, sits in a kitchen. She is dressed in a white long-sleeved shirt and green trousers, with a colorful patterned scarf. She rests her chin on her hand, looking directly at the camera with a thoughtful expression. The background shows a kitchen counter with a sink and various items.

Conclusion

We hope this guide becomes your companion as you explore Cape Town, a city layered with history, beauty, flavor, resilience, and lots of life. Here, every beach, museum, winery, restaurant, and outing carries a story. May you feel these layers as you experience the city at your own pace, with lightness and curiosity.

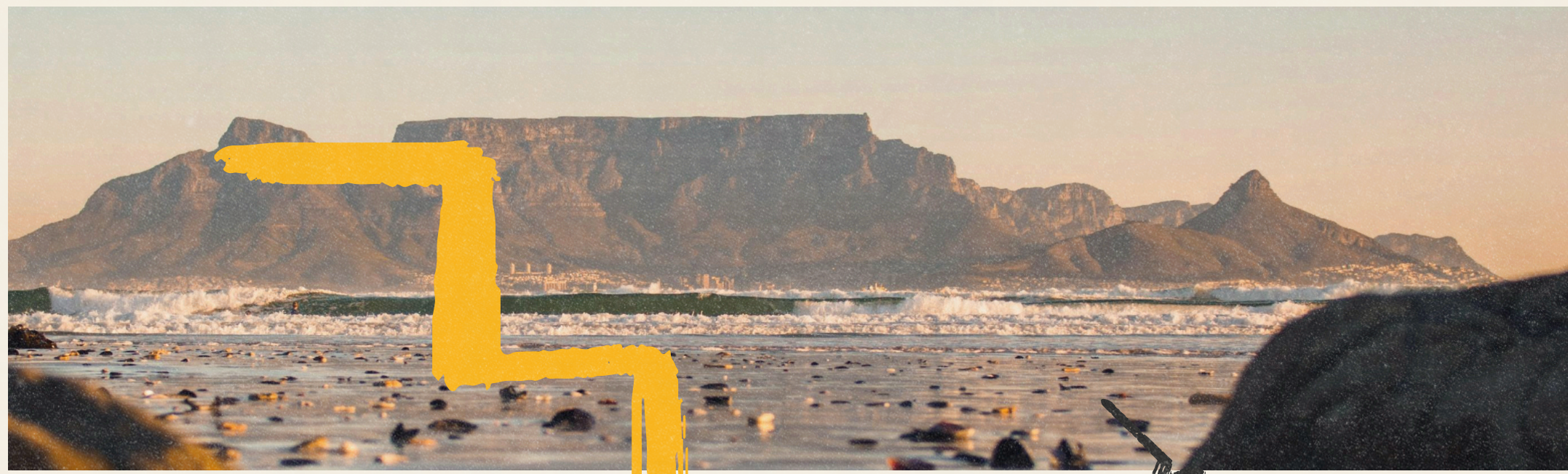
Use the map, reread the categories whenever you want, and come back whenever you ask yourself, “Where should I go today?” This guide was created to facilitate, inspire, and open paths.

And remember: Cape Town is a vast, diverse territory full of possibilities. Allow yourself to discover, find, connect, and create your own stories here.

Have a good trip and may every step be enjoyable, safe, and meaningful.



EXPLORE *TOWN



DISCOVER THE BEST PLACES FOR ART,
GASTRONOMY, NIGHTLIFE, NATURE, AND CULTURE!

