



Cape Town, South-Africa

- ✓ Sunbathe with penguins on Boulders Beach
- ✓ Drink wine from some of the oldest wine farms in Africa in Constantia
- ✓ View the amazing city from one of the flattest mountains in the world, Table Mountain
- ✓ Feed the squirrels at Company Gardens
- ✓ Walk in Nelson Mandela's footsteps on Robben Island
- ✓ Take a 9km drive with 114 curves, 590m high on Chapman's Peak drive.
- ✓ Go on safari and see the Big 5
- ✓ Stroll down the backpacker haven, Long Street
- ✓ Watch the amazing sunset while sipping a cocktail in Camps Bay



Quick
Tip!

Tipping at a
bar or
restaurant is
10- 15%

Best time to
visit

November
-
April





South-Africa has 11 national languages



Thank You

- ✓ English - Thank you
- ✓ Afrikaans - Dankie
- ✓ Ndebele - Ngiyathokoza
- ✓ Xhosa - Enkosi
- ✓ Zulu & Siswati - Ngiyabonga
- ✓ Sepedi, Sesotho & Setswana - Ke a leboga
- ✓ Tshivenda - Ndi a livhuha
- ✓ Xitsonga - Ndza Khensa

THE FIRST AFIKAANS WAS WRITTEN IN ARABIC SCRIPT



Getting Around

- ✓ Uber
- ✓ Licensed Taxi
- ✓ Rent a car
- ✓ MyCiTi Bus
- ✓ Walk (During the day time)
- ✓ Hop on Hop off bus
- ✓ Organised Tours
- ✓ Cycling (On cycle paths and inner city streets)
- ✓ Private Driver

TRAVEL LIKE A LOCAL IN A TRUE SOUTH-AFRICAN MINIBUS TAXI

Food To Try

- ✓ Boerewors Roll
- ✓ Pap & Chakalaka
- ✓ Braai (South-African BBQ)
- ✓ Bobotie
- ✓ Koeksister
- ✓ Waterblommetjebredie
- ✓ Biltong & Droewors
- ✓ Milktert
- ✓ Peppermint Crisp Tart

BOBOTIE MADE ITS FIRST APPEARANCE IN A DUTCH COOKBOOK IN 1609



Safety First

- ✓ Don't walk around in the city at night
- ✓ Don't carry a lot of cash
- ✓ Always take licensed taxi's

Safety First

- ✓ Don't leave valuables exposed
- ✓ Don't take a hike up the mountain in the dark
- ✓ Take hikes in groups

Safety First

- ✓ Get travel insurance
- ✓ Don't easily trust loiterers & strangers
- ✓ Keep doors/windows locked/closed when driving



South-Africa has 11 languages



Tip! Take the Hop On Hop Off Bus wine tour route



Boulders Beach

This beach is one of South-Africa's most special beaches. It is named after its many giant granite boulders scattered along the shore, which are roughly 540 million years old.

However **Boulders beach** is more famous for its colony of penguins who have been calling the beach their home since 1982.

The beach is great for sunbathing and swimming as the boulders give shelter from the strong Cape winds.

Constantia

Cape Town has its very own wine district, **Constantia Valley**. Only 15km from the city centre you will find winemaking dating back to 1685 which makes it the oldest wine making area in South-Africa.

Constantia has 9 wine estates, 8 of which are award winning. A must visit is **Groot Constantia** which is the oldest wine estate in South-Africa.

Something else not to miss is a picnic at **Eagles Nest** wine estate for an afternoon of fine wines and delicious eats.

Table Mountain

One of Cape Town's top attractions is **Table Mountain**. The mountain has many activities to offer so there is something for everyone. Ride the cable car for 5 mins and view the city from 1089 meters above Cape Town.

For a more in-depth experience take a guided tour which runs for 30 minutes, on the hour from 9:00-15:00.

If you enjoy hiking you can choose one of 3 hiking trails from the Upper Cable Station.

If you are more of a thrill seeker the mountain also offers abseiling, rock climbing & more.

Beer

- ✓ Pint of beer - Bar R25 - R35
- ✓ Bottle beer - Bar R20 - R25
- ✓ Bottle beer - Store R13 - R15

Currency Rand

ZAR - SOUTH-AFRICAN RAND

- ✓ R15 > \$ 1,75
- ✓ R15 > € 1,00

Food Restaurant

- ✓ Meal x 2 Inexpensive - R200
- ✓ 3 Course Meal x 2 Mid-Range R500



Company Gardens

The **Company Gardens** can be found in the centre of Cape Town and was first established in 1650. It was used to grow fresh produce for the European settlers who came to the Cape.

Take a walk through the garden and see one of South-Africa's oldest pear trees as well as other flora and fauna.

Buy a few bags of nuts at the **Company Gardens Restaurant**. Take a seat on the grass with a few nuts in your hand, and wait for the squirrels to make their way to you.



Robben Island is a UNESCO World Heritage Site

Robben Island

Robben Island has been used at times as a prison, a military base and a hospital for those who society chose to disregard.

It is most famous for being a prison during South-Africa's apartheid era and where three of the country's presidents were imprisoned during the apartheid era, most notably Nelson Mandela.

Mandela was imprisoned for 28 years, 18 of those he spent on Robben Island.

You can visit the island by boat leaving from the **V&A Waterfront**.



Chapman's Peak Drive

Whether you decide just to take the drive or make a whole day out of it **Chapman's Peak** is a must do on the Cape Town bucket list.

There are many stops along the way for picnicking, photography and short hikes.

The view is simply breath taking at times because of its beauty and due to the sheer height.

The road is also popular for jogging & cycling.

Heart

✓ The first ever successful heart transplant was performed at a hospital in Cape Town in 1967

Wine

✓ You can find the largest wine cellar in the world in the Cape wine lands at the KWV Cellar

Robot

✓ A traffic light is referred to as a robot in South-Africa



Game reserves near Cape Town are malaria free



Go On Safari

If Cape Town is your only stop in South-Africa you cannot miss out on a safari and the chance to see Africa's Big 5. The big 5 are the African Elephant, African lion, Cape buffalo, African leopard and the rhinoceros.

From the city there are numerous tour providers that offer day & overnight trips to game farms within a few hour's drive. There are also self-drive options available. Parks near Cape Town are:

Fairy Glen, Inverdoorn Game Reserve, Garden Route Game Lodge & Aquila Private Game Reserve



Long Street

One of Cape Town's most vibrant streets is **Long Street**. Taking a walk down the street is a cultural experience on its own with its ethnic diversity, arty shops and African mementos.

By day it is buzzing with coffee shops, diverse restaurants and markets. By night it is bustling with people out to have a good time.

Well priced eats and drinks can be found on Long Street as well as fairly priced accommodation. It is no wonder it is known as Cape Town's backpacker haven.

Camps Bay

Camps Bay is another beautiful area that the wonderful city of Cape Town has to offer. Only 7 minute's drive from the city centre you can enjoy a day on the beach admiring the Twelve Apostles mountain range, or simply hopping between the many chic restaurants and cocktail bars along Victoria Road.

A very popular activity is watching the sunset whilst having a cocktail along the beachfront. Make sure you get there early as it gets pretty busy with locals and tourists trying to catch this spectacular daily occurrence.



✓ SA has 3 capital cities, Cape Town, Pretoria & Bloemfontein



✓ SA has the highest commercial bungee jump in the world, 216m at Bloukrans Bridge



✓ The Castle of Good Hope in Cape Town is the oldest building in South-Africa. It once had a sea view