

A wink sparks a collaboration,
a promise of exciting things to come.

Welcome to Cape Town. It is our pleasure to host you in the 'Mother City' of South Africa. We are proud of this city and we know it is a very special place on Earth.

This guidebook aims to give you a glimpse of what this city has to offer. We trust that these experiences will enrich your stay and allow you to get under its skin.

Please don't hesitate to contact us if you have any questions.

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emergency services

01 All Emergencies

10111

02 Ambulance

10177

03 Fire Brigade

021 535 1100

04 Mountain Rescue

021 948 9900

05 Sea Rescue

NSRI 021 449 3500 / Netcare 082 911

hospitals

01 Christian Barnard Memorial Hospital

181 Longmarket St, CT, 8000
T: 021 480 6111

02 Medi Clinic Cape Town

21 Hof St, Oranjezicht, CT, 8001
T: 021 464, 5500; T: 021 465 5555 (24 Emergency)

03 Medi Clinic Constantiaberg

Burnham Rd, Plumstead, CT, 7800
T: 021 799 2911

health

01 Chiropractor & Acupuncture

Dr Rob Beffa
11 Eaton Rd, Tamboerskloof, CT, 8001
T: 021 422 2962

02 General Practitioner

Dr G Chivers
1 Kloof Rd, Sea Point, Cape Town 8005
T: 021 439 6060

03 Homeopath

Dr Bolling
3 Firdale Ave, Gardens, CT, 8001
T: 021 423 0739

foreign exchange

01 American Express

CBD: 60 St George's Mall, CBD, CT, 8000
T: 021 425 7991
Gardens Centre: Store 63a, Upper Floor, Gardens Centre, Gardens, CT 8000
T: 021 462 2953
www.americanexpress.co.za

02 Rennies Travel

2nd Floor, The Terraces, Black River Office Park, Fir Rd, Observatory, CT, 7925
T: 021 486 3600
www.renniestravel.com

cab services

01 Excite Taxis

Operating meter cabs since 1994 with a company policy to render an efficient, reliable, safe and value-for-money services.
T: 021 448 4444
www.excitetaxis.co.za
Open 24/7

02 Rikki's Taxis

A door-to-door taxi service with bright, recognisable taxis. Rikkis' Free Phone booths are situated throughout Cape Town.
T: 086 174 5547
www.rikkis.co.za
Open 24/7

03 Unicab

A fleet of reliable vehicles that also offer airport shuttle services to and from Cape Town International Airport.
T: 021 486 1600
www.unicab.co.za
Open 24/7

airports & airlines

01 Airports Company / Flight Information

For live flight information for all South African airports and flights visit: www.acsa.co.za
T: 086 727 7888 (Call centre)
T: 021 937 1200 (Cape Town International Airport)

02 Air France

T: 0861 340 340
www.airfrance.co.za

03 British Airways

T: 011 441 8600
www.britishairways.com

04 KLM

T: 0860 247 747
www.klm.com

05 Lufthansa

T: 0861 842 538
www.lufthansa.com

06 South African Airways

T: 021 936 1111 (Cape Town)
T: 011 978 1111 (Johannesburg)
www.flysaa.co.za

wink.

Our guidebook to Cape Town

wellness

01 Barnet Fair Barber Shop

A stylish barber shop offering traditional hot towel shaves, head shaves, beard maintenance and haircuts.
98 Bree St, St. Stephens Church, CT, 8001
T: 021 424 1302; www.barneffair.co.za
Open Mon-Sat: 09:00-17:30

02 Enmasse

Enmasse strives to make massages more of a regular pleasure, for a lot less than you'd think, by offering memberships and the ability to simply walk-in.
123 Hope St, Gardens, CT, 8001
T: 021 461 5650 / 082 907 6267 (after hours)
massage@enmasse.co.za, www.enmasse.co.za
Open daily: 08:00-22:00

03 Scar Hair

Scar giveth hair and scar taketh hair away.
22 Kloof St, Gardens, CT
T: 021 422 5900

04 Virgin Active Gyms

Virgin Active Health Clubs, South Africa's leading health and fitness club, offer so much more than just the traditional gym.
T: 0860 200 911 (National call centre)
www.virginactive.co.za
Long Street: 021 421 5857
Green Point: 021 434 0750
Gardens: 021 462 6239
Claremont: 021 684 3800

05 Wellness Warehouse

Wellness Warehouse provides a wide range of wellness products and services in a single destination. Find more stores online, www.wellnesswarehouse.com.
Lifestyle on Kloof, 50 Kloof St, CT, 8000
T: 0860 548 3543

beaches

01 Bakoven

In a tiny suburb on the edge of Camps Bay. Its beach is just a small strip of sand between a jumble of giant granite boulders. Although small, the boulders provide shelter from the wind for sunbathers wanting a quiet spot away from the Camps Bay crowds.

02 Camps Bay Beach (Blue Flag Status)

Lays claim to having Cape Town's most 'glamorous beach'. Its sweeping arc of brilliant white sand is skirted by a row of elegant palm trees, while the beachfront Promenade along Victoria Road is lined with trendy restaurants and bars.

03 Clifton Beaches

Clifton has four beaches with sugar-white sands, with Clifton fourth being awarded Blue Flag status. One of South Africa's most popular and sought after beaches. All of the beaches are accessible via stairs leading down from the road above. Generally fourth is the busiest in summer with good changing room and bathroom facilities.

04 Llandudno Beach (Blue Flag Status)

This is a stunning beach, tucked away on the Atlantic Seaboard between Hout Bay and Camps Bay and by far one of the most beautiful beaches and a favourite for sundowners. Deck chairs and umbrellas are available for daily rental.

outdoor attractions

01 Green Point Urban Park

Part of the Cape Town Stadium precinct development involved redefining the Green Point Common, beach front and promenade as a green, multifunctional urban space. The area has several national monuments and historical buildings, including Fort Wynard, the Old Somerset Hospital and the Green Point Lighthouse.

02 Kirstenbosch National Botanical Gardens

Established in 1913 to promote, conserve and display the unique flora of the Western Cape, Kirstenbosch is acclaimed as one of the great botanical gardens of the world and a UNESCO World Heritage Site. There are over 7 000 species in cultivation in the gardens, including many rare and endangered species. The Garden covers 36 hectares in a 528 hectare estate that contains protected mountainside supporting natural forest and fynbos along with a variety of animals and birds. Kirstenbosch hosts a variety of events, for more information on these events and the gardens visit www.sanbi.org.za.
Rhodes Drive, Newlands, CT, 7945
T: 021 799 8783
Open (September-March) Mon-Sun: 08:00-19:00
Adults: R42; Students: R25; Children R10

03 Robben Island

Once "home" to some of South Africa's most famous political prisoners, including Nelson Mandela, Robben Island is one of South Africa's most visited tourist attractions, and rightly so. Robben Island is situated some 9km (5.5mi) offshore from Cape Town.
For bookings call: 021 413 4200

04 Sea Point Promenade

The promenade runs the length of Sea Point's beachfront, from Bantry Bay to Mouille Point and is a hub of activity, particularly in the early morning or late afternoons to watch the sun set right next to the waters of the Atlantic Seaboard.
Beach Rd, Sea Point, CT, 8005

05 Table Mountain National Park & Cable Way

The park, a World Heritage Site, encompasses the scenic Peninsula mountain chain stretching from Signal Hill to Cape Point including both Table Mountain and the Cape of Good Hope. Globally recognised for its rich, diverse and unique fauna and flora including fynbos, Southern Right Whales, Cape Mountain Zebra, Chacma Baboons, Cape Clawless Otters and the growing colony of Jackass penguins at Boulders Beach. The park is also home to an endemic species of frog, the Table Mountain Ghost Frog, that is only found on the east-side of the mountain.
T: 021 424 0015 (Cable); T: 021 424 8181 (Weather); T: 021 780 9010 (Cape Point)
www.tmntp.co.za, www.sanparks.org

06 The Company's Gardens

One of the city's tourist attractions that is the remaining half of a fresh produce garden planted in the 1650s by the region's first European settlers. The public section of the garden has been enjoyed by visitors since it was proclaimed for public use in 1848. It is abutted by numerous important landmarks and includes the oldest cultivated pear tree in South Africa (circa 1652), rose gardens, fish ponds, aviary, herb garden and grassy lawns and benches.
Queen Victoria Street, CT, 8001
T: 021 400 2521
Summer hours: 07:00-19:00

Need to find a number? Call directory enquiries 1023.

art galleries

01 34 Fine Art

An independent commercial gallery dealing in contemporary art by various artists.
34 Long St, CT, 8001
T: 021 461 1863, M: 082 354 1500
www.34fineart.com
Tue–Fri: 10:00–16:00; Sat: 10:00–13:00 and by appointment

02 Erdmann Contemporary & The Photographers' Gallery ZA

A dual medium gallery with a focus on contemporary comic art and photography.
63 Shortmarket St, CT, 8001
T: 021 422 2762, F: 021 422 3278
www.erdmanncontemporary.co.za
www.photographersgallery.co.za
Tue–Fri: 10:00–17:00; Sat: 11:00–14:00

03 Goodman Gallery

Contemporary South African fine artists.
Fairweather House, 176 Sir Lowry Rd, Woodstock, CT, 7925
T: 021 462 7573/4, F: 021 462 7579
www.goodman-gallerycape.com
Tue–Fri: 09:30–17:30; Sat: 10:00–16:00

04 Michael Stevenson

Established and emerging artists encouraging critical debate around contemporary art.
Buchanan Building, 160 Sir Lowry Rd, Woodstock, CT, 7925
T: 021 462 1500, F: 021 462 1501
www.michaelstevenson.com
Mon–Fri: 09:00–17:00; Sat: 10:00–13:00

05 Whatiftheworld / Gallery

A contemporary gallery with a focus on new and emerging contemporary South African artists.
1 Argyle St, Woodstock, CT, 7925
T: 021 802 3111
www.whatiftheworld.com
Tue–Fri: 10:00–17:00; Sat: 10:00–14:00 or by appointment

cultural

01 Artscape

Multi-functional creative arts centre promoting the performing arts.
Artscape Theatre Centre, DF Malan St, Foreshore, CT, 8001
T: 021 410 9800
www.artscape.co.za

02 Baxter Theatre Centre

Provides an exciting forum for live theatre, music and dance.
Baxter Theatre Centre, Main Rd, Rondebosch, CT, 7700
T: 021 685 7880
www.baxter.co.za

03 Cape Philharmonic Orchestra

A financially and culturally sustainable, multi-functional orchestra delivering a world-class musical experience to all communities of the Western Cape.
Artscape, DF Malan St, Foreshore, CT, 8001
T: 021 410 9809
www.cpo.org.za

04 Iziko Michaelis Collection

A world-renowned selection of Netherlandish art from the seventeenth-century Golden Age.
Old Town House, Greenmarket Square, CT, 8001
T: 021 481 3933
www.iziko.org.za/michaelis/
Mon–Fri: 10:00–17:00; Sat: 10:00–16:00

05 Iziko South African Museum

Vast collections of natural history and anthropological objects document all forms of life, living and extinct, from Southern Africa.
25 Queen Victoria St, CT, 8001
T: 021 481 3800
www.iziko.org.za/sam/
Daily: 10:00–17:00

06 Iziko South African National Gallery

South Africa's premier art museum houses outstanding collections of South African, African, British, French, Dutch and Flemish art.
Government Ave, Company's Garden, CT, 8001
T: 021 481 3970
www.iziko.org.za/sang/
Tue–Sat: 10:00–17:00

coffee

01 Espressolab Microroasters

Speciality coffee roastery.
Old Biscuit Mill, 375 Albert Rd, Woodstock, CT, 8001
T: 021 447 0845
www.espressolabmicroroasters.com
Mon–Fri: 08:00–16:00; Sat: 08:00–14:00

02 Giovanni's Deliworld

An authentic Italian-owned deli and café.
103, Main Rd, Green Point, CT, 8005
T: 021 434 6893, F: 021 439 0348
Mon–Sun: 07:30–21:00

03 Jason Bakery

Artisan bread, sandwiches, coffee and beer.
185 Bree St, Cape Town, 8001
T: 021 424 5644
Mon–Fri: 07:00–15:30; Sat: 07:00–14:00

04 Origin Coffee Roasting & Nigiro Tea

Artisan coffee roastery and tea merchants.
28 Hudson St, De Waterkant, CT, 8001
T: 021 421 1000
Mon–Fri: 07:00–17:00; Sat & Sun: 09:00–14:00

05 Yours Truly

Retail of coffee and gourmet sandwiches.
175 Long St, CT, 8001
T: 021 422 3788
Mon–Fri: 06:00–16:30; Sat: 09:00–14:00;

breakfast & lunch

01 Dear Me

An all-day brasserie, pantry and event space in the heart of the CBD.
165 Longmarket, CT, 8001
T: 021 422 4920
Mon–Fri: 07:00–15:00

02 The Kitchen

Karen Dudley's The Kitchen offers cozy daytime eating, and hey, the First Lady went there.
Shop #4, 111 Sir Lowry Rd, Woodstock, 7925
T: 021 462 2201
Mon–Fri: 08:30–16:00

03 Loading Bay

Breakfasts, coffees and lunches served in a 'luxury-café' setting with attached men's boutique.
30 Hudson St, De Waterkant, CT , 8001
T: 021 425 6320
Mon–Fri: 08:00–17:00
Sat: 08:00–16:00

04 Manna Epicure

Up-market café serving breakfast, lunch & tapas.
151 Kloof St, City Bowl, CT, 8001
T: 021 426 2413
Tue–Sat: 08:00–17:00; Sun: 08:00–16:00

05 Sababa

This place is all about uncomplicated and wholesome food with a Middle Eastern influence.
Shop 14, Piazza St. John, 395 Main Rd, Sea Point
T: 021 433 0570.

06 Superette

A daily neighbourhood café open for breakfast & lunch featuring seasonal fare from farm to plate.
Woodstock Exchange, 218 Albert Rd, Woodstock, 7925
T: 021 802 5525
www.superette.co.za
Mon–Sat: 08:00–15:00

wine farms

The surrounding areas of Cape Town have many wine farms, here are a few:

01 Asara

Polkadraai Rd, Stellenbosch
Mon–Fri: 10:00–18:00; Sat & Sun: 10:00–16:00
T: 021 888 8000
www.asara.co.za

02 Mōreson

Happy Valley Rd, Franschoek
Mon–Sun: 09:00–17:00
T: 021 876 3055
www.moreson.co.za

03 Rust en Vrede

Annandale Rd, Stellenbosch
T: 021 881 3881
Mon–Sat: 09:00–17:00
www.rustenvrede.com

04 Waterford

Blaauwklippen Rd, Stellenbosch
T: 021 880 0496
Mon–Fri: 09:00–17:00; Sat: 10:00–17:00
www.waterfordestate.co.za

drinks

01 &Union

Luxury beer salon and bar serving hand-crafted German and Belgian beer.
110 Bree St, St. Stephen's Church, CT, 8000
T: 021 422 2770
Mon–Sat: 13:00–24:00

02 Asoka

Restaurant and cocktail bar offering live music and Asian style tapas.
Cape Town. 68 Kloof St, Gardens, CT, 8001
T: 021 422 0909
Mon–Sun: 17:00 till Late

03 The Orphanage

The Orphanage Cocktail Emporium is a specialist cocktail club & eatery.
227 Bree St, CT, 8000
T: 021 424 2004
Mon–Sun: 17:00–02:00

04 Power & the Glory

A small, relaxed neighbourhood bar & eatery.
13b Kloofnek Rd, Tamboerskloof, CT, 8001
T: 021 422 2108
Mon–Fri: 08:00 till Late; Sat: 09:00 till Late

05 Tjing-Tjing

Asian inspired rooftop bar and eatery.
165 Longmarket St, CT, 8000
T: 021 422 4920
Tue–Sun: 16:00–02:00

sundowners

01 The Grand Café & Beach Bar

Set on an fashioned white beach at Granger Bay near the V&A Waterfront.
Haul Rd off Granger Bay Rd, Granger Bay, CT, 8000
T: 021 425 0551
Tue–Sun: 12:00–16:00; 18:00 till Late

02 Harvey's @ The Winchester Mansions Hotel

Enjoy sundowners near the Sea Point Promenade.
221 Beach Rd, Sea Point, CT, 8060
T: 021 434 2351
Mon–Sat: 07:00–22:30

03 Leopard Bar @ The 12 Apostles

The ideal place to enjoy an afternoon drink or 'afternoon tea by the sea'.
12 Apostles Hotel, Victoria Road, Camps Bay, 8005
T: 021 437 9015
Mon–Sun: 10:00 till Late

04 Wakame

Cocktail and sushi bar located on the seafront promenade.
Cnr Surrey Place & Beach Rd, Mouille Point, 8005
T: 021 433 2377
Mon–Sun: 12:30 till Late

sushi

01 Nobu

World-class master chef Nobuyuki 'Nobu' Matsuhisa expands his eponymous empire with the debut of his first restaurant in Africa.
One&Only Cape Town, V&A Waterfront
T: 021 431 4511
Mon–Sun: 18:00–23:00

02 Takumi

Takumi is a no nonsense, unfussy Japanese diner offering some of the best sushi in Cape Town.
3 Park Rd Gardens, CT, 8001
T: 021 424 8879 / Booking essential
Tue–Fri: 12:00–14:00 & 18:00–22:00
Mon & Sat: 18:00–22:00

03 Willoughby & Co.

Offers a range from its Japanese kitchen: sushi, tempura dishes to oyster shooters and soups.
Lower Level, Victoria Wharf, V&A Waterfront
T: 021 418 6115
Mon–Sun: 11:30–23:30

steaks

01 Hussar Grill (Camps Bay)

Multiple award winning grill rooms have been proud purveyors of the finest South African steak.
Shop 2, 108 Camps Bay Drive, Camps Bay, 8005
T: 021 438 0151
Mon–Sun: 12:00–22:00

02 Nelson's Eye

Arguably the best steak in Cape Town, Nelson's Eye has been trading since the 60s.
9 Hof Street, CT, 8001
T: 083 701 7101
Mon–Sat: 12:00–23:30; Sun: 17:00–23:30

casual dining

01 Café Paradiso

It sticks to a crowd-pleasing formula of authentic Med fare made with flair in a garden setting with breathtaking panoramic views of Table Mountain.
110 Kloof St, Gardens, CT, 8001
T: 021 423 8653
Tue–Sat: 09:00–22:00; Sun: 10:00–19:00

02 Merchants Café

A new bistro-bar with a new Pop-up restaurant once a week every month.
T: 021 422 2828
33 Long St, CT, 800
Mon–Sat: 08:00–22:00

03 Woodlands Eatery

With a brasserie-feel menu that changes daily, the plan here is to keep things simple. And they do it very well.
2 Deerpark Drive, Vredehoek, CT, 8001
T: 021 801 5799
Fri–Sun: 12:00 till Close; Tue: Tue–Sun: 17:00 till Close

burger diners

01 Clarke's

Clarke's is a little bar & dining room, great burgers and great for drinks.
33 Bree St, CT, 8000
T: 021 424 7648
Mon–Tue: 10:00–17:00; Wed–Fri: 07:00–12:00; Sat: 08:00–02:00

02 Hudson's

The burger joint.
69a Kloof St, Gardens, 8001
T: 021 426 5974
Mon–Wed: 12:00–23:00; Fri–Sat: 12:00–01:00; Sun: 12:00–17:00

03 Royale Eatery

They serve burgers. Not just any burgers – burgers that make your soul tingle.
273 Long St, CT, 8000
T: 021 422 4536
Mon–Sat: 12:00–23:30

something different

01 Anatoli (Turkish)

24 Napier St, Green Point, 8005
T: 021 419 2501
Mon–Fri: 07:00–22:30

02 El Burro (Mexican)

81 Main Rd, Green Point, 1st Floor Exhibition Building, Cape Town, 8005
T: 021 433 2364
Mon–Sat: 12:00–23:30

03 Fork (Tapas)

84 Long St, CT, 8000
T: 021 424 6334
Mon–Sat: 12:00–23:00

04 Galbi (Korean)

210 Long St, CT, 8000
T: 021 424 3030
Tue to Sun 6pm - 10:30pm

05 Haiku (Asian)

33 Church St, CT, 8000
T: 021 424 7000
Mon–Sun: 12:00–15:00; 18:00–23:00

fine dining

01 La Colombe

Chef Scot Kirton, concocts classic French dishes with local ingredients.
Constantia Uitsig Wine Estate, Spaanschemat River Rd
T: 021 794 2390
Mon–Sun: 12:30–14:15; 19:30–21:30

02 Round House

Steeped in history with sweeping views of Camps Bay, Chef Eric Bulpitt offers contemporary dishes that combine his European background with a South African twist.
Round House Road, The Glen, Camps Bay, 8040
T: 021 438 4347
Wed–Sat: 12:00–14:30; Tue–Sat: 18:00 till Close

03 Test Kitchen

Chef Luke–Dale Roberts (formerly from La Colombe) has brought the "kitchen into the dining room", expect to see Maserati and skateboards parked outside.
The Old Biscuit Mill, 375 Albert Rd, Woodstock, 7925
T: 021 447 2337
Tue–Sat: 12:00–14:00; 19:00–21:30