

Cape Town

Province: Western Cape

Population: 1,3 Million

Weather (June/July): Cape Town has a Mediterranean climate with winter rainfall. Although August is the wettest month, June & July experience regular rainfall at an average of 92mm. Minimum & maximum temperatures are 8/18, however the daytime temperatures rarely fall below 10 degrees.

Geography: The city is located on either side of a mountain ridge on the Cape Peninsula and low-lying flat areas at sea level.

Altitude: 0m

Closest Airport:

Cape Town International Airport

The airport is 22 km from the city centre, with a range of transport options to get you where you need to go. Besides car rental services, these include metered taxis and shuttle services.

Help desk Tel: 021 937 1257

Flight information Tel: 086 72 77 888

Website: www.airports.co.za

Tourist information:

Cape Town Tourism

Tel: 021 487 6800

Email: capetown@tourismcapetown.co.za

Website: www.tourismcapetown.co.za

Taxi Services

Cape Town taxis are metered and are usually ordered on demand by the restaurant or hotel. Taxi & Shuttle services operate from the airport. Expect to pay around R200 from the airport to the city centre.

Excite Taxi Services

Tel: 021 418 4444

Website: www.excitetaxis.co.za

Sea Point Original Radio Taxis

Tel: 021 447 4444

Website: www.sport24hrs.co.za

Rikkis Taxis

Tel: 0861 745 547

Website: www.rikkis.co.za

Emergency Services

Any Emergency (Public service): 107 (not from mobile phones)
Any Emergency (Public service): 112 (only from mobile phones)
Ambulance (Public service): 10177
Automobile Association Emergency Rescue: 0800 01 01 01
Automobile Association Medical Rescue: 0800 033 007
Flying Squad – Police: 10111
Mountain Rescue: 021 948 9900
Netcare Emergency response (Private service): 082 911
Sea Rescue – NSRI: 021 449 3500
Tourist Assistance – Police: 021 418 2852

Hospitals

Cape Town Medi-Clinic

Address: 21 Hof Street, Oranjezicht
Tel: 021 464 5500
Website: www.capetownmc.co.za

Chris Barnard Memorial Hospital: 021 480 6111

Address: 181 Longmarket Street
Tel: 021 480 6111
Website: www.netcare.co.za/live/content.php?Item_ID=250

Life Kingsbury Hospital

Address: Wilderness Road, Claremont
Tel: 021 670 4000
Email: Marilyn.Hamman@lifehealthcare.co.za

Constantia Medi-Clinic

Address: Burnham Road, Plumstead
Tel: 021 799 2911
Website: www.constantiabergmc.co.za

Bars

Alba Lounge

This warm, cozy cocktail lounge is perfect for winter evening sitting by the fire, overlooking the harbour lights, accompanied by live bands.
Address: Pierhead V & A waterfront
Tel: 021 4253385

Cafe Caprice

Café Caprice is the place to be seen in Cape Town, where the young and funky come out to be play .
Address: 37 Victoria Road, Camps Bay
Tel: 021 438 8315
Website: www.cafecaprice.co.za

Bascule at the Cape Grace

This classy bar at the Cape Grace Hotel in the V & A Waterfront boasts the widest selection of whiskeys in the Southern Hemisphere. A fabulous place to begin an evening and probably even end it.

Address: West Quay, V & A Waterfront

Tel: 021 410 7100

Website: www.capegrace.com

Ferryman's Tavern

This traditional pub is located in the V & A Waterfront and is a cosy spot in the winter months. Enjoy a wide range of beers here.

Address: Cnr East Pier Road and Dock Road, V & A Waterfront

Tel: 021 419 7748

Website: www.waterfront.co.za

Caveau Wine bar and Deli

The stone walls and generous "stoep" of the inner city branch imbue this cosmopolitan bar with atmosphere, while the Newlands branch is an oasis of riverside calm. The wine list is extensive, the service is great and the food is sensational

Address: Heritage square. 92 Bree str, city centre

Tel: 021 4221367

Address: 13 Boundary rd. Newlands

Tel: 021 685 5140

Salt

Don't let the sun go down without seeing it from this spectacularly situated restaurant. The view is gorgeous.

Address: The Ambassador Hotel, 34 Victoria Rd . Bantry bay.

Website: www.saltrestaurant.co.za

Clubs & Nightlife

Hemisphere

Famous for: Stunning night-time views of the city

Music: mainstream combining 70s, 80s and 90s retro with R&B and commercial house.

Address: 31st Floor, ABSA Centre, 2 Riebeeck Street, Cape Town

Tel: 021 421 0581

Website: www.hemisphere.org.za

Asoka

An intimate lounge set up with a weekly line up of deep house grooves, chillout beats and funky jazz.

Address: 68 Kloof st. Gardens

Tel: 021 4220909

Website: www.asokabar.co.za

Jade Lounge

Lose yourself in the aftermath of a jagerbomb (Red Bull and Jagermeister) at this smooth and smoky late night dance lounge.

Address: 39 Main rd, Green point
Tel: 021 4394108

Karma beach lounge Bar

Sashay off the beach into this sophisticated playground with outdoor loungers and an intimate Moet et Chandon Champagne bar. DJ's crank it up until the early hours.

Address: Penthouse suites, The promenade. Camps Bay

Tel: 021 438 7773

Website: www.karmalounge.co.za

Long street

Happening Long street offers up a special helping of party atmosphere, especially on Friday nights. Start at the Daddy Cool Bar at the Granddaddy and work your way up to Neighbourhood, Zula Sound bar, Joburg, Fiction, Che Bar, Cape to Cuba, Jelep and the Waiting room(Above Royale).

Buena Vista Social Café (latin)

Your gateway to Havana – this is the festive meeting place of the young and restless. Seize you mojito, puff on your Cuban cigar and salsa on Sunday nights.

Address: 1st floor Exhibition House, 81 Main RD, Green point.

Tel: 021 433 0611

Website:www.buenavista.co.za

Restaurants

Cuisine R150+ per person

Informal R80 – R150 per person

Haiku Cuisine

The glam crowd keep flocking to this sleek location to get their fix of delicious dim sum and authentic asian food

Address: 58 Burg st, city centre

Tel: 021 424 7000

Website: www.haikurestaurant.com

Manna Epicure Cuisine

The food is simple but served with such sophisticated flair so that this uber stylish daytime spot demands regular frequenting

Address: 151 Kloof str, Gardens

Tel: 021 4262413

The Roundhouse Cuisine

Nostalgic fine dining with incredible views. Dress to impress

Address: The Glen off Kloof rd. Camps Bay.

Tel: 021 438 4347

The Showroom Cuisine

A glass box between a car showroom and a major traffic intersection revs with glossy, urban sophistication. The ambience and service are showy with top-notch food courtesy of celebrity chef Bruce Roberson.

Address: 10 Hospital st., Harbour edge. Green point

Tel: 021 421 4682

Wakame and Wafu Cuisine

This downstairs - upstairs duo simmers at sundowner cocktail hour. Dine on sushi or Asian – style tapas

Address: Cnr Surry Place and Beach road, Mouille point.

Tel: 021 433 2377

Jardine Cuisine

It's not for nothing that this dinner only restaurant is an international award-winning destination – so be sure to book. Or join the lunchtime queue for a gourmet sandwich from Jardine bakery.

Address: Cnr Bree and Bloem st, city centre

Tel: 021 424 5640

Website: www.jardineonbree.co.za

Lazari Food Gallery Cuisine Informal

A charmed and cheerful eatery where City Bowl mums, biker dudes and a steady stream of local creatives are equally at home.

Address: Cnr upper Maynard str and Vredehoek Ave., Vredehoek

Tel: 021 461 9865

Carlyles Informal

Cosy, casual ,intimate pizzeria. Great food. Great value.

Address:17 Derry road, Vredehoek

Tel:021 461 8787

Manos Informal

This Mediterranean restaurant is situated in the hub of green point (close to many Cape Town nightlife spots). Serves amazing, simply delicious, authentic style food.

Address: 39 Greenpoint Main road

Tel: 021 4341090

Olympia Café Informal

This breakfast institution cant be beaten for its laid back atmosphere and view of the harbour. Of course, the delicious coffee and outstanding breads and pastries help too!

Address: 134 Main rd Kalk bay

Tel: 021 788 6396

Attractions/Places of interest

Table Mountain Aerial Cableway

Address: Lower Cable Station, Tafelberg Road

Tel: 021 424 0015

Website: www.tablemountain.net

Robben Island Boat Ride

Tel: 021 413 4200

Email: infow@robben-island.org.za

Cape of Good Hope Nature Reserve

Tel: 021 780 9010/11

Email: info@capepoint.co.za

Website: www.capepoint.co.za

Kirstenbosch Botanical Gardens

Address: Rhodes Drive, Newlands

Tel: 021 799 8899 or 021 799 8783 (Information Centre)

Website: www.sanbi.co.za

Two Oceans Aquarium

Address: V & A Waterfront

Tel: 021 886 4310

Email: aquarium@aquarium.co.za

Website: www.aquarium.co.za

Castle of Good Hope

Address: Buitenkant Street, opposite the Grand Parade, Cape Town

Tel: 021 464 1264

Website: <http://www.iziko.org.za/castle/index.html>

Township Tours

"Nomvuyo's Tours"

Tel: 083 372 9131

Email: info@nomvuyos-tours.co.za

Website: www.nomvuyos-tours.co.za

Wine Farms**Constantia Wine Valley**

Tel: 082 332 7844 (Jooles)

Email: jooles@constantiavalley.com

Website: www.constantiavalley.com

Stellenbosch Wine Route

Tel: 021 886-4310

Email: info@wineroute.co.za

Website: www.wineroute.co.za

South African Museum

Address: 25 Queen Victoria Street, Gardens, Cape Town

Tel: 021 481 3800

Email: info@iziko.org.za

Website: www.iziko.org.za

Boulders Beach

Nestled in a cove between Simon's Town and Cape point

Tel: 021 786 2329

Email: boulders@sanparks.org

Website: www.tmnp.co.za

V & A Waterfront

Address: V&A Waterfront Head Office, Portwood Close, Portwood Ridge, Victoria &

Alfred Waterfront
Tel: 021 408 7600
Email: info@waterfront.co.za
Website: www.waterfront.co.za

Chapmans Peak

Hout Bay
Tel: 021 791 8222
Website: www.chapmanspeakdrive.co.za

Outdoor/Adventure Activities

Cape Town boasts the perfect setting for so many outdoor activities and anything from skydiving to shark cage diving is available. There are a number of reputable companies that organize such excursions so the best thing to do is to contact these directly. The following, amongst other things, is on offer in this "adventurer's paradise:"

Sandboarding
Mountain Biking & Cycling
Surf School & Surfing Lessons
Tandem Skydiving,
Shark Cage Diving,
Kite Surfing
Paragliding,
Abseiling
Sea Kayaking,
Hiking & Kloofing

Companies to contact:

Abseil Africa

Address: Long Street, Cape Town
Tel: 021 424 4760
Website: www.abseilafrica.co.za

Adrenaline Tours

Address: Unit 412. MSK House, 13 Buitengraght Street
Tel: 021 421 8987
Website: www.adrenalinetour.co.za

Downhill Adventures

Address: Shop 1, Overbeek Building-Cnr Kloof, Long and Orange Streets
Tel: 021 422 0388
Website: www.downhilladventures.co.za

Cape Xtreme Adventure Tours

Address: 75 Loop Street
Tel: 021 422 4198
Website: www.cape-xtreme.com

Shopping Centre's & Markets

Victoria & Alfred Waterfront

Cape Town Foreshore
Tel: 021 408 7600
www.waterfront.co.za

Canal Walk Shopping Centre

Century Boulevard
Century City
Tel: 021 529 9799/8
Fax: 021 529 9795
Email: visitorinfo@canalwalk.co.za
Website: www.@canalwalk.co.za

Cavendish Square

Vineyard Road Claremont
Tel: 021 657 5620
Email: info@cavendish.co.za
Website: www.cavendish.co.za

Green Point Market

Green Point Stadium, Green Point
Tel: 021 439 4805
Every Sunday and Public Holiday 09:15 - 17:00

Green Market Square

54 Shortmarket Street, Cape Town
Tel: 021 426 1052
09:00 - 16:00 (Monday - Friday)
09:00 - 15:00 (Saturday)

Stadium

Greenpoint Stadium
The Green Point Common, Green Point
Capacity: 70 000

Unsafe Areas

The informal settlements, otherwise known as "Townships" unless on a guided tour. Avoid poorer suburbs like those in the "Cape Flats" including Mitchels Plein, especially at night.

Many suburbs in and around the city can be considered unsafe at night, especially unlit areas. These would include, amongst others, Woodstock, Bokaap & Salt River.

Safety Tips

Avoid walking alone after dark. Stick to crowded areas and keep your belongings close and concealed. Rather take a taxi than walk through unlit areas. Don't exhibit mobile phones, cameras, cash or valuables in the open. Watch out for pick-pockets.

Street children and beggars may approach you for a hand out. Many social workers counsel against giving money to the children as it usually gets handed over to some older figure or is used for sniffing glue. If you wish to do good for these children, rather give them food.

When driving, keep car doors locked and be aware of loiterers standing around at traffic lights. You should also be aware of who is in the immediate vicinity when getting into or out of your vehicle in the parking lot at the supermarket or mall.

It's advisable not to leave bags, cameras, mobile phones etc lying around on car seats, thieves are known to break the windows, snatch valuables and disappear into the crowd.

Ensure that hired or borrowed vehicles are reliable, recent models that have been serviced recently. Make sure that you have sufficient fuel for your journey and avoid stopping unnecessarily on the highway.