



Publication

HELLO CAPE TOWN



Page

35,36

Date

Thurs 01 Feb 2018

AVE (ZAR)

10342.53



WHAT TO SEE

TABLE MOUNTAIN

Rising up as a surreal backdrop to all of Cape Town is the extraordinary Table Mountain, and the state of the art Table Mountain Aerial Cableway will whisk you to the top in a picturesque 5-minute ride. Table Mountain is among the most popular attractions in the world, and it is no surprise that it holds the title as one of the New 7 Wonders of Nature. And while it's impressive from pretty much anywhere in the City Bowl, it's not until you soar to the top in an exhilarating ride on the cable car, with its rotating floor, that you can truly appreciate its stature, and the incredible city of Cape Town that bustles far below. Operating Hours: First car up 16 Sept to 30 Apr: 8:00 and 1 May to 15 Sept: 8:30. Last car down varies with sunset times but not before 17:00. Tel: 021 424 0015, www.tablemountain.net

KIRSTENBOSCH

There are few places in the Mother City as tranquil as Kirstenbosch Gardens, and at least once during your visit, when you stop to catch your breath and absorb the splendour of your surroundings, you'll wonder how it's possible that the bustling, buzzing city of Cape Town is just a stone's throw away.

These sprawling, landscaped gardens cover 36 hectares on the slopes of Table Mountain, and they blend in so effortlessly and majestically with the natural vegetation that you'd be forgiven for not realising their true scale. And when you consider how much there is to see and do in the gardens, from atmospheric sunset concerts and movie screenings, through to guided walks, popular restaurants, and an award-winning treetop walkway, it's quite likely you'll be planning your return visit before you've even left.

FREE GARDEN WALKS AT KIRSTENBOSCH

The Botanical Society's volunteer Garden guides, who are brimming with amazing knowledge and insights into the Garden, lead FREE guided walks around the Garden. Walks are all slightly different as they are tailored to meet the need and interests of each group and highlight seasonal interest in the Garden. Wear comfortable walking shoes. Walks are free but garden entrance fee applies.

Monday - Friday:

Leaving from Gate 1 (Visitors Centre):
90 minute walks at 10:00, 11:00 and 14:00
Leaving from Gate 2 (Garden Centre):
90 minute walks at 11:00

Saturday:

Leaving from Gate 1 (Visitors Centre):
90 minute walks at 10:00
Leaving from Gate 2 (Garden Centre):
90 minute walks at 10:00

Operating Hours: Sept-Mar (Summer)
Mon-Sun: 08:00-19:00, Apr-Aug (Winter)
Mon-Sun: 08:00-18:00, Conservatory
Mon-Sun: 09:00 -17:00. Tel: 021 799 8783,
Ticket Office: 021 799 8782
www.sanbi.org/kirstenbosch

TWO OCEANS AQUARIUM

The southern tip of the African continent is the meeting place of two mighty and bountiful oceans, the Indian and the Atlantic. The Two Oceans Aquarium is ideally positioned to showcase the incredible diversity of marine life found in these two oceans.

The Aquarium holds over 3000 living sea animals, including sharks, fishes, turtles and penguins can be seen in this spectacular underwater nature reserve. The two ocean aquarium has established itself as a key player in raising environmental awareness through its high-quality exhibits, conservation and education programmes. Operating Hours: The Aquarium is open every day (365 days a year, including all public holidays) from 09:30 until 18:00. Tel: 021 418 3823. www.aquarium.co.za

CAPE OF GOOD HOPE

There are few things as exhilarating as standing at the base of a beautiful, 150 year old lighthouse, perched precariously high above the swirling Atlantic Ocean, and knowing that you're at the most southwestern tip of Africa. Knowing that the next closest landmass, when you look across the icy seas, is Antarctica - more than 4,000 kilometres away.

The panoramic views that spread out before you are breath-taking. Literally, because you've just earned them with a final push up the final flight of stairs from the upper funicular station. And once you're there, it's impossible not to spend a few silent minutes taking in the gravity of the dramatic location, before you instinctively reach for your camera. This is a haven for outdoor enthusiasts and offers hiking, surfing, angling, picnicking, beaching and cycling opportunities against the spectacular backdrop of the mountains and coastline of the most south western point in Africa. Cape Point offers visitors excellent viewing opportunities from the two lighthouses that adorn the point - one still functional, informative interpretive signage that traces the cultural and natural history of the Point. The lighthouse is accessible by foot or you can catch the Flying Dutchman funicular to the top. P.S. Baboons in the parking lot are not a rare picture as one might think.

Operating Hours: Winter: Apr - Sept:
07:00 - 17:00, Summer: Oct - March:
06:00 - 18:00. Visit capepoint.co.za for more.

BOULDERS BEACH

After you have fallen in love with the penguins head to the secluded Boulders Beach and take a swim in the comparatively warm waters of the False Bay. This beach is ideal for kids as immense boulders shelter the cove from currents, wind and large waves - but please always take care. Also, don't touch or feed the penguins. They might look cute and cuddly but their beaks are as sharp as razors and if they feel threatened they have no qualms about nipping the odd finger or nose. Operating Hours: Winter: Apr - Sept: 08:00 - 17:00. Summer: Oct - Nov: 08:00 - 18:30, Dec - Jan: 07:00 - 19:30, Feb - March: 08:00 - 18:30. Tel: 021 786 2329. www.sanparks.org

ROBBEN ISLAND

There are few places in South Africa that bear the weight and sheer historical importance of Robben Island, and a trip to the former prison serves as a jarring reminder of country's troubled political past. At the same time, it reveals itself as a powerful symbol for the triumph of the human spirit, and offers fascinating insight into the reconciliation and resilience that played such a key role in the development of a new South Africa.

From the moment you arrive at the humble island, just a short ferry ride from the V&A Waterfront, you'll feel the impact of this World Heritage Site. A former inmate will guide you while on the island, and you'll receive unparalleled insight into the significant role that each of the Robben Island's inmates collectively played throughout apartheid.

Operating Hours: Ferries depart at 9:00, 11:00, 13:00 and 15:00, weather permitting, from Nelson Mandela Gateway, at the V&A Waterfront, Tel: 021 413 4220/1, www.robben-island.org.za

CONSTANTIA VALLEY

Constantia Valley is the wine route at the heart of the Mother City (or at least a little to the left of it). This is the oldest wine-growing area in Southern Africa and stretches from Wynberg hill in the north, to the Silvermine mountains (the Tokai area) in the south. The ten wine cellars on the route boast a winemaking history dating back to 1685. Around the peninsula, not a part on the Constantia Valley, but still close enough, there are a few more award winning wine estate to be explored. For more info: Tel: 021 762 8769, www.constantiavalley.com

DURBANVILLE WINE ROUTE

Nestled in the Tygerberg Hills, a mere 20 minutes' drive from Cape Town, lies the Durbanville Wine Valley. With its hectares of flourishing vineyards, award winning wines and hospitable atmosphere. The Durbanville Wine Valley consists of twelve wineries, each offering the finest in wines,

and complemented with some of the best fine dining restaurants and intimate country kitchens in the region. For more info: www.durbanvillewine.co.za.

FRANSCHHOEK WINE ROUTE

Nestled between towering mountains in the beautiful Cape winelands lies the magnificent Franschhoek Valley. This is the food and wine heartland of the country, where splendid wines are grown and our top chefs create international cuisine. Here breath-taking scenery, warm hospitality, world class cuisine and the finest wines all combine to create lasting memories. Spectacular vineyards cover these mountain slopes settled more than 300 years ago by the Huguenots, who brought with them their age-old French wine and food culture. This is a valley rich in history centred around a picturesque village of friendly, welcoming people. For more info: Tel: 021 876 3603, www.franschhoek.org.za

PAARL WINE ROUTE

Paarl offers historical charm, culture, architectural heritage, wine and fruit farms, breath-taking scenery and many cycling and nature trails. The magnificent countryside, good wines and friendly people welcome you to a town where a feeling of tranquillity still transcends modern day living. The Paarl Wine Route offers visitors a diverse wine and country living experience. From the large international wine companies to the small micro-producers who share the passion to produce quality wines with a sense of place to give pleasure to the lovers of wine. For more info: Tel: 021 872 0860 www.paarlonline.com or www.paarlwine.co.za

ROBERTSON WINE ROUTE

Member wineries from Ashton, Bonnievale, McGregor and Robertson work closely to bring visitors the most memorable wine tourism experiences, notably their renowned wine festivals: Wacky Wine Weekend in June (www.wackywineweekend.com), Robertson Slow in August (www.robertsonslow.com) and Robertson Wine on the River in October (www.wineonriver.com). For more info: Tel: 023 626 3167, www.robertsonwinevalley.com

STELLENBOSCH WINE ROUTE

The Stellenbosch Wine Route is the first and the largest in South Africa and all the estates along the route are within a 12km radius of the town. It is arguably the country's most famous, and includes more than 200 wine and grape producers within the boundaries of the Stellenbosch Wine of Origin classification.

The Wine Route is divided into five sub-routes for a convenient exploration but you are welcome to be creative and target the wineries by any classification or taste. Daily wine tasting, cellar tours and sales are offered at most cellars and many of these have restaurant and picnic facilities. Some cellars offer tasting by appointment only. For more info: Tel: 021 883 3584, www.wineroute.co.za

WELLINGTON WINE ROUTE

Halfway between the bright lights of Cape Town and the statuesque mountains of the Western Cape, lies the hidden valley of Wellington, full of surprises and variety, heart and soul. The Berg river flows along the western border with two smaller streams, the Spruit and Kromme and the mighty Hawequas stands guard on the eastern side. The Bainskloof Pass, built by the famous Scot, Andrew Geddes Bain was (before Du Toitskloof Pass) the only gateway to the north. More French people settled here than anywhere else in the Cape and the valley was initially called Val du Charron – valley of the wagon-makers, the last outpost before travellers, pioneers and adventurers attempted the arduous journey into the hinterland with their oxen and their wagons. For more info call 021 873 4604/8, or visit www.wellington.co.za