

## CAPE TOWN INFORMATION

If you need assistance with an organised tour, you can contact Sebastian Silió from Sandveld Tours. He is a German speaking tour operator who also organises tour in South Africa. His email address is [service@sandveld.de](mailto:service@sandveld.de) ; Tel +49-(0)7246-4412151; website: [www.sandveld.de](http://www.sandveld.de) If you contact him please inform him that Hanlé from MEISA referred you.

### Some ideas and information

- <https://www.capetown.travel/>
  - **Organised day tours and things to do:**  
<https://www.viator.com/Cape-Town/d318>  
<https://www.viator.com/Western-Cape/d23346>
  - **V&A Waterfront** with many shops, restaurants etc. <https://www.waterfront.co.za/>
  - **Two Oceans Aquarium** at the waterfront: <https://www.aquarium.co.za/>
  - **Cape Town Red Bus Tours**  
<https://www.citysightseeing.co.za/cape-town/products/cape-town-open-top-bus-tours>  
At the waterfront you can get the Cape Town Red tour bus. With this bus you can visit 50 of Cape Town's top attractions and the bus allows you to get off and back on where you like. The bus visits amongst other Table Mountain, Kirstenbosch Botanical Gardens, Groot Constantia the oldest Wine Estate in South Africa (beautiful, wonderful wines), Hout Bay and other venues. Look at the different tour options on offer on the link provided. The Tour assistance office is located at the V&A Waterfront, outside the Two Oceans Aquarium.
  - **Scenic Drives**  
Day trip <https://stingynomads.com/cape-town-best-scenic-drives/>  
Several suggestions for scenic drives also guided day tours. "Stunning coastal drives in Cape Town. There are several incredible coastal drives from Cape Town that offer spectacular scenery and plenty of amazing things to do. The scenic drive along the Cape Peninsula including Chapman's Peak Drive is breath taking." Cape Peninsula scenic drive. Driving route: Cape Town – Camps Bay – Hout Bay – Chapman's Peak Drive – Noordhoek – Kommetjie – Misty Cliffs – Cape Point National park (Cape of Good Hope) – Boulders Beach (Simon's Town) – Muizenberg – Cape Town. Distance – 145 km loop. Time – anything between 4 and 8 hours depending on how many places you visit. When to do the drive – the area is beautiful any time of the year the best is to do the drive on a nice not very windy day.  
Highlights of the drive:  
Camps Bay – beautiful beaches  
Hout Bay – the best place for spotting Cape Fur seals on this drive.  
Chapman's Peak drive – the most scenic drive in Cape Town.  
Kommetjie – a beautiful white-sand beach with great waves for surfing  
Cape Point National park – where you can spend all day, there are many walking routes, some beautiful beaches.  
Muizenberg – a busy surf town with colourful wooden cabins on the white sandy beach.
  - **Table Mountain** <https://tablemountainnationalpark.org/>
  - **Kirstenbosch National Botanical Gardens** <http://www.sanbi.org/gardens/kirstenbosch>
  - **Boulders Beach Penguin Colony in Simons Town.**  
[http://www.capetown.travel/attractions/entry/Boulders\\_penguin\\_colony](http://www.capetown.travel/attractions/entry/Boulders_penguin_colony)
- Other suggestions:**
- **A day trip to Stellenbosch and Franschhoek or stay a day or two:**
  - **Stellenbosch** : <https://www.visitstellenbosch.org/>  
Stellenbosch is the 2nd oldest town in South Africa and a University town

Stellenbosch University Botanical Gardens – wonderful for a relaxing visit and lunch.  
<http://www.sun.ac.za/english/entities/botanical-garden>

Many restaurants, cafe's, art and curio shops

- **Franschhoek:** <http://franschhoek.org.za/>

The Franschhoek Valley is a beautiful scenic valley with some of the most spectacular wine estates in the country.

#### **Wine Estates**

- Groot Constantia – Constantia Valley Cape Town <https://grootconstantia.co.za/>
  - Babylonstoren – Franschhoek-Paarl - <https://babylonstoren.com/>
  - Boschendal – Franschhoek <https://www.boschendal.com/>
  - Vergelegen – Somerset West [www.vergelegen.co.za](http://www.vergelegen.co.za)
  - La Motte – Franschhoek <http://www.la-motte.com/>
  - Haute Cabriere – Franschhoek <http://www.cabriere.co.za/>
  - Lourensford – Somerset West <http://www.lourensford.co.za/>
  - Lanzerac – Stellenbosch <http://www.lanzerac.co.za/>
  - Delaire Graff Estate – Stellenbosch <https://www.delaire.co.za>
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- The West Coast <https://www.capetown.travel/west-coast-day-trips/> is within reach by car from Cape Town, you can do a day trip to the west coast villages, the nearest one is 32 km from Cape town. West Coast Villages: Melkbosstrand, Langebaan, Yzerfontein, Saldanah, Paternoster etc.
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- **Hermanus** (1h45 minutes' drive from Cape Town) Whaling season - July-November:  
<https://www.hermanus.co.za/> Book lunch on the rocks at <https://bientangscave.com/>