

British & Irish Lions Tour



Cape Town

- WHERE TO STAY -

By the beach:

Clifton *(Beautiful houses on the beach/Cliff)*

Camps Bay *(Probably the most Touristy place to stay)*

Granger Bay

Fresneye

Bakoven

Seapoint *(Beautiful promenade for runs and walks)*

By the wine:

Constantia *(Great wine estates are here)*

Tokai(Steenberg) *(stunning golf course on a wine estate)*

Noordhoek *(further out but beautiful- maybe a bit far from the action)*

By the buzz:

Tamboerskloof *(close to main stretch of bars)*

Vredehoek *(Very central)*

Higgovale

De Waterkant

Oranjazicht

British & Irish Lions Tour



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- WHERE TO EAT -

Best Sushi:

Sevruga (Located in the V&A Waterfront in the harbour, Try the Blood Orange Coconut Mojito and the Tuna Crunch is everything! Also Carins Rolls are to die for) EAT. IT. ALL

Active sushi

Sushi box

Best steak: HUSSAR GRILL

Famously good (so book way in advance):

The Test Kitchen

The Potluck Club

The Shortmarket Club

La Colombe

Harbour House(Have the line fish parsley risotto)

Foxcroft

Bistro Sixteen82 (This is in Steenberg Wine estate, Tapas to die for)

A local's favourites:

The Cousins (tiny Italian, best I have ever had. Order their house special which they make in the cheese wheel or the Gnocci (cooked to perfection)

Eastern Food Bazarre (A food hall like no other all food from the east, the portions are massive and it is dirt cheap, even for a saffa. (if you want a quiet night in go get take aways from here)

The Tap Room (GET THE CHEESE BURGER, can't even explain how good this burger is. It's at the back of a small brewery called Devils Peak- nice local craft beer)

Bombay Bicycle Club (This place is an experience... they may offer you a hat on arrival, some of the chairs are swings, THE RIBS ARE LIFE. also Rascal shots are a must. Think very cool bohemian vibe with delicious food.)

British & Irish Lions Tour



Cape Town

- WHERE TO EAT -

A local's favourites continued:

Oranjazicht Market (Incredible fresh produce market by the sea, only open sat & sun til 2pm) Go and have a nice brunch here and hang out with the locals. - recommend the bagals)

The Creamery (best. ice-cream. ever. Get the seasalt caramel and sweet cream ones mixed, try it in a milkshake. But ask them to try all of them)

Steers (better than McDonalds and Burger King, super traditional SA take aways, the chips are the best! I recommend getting a Steers meal at the Engen Garage & a bottle of wine and drive up to Signal Hill to watch the sun set - nothing like it in the world)

The Dogs Bollocks (wanna eat a burger the size of your head? THIS IS THE PLACE. Hidden gem at the back of a car garage, super cool spot. Also really good coffee spot at the back.

Truth Coffee (best coffee in CPT hands down. Also happens to be a great breakfast spot. Order the Steampunk Benedict.)

Local food you should try:

Biltong, droerwors - obviously

Babotie - delish mince dish

Granadilla lolly - can only get these on the beach. You will hear the local sellers yelling 'Lolly to make you jolly'.

Melktert - very traditional SA desert

Steri Stumpie - Chocolate flavour milk is great

Top Deck - best type of Cadbury chocolate

Chilli poppers - stuffed feta jelapenos deep fried, the best ones are in CPT (Jamaica Me Crazy/ Fat Cactus)

Chuckles - better Maltesers

Ouma rusks - must drink with your tea or coffee

Gatsby - wanna eat like a proper local? then this is it. the workmen's food - a foot long roll stuffed with slap chips, meat, hot sauce. Be prepared to share and seriously be prepared to get messy.

British & Irish Lions Tour



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- WHERE TO DRINK -

Sunsets:

The Grand (*Beach bar - really nice*)
Chinchilla
Bottle of wine/ beer on top of signal hill (*honestly a locals favourite thing to do - take a jumper*)
Tigers Milk Camps Bay
The Bungalow
Raddison Red rooftop bar
Rumbullion

Trendy Spots:

Orphanage (*great cocktails*)
The Gin Bar (*hidden at the back of a chocolate shop*)
Socal - *where the cool kids hang out*
La Parada Constantia Nek (*if you are wine tasting in Constantia this is the place to end on, nice bar and restaurant at the end of the route. On a Sunday this is the place to be if you are a local. Let DJ Rene ease you out of your weekend!*)

A local's favourites:

The Village Idiot (*my old stomping ground a must visit, there is a giant ostrich behind the bar, busy on weekends*)
Yours Truly/Up yours (*Small bar with nice outside courtyard in town. I recommend going upstairs to Up Yours and sitting under the fairy lights with a large glass of wine. very trendy spot.*)
Jamaica Me Crazy (*Really chilled rustic spot, cheap drinks, great pizza*)
Cause Effect (*won a lot of awards for it's cocktails*)

British & Irish Lions Tour



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- WINE -

Constantia

Constantia Glen (a personal favourite, all of their boards are amazing. All their wines are good, I would try both red and white here. Ask for a seat either outside on the porch or in the glass house, after your tasting I would buy a bottle and ask them for glasses and a blanket and go lie on the lawns- Scenery is breathtaking) Food here is also a must - the boards and flatbreads are a must)

Beau Constantia (Beautiful views of the Constantia Wine Valley. It's a giant glass house. Their red wines are unreal. Specifically their Aiden I would also ask if they have their Pas de Nom Rosé in to taste) (fun fact: Black Mirror was filmed here)

Buitenverwachting (order a board and a bottle of wine and go lie on the lawns under the trees)

Steenberg (on a golf estate, doesn't really have all the views but they do a great sparkling wine - also as previously mentioned their restaurant is delish)

Stellenbosch

Waterford Estate (Do the chocolate and wine pairing)

Peter Falkner

Jordan (pretty special world class restaurant here too)

Rust en Vrede

Delaire Graff

Kleine Zalze

Simonsig

Franshoek

Haute Cabriere (Easily my favourite 'easy wine' to drink in SA, great views from this place over the Franshoek valley)

Solms Delta

La Petite Ferme

Chamonix

Bochendaal

Anthonij Rupert

**Do the wine tram though*

<https://winetram.co.za/tours/>

British & Irish Lions Tour



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- THINGS TO DO -

Beaches

Clifton 4th *(the beach to be at, all the beautiful people are here and it's just paradise looking out at the yachts in the bay)*

Llundudno *(a local favourite, just a bit further out, quieter, really beautiful and where the local surfers are)*

Camps Bay *(easiest access, however, it's super touristy so lots of people selling stuff to you etc.)*

Glen Beach

Clifton 2nd *(nice, quieter than 4th Beach)*

Noordhoek beach *(on the other side of the mountain but huge and beautiful)*

Dangers Beach *(Another local beach, small and quiet)*

Markets

Oranjazicht Farmers Market

Hout Bay Market

Old Biscuit Mill Market

The Watershed

Picnic on Signal Hill *(previously mentioned)*

Climb lions head *(do it for sunrise)*

Hike up Table Mountain, cable car down *(Must hike with a local as can be dangerous hiking up)*

City Site - Seeing Bus

Shop at the Waterfront

Drive along Victoria road from Camps Bay to Hout Bay *(Scenic drive, right on the edge of the ocean. Drive this if you are going to Llundudno Beach or Hout Bay Market)*

Robben Island *(A must. All the tour guides are ex prisoners or Wardens for the Apartheid era. Book in advance and pray for good weather)*

The Aquarium *(One of the best in the world. Try go when they feed the sharks at 3pm on Sundays)*

Walk along the Seapoint Promenade

Explore the Kirstenbosch Gardens *(check if there is a concert on- it's the most special place to see live music)*

High tea at the Mount Nelson

Visit Cape Point Reserve

Visit the Zeitz Moco *(Africa's first contemporary art gallery in the Waterfront - the building is incredible)*

British & Irish Lions Tour



Cape Town

- DAY TRIPS -

Kalkies, Penguins & Cape Point

*I would hire a car for this trip, about 30 min drive outside CPT. Head towards Cape Point early in the morning, it's a reserve so you pay an entrance and drive to the tip, see the light house etc. Then I would meander back along the coast stop at Boulders Beach to see the penguins. After saying hi to those little guys drive through Simons Town and before you head back to the city you have got to have a meal in *Kalk Bay at The Brass Bell - idealic setting in the waves. Try get a seat by a window in the Bikini deck or in the restaurant against a window. If there is swell you will be eating as the waves crash around you. Definately eat seafood here. It's all good. Top off your day trip with a Mojito and cigar 5min from the restaurant at Cape to Cuba - what a place*

**Kalk bay is a great little quirky town so you can even do the trip the other way starting in Kalk bay and just walk around... Cape Point is cool but I wouldn't rush there if you are enjoying yourselves in Kalk Bay.*

Hout Bay via Llundudno

One of the most beautiful drives in the Cape. Drive out of Camps Bay all along Victoria road turn off at Llundudno and spend some time on this beach(best beach in CPT the locals think) when you start to feel peckish jump back in the car and keep heading over the mountain into Hout Bay. Go into the harbour and see if you can find the famous local guy and his best friend the seal. He makes him do tricks and kisses him on the lips it is the cutest friendship ever. In the Harbour there is a great seafood restaurant called The Lookout Deck with views right over the ocean(calamari basket and sushi are the things to order here).

If you find yourself in Hout Bay on a Friday afternoon or Sat, Sunday definately go check out the market. DELICIOUS FOOD lots of pretty things to buy.

Chapmans peak drive is accessable from Hout bay, very famous pass that literally every car advert has been filmed on. Stunning views! If you don't want to pay the toll fare just pull up to the side of the road before you get to the toll and have a look over. Feels like you are at the end of the earth.

British & Irish Lions Tour



Cape Town

- DAY TRIPS -

Cape Town to Tulbagh

A hidden gem. Lot's of wine estates on the route. It's about an hour and a half drive out. Beautiful part of the country.

Must do's:

- Krone Sparking wine tasting
- Platter lunch at Montpellier
- Saronberg beautiful quite different - really good red wines
- Tulbagh Hotel
- Makers Mark (beautiful coffee place)

all on the same road.

Cape Town to Stellies

270 wine estates to choose from. 40min drive out of CPT might be worth getting on one of the tours so you guys don't drive and drink. www.vinehopper.co.za. although they won't take you to all the ones mentioned in this document. Hire a local for the day to take you round and you'll get to see all the best estates.

British & Irish Lions Tour



Cape Town

- PLACES JUST OUTSIDE CPT TO STAY -

The Bush

- Aquila (www.aquilasafari.com)

2 hours drive out of CPT has all the Big 5 animals.

Franshoek

- Babylonstoren (babylonstoren.com)

Stay here in a heartbeat if you can afford it, this is the most beautiful farm situated between Paarl and Franshoek but closer to Franshoek. Do the Wine Tram in Franshoek and get a cab to Babylonstoren to stay. Book a meal at their world class restaurant Babel months in advance)

- La petite Ferme (www.lapetiteferme.co.za)

West Coast Roadtrip

An unspoilt treasure of the Cape. Travel up the West Coast. It is the most beautiful, almost, untouched part of the coast, best waves and just beautiful and rustic. It's on the road to Namibia and a true local safari trip. There are lots of places to stay but if you don't know the area so well we would suggest you head to Paternoster. One of the oldest fishing villages in the country, It's a 2 hour drive out of Cape Town and is home to the best food in the Cape.

Places to stay:

Check out Airbnb but also...

- Strandloper ocean boutique hotel

- Gelukkie

- Lots of self catering options as well.

Restaurants:

- **Wolfgat** (Voted best restaurant in the world in 2019- definitely book)

- **Seekombuis** (Awesome! Open-air restaurant on the beach just a short beautiful drive outside the main town toward Tietiesbaai

- **The Noisy Oyster**

**Check what days these places are open, cause it's such a small town and fishing village they sometimes have weird opening times*

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- GENERAL TIPS -

1. Tip everyone, wherever you park there will always be a 'car guard' very loose term for sort of homeless people who claim to watch your car and help you park (some of them actually do to be fair) R5 is always enough... if the yare a bit dodge just give them R2.

2. Most restaurants you just need to tip 10%

3. We have petrol attendants here so you don't do your own petrol. Tip these guys minimum R5 and get them to check your oil and water and wash your windows if neccessary.

4. When pulling up to traffic lights(robots) keep your phones and hand bags away from the windows. Homeless people beg at almost all traffic lights some are sweet and I usually give them some food or loose change some (very rare) are crooks and might reach in and take your bag or phone.

5. Don't walk around at night unless you are on buzzy roads like Kloof street, Bree street, Camps Bay strip.

6. Never leave your phone on a restaurant table if you are sitting outside - especially in Camps bay.

7. Uber works fine in CPT, don't use the local taxi's they will rip you off when they hear your accent. If you do want to support local then use an app called Taxify.

8. Most house wines will be delicious

9. Crisps are called chips here

10. Watch out for the local taxi's(mini buses) on the roads. They drive like absolute maniacs. Most of them bought their licences. lol.

11. If you go out in Long Street do not walk it, a couple of petty theft gangs opperate here... they are very good at sneakily taking your phone.

12. Accept that most service is slow... no one is in a rush in CPT that's why it is nicknamed 'Slaapstad' - the sleepy city.

13. Peek traffic in CPT will be 7-9am 4-6pm

14. Buy a pay as you go sim card when you get to the airport for your phone. Most areas are 3G not 4G.

15. Honestly, you will be in the best city in the world so just smile, chill and don't take anything too seriously and you will have the best time!

- EMERGENCY CONTACTS -

Doctors rooms: Dr Sadler, Fairfield Medical Suites +27 216 836 810

Police: 1011

Ambulance +27 82 911

Steve: +27 (0) 83 265 1268