

BEST OF cape town

CENTRAL CITY 2020



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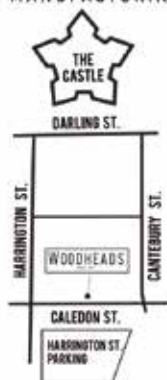
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2020 BEST OF CAPE TOWN CENTRAL CITY

1



WELCOME TO THE CAPE TOWN CENTRAL CITY



This guide to just some of the many things our downtown precinct has to offer, is brought to you by the Cape Town Central City Improvement District (CCID).

We're a non-profit company that operates within a very specific geographic area (see the map of our boundaries on pg 62) and it is our job to ensure that our CBD is **SAFE | CLEAN | CARING | OPEN FOR BUSINESS.**

We are here to ensure that your experience of the Central City is the best it can be, and to do this we provide top-up services to those of our primary partners at the City of Cape Town and the South African Police Service (SAPS). We operate across four departments, namely, Safety & Security, Urban Management, Social Development and Communications.

You'll see our CCID presence clearly throughout the CBD, from the branded black and green uniforms of our 300 public safety officers,

our teams of professional cleaners in yellow overalls and the members of our Straatwerk work opportunity programmes involved in everything from graffiti removal to road and pavement maintenance.

For more information on the work we do, please visit our website capetownccid.org where you will also find hundreds more venues to explore. Or catch us on Facebook (facebook.com/CapeTownCCID and facebook.com/CityViewsCapeTown) as well as on Twitter (@CapeTownCCID) and Instagram (instagram.com/CapeTownCCID).

Our CCID Public Safety Officers are on duty 24/7 throughout our area and you can always get hold of us anywhere within the Cape Town CBD by calling the CCID 24-hour CONTROL CENTRE NUMBER: 082 415 7127



CONTACT US 021 286 0830; email: info@capetownccid.org;

visit **WWW.CAPETOWNCCID.ORG**



[Facebook.com/CapeTownCCID](https://facebook.com/CapeTownCCID)



[CapeTownCCID](https://instagram.com/CapeTownCCID)

THE CCID PROVIDES THE FOLLOWING TOP-UP SERVICES



SAFETY & SECURITY

The CCID's Safety & Security department deploys 300 Public Safety Officers 24/7 from our Control Centre, which works closely with the SAPS and the City's Law Enforcement agencies. The Control Centre is available at all times via the CCID hotline number (082 415 7127). **We provide complementary services towards a visible security presence:**

- Reaction units
- Monitoring of traffic infringements
- ATM fraud detection
- Regulation of informal trading
- Public assistance



URBAN MANAGEMENT

Monitoring the spaces "inbetween" the buildings of the CBD, from the roads and sidewalks to public squares, falls under the ambit of the CCID Urban Management department. There are 60 dedicated cleaners from a professional service provider working around the clock to keep the Central City neat and tidy. In turn, a 300-strong force of semi-skilled cleaners and a skilled road maintenance team also operate in the CBD via a job creation programme conducted in partnership with local NGO Straatwerk.



SOCIAL DEVELOPMENT

The CCID's Social Development team – headed up by a registered social worker supported by two registered auxiliary social workers and one experienced field worker – monitor the homeless and indigent people who live on the street of the CBD. Working closely with six partner NGOs that service the area and provide for both adults and children, the team also promotes public awareness through the CCID's "Show You Care" campaign. For more info on our NGO partners, visit www.showyoucare.co.za



COMMUNICATIONS

The CCID's Communications department supports the three operational divisions of the organisation, promoting the work we do, as well as promoting investment in the Central City. To this end it produces a wide range of publications annually, and runs a number of public-awareness campaigns. It communicates across all platforms, from hard copy to online and including social media.



Explore Experience Engage



Open 365 days a year, the award-winning Two Oceans Aquarium is one of the Mother City's most iconic attractions, and the most popular at the V&A Waterfront. We showcase South Africa's sensational coastline in order to inspire action for the future well-being of our oceans.

Come and experience a unique African marine safari, and further explore our underwater world with scuba diving, animal experiences and specially arranged guided tours.



Open daily 09h30 - 18h00 • Dock Road, V&A Waterfront
Buy tickets online - www.aquarium.co.za
Tel: +27 (0)21 418 3823 • Follow us   

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AQUARIUM**
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visit

50⁺

**SIGHTS AND
SITES IN OUR
GUIDE**



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District Six Museum



MUSEUMS

Iziko Museums

This is a fascinating amalgamation of 14 national museums, 11 of which are located in and around the Central Business District. Collections cover natural history, social history and art, jewellery and artefacts providing insights into SA's cultural heritage. The Planetarium, which was recently upgraded, offers an unmissable experience. iziko.org.za

Iziko Planetarium 9

25 Queen Victoria Street,
021 481 3900

An upgrade has rendered the star machine old school and obsolete. These days students can see the Milky Way – and beyond – by way of a full-dome theatre. The new technology allows scientists to visualise data from the Square Kilometre Array (SKA), Southern African Large Telescope (SALT) and MeerKAT radio telescope. Shows for teenagers as well as adults take place daily, while it falls to Davy Dragon to entertain five- to 10-year-old astronomers on the weekends. iziko.org.za



Museum of Gems & Jewellery

 3 Cnr Loop and Hout streets,
021 422 0148

Run by Prins & Prins jewellers, this museum tells the story of when diamonds began forming three billion years ago. Exhibits include notable South African finds, such as the Cullinan Diamond, the world's largest gem-quality rough diamond. prinsandprins.com



South African Jewish Museum

 9 88 Hatfield Street,
021 465 1546

South Africa's Jewish community includes renowned figures such as novelist Nadine Gordimer and painter Irma Stern. The Isaac Kaplan netsuke (Japanese miniatures) collection is one of the world's largest privately held collections. Africa's first Holocaust Centre mixes interpretive panels and archival photos with recreated environments and multimedia displays. Only people aged 16 years and over are allowed. sajewishmuseum.co.za, holocaust.org.za



District Six Museum

 26

25A Buitenkant Street,

021 466 7200

During the 1970s, residents of the area between the Central City and Woodstock, known as District Six, were forcibly removed and their homes flattened under the Group Areas Act, an apartheid law that forbade interracial neighbourhoods. The museum takes you on an interactive trip of the past. districtsix.co.za

districtsix.co.za





WALLET-FRIENDLY

A TREAT

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

CHILD-FRIENDLY

CLOSEST PARKING (SEE PAGE 63)

PLACES OF WORSHIP

Auwal Masjid

39 Dorp Street, 082 551 7324

South Africa's oldest mosque was established in 1794. It is recognised as a symbol of the Cape Muslims' struggle for the recognition of Islam and their right to practise the religion.

auwalmasjid.co.za



Central Methodist Mission

  Cnr Longmarket and Burg streets, 021 422 2744

This church opened in 1879. Its Gothic Revival interior features stained-glass windows, a large organ filling an arch and marble plaques remembering missionaries, soldiers and colonial characters.

cmm.org.za



Die Groote Kerk

Adderley Street, 021 422 0569

This venerable old church was the first Christian place of worship erected in the Cape. Its cornerstone was laid in 1700 and it remains the mothership of the Dutch Reformed Church in Cape Town. It houses South Africa's biggest organ, which has 5 917 pipes.

grootekerk.org.za



Evangelical Lutheran Church

  98 Strand Street, 021 421 5854

Dating back to 1774, this is South Africa's oldest church in permanent service and forms part of the country's oldest city block. It is historically a German church, but offers services in English and Afrikaans too. Look out for the carvings inside by German sculptor Anton Anreith, whose work is regarded as the pinnacle of the Cape Baroque style.

lutheranchurch.org.za



PEOPLE OF THE CITY

Debbie Loots, magazine editor and award-winning novelist of *Split* and *Die Boek van Gelukkige Eindes*, shares her perspectives on life in the city.

Q What do you love most about the city vibe?

A There is a vibrancy and cosmopolitan feel in the city, unlike the outlying suburbs. It's also a city with many dimensions; heritage buildings interspersed with ultra-modern high-rises. The City Bowl comprises a small area between the mountain and the sea, so everything's close; you are never too far from some of the world's major attractions.

Q What is your favourite restaurant in the CBD?

A There are so many! But if I have to choose, I'd say Fyn. I was lucky enough to have lunch there recently and apart from the beautiful food and décor, the service was outstanding.

Q What is your favourite place to do some shopping in the CBD?

A I am a lover of vintage, and always on the lookout for something unique. Church Street and Church Square are favourites. You'll definitely find a few gems there – such as Babette's Clothing. It's also home to some of our most renowned art galleries (my favourite being Smith Studio) and on certain days of the week there's an antique market with more vintage offerings.

Q If you are in the city for a couple of days what is the one thing you need to experience?

A The Company's Garden, without a doubt. It's a little piece of paradise and home to the oldest garden in the city, the Iziko South African National Gallery, the Cape Town Holocaust and Genocide Centre and the Planetarium. There is also a restaurant among the old trees where tame squirrels and pigeons scamper around for any leftovers.



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Great Synagogue P 9**88 Hatfield Street, 021 465 1405**

The Great Synagogue is also known as the Gardens Shul. Considered to be South Africa's mother synagogue, this beautiful building features a number of distinctive domes and towers. The neighbouring Old Synagogue (1863) is South Africa's oldest.

gardensshul.org**Palm Tree Mosque** P 10**185 Long Street, 082 551 7324**

Also known as the Church of Jan van Bougies, after the owner of the property in 1811, the second oldest mosque in the country was named for the two palm trees in front of it – one remains. The building was once a house; a prayer room was opened later and it gained mosque status in 1825.

muslim.co.za**St George's Cathedral** P 10**5 Wale Street, 021 424 7360**

This grand Herbert Baker structure was built in 1906, but a cathedral has stood in this spot since 1847, which is why it's considered southern Africa's oldest cathedral. Archbishop Emeritus Desmond Tutu led the Cape Town Peace March, a pivotal anti-apartheid protest, from this Anglican cathedral in September 1989.

sgcathedral.co.za**St Mary's Cathedral** P 25**16 Roeland Street, 021 461 1167**

Also known as the Cathedral Church of Our Lady of the Flight into Egypt, this Catholic church was consecrated in 1851. It is the seat of the Metropolitan Archbishop of Cape Town.

stmaryscathedral.org.za**The Unitarian Church** P 11**64 Hout Street**

Now 150 years old, this church welcomes everyone, regardless of beliefs, colour, sexual orientation or ethnicity.

capetownunitarians.org

TOUR COMPANIES

African Touch Tours**072 388 2398**

African Touch offers a range of private guided tours, including a three-hour amble around the Central City. Starting at St Georges Mall, the tour takes in sights including The Company's Garden, the Slave Lodge, Greenmarket Square, Grand Parade, City Hall, District Six Museum and the Castle of Good Hope. A perfect, quick and easy way to get an overview of the city.

africantouchtours.com**City Sightseeing Cape Town**

P 2

81 Long Street, 021 511 6000

With audio guides to give you more information about the area, City Sightseeing's red double-decker buses are a fun way to get your bearings. The hop-on, hop-off service follows various loops around the CBD and peninsula. There are various different routes to choose from. The company also offers a boat service from the CTICC.

citysightseeing.co.za**Detour Africa** P 5**303A Long Street, 021 424 1115**

With more than 15 years experience in the travel business, Detour Africa offers a



City Sightseeing Cape Town



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A TREAT

💰 💰

SPECIAL OCCASION

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👶 CHILD-FRIENDLY

P

CLOSEST PARKING (SEE PAGE 63)

Grand Parade & City Hall



carefully selected range of overland and travel packages that include everything from day trips to longer excursions. Whether you're in the market for a day tour, an overnight camp or an exclusive lodge, they will help you devise a tour that suits your budget.
detourafrica.co.za

WALKING TOURS

Central Cape Town is considered safe to explore on foot – and it's super convenient too! Hitting the pavement to wander the streets is recommended as one of the ideal ways to experience the Central City by day – although do bear in mind that your main worry will be trying not to overspend in the markets, shops and cafés. If you would like to add some historical background to your outing, you can find various applications at Voicemap.me and iTunes.

Cape Town Free Walking Tours

076 636 9007

These free 1½-hour walking tours leave daily from Greenmarket Square – look out for the green umbrellas on the corner of Burg and Shortmarket streets. The 11am tour takes a historic amble around the

Central City, while the 2pm itinerary includes the Bo-Kaap neighbourhood.

freewalkingtourscapestown.co.za



Footsteps to Freedom

083 452 1112/083 309 5378

These cultural and historical tours express the company's philosophy that, behind Cape Town's majestic mountains and vineyard vistas, lie the stories of local people. On their eponymous walking tour and Nelson Mandela-themed walk, passionate guides narrate the CBD's history on street corners and squares. They also offer private tours further afield.
footstepstofreedom.co.za

Good Hope Adventures

082 482 4006

Good Hope Adventures' Tunnel Tour explores the CBD's secret subterranean rivers and canals, some of which date back to the 17th century. They once supplied the CBD and passing ships with fresh spring water, and today make a fascinating tour. They also offer other tours, including historical city walking tours and ghost and evening walks – creepy! Outings can be tailored and groups are small with experienced guides.
goodhopeadventures.com



#KeepItClean

Look out for the CCID's professional cleaners in their distinctive yellow uniforms.



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2020 BEST OF CAPE TOWN CENTRAL CITY

GARDENS, SQUARES, PUBLIC SPACES

Church Square 19

Cnr Parliament and Spin streets

Stop here to see the 11 granite blocks on the square that display the names of slaves traded here. Slaves would wait under the "slave tree" while their owners attended church services in Die Groote Kerk. Church Square is one of the oldest defined parcels of land around which the early town of Cape Town was established. The first building, a slave lodge, was built there in 1679 and Die Groote Kerk in 1701.

Arch for the Arch 11

Entry to the Company's Garden, Government Avenue

A tribute to one of the nation's most beloved freedom fighters, Archbishop Emeritus Desmond Tutu, Arch for the Arch was commissioned by Design Indaba as a commemoration and celebration of the life and work of this great man, himself lovingly referred to simply as, 'The Arch'. The installation was unveiled on 7 October 2017 coinciding with Tutu's 86th birthday.

De Tuynhuys 9

The Company's Garden, Government Avenue

Popular as a lunchtime chill spot for locals, there are many reasons to delight in this verdant park in the middle of the city. Take a meander through the tree-lined walkways filled with rubber and ginkgo trees and South Africa's oldest tree: an ancient saffron pear tree. The South African National Gallery, Cape Town Holocaust and Genocide Centre and Iziko South African Museum are all located within the Company's Garden, which was established to grow fresh fruits and vegetables for ships docking in the port en route to India.

Grand Parade & City Hall 18

Cnr Buitenkant and Darling streets

Located next to the Castle of Good Hope, the Grand Parade was once used for military

parades. This is where crowds gathered to listen to Nelson Mandela's first public address on his release. His statue stands today on the steps of City Hall, to mark the occasion.

Greenmarket Square 10

Between Shortmarket and Longmarket streets, just off St Georges Mall

With its craft stalls, cafés and Art Deco buildings, cobbled Greenmarket Square was created in 1696, originally as a fresh-produce market serving ships moored in Table Bay. Bustling with traders and browsing tourists today, the square is a fun place to buy craftwork and souvenirs from throughout Africa.

Heritage Square 2

Cnr Bree and Shortmarket streets

This block of Cape Dutch, Georgian and Victorian buildings was rescued from becoming a parking garage, and now houses a variety of restaurants and bars. At the centre, the Heritage Square courtyard is a popular venue for after-work drinks.

Jetty Square 43

Cnr Lower Long and Jetty streets

Featuring skeletal shark sculptures by celebrated artist Ralph Borland, the square highlights the fact that the site was, before the Foreshore was developed in the 1960s, under water. It's a spot where visitors can stop to reflect on nature even while walking through the CBD. Don't be surprised when the sharks make a sound as you walk by – they interact with passersby via infrared sensors, and move in the wind. Freaky!

Long Street

Cape Town's main drag is one of the Central City's most vibrant streets, both during the day and at night, and is lined with boutiques, bars, craft shops, cafés and restaurants to suit all pockets and vibes. Grab a seat on the wrought-iron balcony of one of the Victorian-era buildings, which is the perfect spot for watching the scene unfolding below while sipping a drink or chowing down.

OUT AND ABOUT



DON'T LEAVE
handbags under
tables or on the
backs of chairs.



DON'T LEAVE
cellphones
or wallets on
restaurant tables.



KEEP YOUR
credit card in
sight all
the time.



DON'T LEAVE
drinks
unattended.



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💰 💰 SPECIAL OCCASION

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👶 CHILD-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)



St Georges Mall



St Georges Mall

A pedestrianised thoroughfare, St Georges Mall is home to the weekly Thursday Earth Fair Market as well as permanent kiosks and stalls. It runs northeast from St George's Cathedral and passes near Greenmarket Square. It's a picturesque conduit through the CBD, with benches, art and cafés.

North Wharf P 4

Wharf Street, off Loop Street

This square is hidden among hotels, including the upmarket Protea Hotel of the same name, near the harbour end of Bree Street. This is where you will find some good restaurants and cafés that make quiet alternatives to the bustling eateries further up Long and Bree streets.

Pier Place P 14

Off Heerengracht

This square in the Foreshore area, which received a R2-million upgrade a few years ago, is a popular lunch spot for local office workers and executives. Mimicking the human activity in the vicinity, sculptor Egon Tania's life-like statues of people playing, talking and reading the paper populate the square. Public spaces like this have been created to encourage Capetonians to reclaim the Central City.

Thibault Square P 43

Between Hans Strijdom Avenue and Riebeeck, Long and Adderley streets, at the end of St Georges Mall

This sizeable, bricked plaza is surrounded by high-rises; Thibault Square is one of the city's favourite lunchtime relaxation spots and Cape

Town's version of the type of city square you would find all over Europe. Some of the city's oldest and highest skyscrapers overlook the plaza, and there are numerous coffee shops, small restaurants and take-away outlets on its fringes. The bronze and steel sculpture on the western edge of the plaza by South African sculptor John Skotnes entitled *Mythological Landscape*, is a celebration of the diversity of this cosmopolitan city.

PLACES OF INTEREST

Africa Centre P 11

28 St Georges Mall, 021 418 3336

This African arts and culture NGO promotes pan-African culture, specifically as a tool for social change, and organises the Infecting the City public arts festival (infectingthecity.com). At its Talking Heads (talkingheads.org.za) events, specialists – from geophysicists to champion surfers – are invited to give presentations. Other programmes that celebrate what it means to be African in the 21st century frequently take place as well, so keep an eye on the website for details. africacentre.net



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Iziko South African National Gallery



Iziko South African National Gallery

P 8 10

The Company's Garden, Government Avenue, 021 481 3970

One of South Africa's best art museums, the National Gallery's permanent collection includes paintings, photography, sculptures, beadwork and textiles from across Africa and Europe. iziko.org.za



Cape Town International Convention Centre (CTICC)

P 8

Convention Square, 1 Lower Long Street, 021 410 5000

Containing artworks and impressive spaces such as the 2 000m² Grand Ballroom, the CTICC plays host to a number of major events. Notable programmes include Decorex Cape Town and the Good Food & Wine Show (goodfoodandwineshow.co.za) as well as a variety of conferences and musical performances.

cticc.co.za



Central Library

P 18

Old Drill Hall, cnr Parade and Darling streets, 021 444 0983

Built in the late 1800s, this building was originally where soldiers drilled during bad weather. Today, it's a bustling library with something for everyone. Events are hosted here and books in all 11 official South African languages as well as newspapers and magazines about the Central City that date back more than 20 years are stocked.

capetown.gov.za/library



Centre for the Book

P 9

62 Queen Victoria Street, 021 423 2669

Occupying a beautiful domed Edwardian

building, this centre, run by the National Library of South Africa, promotes reading and writing by way of events such as book discussions, launches, poetry readings and writing workshops. It also houses the Children's Reading Centre, which provides opportunities for children up until the age of seven to read and write their own stories. There are two rooms, accommodating from 80 to 300 people, available for hire.

centerforthebook.org.za



Houses of Parliament

P 19

120 Plein Street, 021 403 2266

This imposing red-and-white building consists of three sections completed at different periods, the original in the 1800s. It has witnessed many pivotal moments in South African history, including the assassination of former prime minister Hendrik Verwoerd, the so-called architect of apartheid, in 1966. Call to arrange a free guided tour on weekdays.

parliament.gov.za



Long Street Baths

P 9

Cnr Long and Orange streets, 021 422 0100

Hidden away inside a gorgeous Art Nouveau building is the Long Street bathhouse, which was built in 1908. There are Turkish baths, a magnificent 25m heated pool as well as a children's pool. Be sure to call ahead if you



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💰 **A TREAT**

💰 **SPECIAL OCCASION**

♿ **WHEELCHAIR-FRIENDLY**

♿ **CHILD-FRIENDLY**

P **CLOSEST PARKING (SEE PAGE 63)**

wish to use the Turkish baths, which have a sauna and steam room with massages available. The baths are enjoyed by athletes, locals and tourists and this is the perfect spot to spend a relaxing afternoon. The pool is reserved for use by women between 10am and 2pm on Tuesdays, and lifeguards are on duty.

capetown.gov.za



Open House P 10

Cnr Long and Dorp streets

This bright-red, 10.5m-high house installation, the winning concept in a Western Cape Government public art competition, was constructed by artist Jacques Coetzer. A symbol of democracy and diversity, its balconies host open-mic poetry, talks and performances, and encourage interaction between people from across society to celebrate freedom of speech. All forms of music, comedy, theatre, exhibitions, art and play are encouraged at this bustling location in the city.

westerncape.gov.za/general-publication/open-house-public-art-competition

Zip Zap Circus P 24

Founder's Garden, Jan Smuts Street, 021 421 8623

Zip Zap Circus is a well-established social circus school that was founded in Cape Town in 1992, with the intention to inspire young people and help build a new culture of peaceful coexistence in South Africa. It is widely recognised as a major contributor to tourism and its main focus is on helping children to go after their dreams, while at the same time supporting the circus arts in South Africa. Zip Zap's programmes are free to all participants and they receive financial and material support from various organisations, charities, corporations and foundations. Check their website for upcoming events and tours. The dome can be hired for special functions.

zip-zap.co.za



GALLERIES

The African Portrait P 11

Cnr Long and Hout streets, 021 426 1886

This gallery specialises in representations of Africa's many faces, from Zulu chiefs and Maasai warriors to Saharan women and Samburu elders. It offers limited-edition prints on canvas and represents two local artists, Grant Oxche and Mekhala van der Schyff.

theafricanportrait.com



Association for Visual Arts (AVA) Gallery P 10

35 Church Street, 021 424 7436

One of the country's oldest non-profit galleries, AVA showcases contemporary South African art in all media. The gallery has been in operation in various guises since 1971, promoting visual arts and introducing rising stars.

ava.co.za

The Cape Gallery P 10

60 Church Street, 021 423 5309

This Church Street stalwart, surrounded by colourful Georgian and Dutch buildings, specialises in South African scenes, from landscapes to street art. The conservative artworks act as reports of the flora and fauna of the area. Vibrant street art has recently added some African flair to the gallery.

capegallery.co.za

Ebony P 2

67 Loop Street, 021 424 9985

Besides breathtaking art, Ebony sells design-savvy furniture and accessories, including lighting, jewellery and even toys. On the walls you'll find photos, prints and paintings, with some particularly striking images of Beninese muscle men. The gallery focuses on contemporary and modern African art and represents a core group of established and emerging talent.

ebonycurated.com



Show you CARE

4 ways you can donate to the CCID's partner NGOs, rather than giving directly on the streets

1 SMS "GIVE" to 38088 to donate R10*.

2 Download the free SnapScan



app onto your smartphone and scan the code above to donate the amount of your choice**.

* Our partner NGOs receive an average of R8 depending on your cellphone service provider.
** A 3% admin fee goes to SnapScan.

3 Pay with Paypal. Go to paypal.me/CCIDShowYouCare.

4 Make an EFT payment to the Show You Care campaign. You can find bank details at showyoucare.co.za.

5 Or you can make a donation directly to the NGO of your choice. All items in good condition are appreciated, especially tinned food, toiletries (eg sanitary towels), socks, gloves and beanies. The CCID's six primary partner NGOs are The Homestead, Ons Plek, Youth Solutions Africa, The Hope Exchange, Khulisa Social Solutions and Straatwerk. Visit capetownccid.org/about-ccid/ partners for more info.



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2020 BEST OF CAPE TOWN CENTRAL CITY

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YOU
NEED
TO
KNOW

Make your time in Cape Town count by getting your head around these local South Africanisms that could make you sound just like a local.

Howzit

A casual greeting that means

'Hello'

Just now

Sometime soon

Bakkie

A pick-up truck

Play-play

Pretend

Koppie

Rocky hill

Flat

Apartment

Robot

Traffic light

Braai

Barbecue

Bundu

Wilderness/bush

Eish

An expression of annoyance



RED! The Gallery

Eclectica Contemporary 10

69 Burg Street, 021 422 4145

An African gallery with an international vision, Eclectica Contemporary is an exciting space that plays to the increasing popularity of African art. Eclectica prides itself on celebrating the richness, diversity and depth of African art. Recent exhibitions include those by Loyiso Mkize, celebrated graphic novel and comic book illustrator, Korean-born photographer Kyu Sang Lee, and painter Nina Holmes. Featuring a mix of solo exhibitions and curated group shows, the Eclectica Contemporary exhibition space also has facilities for experimental, new media and project-based work.

eclecticacontemporary.co.za

EDGE Glass Gallery 5

29 Vredenburg Lane, 021 423 3370

Owned by local glass artist Nelius Britz, EDGE exhibits the best contemporary South African art glass and imported works of a high standard from countries such as Australia, The Netherlands and England. The magnificent pieces on display are a riot of colour with the glass manipulated into fantastical forms, resembling everything from coral reefs to tropical flowers. The gallery is also home to Cape Glass Studio, the first kiln-formed glass studio of its kind in South Africa.

capeglasstudio.co

Lutge Gallery 2

109 Loop Street, 081 765 1223

Allan Lutge's gallery juxtaposes old and new, displaying his reclaimed indigenous wood tables alongside antique furniture and architectural features. You are as likely to find a Victorian cast-iron pole as a contemporary ceramic vase here.

lutge.co.za

**New Heritage Gallery and the D'Vine Art Room** 2

100 Shortmarket Street,

071 191 5034

Shay Davis's uber-modern gallery hosts changing exhibitions that showcase contemporary art, photography, sculptures and mixed media.

newheritagegallery.com

RED! The Gallery 4

Portside Building, 4 Bree Street,
082 332 3742

Art connoisseurs will feel at home in this upmarket gallery showcasing South Africa's best talent. Services include private and corporate consultations as well as art rentals. Incorporating a coffee shop-cum-art gallery concept, RED! Café is linked to the gallery and offers all-day breakfasts, a great selection of coffee, lunches and high tea. The Wi-Fi hot



💰 WALLET-FRIENDLY
 💰 💰 A TREAT
 💰 💰 💰 SPECIAL OCCASION
 ♿ WHEELCHAIR-FRIENDLY
 👶 CHILD-FRIENDLY
 P CLOSEST PARKING (SEE PAGE 63)

spot means you can get a spot of work done in a creative high-energy environment.
redthegallery.co.za

Robert Sherwood Design P 5

173 Bree St, 021 424 1268/
 082 627 9504

With expertise in architecture, landscaping and interior decoration, this design establishment will fulfill all your art expectations. Robert Sherwood, who has more than 30 years' experience in the design field, and his team know just the right art you need to showcase your personality in your home or your business.

robertsherwooddesign.com



Stateofheart Gallery P 2

50 Buitenkant Street, 061 129 1899

As the real-world home of a virtual gallery, this gallery gives browsers the chance to log on and buy an item after viewing it here. With a focus on affordable art by emerging artists, it showcases paintings, drawings, sculptures, photography and prints, and the work for sale ranges from contemporary and abstract to portraiture and still life. You can also expect to find work by award-winning artists here, so look out for the regular exhibitions that showcase the country's finest.

stateofheart-gallery.com

Youngblood Africa Arts & Culture Development P 2

Beautiful Life Building,
 70-74 Bree Street, 021 424 0074

This arts foundation supports emerging South African artists by offering them capital backing and exposure with the aim of helping them to become self-sustaining. A popular spot on First Thursdays, the gallery stages regular events including concerts, dance classes, launches and workshops, and has a different exhibition every fortnight.

youngblood-africa.com



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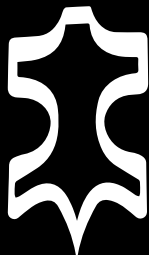
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 JOHANNESBURG | 44 STANLEY V
 PLETTENBERG BAY | OLD NICK VILLAGE
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Friday	08:30 - 12:30 13:45 - 17:00
Sat	10:00 - 14:00

BEST OF CAPE TOWN CENTRAL CITY

shop



60+

**SHOPS IN
OUR GUIDE**



FOR MORE PLACES TO
SHOP, PLEASE VISIT
WWW.CAPETOWNCCID.ORG



Merchants on Long



BOOKS

The Book Lounge 25

71 Roeland Street, 021 462 2425

This independent gem is a relaxed spot for book lovers and a favourite destination for paper-loving Capetonians. The store boasts two floors of novels and nonfiction, the staff are really clued-up and as an added bonus there is a coffee shop and lounge. Regular events include the popular Saturday morning children's story time (at 11am), perfect for kids between the ages of three and eight. For the adults, there are regular evening book launches. booklounge.co.za



Clarke's Bookshop 5

199 Long Street, 021 423 5739

A legendary city book store, Clarke's Bookshop is renowned for its collection of Africana. From antiquarian to ANC memoirs, Clarke's specialises in books on southern Africa, particularly new tomes. Having celebrated its 60th birthday in 2016, Clarke's continues to ensure its two floors of shelves and tables hold treasures for collectors and holiday readers alike. Pop in for new, secondhand and out-of-print books. clarkesbooks.co.za



CRAFTS & GIFTS

African Craft Market 2

62 Long Street

Whether you are on the hunt for jewellery, wooden sculptures or even beaded bowls, this dainty shop, packed to the rafters with African curios, souvenirs and gifting options should have it. Engage with the friendly stall owners and find out more about where their products come from. Here, you'll find perfect gifts and mementos of your African holiday.

The Long Street Antique Market 10

127 Long Street, 021 423 2666

Roll up, roll up and get them here: coins, medals, militaria, antiques, collectables, books, jewellery and more. This quaint arcade of 12 shops is a great place for browsing. theantiquearcade.co.za

Youngblood Africa Arts & Culture Development 2

Beautiful Life Building,
70-72 Bree Street, 021 424 0074

This arts foundation supports emerging South African artists by offering them capital

Merchants on Long

 11

34 Long Street, 021 422 2828

Merchants on Long is a store-house of well-curated luxury and hand-made brands that are all sourced and made in Africa. It is also home to Okapi, an ethically produced range of luxury handbags and accessories. The building dates back to 1790. merchantsonlong.com



💰 WALLET-FRIENDLY

💰 A TREAT

💰 SPECIAL OCCASION

♿ WHEELCHAIR-FRIENDLY

👶 CHILD-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)

backing and exposure. The gallery stages regular events including concerts, launches and workshops, and has a different exhibition every fortnight.

Youngblood-africa.com



DÉCOR & HOMEWARE

Bordallo On Bree P 3

Touchstone House, 7 Bree Street,
079 774 0276

For servers, platters, plates and more shaped and named after produce, Bordallo Pinheiro is the place for all your unique tableware.

ola@bordallopinheiro.co.za

Carole Nevin Designs P 10

52 Burg Street, 021 422 1615

This is the home of beautiful fabrics: hand-painted table cloths, runners, place mats, serviettes, cushion covers and much more in ethnic and contemporary designs. And if you want to make something up yourself, you can also buy exclusive hand-printed fabric by the metre.

carolenevin.com

Chandler House P 2

53 Church Street, 021 424 4810

This Georgian building houses the Voorkamer Gallery, where you can see local artists' work, and a delightful shop stocking beautifully curated items from locally made homeware and linen to unique stationery and bespoke ceramics.

chandlerhouse.co.za

Moroccan Warehouse P 25

Cnr Commercial and Buitenkant streets, 021 461 8318

This treasure trove sells the fruits of the owners' annual buying trips to Marrakesh, Fez and Tangier. The stock includes décor, carpets, mosaic tables, mint tea glasses and scatter cushions – all guaranteed to give your home some Maghrebi mystique.

facebook.com/Moroccan-Warehouse

Newport Lighting Concepts and Design P 3

19 Bree Street, 021 447 0049

Owner Guy Harris graduated from Design Time School of Interior Design in 1992 and has worked in the industry ever since. A curated range of lighting solutions, from practical to decorative and downright whimsical, are artfully displayed in a gallery-like arrangement.

Newport.co.za

Mungo P 2

78 Hout Street, 021 201 2374

Since 1998, the folks at Mungo have been weaving quality, natural-fibre homeware textiles at their mill in Plettenberg Bay. At their store on Hout Street you'll find the full range of Mungo products as well as their inner-city Micro Mill, where contemporary textile design meets traditional weaving processes on a 100-year-old Hattersley loom.

mungo.co.za

Stable South African Design Collective P 2

4th floor, Valuta House,

74 Shortmarket Street, 087 150 6538

Stable is a platform that showcases the best of innovative local design with more than 115 SA designers and brands under the Stable umbrella. Designs in the line-up include a modular storage concept created in collaboration with designer Rene Rossouw, Tim Church's distinctive Button stool and pieces from De Steyl's Play Play range of plywood storage cabinets. Stable is based in the CBD but you can also shop online with local and international door-to-door shipping offered.

Stable.org.za

Skinny laMinx P 5

201 Bree Street, 021 424 6290

Designer Heather Moore's work includes fabrics, decorative items, stationery and placemats, all made in Cape Town and sold locally and internationally. She has made a name for herself with her trademark blocky, graphic style.

skinnylaminx.com



Afraid of Mice - pg 20



Rip Curl - pg 21



Babette - pg 20



Mungo



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2020 BEST OF CAPE TOWN CENTRAL CITY

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FASHION

Afraid of Mice P 2**86 Long Street, 021 423 7353**

If gently used designer gear is your thing, do take a look at this well-stocked store filled with "stuff you wish your mother kept for you", in the words of the owners. Here you can expect to find great quality pieces from the likes of Prada, Oscar de la Renta, Mulberry, Nina Ricci and Diane von Furstenburg.

facebook.com/AfraidOfMice/

Babette P 2**41 Church Street, 021 424 4457**

Local label Babette is the work of Stellenbosch fashion graduate Barbara Lötter, who adapts vintage garments. The charming exterior is the perfect introduction to her unique wares.

babetteclothing.co.za

**Benger** P 10**109 St Georges Mall, 071 849 8590**

Drawing from the traditions of menswear stores in London's Savile Row and Jermyn Street, Benger is the place to buy that perfect-fit shirt, panama hat, quirky bow tie, colourful socks and quality shoes.

benger.co.za

**Espadril** P 2**100 Bree Street, 079 722 7143**

Working from their downtown studio, Rizqah Isaacs and Patricia Terre are the duo behind gorgeous, quintessential summer footwear. Every espadrille is handmade using traditional methods and existing designs. You can customise your own and they'll make them up for you.

espadril.co.za

Gracious Daisy Vintage P 5**285A Long Street, 021 422 3597**

It's always a cool experience to trawl through vintage pieces – clothing, jewellery, sunglasses and collectables – to secure a great piece at a lesser price. Find the dress or dungarees you're looking for. This emporium

is worth numerous visits.

facebook.com/graciousdaisyvintage

Hendrik Vermeulen Couture

P 2

Heritage Square, 73 Buitengracht Street, 073 334 7071

This atelier sells the glamorous collections designed by Vermeulen, who started sewing at the age of six and opened his first store at 27. He designs clothing and accessories for men and women and his shimmering dresses are the real standout.

hendrikvermeulen.com

**Margot Molyneux** P 25**69 Roeland Street Cape Town, 021 461 4565**

Understated garments made from cotton, linen and silk are what you can expect from this local fashion studio that specialises in women's fashion.

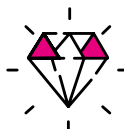
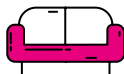
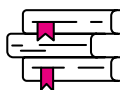
margotmolyneux.com

Mali South P 5**96 Long Street, 074 539 3123**

African print is so hot right now! Stock up on locally produced and ready-to-wear African fashion or have your outfit custom-designed and made using vibrantly colourful African prints and fabrics right here. Leave wearing a dress or suit cut to your measurements.

Mungo & Jemima P 10**108 Long Street, 021 424 5016**

This elegant boutique sells the owners' womenswear labels, Good and Coppelia, alongside those of other South African designers. The store is aimed at women of all



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AMBASSADORS**
assist at ATMs
across the CBD to
prevent fraud.



Mali South



WALLET-FRIENDLY

A TREAT

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

CHILD-FRIENDLY

CLOSEST PARKING (SEE PAGE 63)

ages who seek genuinely individual garments. mungoandjemima.com

Overland Shoes P 10

11 Waldorf Building, St Georges Mall, 021 422 2101

Get your rugged face on with footwear for tough terrain and hard hikes. The store is a sibling of the long-established premises at Access Park.

overlandshoes.co.za

Paul Smith P 2

137 Bree Street, 021 424 0354

The blue-fronted store sells menswear by the renowned UK designer, whose clothes have graced catwalks and even showed up on the entire Manchester United soccer team.

paulsmith.com

Rip Curl P 5

229 Long Street, 021 424 7532

The Australian retailer specialises in surf apparel. Find a wetsuit, surfboard, shoes, hats, sunnies and surf kit, right in the CBD.

ripcurl.com

Sneaker Cartel P 5

164 Long Street

Not only does this shop stock the hottest sneakers on the market, like all your favourite and hard-to-find Nikes, but it also hosts events every month.

sneakercartelsouthafrica.myshopify.com

Unseen P 5

221 Long Street

This men and women's apparel store stocks trendy and vintage fashion that encapsulates the quintessential Capetonian street style.

facebook.com/unseencapetown

Vintage and the City P 5

287 Long Street, 021 422 5646

Cape Town is a city that has a love affair with vintage and this boutique amply satisfies that craving for local shoppers and visitors alike. Browse the rails to find a variety of styles from



Benger - pg 20

retro to contemporary urban.

facebook.com/vintageandthecity



WAG P 2

62 Long Street, 063 607 8813

Ready-to-wear trendy garments for those with a keen eye for fashion that embraces the boldness of ethnic prints and the striking styles of Africa. The owners will also make something special just for you.

facebook.com/wagfashion.co.za

Zeitgeist P 5

259 Long Street, 082 567 9454

Bespoke men's fashion that is locally produced and features global influences from streetwear, catwalk, culture, music and art. Shop in a trendy atmosphere, along with the coolest people in Cape Town.

zeitgeistmw.com

FOOD & DRINK

Caroline's Fine Wines P 11

Shop 44, Matador Centre, 62 Strand Street, 021 419 8984

Caroline Rillema stocks an astonishing range of South African wines and a huge selection of European and Antipodean wines.

carolineswine.com



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24-HOUR

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CENTRE
NUMBER

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Chefs Warehouse **92 Bree Street, 021 422 0128**

This food lover's theme park is cleverly divided into sections: a shop selling pots, cookery books and coffee machines, a deli with wonderful produce and an incredible restaurant.

chefswarehouse.co.za**Wine Essentials** **4 Roggebaai Square, Foreshore, 010 010 7788**

A destination for oenophiles. There's a range of wine coolers and beverage coolers, and a wide selection of Riedel glasses and decanters, plus accessories and gift ideas.

wineessentials.co.za**JEWELLERY & ACCESSORIES****Cape Diamond Exchange****73 St Georges Mall, Cnr Shortmarket Street and St Georges Mall, 021 422 2350**

Find a wide array of jewellery and handcrafted pieces, as well as unset certified diamonds and tanzanite. Founder Mr Poldy worked in the diamond and jewellery field for over 60 years. His daughter Aviva Ezra continues his legacy.

capediamondexchange.com**Dear Rae** **164 Bree Street, 021 447 1390**

What's not to love about Karin Rae Matthee's delicate, handcrafted jewellery? From affordable pieces in silver to bespoke diamond engagement rings, there's a clear reason why this brand has built up such a stellar reputation.

southafrica.dearrae.co.za**Kirsten Goss and Missibaba****229 Bree Street, 021 424 3453**

Since opening her London store in 2002, South African jewellery designer Kirsten Goss has wowed celebrities with her angular and ethereal creations. She designed pieces for the wedding of Prince William and Kate

Middleton. Sharing the space is Missibaba, whose beautiful handmade leather handbags are experiments in texture and colour.

kirstengoss.com and missibaba.com**Leather & Suede** **73 Loop Street, 021 426 2758**

If you want a truly memorable souvenir in the form of a beautiful garment or accessory, look no further than Leather & Suede. The store offers an excellent range, including jackets, bags, belts and shoes, some made in the on-site workshop.

leatherandsuede.co.za**Little Ruby** **8 Riebeeck Street, 021 418 0021**

Many pretty things are sold here, including unusual jewellery pieces and watches, all at reasonable prices, accompanied by knowledgeable service.

facebook.com/littleruby2003**Pinns** **501 Manhattan Place, 130 Bree Street, 021 426 7000**

If you're shopping for a diamond ring, this family jeweller has sparkling creations that are classic and unique. The wide array of jewels on offer will delight.

pinns.co.za**Prins & Prins** **Huguenot House, 66 Loop Street 021 422 1091**

One of the few remaining family-owned businesses that control each stage of jewellery manufacture, Prins & Prins does everything from sourcing, cutting and polishing gemstones to designing and manufacturing jewellery. There is an on-site workshop, a showroom and a museum housed in the building's 200-year-old wine cellar, entry to which is free.

Prinsandprins.com**Starplex Jewellers** **6 Burg Street 021 424 4477**

Be spoilt for choice with this sparkling, gorgeous collection of jewellery, made from

WATER SAVING TIPS**SHOWER RATHER THAN BATH**

Cape Town has water restrictions, so help us to conserve our resources.

**BOTTLE OVER TAP**

Consider drinking bottled water rather than leave the tap running.

**FLATTEN OUT USAGE**

during peak times. Wash your clothes or dishes after 9pm or before 6am.

**USE LESS TOILET PAPER**

(and preferably one-ply) as this requires less water to flush and prevents blockages. Only flush when required.



\$ WALLET-FRIENDLY

\$ \$

A TREAT

\$ \$

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

\$ \$

CHILD-FRIENDLY

P

CLOSEST PARKING

(SEE PAGE 63)



Yogi's Barber Shop



Yogi's Barber Shop

P 1

103

Buitengracht,
021 424 5408

The fourth generation of his family to cut Capetonians' hair, Yogi trims, shaves and snips. Even Trevor Noah has enjoyed a spot of personal grooming here.

yogis.co.za

sterling silver, as well as 18ct, 14ct and 9ct white and yellow gold.
starplexjewellers.co.za

Stefan's Jewellery

P 10

98 St Georges Mall, 021 424 5802

A small, unassuming shop that offers handcrafted gems. Discover a beautiful collection of platinum and gold jewellery.
stefansjewellery.com

The Diamond Works

P 8

7 Walter Sisulu Avenue,
021 425 1970

Marvel at the range of magnificent diamonds, tanzanites, jewellery and an exclusive range of high-end watches including Breitling, Hublot and Rado. The Diamond Institute specialises in diamonds, cutting, grading, jewellery and diamond tours.

thediamondworks.co.za

together a dazzling bouquet just for you.

African Women's Craft Market

P 10

Twinnel House, 112 Long Street

Shop in comfort at an air-conditioned indoor market that houses African crafts and artefacts from different cultures across Africa.
awcm-ct.co.za

Greenmarket Square

P 2

Burg Street, between Longmarket and Shortmarket streets

This cobbled square was once used to trade fresh produce and even slaves. Today it's an outdoor craft market, with items from Africa.

St Georges Mall

Starts on Wale Street opposite St George's Cathedral

If you have a yen for a no-brand phone accessory or a painting of Archbishop Emeritus Desmond Tutu, head here where kiosks and stands sell food, drinks, clothes, craftwork, souvenirs and more.

SPECIALIST

The Big Box Boardgames Café

P 25

18 Roeland Street, 071 314 9134

This dedicated board games shop and café has an assortment of 400 demo games that can be played for free in the store plus a



MARKETS

Adderley Street Flower Market

P 17

Adderley Street, between Strand and Darling streets

For more than 120 years, flowers have been for sale at this outdoor floral market. Blooms of every colour and scent are displayed by the flower sellers, who call out the details of their offers. Pay for a bunch or let the seller know how much you'd like to spend and they'll put



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mind-blowing selection of 1200 games that can be bought in store or online.

Thebigbox.co.za

Cape Cobra Leathercraft

P 3

43 Bree Street, 021 415 3440

A third generation family business that was established in 1972 by German-born founder Lothar Schäfer, Cape Cobra is a major exporter of exotic leather goods made from the skins of sustainably farmed Nile crocodile, python, ostrich and python. They manufacture bags and purses, wallets and briefcases as well as a range of leather accessories.

Capecobra.com

Club 9 **P 3**

**Cnr Bree and Strand streets,
021 422 2994**

Car enthusiast Dirk Molsen opened this one-stop shop to cater for petrol-heads like him. It's a hub for motoring aficionados. There's also an in-house coffee shop, Dapper Coffee Co.

club9.co.za

Downtown Barbers **P 4**

**Shop 4, Portside Towers, Bree Street,
010 035 6076**

If you're on the hunt for a hot-towel facial shave, head shave, buzz cut, beard style or scissor cut, you've come to the right place. There's also an in-house tattoo artist so you can get inked at the same time. Genius!

Downtownbarbers.co.za

Just Like Papa **P 26**

73 Harrington Street, 087 470 0186

Start out in the heart of the CBD to prepare for your great outdoor adventure! A one-stop shop that stocks camping, survival, tactical and hunting gear. Expect to find the best brands in the business.

justlikepapa.com

Mars Music **P 1**

**65 Buitengracht Street,
021 426 6325**

For all things music, this is the go-to store.



PEOPLE OF THE CITY

Dawid Minnie, Events Manager and Executive Assistant to the CEO and founder of Rhino Africa Safaris, is mad about the Mother City.

Q What makes the CBD a special place to be?

A I love the eclectic mix of restaurants, shops and bars around the city. In particular, the array of restaurants in Bree Street.

Q What is your favourite restaurant in the CBD?

A Gigi Rooftop Restaurant and Bar at Gorgeous George hotel.

Q In your opinion, who serves the best coffee in the city?

A Without a doubt my vote goes to Jason Bakery in Bree Street.

Q Do you have a favourite night spot?

A Harrington's Cocktail Lounge is one of my locals!

It stocks the widest range of musical gear under one roof – and the prices are hard to beat, whether you're looking for a drum kit or an electronic keyboard (or a "real" piano), plus all the accessories.

marsmusic.co.za

Merry Pop Ins **P 5**

201 Bree Street, 021 422 4911

Secondhand children's boutique Merry Pop Ins is a great place to shop for good second-hand clothing, furniture, toys and equipment for the little ones. Filled with a host of stunning products, including many overseas brands, the store stocks gear for 0-12 year-olds and helps disadvantaged families in the Cape Town area.

Merrypopins.co.za





WALLET-FRIENDLY

A TREAT

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

CHILD-FRIENDLY

CLOSEST PARKING

(SEE PAGE 63)

Nude Foods

P 25

5 Constitution Street, 021 437 3003

An ecofriendly store that gives you everything while taking nothing from the environment. nudefoods.co.za

Revolution Cycles

P 5

177 Bree Street, 021 423 5191

This cool bikers' den sells and services bicycles, with a range of parts and international brands. revolutioncycles.co.za

Rook Cycles

P 5

295 Long Street, 060 464 0623

For the finest in imported bicycles, this is the place to visit. rookcycles.com

Sturk's Tobacconists

P 2

54 Shortmarket Street, 021 423 3928

Established in 1793, South Africa's oldest tobacconist has served famous smokers such as Winston Churchill.

Sins of Style

P 25

37 Barrack Street, 082 657 3973

Whether you need brand-new ink or a touch

up on existing work, this tattoo parlour has it all. sinsofstyle.com

Temple Tattoo

P 9

305 Long Street, 063 766 7537

One of the city's most popular spots to get inked, Temple Tattoo studio has built up quite a reputation for the welcoming atmosphere and super-talented tattoo artists. The studio opens at 11am, so curb your enthusiasm and don't arrive too early! facebook.com/Temple-Tattoo -228428794663132/

Wild Olive

P 5

29 Pepper Street, 021 422 2777

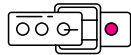
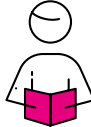
Stock up on a decadent mix of artisan soaps, shampoos, scents and oils that are all inspired by centuries' old African remedies. wildolive.eu

Woodheads Leather Merchant

P 26

29 Caledon Street, 021 461 7185

Established in 1867, this is one of the CBD's oldest leather merchants. You'll find leather products, as well as sheepskin slippers. woodheads.co.za



AVOOVA

KAROO SOUTH AFRICA



LUXURIOUS AFRICAN GIFTS AND
HOMEWARE HANDCRAFTED IN
OSTRICH EGGSHELL



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THE VILLAGE BUFFET

Food Inn

INDIAN THALI RESTAURANT



LONG STREET • SEAPoint • CLAREMONT

156 Long Street, Cape Town 021 422 5060



Food Inn India

www.foodinnindia.co.za

BEST OF CAPE TOWN CENTRAL CITY

eat



100+

**EATERIES IN
OUR GUIDE**



FOR MORE PLACES, VISIT
WWW.CAPETOWNCCID.ORG

Active Sushi



AFRICAN

Addis in Cape P 10

Cnr Long and Church streets,
021 424 5722

Ethiopian cuisine is a culinary delight with its thick and spicy stews served on injera, a pancake-like sourdough flatbread. Addis in Cape offers these exotic East African dishes and homemade Ethiopian coffee to finish the feast, in an authentic setting that includes woven, basket-like mesop tables.

addisincape.co.za



Global Tribes P 25

58 Commercial Street, 021 461 1552
If you're in the mood for authentic African fare, this is a good inner-city option. Eat in or call and order for delivery.



Lucy P 5

281 Long Street, 021 422 1797

Foodies seeking an authentic Ethiopian taste experience will not be disappointed by the offering at Lucy, which is as warmly real as it gets. Vegans are also catered for in this interesting establishment.



Madam Taitou P 12

77 Long Street and cnr Wale and
Buitengracht streets, 021 426 6969 /
072 704 6182

Specialising in Ethiopian cuisine, this gem boasts furniture draped in animal skins in a treehouse-styled space that offers guests privacy and a sense of gastronomical excitement. Try the Kifto: lean beef cooked in spiced butter and served with cottage cheese and salad on flatbread, is a firm favourite. Or opt for the Sergenya, a platter containing samples of all the dishes on the menu.

madamtaitou@gmail.com



Mama Africa P 5

178 Long Street, 021 424 8634

With live marimba every night, this local institution creates sunny African vibes alongside dishes from across the continent.

Mamaafricarestaurant.co.za



Mariams Kitchen

31 Heerengracht, 021 421 3636

P 14

101 St Georges Mall, 021 423 0772

P 10

This is a great (halaal) place to try Cape Malay cuisine, a uniquely Cape Town mix of African,

Active Sushi

P 4

2-4 Bree Street,
021 418 0064

Run by sushi lovers for sushi aficionados, this casual eatery is a fun spot for your Japanese fix. Look out for their all-you-can-eat buffet.

activesushi.com





WALLET-FRIENDLY

\$ \$

A TREAT

\$ \$

\$ \$

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

\$

CHILD-FRIENDLY

\$

P

CLOSEST PARKING (SEE PAGE 63)

Asian and European influences. Mariams is a Cape Town institution.



Meeting Point P 11

67 Strand Street, 021 422 1073

Get a taste of Tanzania at Meeting Point, a modern Swahili restaurant that's big on friendliness and home-style cooking. Tanzanians themselves dine here.



ASIAN

Galbi P 5

210 Long Street, 021 424 3030

At this "Korean fusion barbecue" every table has a small grill on which diners braai their meat, chicken and vegetables.

galbi.co.za



Haiku P 10

58 Burg Street, 021 424 7000

Take a tour through East Asia in this intimate, elegant setting. Modern Asian dishes are served tapas-style (think steamed or fried dim sum, stir-fry dishes, miso soup and sushi) and there's an open kitchen.

haikurestaurant.com



Nuri Sushi Factory P 18

8 Parliament Street, 021 461 8719

An "Africanised" sushi bar, this eatery serves gourmet interpretations of sushi, including spicy seared tuna roses and salmon skin rolls.

nuri.co.za



Obi P 13

14 Long Street, 021 418 4040

Papa San, chef of the former Takumi in Park Road, serves quality Japanese food with staples like sushi, tempura and ramen on the menu. Look out for the lunch specials, which often include a bento box and tonakstu set.

obirestaurant.co.za



The Sea Palace P 4

2 Long Street, 021 418 0961

Originally at the entrance to the V&A Waterfront, this Chinese establishment has found a new home. The dishes are as delicious as ever.



Simply Asia P 2

96 Shortmarket Street, 021 426 4347

This much-loved Thai chain offers three levels of spicy heat – blinking (mild), brilliant (medium) and shooting stars (hot).

simplyasia.co.za



South China Dim Sum Bar

P 5

289 Long Street, 078 846 3656

Enjoy Cantonese tapas of dumplings, rice-noodle rolls, vegetables, meat and more, served in steamer baskets or on small plates.

facebook.com/SouthChinaDimSumBar



Tomo P 2

86 Loop Street, 021 422 0635

The sushi is what keeps customers returning to this Japanese restaurant, but the miso soup, beef tataki and dumplings are also delicious.

facebook.com/tomocapetown



Yu Restaurant P 14

57 Heerengracht Street, 021 111 0452

Located in the Onyx Apartment Hotel building, Yu is open to the public and hotel guests and serves Asian cuisine, sushi, tapas, dim sum and more, with contemporary flair.

newmarkhotels.com/places/in-house/mrkt/

BAKERIES & COFFEE HOUSES

Bean There P 10

58 Wale Street, 087 943 2228

If you're going to have a cuppa in pretty



Madam Taitou - pg 28



South China Dim Sum Bar



Copacabana - pg 33



Global Tribes - pg 28



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surroundings, why not make it a certified Fairtrade one? There's a selection of cakes and tarts to accompany your caffeine fix.

beanthere.co.za



Between Us 2

176 Bree Street, 021 823 8695

A stunning spot for coffee, a healthy breakfast bowl or lunch made with love. The flower arrangements, stonewalls and mountain views will finish the experience.

betweenus.capetown



Blu Bean Café 10

Mandela Rhodes Place,
136 St Georges Mall

Start your day with a value-for-money breakfast on St Georges Mall. There's an extensive à la carte and buffet menu, and you can end your day with a cocktail.



Charly's Bakery 26

38 Canterbury Street, 021 461 5181

This well-known bakery creates cakes resembling everything from guitars to helicopters. Pop in for a cupcake and appreciate the happy vibes.

charlysbakery.co.za



Coffee Zone 19

75 Plein Street, 021 462 6004

This super-popular coffee spot is where all the locals in the area get their morning fix, so be prepared for a bustling vibe. Stay for a reasonably priced breakfast as well.



Conways Café Society 25

79 Roeland Street, 021 461 1527

Coffee is the first order of the day at Conways, followed closely by wraps, sandwiches, pizza and pasta. Watch the world go by from the venue's big windows overlooking the street.



Crust Café 6

243 Bree Street, 021 412 2222

This art café is open for breakfast and lunch,

Monday to Saturday and offers a delivery service, within walking distance, for busy deskbound patrons. They offer daily specials, a soup of the day, as well as platters for corporate events. The all-day breakfast is a winner or you can build your own breakfast from a wide selection of ingredients.

Crust.co.za



The Crema 13

9 Long Street, 076 452 4470

Tucked away on the ground floor of a corporate building is the perfect coffee pit stop to refuel your day. You can pick up a toastie, choc-chip biscuit or muffin too.

the-crema.business.site



Deluxe Coffeeworks 40

25 Church Street, 072 569 9579

Its beans are brewed by discerning establishments and roasting is the main business here, but you can also grab a cup (or buy a bag) in a cool environment. You'll find Deluxe's coffee in various spots in the CBD.

deluxecoffeeworks.co.za



Ecco il Caffè 30

The Helix, Rua Vasco de Gama,
Foreshore, 021 418 0428

This small franchise is the perfect lunchtime



Smak - pg 32



WALLET-FRIENDLY



A TREAT



SPECIAL OCCASION



WHEELCHAIR-FRIENDLY



CHILD-FRIENDLY



CLOSEST PARKING (SEE PAGE 63)

spot. Grab a cup of coffee, a slice of cake, or an artisan sandwich, mouthwatering wrap, or fresh and wholesome salad.

eccoilcaffe.co.za



Giulio's Café

16 Loop Street, 021 418 6304

What a pleasure to visit this cheerful, award-winning Italian eatery, where chef-patron Giulio is enthusiastic and the food is delicious. Giulio worked under Jamie Oliver and has Italian roots, so you know his gnocchi, penne, panino di Parma and all-day breakfasts are true delights.

giulios.co.za



Haas Collective

19 Buitenkant Street, 021 461 1812

Haas serves attention-grabbing coffees, including the "death wish" (the strongest on Earth, apparently) and kopi luwak (which consists of coffee cherries that are partly digested and defecated by a small mammal called the Asian palm civet).

haascollective.com



Honest Chocolate Café

64 Wale Street, 076 765 8306

There's no reason to deny yourself a sweet treat every now and again, and again and again, even if you're generally health conscious. This is the ideal spot to finish off a lunch or bring an early dinner to an end, with a selection of chocolate truffles, tarts and cakes made with pure cacao from which to choose. Many options are vegan-friendly and dairy-free, including dairy-free ice cream and milkshakes. Plus, you can pop in at the "not-so-secret" secret gin bar at the back.

honestchocolate.co.za

J&M Biltong Café

36 Waterkant Street

There are few things South Africans love more than biltong. But J&M is about so much more: you can get yourself a banting and caffeine fix too. Choose from cured meats, nuts and

Haas Collective



baked confectionery (okay, that's not banting) while ordering an espresso.



Kamili

  Cnr 29 Shortmarket and Long streets,

  48 Harrington Street,

060 864 2941

This is the brainchild of coffee connoisseur Theo Snyckers, who roasts beans and introduces drinkers to new flavours. The emphasis is on great coffee – any way you want it, in any of the two chilled venues.

kamilicoffee.co.za



New York Bagels

44 Harrington Street, 021 007 4315

The morning sunshine lights up this corner hub where hipsters gather for a pre-work coffee. Its top-notch bagels promise a lunch queue most days, so come early.



RCaffé

138 Long Street, 021 424 1124

RCaffé serves top-rated coffee and imaginative fare with more than a nod to healthy eating. From breakfast to cocktails, this is the perfect spot in one of the most



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popular streets in the CBD. It also offers a special banting menu.

rcaffe.biz



Smak P 3

22 Bree Street, 021 418 3266

A coffee bar-cum-patisserie with a deli offering cold meats and cheeses, plus freshly baked breads, Smak is a popular addition to the CBD's eatery options. Create your own cheese-and-cold cut platter, or try the Asian broth or a classic French croque monsieur.

smak.co.za



Starlings at Labotessa P 2

5 Church Square, 021 010 6600

Exquisite coffee and delectable breakfasts are served all day at Starlings. Lunchtime treats on the small but enticing menu include sandwiches, tarts and wraps.



Swan Café P 25

Cnr Buitenkant and Barrack streets, 079 454 4758

Sweet and savoury crepes are this Parisian-themed café's pièce de résistance, and there's a great tea menu too. Plus, there's good news for the gluten-freebies – you can have your pancake and eat it!

swancafe.co.za



Truth Coffee P 25

36 Buitenkant Street, 021 200 0440

MSN Travel and the *Daily Telegraph* declared this café, with its ornate metalwork and baristas dressed for the Mad Hatter's tea party, the world's best coffee shop.

truthcoffee.com



Yours Truly

P 5 63 Loop Street, 081 504 0064,

P 11 175 Long Street, 021 422 3788

Coffee, sandwiches and pizza are available through the takeaway hatch or in the black-and-white interior.

yourstrulycafe.co.za



Velvet Cake Co. P 3

16 Loop Street, 021 914 0482

Look no further if you're craving great cake, be it a slice or a whole celebration cake. Locals would recommend the rainbow, carrot and red velvet cakes, but there's really so much to choose from, you'll have to visit more than once.

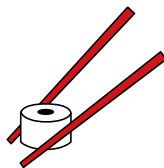
thevelvetcakeco.com



Wimpy P 10

Cnr St Georges Mall and Church Street, 021 424 3470

The first Wimpy opened in the '60s and has become a South African institution. Grab a signature Wimpy coffee and an all-day breakfast at this popular branch.



BISTROS, CAFÉS & TAPAS BARS

&Bikes Tours, Café and Cycle Boutique P 11

32 Loop Street, 021 823 8790

The CBD is perfect for cycling. Rent a bike and then stay for a coffee or a light lunch.

Wraps and sandwiches are the order of the day, and there's free Wi-Fi too.

andbikes.co.za



Bouchon Bistro P 2

95 Hout Street, 021 422 0695

This tapas restaurant, housed in an urban wine cellar (home of Dorrance wines), offers a sophisticated yet relaxed food and wine experience in a cosy setting.

bouchon.co.za



Brownies & downies P 13

2 Long Street, 021 200 0459

Light meals, salads and good coffee are on the menu at this spot that started in the Netherlands. Staffed by people with special needs, it's part of the NPO Our Second Home.

browniesdownies.co.za





\$ WALLET-FRIENDLY

\$ \$

A TREAT

\$ \$

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

CHILD-FRIENDLY

P

CLOSEST PARKING (SEE PAGE 63)

P

CLOSEST PARKING (SEE PAGE 63)



Kleinsky's Delicatessen



Kleinsky's Delicatessen

P 19

32 Parliament Street, 082 583 4162

It's all about the bagel at this ode to a New York deli. Smoked salmon, pastrami and lamb BLT are some of the menu options.

kleinskys.co.za



Café Frank P 5

160 Bree Street, 062 667 4633

"Honest food for working folk" is the motto here; in this instance the workers tend to be from the legal fraternity (the High Court is nearby). The menu is simple and ingredients are, as far as possible, organically sourced.

cafe frank.co.za



Café Sante P 10

7 Shortmarket Street, 021 426 2939

This café on iconic Greenmarket Square serves light fare and is the perfect place to stop after shopping at the market.



Café Riteve P 9

88 Hatfield Street, 021 465 1594

This café at the South African Jewish Museum offers kosher food, with everything from falafel to pizza on the menu. Take a form of identification and your residential address with you to gain access.

caferiteve.co.za



The Company's Garden Restaurant P 9

19 Queen Victoria Street, 021 423 2919

This old-school tearoom with a contemporary touch has for years welcomed families to its

beautiful garden setting. There is a selection of dishes on offer: from light meals to wholesome breakfast, teatime favourites as well as traditional South African fare.

thecompanysgarden.com



Copacabana P 5

13 Bloem Street, 083 240 2005

Open until 2am, this casual spot has a different vibe depending on the time of day. Enjoy smoothies for breakfast or nachos at nighttime.



Folk Café P 4

7 Bree Street, 021 276 1795

Its philosophy ("Essentially, eating and drinking is a cultural experience") is embodied in a welcoming environment with a generous, all-day menu.

folkcoffee.co.za



Food Lover's Market Cafés

P 10 122 St Georges Mall, 021 424 0294

P 22 Standard Bank, 44 Hertzog Boulevard, Foreshore

P 13 Icon Building, cnr Loop Street and Hans Strijdom Avenue

Part of the Food Lover's Market group, these venues offer a sit-down opportunity,



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with varied dishes, such as croissants, pasta, sushi and grilled calamari.

fruitandvegcity.co.za



Fork P 2

84 Long Street, 021 424 6334

Fork offers a distinctive take on tapas: the dishes, each containing four pieces, are designed for sharing.

fork-restaurants.co.za



House of H P 10

112 Loop Street, 076 699 6146

This innovative, homely restaurant now boasts a hearty menu with salads, burgers, steak and more as well as a barbershop and coffee bar.

houseofh.co.za



The Ghibli Bar and Pool Terrace P 13

Radisson Blu Hotel & Residence,
22 Riebeeck Street, 021 467 4000

If you're looking for a swanky location to enjoy a drink but want a bite to eat with it, take the elevator to the terrace of the Radisson Blu.

radissonblu.com/en/hotel-cape-town-residence/bars



La Parada P 2

107 Bree Street, 021 426 0330

This bar serves Spain's favourite nibbles. The open-fronted space also boasts street seating.

laparada.co.za



Lola's P 5

228 Long Street, 021 423 0885

This bistro has a regularly changing blackboard menu.

lolas.co.za



Lunchworks P 3

22 Waterkant Street, 021 418 3118

Lunchworks serves sandwiches, salads, wraps, bagels, burgers and organic coffee.

lunchworks.co.za



Mint - pg 35

Manjas P 11

Holiday Inn, 66 Strand Street,
021 431 7500

Located in a 19-floor hotel, Manjas is open 24 hours and has exquisite views of Signal Hill and Table Mountain. Its trendy décor also showcases some amazing artworks.



Max Bagels P 2

120 Bree Street, 076 042 0224

This New York-style bagel bar serves Rosetta Roastery coffee, pressed juices and great bagels. Try classic fillings like salt beef, pickle and mustard, or inventive ones such as roast cauliflower, grilled Emmenthal and bacon.

maxbagels.com



Mink & Trout P 5

127 Bree Street, 021 426 2534

Open for lunch Monday to Saturday and dinner Tuesday to Saturday, this is just the spot for a tapas lunch or weeknight dinner.

The tapas menu includes dishes such as whitebait with lemon and dill mayonnaise and arancini with mushrooms and cauliflower. Main courses cater for all tastes and include dishes that hero mussels, fish, gnocchi and Elgin pork belly. You can expect friendly service and a pleasing selection of wine, beer, cider and soft drinks.

Minkandtrout.com





WALLET-FRIENDLY



A TREAT



SPECIAL OCCASION



WHEELCHAIR-FRIENDLY



CHILD-FRIENDLY



CLOSEST PARKING (SEE PAGE 63)

Mint P 10

Taj Cape Town, Cnr Wale Street and St Georges Mall, 021 819 2000

Opening onto St Georges Mall, green-tinted Mint restaurant is the casual card in the top-end Taj Cape Town hotel's restaurant portfolio. The open-plan show kitchen and floor-to-ceiling wine rack add a touch of class, but enjoying the fare here is an informal experience overall.

tajhotels.com



Motherland P 10

Mandela Rhodes Place, Cnr St Georges Mall and Wale Street, 021 424 8570

This spot brings a folksy feel to the glass-and-steel structure that is Mandela Rhodes Place. As well as good coffee, sandwiches and muffins, it sells beans by the bag, plus a selection of souvenirs and accessories.

motherlandcoffee.co.za



Mozart on Church P 10

37 Church Street, 021 422 1765

Delightfully situated in the art-gallery precinct of the pedestrian stretch of Church Street, Mozart on Church is an invitingly relaxed spot. A generous menu spans all-day breakfasts and gourmet sandwiches to a lunchtime salad buffet.



Melt Café P 5

233 Long Street, 021 422 1603

Sometimes bliss is as simple as a toasted sarnie. Melt has cottoned onto this comfort food and taken it a step further. Think streaky bacon, syrup and Nutella.

meltcafe.co.za



Milk & Honey P 4

42 Hans Strijdom Avenue, Foreshore, 087 470 0160

The Parisian décor gets a well-earned 10 out of 10. Appetisers such as tempura prawns, hoisin chicken wings and truffle oil fries grab

your attention. So do the fillet and duck mains. milkhoneybar.co.za



Nomad Bistro & Bar P 3

33 Waterkant Street, 021 418 3020

With an ambience both rustic and French, Nomad serves all-day breakfasts, tasting platters, burgers and flatbreads.

facebook.com/nomadbistrofusion



Olami P 5

231 Bree Street, 021 424 7480

Wholesome, delicious food is the stock in trade of this popular lunchtime venue primarily for takeaways although there are some inside and outside seating options for patrons who want to linger. You can choose your own combinations to create a gorgeous lunch from the variety of vegetables, salads and protein such as meatballs, curries and stews. The variety of freshly squeezed juice is always a temptation.

facebook.com/Olami-549503688551991/



The Raptor Room P 25

79 Roeland Street, 087 625 0630

Funky and colourful, this cheerful spot comes with a menu that spans options from wood-fired Portuguese loaf sandwiches to salads of bacon and Karoo figs.



Raw Espresso Bar P 19

1 Mostert Street, 021 462 7986

Capetonians have embraced the burgeoning coffee culture with enthusiasm; the latest spot to fulfil our caffeine craving is this brick-lined haven serving strong, hot, well-priced coffee in a laid-back environment.



Rock'n Toast P 29

Martin Hammerschlag Way, Foreshore, 021 425 4839

Nestled between car dealerships on the Foreshore is a laid-back spot for burgers



La Tête - pg 37



Riverine Rabbit - pg 38



Skinny Legs
Luxury Café - pg 36



Tortilla Moderna
Mexican - pg 36



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and pastas. Great for a workday lunch with colleagues or an after-work nibble and beer.



SeaBreeze Fish and Shell

P **5**

213 Bree Street, 074 793 9349

This cool-blue spot with oyster- and cocktail bars and an outside-dining (read: people-watching) counter is a particularly welcome addition to the eating scene. Its Scottish owners say they want "each dish and experience to remind people what great seafood is all about". Hear, hear!



Skinny Legs Luxury Café **P** **2**

70 Loop Street, 021 423 5403

This "luxury café" is a cultured spot to enjoy wholesome food, along with some treats such as cakes, croissants and babycinos. You can watch as your food is freshly prepared in the bustling open plan kitchen.

skinnylegsandall.co.za



Souk **P** **5**

163 Loop Street, 021 422 1404

A tasty selection of tapas and wide selection of the finest champagnes can all be enjoyed on the picturesque terrace. Take note of their half-price tapas and cocktail special from 3–6pm on Tuesdays to Fridays, and after-dark party vibe.

soukcpt.com



The Station **P** **5**

207 Bree Street, 021 422 0566

The Station brings you a little taste of the London underground. Wash down a burger or tapas with one of the 11 signature cocktails named after London tube stations.

thestation.capetown



Tortilla Modern Mexican **P** **13**

Icon Building, cnr Lower Long

Street and Hans Strijdom Avenue,
021 418 4599

A lively lunchtime burrito bar where you can eat your fill of Mexican-influenced fare. The

usual suspects are here – guacamole, black beans, salsa, jalapeños and tacos.

facebook.com/TortillaModernMexican



BURGERS

Craft Burger Bar **P** **1**

63 Buitengracht, 021 424 0082

Build your own burger with a full, half or no bun, and finish it off with an assortment of delicious toppings. Pair it with a beer from the wide selection of local craft beers.

craftburgerbar.co.za



Royale Eatery **P** **5**

273 Loop Street, 021 422 4536

A must-visit Cape Town institution with over 50 burger variations and milkshakes. And their sweet potato fries never disappoint.

royaleeatery.com



DINERS

Burger & Lobster **P** **2**

105 Bree Street, 021 422 4297

The clue to the menu is in the name: your choices are a beef burger, a lobster roll or just lobster! Skinny fries and a side salad complete the lineup.

facebook.com/burgerlobsterSA



Clarke's Bar & Dining Room

133 Bree Street, 087 470 0165 **P** **2**

This diner attracts hungry hipsters with Nutella croissants, Caesar salad, pulled pork, oyster chowder and more. Portions are big, almost everything is handmade and, where possible, produce is free-range and organic.

clarkesdining.co.za



La Muse **P** **6**

14 Jetty St, Circa Hotel, Foreshore,
021 431 8820

Situated on the ground floor of a luxury apartment hotel, the restaurant offers an



TASTY CITY BOWLS

Marrow

P **2**

83 Loop Street,
079 556 3647

This culinary gem serves some of the best broths around. Try these for starters.

THE CLEAR BROTH

chicken, chorizo, paprika and spring onions. Super delicious.

THE BROWN BROTH

Turkish apricots, flaked almonds, lentils, baby marrow and venison. Aromatic and hearty.

THE WHITE BROTH

A vegetable and coconut base, lemon grass, roasted aubergine, tofu and turnip. Perfect for vegans.



WALLET-FRIENDLY



A TREAT



SPECIAL OCCASION



WHEELCHAIR-FRIENDLY



CHILD-FRIENDLY



CLOSEST PARKING (SEE PAGE 63)

à la carte menu with traditional meat and seafood dishes. Expect some creative plating. circahotel.co.za/la-muse



Lefty's P 26

105 Harrington Street, 021 461 0407

This self-proclaimed dive bar, with its old pianos, graffiti and canteen tables, is great for pork ribs, burgers and fried chicken waffles.



Long Street Café P 5

259 Long Street, 021 424 2464/2485

Nachos, club sandwiches, chicken wings, meat platters – that's the food vibe. This is the spot to meet for a drink and a snack.



Sotano P 5

199 Bree Street, 021 422 0567

You can find just about anything on the Mediterranean-inspired menu. The breakfasts are renowned and later you can relax with a glass of wine, sushi and live music.

sotano.co.za



The Sea Street Bar & Lounge

P 13

Radisson Blu Hotel & Residence, 22 Riebeeck Street, 021 467 4000

Escape the hustle and bustle of the street by enjoying a light snack at this modern hotel. radissonblu.com/en/hotel-cape-town-residence/bars



Tiger's Milk P 11

44 Long Street, 021 422 3556

Part of a successful franchise, the menu features gourmet burgers, steaks and pizza. tigersmilk.co.za



Vixi Social House P 3

49 Bree Street, 021 418 1338

Offering an all-day Mediterranean menu and coffee that's freshly roasted on the premises, this is an exciting new addition to lively Bree

Street, and is open for breakfast, lunch and dinner.

facebook.com/vixisocialhouse/

GOURMET

Chefs Warehouse and Canteen

P 2

92 Bree Street, 021 442 0128

Savour celebrated chef Liam Tomlin's contemporary tapas offering at this popular dining spot in the middle of the CBD. Dishes change often as the focus is on fresh, local and sustainable ingredients and there is always a set menu of small sharing plates in three courses. Vegetarian options are always available and because of the casual nature of the venue, no bookings are taken. The oysters and legendary lemon posset are, however, worth queuing for.

Chefswarehouse.co.za/bree

Fyn P 19

5th floor, Speakers Corner, 37

Parliament Street, 021 286 2736

Peter Tempelhoff, Ashley Moss and Jennifer Hugé are the visionaries behind this brand-new fine dining offering. A selection of set menus is available, including a business lunch menu, a Pescatarian menu and even a plant-based menu. Among the intriguing ingredients on offer are idombolo, kombu biltong, enrigi mushrooms, ishikawa rice, wood fungus and Karoo truffle.

Fynrestaurant.com

Hemelhuys P 3

71 Waterkant Street, 021 418 2042

Expect something different here where dishes contain tastes of the exotic. Try the salt-and-Sichuan-pepper calamari or a delicious cocktail or custom-blended coffee. hemelhuys.co.za



La Tête P 4

17 Bree Street, 021 418 1299

Giles and James Edwards have brought the unusual to this modern space, showcasing Giles's 10-year experience as a chef in



Telling the Central City story

The CCID's Communications team promotes the Central City as a "live, work, play, stay and invest" destination that is inclusive and offers opportunities for all to enjoy. It does this through its brochures, publications, online platforms, and awareness campaigns it runs on behalf of the CCID's other departments. Visit the CCID online at Capetownccid.org, Facebook.com/CapeTownCCID, Twitter.com/CapeTownCCID and Instagram.com/CapeTownCCID.



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London eateries. Salted hake, sweetbreads and ox heart make it worth repeat visits.

latete.co.za



MRKT Restaurant

57 Heerengracht Street, 021 111 0452

Located in the Onyx Apartment Hotel building, the restaurant is open to the public as well as hotel guests and serves wholesome breakfasts and lunches as well as a harvest-inspired buffet. There is a barista station where a variety of coffees is offered and a bakery producing handcrafted breads and pastries. There are on-the-go meals plus an enticing deli.

newmarkhotels.com/places/in-house/mrkt/

Riverine Rabbit

81 Church Street, 021 424 7204

With experience acquired at Cape Town's famous La Colombe and The Test Kitchen, chef Ash Heeger has teamed up with Frankie Fenner Meat Merchants and Publik Wine Bar. The menu is small in size but huge on flavour. Expect creative but always delicious dishes.

riverinerabbit.com



The Shortmarket Club

88 Shortmarket Street, 021 447 2874

Further evidence of the pulling power of the

CBD is The Shortmarket Club, which forms part of award-winning chef Luke Dale-Roberts's culinary empire. Thanks to a dramatic interior and an imaginative menu, with the signature Dale-Roberts touch, this truly is a special-occasion venue.

theshortmarketclub.co.za



Villa 47

47 Bree Street, 021 418 2740

Three eateries over three floors, all under one roof at Villa 47. Locanda is the relaxed Italian bistro, where guests can taste regional speciality dishes; upstairs at Stuzzico, you can enjoy a variety of Mediterranean-Asian tapas; and, topping it off, there's a new fine-dining venue, Pierino Penati.

villa47.co.za



GRILLS

Afro's Chicken Shop

31 Heerengracht Street, 087 365 3663

What started off as a food truck in KwaZulu-Natal, has branched out, quite literally, to include locations in Cape Town, Durban and Johannesburg. As the name suggests, there is a whole lot of chicken on the menu. Afro's Chicken Shop serves traditional breakfasts, and for lunch you can choose from flame-grilled chicken portions or strips



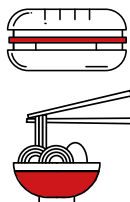
Sticky BBQ

196 Long Street,
021 422 2361

These "purveyors of ribs, wings, burgers, shakes and a good time", also feature steaks, chops, hot wings, waffles and sides including regular fries, chicken cheese fries, cheese fries, chilli poppers and onion rings.

Stickybbq.com





💰 **WALLET-FRIENDLY**
💰💰 **A TREAT**
💰💰💰 **SPECIAL OCCASION**
♿️ **WHEELCHAIR-FRIENDLY**
👶 **CHILD-FRIENDLY**
P **CLOSEST PARKING** (SEE PAGE 63)

with chips, of course, as well as burgers, wraps and chicken salads. All the décor is by local artists and artisans.

Afroschicken.co.za

Barcelos P 5

216 Long Street, 021 424 8823

The Barcelos franchise brings its Portuguese flavour to the party revellers of Long Street, serving flame-grilled chicken in quarter-, half- and whole portions with various sauces, from the much anticipated Prego to the daunting-sounding Veri Peri.

barcelos.co.za



Carne SA P 5

70 Keerom Street, 021 424 3460

As the name suggests, Carne restaurant is dedicated to the nation's most revered protein – meat – in this instance served with Italian flair. This carnivore's paradise serves the finest cuts of Romagnola beef, Dorper lamb and game, which are presented to you beforehand so you can make your choice. One of the many highlights on the menu is the 1.2kg La Fiorentina T-bone steak, followed by chef Giorgio Nava's legendary dark chocolate fondant following the consumption of which you will, most likely, not be able to move.

carne-sa.com



HQ P 2

100 Shortmarket Street,

021 424 6373

Heritage Square's Headquarters is a Parisian-style steakhouse that serves just one dinner main: a sirloin steak with thin-cut fries and Café de Paris butter. Simple, well-prepared, and delicious.

hqrestaurant.co.za



The Famous Butcher's Grill

P 1

101 Buitengracht, 021 422 0030

This restaurant in the Cape Town Lodge Hotel forms part of a franchise and specialises

in superior A-grade steaks that have been matured to perfection. It's a genuine meat-lover's paradise.

capetownlodge.co.za



HEALTH

City Bowl Health Kitchen

P 25

9 Commercial Street, 021 461 0334

This eatery, which is part Mexican, part vegetarian, specialises in a delicious array of healthy salads and juices. Pick your favourite ingredients from the build-your-own-salad selection.

facebook.com/citybowlhealthkitchen



The Electric P 26

48 Canterbury Street, 021 461 0916

If you're a fan of nut milks, be sure to check out this industrial-looking spot. You'll find refreshing juices and smoothies as well as a "build-your-own egg-on-toast breakfast" at this eatery in a former auto electric workshop. In the owners' own words, things may not always be quite what they seem.

the-electric.com



Hokey Poké P 10

1 Church Street, 021 422 4382

This was the first restaurant in Cape Town to specialise in the Hawaiian-style dish – raw fish served with veg and flavoured with soy sauce. Here, you can build your own or choose from the options available. Sit down and enjoy at the cute and cosy tables, or get it to go.

hokeypoko.co.za



Homage 1862 P 5

168 Loop Street, 021 422 0900

Step into the conservatory and pay homage to the flame, in this stylish yet homely restaurant that pays homage to a host of seasonal meats, fish and delectable vegetable



Food Inn - pg 41



Homage 1862



Afro's Chicken Shop - pg 38



MRKT Restaurant - pg 38



CapeTownCCID



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2020 BEST OF CAPE TOWN CENTRAL CITY

39



PEOPLE OF THE CITY

Solomon Yigzaw, the owner of Madam Taitou in Long Street, has lived and worked in Cape Town for 20 years.

Q What prompted you to open an Ethiopian restaurant in Cape Town?

A At first it was just an art shop showcasing African art. Then it was suggested to me that I combine the concept with a restaurant, and so that's what I did.

Q Can customers buy the art and accessories on display in the restaurant?

A They can but I do not want them to feel pressured to buy things. It is more important to me that customers get to experience what it is like to be invited into an Ethiopian home to share food.

Q What do you love most about Cape Town?

A The mountain and how close the ocean is on all sides.

Q Where is the best coffee in Cape Town served?

A At Madam Taitou, of course!

Q What do you love the most about the neighbourhood in which your restaurant is located?

A The city as a whole is filled with so many wonderful places that it is hard to choose. I love visiting the Castle, the Iziko South African Gallery and the Company's Garden.

Q Are most of your customers tourists?

A No. They are a good mix of locals and tourists.

dishes that are all prepared to perfection on the wood-fired grill.

homage.co.za



Lekker Vegan

37 Barrack Street

Vegans don't have to miss out on the satisfying smack of junk food. Get your vegan hamburgers, gatsbys (chip roll) and soft-serve ice cream at this hip East City establishment.

lekkeervegan.co.za



Orchard on Long

211 Long Street, 021 424 3781

Orchard serves a liver-cleansing array of juices, smoothies and health shots, designed to make you feel as good as you look, and was the first of its kind to open its doors in Cape Town. Locally grown fruit and vegetables are churned and blitzed into concoctions with enthusiastic names such as Beetroot Buzz and Exuberance.

orchardonlong.co.za



The Poké Co

90 Loop Street, 087 470 0125

Vibrant, delicious and healthy, the poké bowls here will not disappoint. If fish is not your thing, there's also chicken, and specials often include delicious broths. Choose from the menu or create your own. There's even a poké burrito if you want to try something completely different.

pokecoct.com



Plant

8 Buiten Street, 072 521 9252

One of Cape Town's first vegan restaurants, Plant still serves delicious smoothies, juices, salads, quesadillas, burgers and bowls. The focus is on natural, preservative-free ingredients, many of which are hand-produced.

plantcafe.co.za





WALLET-FRIENDLY

\$ \$

A TREAT

\$ \$ \$

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

\$ \$ \$

CHILD-FRIENDLY

\$ \$ \$

P

CLOSEST PARKING (SEE PAGE 63)

INDIAN

Bombay Brasserie P 10

Taj Cape Town, cnr Wale Street and St Georges Mall, 021 819 2000

This opulent Indian restaurant in the Taj Cape Town uses only traditional ingredients and serves exquisite curries and seafood dishes. tajhotels.com

\$ \$ \$ \$

Eastern Food Bazaar P 19

96 Longmarket Street, 021 461 2458,

At this popular canteen-style eatery, a samosa's throw away from the Grand Parade, you will find Indian, Chinese, Malay and Turkish street food. Easternfoodbazaar.co.za

\$ \$

Food Inn P 5

156 Long Street, 021 422 5060

This is your one-stop-shop for a range of Indian dishes served in simple fast-food style (as well as gatsbys).

\$

KS Kitchen P 11

22 Long Street, 021 418 1532

KS Kitchen serves a wide range of hearty dishes with an Indian flavour. From simple

sandwiches to Cape Malay favourites and Indian curries that are bound to delight the senses. But don't forget to try the Bunny Chows – there are four delectable options. [Facebook.com/kskitchen](https://www.facebook.com/kskitchen)

\$ \$ \$

Masala Dosa P 5

167 Long Street, 021 424 6772

It's little wonder this eatery earned an Award of Excellence from TripAdvisor. Delicious, affordable, healthy Indian food is served here and the must-try dish is the masala potato curry with rice-and-lentil dosa crêpes. Dosas are legendary, light-as-a-feather Indian-style crêpes.

masaladosa.co.za

\$ \$ \$

ITALIAN

95 Keerom P 5

95 Keerom Street, 021 422 0765

This elegant Milanese-influenced eatery is housed in a 17th-century building, which was originally the stables at The Company's Garden. Expect dishes that are made from the freshest ingredients, and that are both unpretentious and delicious.

95keerom.com

\$ \$ \$



Orchard on Long - pg 40



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2020 BEST OF CAPE TOWN CENTRAL CITY

**Bocca**

Cnr Bree and Wale streets,
021 422 0188

Super-popular with Capetonians, Bocca's menu has been designed to incorporate a selection of dishes intended for sharing. The restaurant serves small plates, each of which is called Spoons, Fingers and Knives & Forks. The dishes are all jam-packed with flavour, but it's the authentic Neapolitan pizza, cooked in a hand-built oven that was specially imported from Naples in Italy, that really entices diners. This is a modern, vibrant bar and restaurant where patrons are encouraged to linger longer.

bocca.co.za

**Col'Cacchio**

Redefine North Wharf,
42 Hans Strijdom Avenue,
021 419 4848

This was the first branch of what has become a very popular franchise to open in Cape Town following on from a successful launch 26 years ago in Johannesburg. It's a popular spot for crisp, wood-fired pizzas. Grab a bunch of friends, descend in a group and order from the Half & Half range. There's also a delicious banting pizza on offer, as well as many specials, so call beforehand if you're curious.

colcacchio.co.za

**The Cousins Italian Trattoria**

3b Barrack Street, 083 273 9604

The food is the hero at this established eatery, although the cousins themselves, who hail from Romagna on the Adriatic coast of Italy, will charm you too. It's a delightful restaurant with quality cuisine – the pasta is made fresh every morning.

thecousinsrestaurant.com

**NomNom on Long**

166 Long Street, 021 424 7233

Looking for a fun and relaxed spot to grab an Italian-style pizza? NomNom (previously called the Clay Oven) does its own very special local take on the classic. It has its own open-fire pizza oven for baking and is a great choice for a relaxed dinner party in the winter months. It's also open until 4am and, with its perfect position right in the middle of party-central Long Street, it's great for those late-night, or should that be early morning, munchies.

nomnomonlong.co.za

**True Italic**

15 Bree Street, 021 418 7655

This tiny, award-winning "rustic café" takes pasta dishes to a new level. Italian sausages, imported cured meats and mozzarella are some of the stars of the show. Expect an

**STAY
SAFE
TIPS**

**USING
HEADPHONES**
may distract you from
what's happening
around you.



**TELL
SOMEONE**
where you're
going and when you
expect to return.



Ensure your parked
car is **PROPERLY
LOCKED** or you
could fall victim to
"remote jamming".



Place **VALUABLES**
AND PASSPORTS
in a hotel safe.



Use
registered
**QUALIFIED
TOUR
GUIDES.**



💰 WALLET-FRIENDLY

💰💰 A TREAT

💰💰 SPECIAL OCCASION

♿ WHEELCHAIR-FRIENDLY

👶 CHILD-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)

authentic taste of the Emilia-Romagna and Sicily regions of Italy, and a very warm welcome from the owner.

trueitalic.co.za



PORTUGUESE

Dias Tavern P 26

15 Caledon Street, 021 465 7547

Portuguese-inspired food such as melt-in-the-mouth chicken livers, the best peri-peri chicken in town and crispy squid tentacles are all served with warmth and efficiency, just as they have been for years. A legendary Cape Town hangout, this popular tavern is great for a fun night out, for a quick drink and light meal before hitting the town, or for a get-together before taking in a show at the Fugard Theatre.

diastavern.co.za



ICE CREAM

Angel Berry P 22

Food Lover's Eatery, The Towers Building, cnr Heerengracht and Hertzog Boulevard, Foreshore

This fabulous dessert parlour specialises in creamy ice cream, smooth frozen yoghurt, smoothies and pancakes. Delights on the menu are, believe it or not, low in sugar, halaal and simply delicious.

Moro Gelato P 10

165 Long Street, 021 422 3552

The talented trio behind this 100% authentic Italian gelateria pride themselves on making fresh gelato every week using natural ingredients. Try the unforgettable pistachio, hazelnut, fragola and more.

morogelato.co.za



MADAM TAITOU



MADAM TAITOU 1

77 LONG STREET

TEL: 021426 6969

INSIDE ART GALLERY AND

SOUVENIR SHOP AND MANY

MORE

MADAM TAITOU 2

76 B WALE STREET

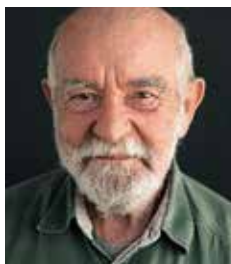
TEL: 021 422 0949

GLUTEN FREE VEGAN FRIENDLY BEST AMBIENCE ONE OF THE TOP TEN RESTAURANTS IN CAPE TOWN BOOKINGS IS ADVISABLE



The Fugard Theatre

Premier theatre & events complex in Cape Town.



From left: Sir Ian McKellen in *Waiting for Godot* | main entrance | main auditorium | Athol Fugard

The 320-seater Fugard Theatre and 120-seater Fugard Studio is located within the historic Sacks Futeran building in Cape Town's District Six, with the renovated Congregational Church Hall in Caledon Street as its entrance.

Construction of the Fugard Theatre was underwritten by its founding producer Eric Abraham, and is named in honour of Athol Fugard, South Africa's greatest playwright. The Fugard Theatre is proud to present and host the very best of both local and international productions, bioscope and events.

SEATING AND BOOKING

All seating is reserved and can be booked through the theatre's box office on 021 461 4554 or online at www.thefugard.com.

PARKING

Harrington Street car park is located at the corner of Caledon and Harrington streets and is available for the use of theatre patrons.

Caledon Street (Corner of Buitenkant), District Six, Cape Town.

www.thefugard.com | 021 461 4554

thefugard.com



@thefugard



The Fugard Theatre



@TheFugard



West Side Story | Orpheus in Africa | King Kong | The Rocky Horror Show

BEST OF CAPE TOWN CENTRAL CITY

play

40+

**VENUES IN
OUR GUIDE**

FOR MORE PLACES TO ENJOY,
PLEASE VISIT
WWW.CAPETOWNCCID.ORG





Cartel Rooftop Bar



BARS & PUBS

Aces 'n Spades P 11

62 Hout Street, 021 424 1620

It's delightfully decadent. The bar and dance floor are surrounded by dark timber, leather booths and gilt mirrors.

thefirmct.co.za/aces-n-spades



Beerhouse P 5

223 Long Street, 021 424 3370

Beer aficionados love the spacious beer hall that spills out onto the street via a balcony and outside terrace. They are proud supporters of local craft beer as well as micro-brewers. On Friday and Saturday nights there is a DJ in the house and other events such as shebeen nights, karaoke nights and quiz nights are publicised on their website.

Beerhouse.co.za



Brewski

168 Long Street, 021 426 4792 P 5

Enjoy great-tasting burgers and down them with your favourite beers in this chilled establishment situated right on the pulse of Cape Town's Central City.



Catacombs P 2

107 Bree Street, 021 426 0330

Beneath La Parada, the Catacombs is an intimate lounge. Fresh products are used in the cocktails and Belvedere Vodka awaits, as do mirror balls and a pole.

laparada.co.za



Crowbar P 3

43 Waterkant Street, 021 425 3420

You don't get an older or more authentic pub experience than this one. More than 100 years old and unfailingly popular, cheerful and inexpensive, it remains cool. There's a dance floor now too, so bring your boogie shoes.



The Dubliner at Kennedy's

P 5

251 Long Street, 021 424 1510

This Irish pub brings Guinness-fuelled fun to Long Street, with a long bar, tiled floor and live music. Backpackers and locals alike pile in and continue the party at the club upstairs.

dubliner.co.za



Dust and Dynamite P 27

27 Caledon Street, 076 677 2947

Stepping into this rocking, rodeo-style saloon,

Cartel Rooftop Bar

P 3

Inner City
Ideas Cartel,
71 Waterkant
Street,

076 336 2130

This rooftop bar is only open to the public for special events, so check out Cartel Rooftop on Facebook for details. The events often include the monthly gin o'clock and brunch, or just the opportunity to unwind over cocktails, burgers and tapas.

cartelrooftop.co.za





💰 WALLET-FRIENDLY

💰 A TREAT

💰 SPECIAL OCCASION

♿ WHEELCHAIR-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)

you'll feel like you've been dropped onto the set of a Spaghetti Western. With a rocking playlist to match the interiors, we recommend you swing open the saloon doors – not just for a beer but for an entire experience.

💰

Escobar Café/Bar P 26

40-42 Canterbury Street, Zonnebloem, 071 217 7009

Get a taste of Colombia at this gentleman's bar with its friendly staff and Pablo Escobar-themed decor.

escobar-cafebar.business.site

💰

Ghibli Pool Bar P 3

Radisson Blu Hotel, 22 Riebeeck Street, 021 467 4000

Enjoy chilling out at this sophisticated yet laid-back cocktail bar when the sun sets. Lounge music, an array of cocktails, local wines, MCC and premium Champagne are on offer.

radissonhotels.com/en-us/hotels/radisson-blu-cape-town-residence

💰

The Gin Bar P 10

64 Wale Street, 071 241 2277

This bar from the team behind Honest Chocolate Café, with which it shares a courtyard, offers four artisan gin cocktails, called Head, Heart, Soul and Ambition.

theginbar.co.za

💰

Hank's Olde Irish P 2

110 Bree Street, 076 278 2376

A speciality whisky watering-hole, Hank's is a cheerfully welcoming spot tucked behind Love Thy Neighbour. Food is served too, as are wines and craft beers, but it's the whisky that's the real draw card.

hanks.co.za

💰

The House of Machines P 2

84 Shortmarket Street, 021 426 1400

Housed in an historic CBD building, THoM is a fusion of bar, café, bike workshop and

menswear store. It's an eclectic collaboration by high-profile industry figures, who say: "The philosophy behind this place is really simple: we've combined things we really dig..."

thehouseofmachines.com

💰 💰

Long Street Café

P 5

259 Long Street, 021 424 2464

This local favourite near the top of Long Street, identified by its neon sign and Art Deco windows, is popular for its great-value cocktails and bar food. It's easy to while away a few hours here, people-watching at the outside tables.

💰

Love Thy Neighbour

P 2

110 Bree Street, 021 422 2770

Occupying the basement of a former church and spilling into a leafy courtyard, this popular watering hole offers a winning Germanic mix of craft beer, sausages and wine. Check its Facebook page for events.

facebook.com/lovethythyneighbourct

💰

The Manila Bar P 5

9 Green Road, 021 555 2064

The ideal spot for karaoke. With its chilled ambience, the Manila Bar offers non-stop excitement in a friendly setting.

facebook.com/themanilabar

💰

Marvel P 5

236 Long Street, 021 426 5880

This laid-back bar pumps long after the sun has set. Grab a drink, hit the dancefloor or play some pool (there's a table at the back).

💰

No Reservations P 2

Heritage Square, 92 Bree Street, 021 422 0128

Housed in a space beneath the Chefs Warehouse is this cosy bar, where the idea



GET YOUR GROOVE ON

Dance the night away at these late-night hot spots.



ARCADE: 152

Bree Street, arcadecafe.co.za



RESET:

71 Loop Street, reset.co.za



FICTION: 226

Long Street, facebook.com/Fictionjbar/



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is that you sip on something while waiting for a (non-reservable) table upstairs. It's small, intimate and perfect for drinks. chefswarehouse.co.za



Orphanage P 5

Cnr Bree and Orphan streets,
021 424 2004

The drinks at this cocktail bar are every bit as remarkable as its styling. Gargoyles watch over artisan elixirs, twisted classics and tantalising tipples; gourmet snacks add to the fun.

facebook.com/orphanageclub



Openwine P 1

72 Wale Street, 021 422 0800

An Italian concept (known as the *enoteca*) has been cheerfully transplanted into Cape Town, occupying a cosy but smart space in Wale Street. Local wines are available for tasting (and buying) in the wine-concept store, which comprises three different venues, each offering a unique setting. Enjoy tasty bites along with your glass of wine in the Kitchen, relax in front of the TV in the Lounge or get the full experience (including a four-course meal) in the Cellar.

openwineza.co.za



Paparazzi Lounge P 5

Pepper Club, cnr Loop and Pepper streets, 021 812 8888

The Pepper Club hotel's ground-floor bar, with its starry ceiling and gentlemen's club chairs, is influenced by New York's stylish after-hours haunts. Besides its classic Pepperclub burger and light meals, you can also enjoy high tea every afternoon. Keep an eye out for celebrity visitors who are often spotted here.

pepperclub.co.za



Saint Champagne Bar & Lounge P 26

37 Harrington Street, 073 531 6312
Owner Toussaint Bashala sums up Saint as follows: "It's a whole experience. We pride

ourselves on our service, the DJs are on point and the bartenders are there to take care of our customers." This is definitely the venue for a stylish night out, complete with star-studded parties, an extensive list of fine champagnes and an upmarket setting.

saintlounge.co.za



Sky Bar and Daddy Cool P 11

The Grand Daddy, 38 Long Street,
021 424 7247

The Grand Daddy hotel has an unmissable bar located alongside the popular vintage Airstream caravans and outdoor cinema on its rooftop. Sipping a beer on the roof is a classic local experience that is not to be missed.

granddaddy.co.za



Spacebar P 5

197 Long Street, 083 325 0919

Styled as a dance club and nightclub, this drinks venue is open till late for the party set. You'll find hip-hop, house, gqom and R&B on the decks and the cover charge is pretty reasonable.

facebook.com/spacebaronlong



Sgt Pepper P 5

194 Long Street, 021 424 5608

The combination of live music and pizza is what makes this establishment the perfect place to unwind after a hard day's work. Pizza tastes better with good music, after all.

sgtpepperct.com



Stones P 5

166A Long Street, 021 424 0418

A Long Street institution, everyone is welcome at Stones. With a dance floor, a DJ booth, pool tables, VIP lounge and shooter bar, it's the joint to be at.

stones.co.za



The Slug & Lettuce P 5

218-224 Long Street, 021 424 7328

This small South African chain offers a jolly British experience. South African-flavoured

ON THE STREET



WALK WITH
confidence and
don't use your
cellphone while
on the move.

DON'T WALK
in deserted or
dark areas.



WATCH OUT
for sudden activity
or a commotion;
it may be a
distraction.

KEEP ALL
possessions close
to your body and
in sight.



AVOID VISIBILITY
of valuables,
such as jewellery,
cameras, laptops
and tablets.

DON'T CARRY
large sums of
money and avoid
counting it in
public.



💰 WALLET-FRIENDLY

💰 A TREAT

💰 SPECIAL OCCASION

♿ WHEELCHAIR-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)

shooters, snacks and mains are on offer.
slugandlettuce.co.za



Tjing Tjing P 2

165 Longmarket Street, 021 422 4920

Japanese food and culture are on offer in the 200-year-old heritage building. Head to the rooftop bar for drinks and okonomiyaki fries.
tjingtjing.co.za



Twankey Bar P 40

Cnr Wale and Adderley streets,
021 819 2040

Part of the Taj Cape Town, the elegant Twankey serves a tantalising array of drinks, perfect for after-work relaxation, as well as delicious nibbles.

tajcapetown.co.za



The Village Idiot P 3

32 Loop Street, 021 418 1548

Hipster meets old world at this pleasant bar-restaurant, with wall-mounted antlers and sepia-tinted portraits overlooking guys with beards drinking craft beer. The menu offering includes gourmet burgers and a braai board.
thevillageidiot.co.za



The Waiting Room P 5

273 Long Street, 021 422 4536

Located above burger joint Royale Eatery, this venue hosts live music most nights. Bands play on Tuesdays, Wednesdays and Thursdays; hip-hop DJs hit the decks on Fridays; and house and disco rule on Saturdays.

facebook.com/waitingroomct



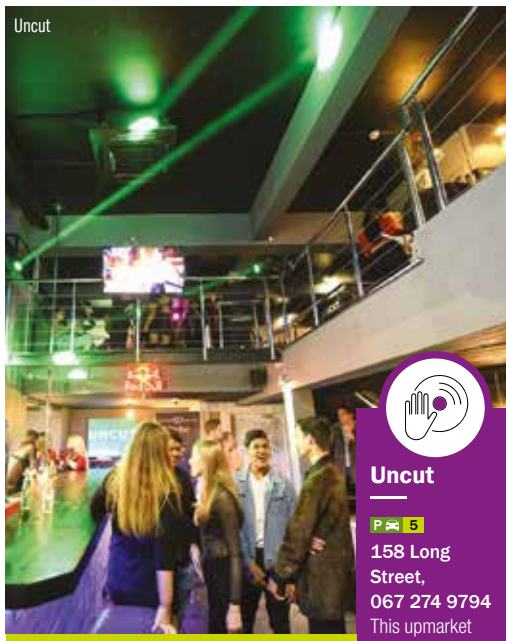
CLUBS

Club 169 P 5

227 Long Street, 021 422 3903

Get your groove on at this Cuban-inspired dance club and cigar bar that offers you

Uncut



Uncut

P 5

158 Long Street,
067 274 9794

This upmarket restaurant and bar offers you a dining experience by day and a dancefloor by night. Located in the hub of Cape Town's Central City, you can start the night by enjoying sundowners and a burger special. Bookings for after 7pm are essential. Check the Facebook page for details of events, often featuring international artists.
facebook.com/uncutcpt



a wide variety of cocktails and drinks to complement your evening. Step off Long and swing your hips to the R&B and hip-hop beats.
club169.com



COCO P 2

70 Loop Street, 072 239 5508

If you're dressed to impress and looking for a menu to match, then pay a visit to this beautifully decorated club. Music ranges from hip-hop and house to a wide variety of other genres.

cococpt.co.za



Cocoon P 16

31st floor, ABSA Centre, 2 Riebeeck Street, 021 421 0581

Take the lift all the way up to the 31st floor of one of Cape Town's landmark ABSA towers and spend the night dancing, and enjoying the wraparound views of the CBD in a venue



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2020 BEST OF CAPE TOWN CENTRAL CITY

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PEOPLE OF THE CITY

Ashraf Booley is a content marketing professional, poet and small business owner. In 2018 he was selected as a Mandela Washington Fellow, which gave him the opportunity to study Civic Leadership at Wagner College in New York. Ashraf is also the youngest chapter president of Impulse Group, a global social movement that focuses on gay men's overall health.

Q What do you love most about the Cape Town city vibe; what makes it special?

A It's a fusion of the energy, the oddities, the diverse history that is ever-present in the landscape, and its people — from all walks of life, backgrounds and cultures.

Q What is your favourite restaurant in the CBD?

A This isn't an easy question to answer as there are so many gems in the CBD. But if I had to choose, I'd go with SeaBreeze Fish & Shell. They offer superb sustainable seafood without breaking the bank.

Q What is your favourite place to shop in the CBD?

A The Earth Fair Food Market at St Georges Mall on Thursdays for all things foodie, and Clarke's Bookshop for local literature.

Q If you are spending a few days in the city, what do visitors need to experience while here?

A Go anywhere with a rooftop, hike or take the cable car up Table Mountain. While the latter is a typical touristy thing to do, it offers unparalleled views of the city that are breathtakingly beautiful.



packed to the rafters with the city's beautiful and trendy set.

cocoon.capetown.com



FILM

Alliance Française P 5

155 Loop Street, 021 423 5699

Fans of international film are bound to find themselves in seventh heaven at the Alliance Française; the CBD's "one-stop-shop for all things French since 1959". This international cultural centre screens movies as part of its mission to introduce Cape Town to *le monde francophone* (the Francophone world). Free screenings take place most weeks, so it's best to keep an eye on the website for all the details. The Alliance Française also has an impressive exhibition space and a media library.

alliance.org.za

Pink Flamingo P 11

The Grand Daddy, 38 Long Street, 021 424 7247

This immensely popular outdoor cinema is perched on the roof of the Grand Daddy boutique hotel, alongside its famous rooftop trailer park of vintage Airstream caravans and a penthouse bar called SkyVar. It's a fabulous location to sit back and enjoy the retro vibe as movies spanning all genres from the 1980s to 2000s play out in front of you. You get a free drink, bag of sweets and popcorn with your ticket or you can pre-order a fabulous picnic basket. Not to mention the view of the city spread out below you is pretty impressive.

granddaddy.co.za



THEATRES

Alexander Theatre P 11

76 Strand Street, 021 300 1088

This is one of the liveliest little venues in the Cape Town CBD and is gathering a local following: upstairs, above the cosy bar and restaurant, you will find the tiny theatre that seats a maximum of 50 customers and



\$ WALLET-FRIENDLY

\$ \$ A TREAT

\$ \$ SPECIAL OCCASION

♿ WHEELCHAIR-FRIENDLY

P CLOSEST PARKING (SEE PAGE 63)

plays host to a range of innovative shows, cabaret experiences, musicians and one-act plays. Quiz nights take place on Wednesdays and the restaurant is open until midnight to accommodate those late-night hunger pangs.

alexanderbar.co.za



Artscape Theatre Centre **P 24**

DF Malan Street, 021 410 9800

With an opera house, acclaimed theatre and arena space, Artscape, which was previously called the Nico Malan Theatre, is famous for hosting world-class international and local performances, including those by Cape Town City Ballet and Cape Town Opera (now an international, award-winning success).

The theatre is home to the Jazzart modern-dance company and is also the base for popular classical and jazz radio station Fine Music Radio. There is even a restaurant on site should theatregoers feel the need for a bite to eat.

artscape.co.za



Gate 69 **P 2**

87 Bree Street, 021 035 1627

Hosted by the glamorous, statuesque and inimitable Cathy Specific, this airline-themed adult-focused cabaret-dining

spot is always festive, packed with enthusiastic customers and filled with naughty laughter. Book a table in Economy class or opt for a spoil in First and prepare yourself for an entertaining and completely different experience. Make sure you dress for the occasion though, because casual wear is a no-no.

gate69.co.za



The Cape Town City Hall **P 18**

Darling Street, 021 444 0747

An institution with historical significance, the City Hall has witnessed more than a century of classical-music performances. It's one of the CBD's pre-eminent cultural venues and home of the Cape Philharmonic Orchestra.

cpo.org.za



The Fugard Theatre **P 26**

Cnr Caledon and Buitenkant streets, 021 461 4554

Named after the legendary South African playwright Athol Fugard, this exciting venue stages new and well-loved musicals, plays and comedy sessions. The Bioscope cinema shows international opera and theatre performances.

thefugard.com



CCID'S LAW ENFORCEMENT OFFICERS

In an agreement with the City of Cape Town, the CCID funds and deploys additional law enforcement officers and traffic wardens in the CBD.

STASH IT, DONT FLASH IT. KEEP YOUR VALUABLES OUT OF SIGHT

#StaySafeCT

Report any incidents to the CCID 24-hour Control Centre



082 415 7127

www.capetownccid.org



EXPERIENCE

Luxury & Comfort

In the City

15% OFF

our best available rate
for accommodation!

USE THIS PROMO CODE:

#INTHECITY



The iconic hotel, Mandela Rhodes Place, is located in the heart of the Mother City's cultural quarter. With a range of one and two bedroom apartments and suites to choose from, the hotel offers spacious apartments with elegant en-suite bathrooms, open plan lounges and fully equipped kitchens where guests enjoy an ambiance of simple and classic designs.



**MANDELA
RHODES
PLACE**
SUITE HOTEL

www.mandelarhodesplace.co.za
resmanager@mandelarhodesplace.co.za

T: +27 21 481 4000

Wale Street, Cape Town, South Africa

BEST OF CAPE TOWN CENTRAL CITY

stay



40⁺

**ACCOMMODATION
VENUES IN OUR GUIDE**



FOR MORE PLACES TO
SLEEP, VISIT
WWW.CAPETOWNCCID.ORG



Mandela Rhodes Place



Mandela Rhodes Place

P 10

Cnr Burg and Wale Streets, 021 481 4000

Covering a dozen floors, the spacious rooms offer excellent facilities, such as a kitchen with microwave, built-in stove, fridge-freezer, dishwasher and washing machine. mandelarrhodesplace.co.za



HOTELS

15 on Orange Hotel **P 9**

Cnr Orange Street and Grey's Pass, 021 469 8000

Glamour and eye-catching design (think glass-fronted pod rooms) are the hallmarks of this trendy facility. There's a strikingly modern bar and impressive restaurant.

marriott.com



Cape Heritage Hotel **P 2**

90 Bree Street, 021 424 4646

This boutique hotel in the historic setting of Heritage Square is an urban oasis of teak ceilings and yellowwood floors.

capeheritage.co.za



The Capetonian **P 14**

Pier Place, 021 405 5670

The Capetonian has 170 rooms with views of Table Mountain or Table Bay and two restaurants, all close to the Cape Town International Convention Centre (CTICC).

raya-hotels.com



Cape Town Hollow Boutique Hotel **P 9**

88 Queen Victoria Street, 021 423 1260

Four-star facilities grace this inner-city haven, tucked away on a quiet street next to The

Company's Garden. Choose between standard and mountain-facing rooms with stunning views. It's part of the Seasons in Africa chain.

seasonsinafrica.com



Circa Luxury Apartment Hotel

Parking on site

14 Jetty Street, 021 431 8820

Circa offers high-end self-catering apartments conveniently situated near the CTICC, with secure basement parking and a 24-hour reception desk.

circahotel.co.za



Daddy Long Legs **P 5**

134 Long Street, 021 422 3074

The hotel's 13 rooms have been designed by South African creative minds. Themes include a karaoke booth, hospital operating theatre, Sailor Jerry and great album covers.

daddylonglegs.co.za



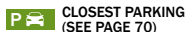
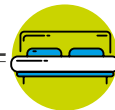
Fountains Hotel **P 16**

1 St Georges Mall, 021 443 1100

Attractively decorated rooms are dressed in crisp white linen and feature modern artworks. Enjoy a range of facilities, including a lounge bar, restaurant, indoor pool and sauna.

fountainshotel.co.za





The Grand Daddy 41

38 Long Street, 021 424 7247

The trend-setting boutique hotel is well known for its very popular rooftop trailer park composed of seven vintage Airstream caravans. The sleek silver units have all been locally themed, and their interiors evoke images of the Winelands, the Karoo, a Hermanus beach house, among others. There are two bars from which to choose: The Daddy Cool Bar is available for special functions, and the Sky Bar is perched on the hotel roof where visitors can enjoy a panoramic view of the city while sipping a cocktail or two.

granddaddy.co.za



Gorgeous George 10

118 St Georges Mall, 087 898 6000

A celebration of local design and innovation, this hotel allows you to experience the Mother City like a local, whether your stay lasts for just one night, for two weeks or even a year! Located in two tastefully renovated heritage buildings in one of the city's busiest precincts, Gorgeous George is also the first Cape Town establishment to join the Design Hotels stable.

gorgeousgeorge.co.za

Holiday Inn 3

Cnr Strand and Loop streets,
021 431 7500

If you're exploring the historic streets of the Mother City with your family or attending a business conference, this is the perfect accommodation option. As an added bonus, kids stay for free.

holidayinn.com/capetown



Hollow on the Square 15

9 Ryk Tulbagh Square,
021 421 5140/021 423 1260

Situated on a leafy square, with restaurant tables spilling out onto the pavement, Hollow offers elegantly decorated hotel rooms.

seasonsinafrika.com



Icon Apartments 4

Icon Building, cnr Hans Strijdom Avenue and Lower Long Street,
021 418 2821

Featuring contemporary furnishings, these apartments are swish urban pads. The rooftop swimming pool overlooks the CBD and there is secure underground parking.

homefromhome.co.za



Labotessa Hotel 2

5 Church Square, 37 Parliament Street,
021 010 6600

Classic European style and luxury are on the menu at this boutique hotel that offers unobstructed views of many of the city's most notable landmarks. Shop at the on-site boutique and relax in the quirky café.

labotessa.com

ONOMO Hotel Cape Town: Inn on the Square 2

10 Greenmarket Square,
021 423 2050

This landmark Art Deco building, with its clock tower and pillared façade, houses 165 funky decorated bedrooms and facilities. The rooftop pool and sun deck look over Table Mountain.

onomohotel.com



Onyx Apartment Hotel 14

57 Heerengracht Street,
021 205 6699

Conveniently located across the road from the CTICC, the Onyx, which forms part of the Newmark Hotel Group, offers easy access to the best the Mother City has to offer.

newmarkhotels.com

Park Inn by Radisson Cape Town Foreshore 15

29 Heerengracht Street,
021 427 4800

Two minutes' walk from the CTICC, this 120-room four-star hotel is perfect for relaxing between meetings or tours.

parkinn.com/hotel-capetown



ATMS & BANKS



USE ATMS
in well-lit and
safe places.

DON'T ALLOW
your card to be
removed from
your sight.

DON'T ACCEPT
help from strangers
or give out your PIN,
not even to people
claiming to be
bank officials, or
anyone wanting to
sell you a "permit".

BE CAREFUL
who you allow into
your personal space
and don't become
distracted.

NEVER LEAVE
your card in the
ATM. If it gets stuck,
follow instructions
provided on
the ATM.

MAKE SURE
you are not
followed
after making
a transaction.



CapeTownCCID



CapeTownCCID

2020 BEST OF CAPE TOWN CENTRAL CITY

55



PEOPLE OF THE CITY

Associate Editor of the life and culture section of DailyMaverick.co.za, Malibongwe Tyilo may hail from the Eastern Cape, but Cape Town is his second home.

Q What makes the Cape Town CBD such a special place for you?

A I love that it's not a massive CBD, that within a few streets there's a variety of experiences. I think for example a Bree street coffee shop and dining experience is quite different from the Long street scene, but both can be so much fun.

Q What is your favourite restaurant in the CBD?

A The Shortmarket Club for sure. It's a bit pricey so not necessarily my regular spot, but it's definitely a favourite.

Q Do you have a favourite shop in the CBD?

A To be honest, I'm not much of a shopper, as I generally only shop when I need something specific, and then I'll go and buy only that item.

Q Best coffee in the city?

A Café Frank in Bree Street.

Q Do you have a favourite night spot?

A Blame it on age, but beyond restaurants, I haven't been to a bar or night club in the city for years!

Q If you are spending a few days in the city, what is the one thing you think visitors need to experience while there?

A The Company's Garden is always a great experience. Not only for the plants and the trees and general relaxation, but it's also a fab spot to watch all sorts of Capetonians get on with their day. And, of course, the South African National Gallery is right there, which is a marvellous way to experience great South African art.

Parliament Hotel 25

9 Barrack Street, 021 461 6710

This establishment offers a range of services to make your stay as comfortable as possible. Even if you aren't a hotel guest, you can enjoy breakfast here before going sightseeing.

parliamenthotel.co.za



Pepper Club 5

Cnr Loop and Pepper streets, 021 812 8888

Connected to Long Street by a palm-lined courtyard, this urban oasis offers fabulous Table Mountain views from its rooftop pool. The opulent interiors combine Capetonian cool with international sophistication.

pepperclub.co.za



Protea Hotel Cape Town North Wharf 4

1 Lower Bree Street, 021 443 4600

This four-star establishment offers both apartment and hotel facilities. Amenities include a restaurant, rooftop pool, gym and secure parking.

marriott.com



Radisson Blu Hotel & Residence, Cape Town

Parking on site

22 Riebeeck Street, 021 467 4000

Stylish architecture, an international menu prepared by seasoned chefs and magnificent views of the harbour ensure that you'll enjoy your stay.

radissonblu.com/en/hotel-capetown

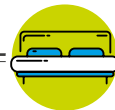


Signature Lux Hotel by ONOMO, Foreshore 14

31A Heerengracht Street, 087 688 0396

There are lots of conveniences and amenities on offer at this centrally situated hotel. There are 157 rooms with queen-size extra-length beds, luxurious bathrooms, showers only, as well as smart TVs. Guests are sure to enjoy the high-speed uncapped internet and complimentary airport shuttle service.

signatureluxhotels.com



WALLET-FRIENDLY

A TREAT

SPECIAL OCCASION

WHEELCHAIR-FRIENDLY

CHILD-FRIENDLY

CLOSEST PARKING (SEE PAGE 70)

Southern Sun Cape Sun

Parking on site

Strand Street, 021 488 5100

One of the CBD's most luxurious hotels, this 368-room palace has breathtaking views of Table Mountain and Robben Island, as well as conference facilities, a spa and an indoor pool.

tsogosun.com



Southern Sun The Cullinan

Parking on site

1 Cullinan Street, 021 415 4000

The Cullinan's décor is a talking point, with marbled pillars in the lobby and a tiled pool that wouldn't be out of place in a Mediterranean villa.

tsogosun.com



Southern Sun Waterfront

Parking on site

1 Buitengracht Street, 021 409 4000

This 537-room hotel occupies a prime position close to the V&A Waterfront. Its facilities include an outdoor pool and a restaurant serving South African cuisine. Its helpful staff are especially noteworthy.

tsogosun.com



SunSquare Hotel

23 Buitengracht Street, 021 492 9999

Parking on site

The latest Tsogo Sun offering in the Central City is cool and fresh in design, with a perfect location, high standards of service and personalised hospitality.

tsogosun.com



Stay Easy Hotel

54 Bree Street, 021 492 9988

Parking on site

With 302 style-savvy rooms, plus three wheelchair-accessible rooms, conference facilities, safe parking and other amenities, this is a perfect CBD base.

tsogosun.com



Signature Lux Hotel by ONOMO Foreshore

Townhouse Hotel P 19

60 Corporation Street, 021 465 7050

A CBD institution, the Townhouse Hotel spans 11 floors of spacious rooms and suites. The hotel has a café and restaurant – and it matches guests' donations to an initiative that assists many disadvantaged communities.

townhouse.co.za



Urban Chic Hotel P 5

172 Long Street, 021 426 6119

This boutique gem's name says it all: the 20 rooms give European sophistication a Cape Town twist. Spanish marble, textured carpets, mahogany furniture and crushed-linen curtains are complemented by contemporary artworks.

urbanchic.co.za



BACKPACKERS & BUDGET

91 Loop Hostel P 2

91 Loop Street, 021 286 1469

The CBD's first boutique backpacker hostel is modern, safe and stylish. Choose from a standard room or experience the unique pod-style accommodation. Each pod comes



Signature Lux Hotel by ONOMO Foreshore

P 14

31A Heeren-gracht Street, 087 688 0396

Aimed at providing millennials and business folk affordability, freedom and tech-savvy service this new hotel in the CBD boasts 157 rooms, queen-sized extra-length beds, smart TVs with Chromecast, laptop safes and bean-to-cup coffee stations on every floor.

signaturelux-hotels.com



CapeTownCCID



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with space to charge your mobile, reading light and key-controlled locker. Free Wi-Fi and a restaurant add to the appeal.

91loop.co.za



Carnival Court Backpackers

P 5

255 Long Street, 021 423 9003

This is an unbeatable party spot located in the middle of Long Street's bar district. It offers both dorms and private rooms – and earplugs if you find the buzz from the street a little intense. If you're in Cape Town and looking to meet fellow travellers and hang out with like-minded locals, the bar is where it's at.

carnivalcourt.co.za

Forty 8 Backpackers Hotel

P 2

48 Hout Street, 021 422 4848

Open 24 hours a day, 365 days a year, this backpackers hotel maintains it "caters for all adventurers". Recently refurbished showers are a bonus as is the fresh coat of paint that adds a much-needed touch of colour to the establishment making it more attractive to visitors. The presence of big-screen TVs ensures coverage of all major sporting events is taken care of. Guests can look forward to free internet access, free tea and coffee, a breakfast room, free towel service and communal kitchen.

Forty8backpackers.co.za

Long Street Backpackers **P 5**

209 Long Street, 021 423 0615

A mosaic stairwell leads you to one of Cape Town's longest-serving backpacker hostels, consisting of converted apartments and great views over Long Street.

longstreetbackpackers.co.za

Sun1 Foreshore

Parking on site

**Martin Hammerschlag Way,
021 418 4664**

Each of the 64 budget rooms features a shower, TV, working area, air-conditioning and eco-lighting system. Breakfast and free Wi-Fi complete the package.

tsogosun.com

Two Oceans Backpackers **P 11**

47 Long Street, 021 422 5401

This stylish backpacker lodge offers all the essentials: male and female dorms as well as double rooms; a kitchen, pool room and TV lounge.

twooceansbp.co.za

Urban Hive **P 5**

208 Long Street, 021 422 0565

Housed inside one of the CBD's historic Victorian buildings, this hostel offers the perfect sanctuary to indulge in some rest and relaxation. Accommodation includes rustic dorms and private rooms.

urbanhivebackpackers.com



STRAATWERK ROAD MAINTENANCE TEAM

The CCID works with this NGO to upskill individuals who undertake road and pavement repairs.



Nestled between the exquisite sight of Table Mountain and the Atlantic Ocean the Radisson Blu Hotel & Residence, Cape Town boasts an architecturally award-nominated building. Choose from one of the 231 stylish rooms at our Cape Town hotel, all with views of the city, mountain, harbour or sea. Enjoy a delicious meal in The Stratus Room restaurant or relax at one of our 2 unique bars. Experience a relaxing stay with our excellent range of services, including a fully equipped gym, underground parking, a swimming pool and exclusive Business Class Lounge. The hotel offers a complimentary shuttle to the Victoria & Alfred Waterfront, where guests can experience premium shopping, entertainment and various restaurants.



GETTING AROUND

One of the great things about the Cape Town Central City is how easy it is to get around on foot. Within just under two square kilometres, you'll find almost everything that you could want in a vibrant downtown – major museums, plenty of eateries, exciting art galleries, stores, bars and theatres.

For general info, call the **City of Cape Town's Transport Information Centre (TIC)**, 24/7 on 0800 65 64 63.

A great way to get about is by bicycle: **Cape Town Cycle Hire** (021 434 1270, capetowncyclehire.co.za) and **Bike and Saddle** (+27 76 540 4249, bikeandsaddle.com). Or hire a motorbike or scooter at **Cape Bike Rentals** (186 Bree Street, 021 426 5851).

The **MyCiTi buses** have revolutionised transport in Cape Town. They're clean, reliable and easy to access. Note: you can't buy a ticket on board, it's a no-cash system, so you do need to get a travel card in advance from major stations and selected convenience stores (myciti.org.za). The **City Sightseeing Hop-On Hop-Off buses** are a great way to explore the city (citysightseeing.co.za).

Minibus taxis are everywhere but they're not everyone's choice. There are numerous metered sedan taxi companies. **Rikkis** (rikkis.co.za, 0861 745 547) offers shuttle, sharecab and door-to-door services; **Excite Taxis** (021 448 4444) is another option; and the popular international brand **Uber** (uber.com) is well established here.

If you'd like to take a train on **Metrorail** (021 449 6478, metrorail.co.za) from the Cape Town Railway Station in Adderley Street, travel during peak times in first class and don't take any valuables.

INTERNET

Wi-Fi is widely available at hotels, and many cafés and restaurants offer free services to guests. The Company's Garden offers a free service so you can check your Instagram feed, or pop in at the Cape Town Tourism Visitor Centre in Burg Street.

HEALTH & WELLBEING

CHEMISTS

Barr's Pharmacy

14 Long Street, 021 421 6756

Clicks Pharmacy – Christiaan Barnard

Cnr DF Malan Street and Rua Vasco Da Gama, 021 441 000

Clicks Pharmacy – Long Street

2 Long St, 021 418 1003

Clicks Pharmacy – Picbel Arcade

58 Strand Street, 021 418 0567

Clicks Pharmacy – St Georges Mall

48 Adderley St, 021 418 3504

Dis-Chem – Culemborg

Shop 1 St Georges Mall, The Heriot, 021 541 0049

Lite-Kem Pharmacy

24 Darling Street, 021 461 8040

Olsens Pharmacy

129 Long Street, 021 423 2371

Tothills Photo-Chemists

18 Lower Burg Street, 021 421 2421

CLINICS & HOSPITALS

Dorp Street Reproductive Health Clinic

3 Dorp Street, 021 483 4662

Lasarmed

181 Bree Street, 021 424 5078

lasarmed.co.za

Netcare Christiaan Barnard Memorial Hospital

25 DF Malan Street, 021 441 0000

• Accident and emergency

021 441 0271

Toll-free line: 0801 22 22 22

• Netcare Travel Clinic

Room 1107, 11th floor, Picbel Parkade,

58 Strand Street, 021 419 3172,

travelclinic.co.za

PEOPLE WITH A DISABILITY

Major attractions and hotels in the Central City are disability friendly, but smaller establishments may not have wheelchair facilities. Wheelchair-friendly venues are listed in this guide.

ACCIDENTS & EMERGENCIES

We recommend that you take out adequate travel insurance before you leave home. If you require medical attention while here, seek private treatment for smoother, quicker service.

In case of a medical or trauma emergency, call:

ER24 (private EMS)

084 124

General emergencies

107 from a landline

112 from a cellphone

National AIDS Helpline

0800 012 322



Netcare 911 (private EMS)

082 911

Poisons Information Centre

0861 555 777

Consumer Protector

0800 007 081

Western Cape Ambulance

10177

Mountain Emergencies

021 937 0300

Sea Rescue South Africa

112 (from a cellphone)

082 990 5962 (Bakoven)

082 990 5963 (Table Bay)

OPTOMETRISTS

Mullers Optometrists

104 Longmarket Street,

021 461 6254

SpecSavers

52 St Georges Mall,

021 424 4064

The Saben Spectacle Co.

22 Bree Street,

021 418 1191

SECURITY

The **CCID** has a large contingent of uniformed public safety officers who patrol the Central City. **The 24-hour number is 082 415 7127.** City-operated CCTV and monitored parking marshals, together with these CCID officers, have greatly improved security in the Cape Town CBD. Do use common sense, as you would in any big city: don't walk alone at night, don't draw money in a quiet area, or expose cash, jewellery or cameras.

Police

10111

Cape Town Central Police Station

021 467 8000/11/2/7

Metro Police

021 480 7700

HARDWARE, LOCKSMITHS & SPECIALITY

AAA Lazer Security

16 Hans Strijdom Avenue,

021 425 9966

C.D. Fox

80 Hout Street,

021 423 5206

Coastal Hire

31C New Church Street,

021 424 4900

Heddl Hardware

76 Harrington Street,

021 461 1206

Levers & Locks

29 Loop Street,

021 425 3841

Master Keys

9 Riebeeck Street,

021 419 6880

ELECTRONICS

Cameraland

68 Long Street,

021 423 4150

Cell C

Shop C87, Golden Acre Shopping Centre, Adderley Street,

084 774 3003

MTN

86 Shortmarket Street,

083 869 1556

Vodacom

Shop 22, Picbel Parkade, 58 Strand Street,

021 421 0090

WeFix

161 Loop Street,

021 424 0900

LAUNDRY & REPAIR SERVICES

Barksole (shoe repair)

7 Riebeeck Street, 021 421 7803

Nannucci (laundry)

Shop 35 Golden Acre, Adderley Street, 021 421 7167

22 Bree Street, 021 421 4308

103 Parliament Towers, Plain Street, 021 465 5127

MONEY MATTERS

The Central City has approximately 120 ATMs. Major banks in South Africa are also here. However, we urge visitors to be vigilant when using ATMs. Don't let a stranger help you, protect your PIN and, if withdrawing cash, pack your money away while still at the ATM. Also, do not let anyone convince you that you need a "permit" to walk in the streets. You can report lost or stolen cards here:

American Express: 0800 110929

Diners Club: 0860 346 777

MasterCard: 0800 990 418

Visa: 0800 990 475



POSTAL SERVICES

There are branches of the **South African Post Office** (postoffice.co.za) in the CBD: Grand Central 021 464 1701 and 154 Loop Street 021 424 7477. **Postnet** (0860 767 8638, postnet.co.za) is another, private option: 2 Long Street 021 418 1630, 2 Heerengracht Street 021 418 1717, 1 Mostert Street 021 461 1121, 6 Hout Street 021 426 0316 / 0839.

SPORTS FACILITIES & GYMS

Bodytec

42 Hans Strijdom Avenue,
021 418 1523

Ignite Fitness

122 St Georges Mall,
021 422 1670

Planet Fitness

Atterbury House, cnr Lower
Burg and Riebeeck streets,
087 135 1375

Pound for Pound Boxing Gym

260 Bree Street,
072 159 8361

Switch

186 Bree Street, 021 422 2515

Virgin Active Foreshore

17 Rua Bartholomeu Dias Plain,
021 418 5704

Zone Fitness

1st floor, 34 St Georges Mall,
021 418 1255

TIPPING

Cape Town is a tipping city. For waiters, the usual tip is about 10-15%; for taxi drivers about 10%, and for porters about R10 a bag.

TOURIST INFO

For specialist tourist advice, The Cape Town Tourism Visitor Centre is a one-stop-shop. It's situated near Greenmarket Square, on the corner of Castle and Burg streets. It's open on public holidays too.

0861 322 223, capetown.travel

EMERGENCY NUMBERS



All emergencies including NSRI

112

(From a cellphone) or

107

(From a landline)

Netcare 911

082 911

South African Police

10111

or **Cape Town Central**

021 467 8001/2/7

Metro Police

021 480 7700

Fire Department

021 480 7700

24 Hour CCID

Control

Centre Number

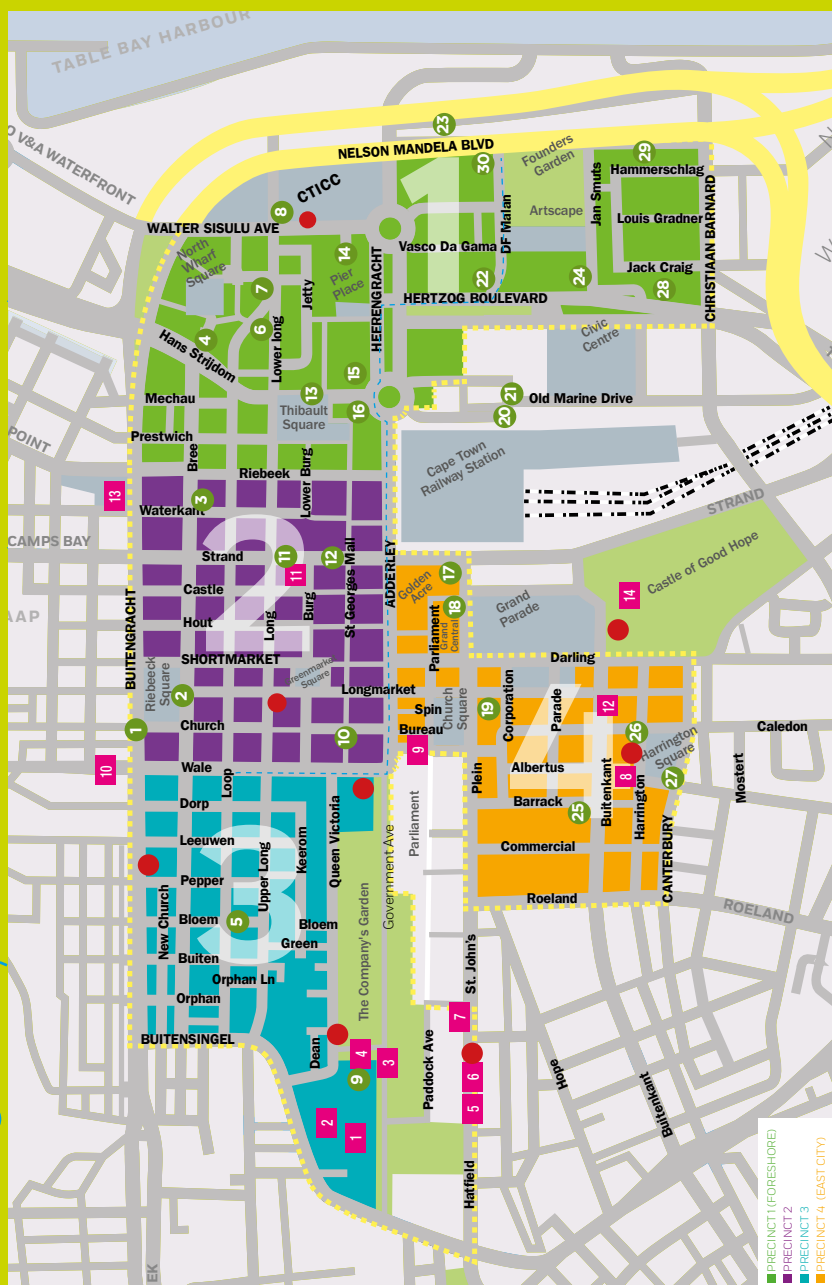
082 415 7127



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TRANSPORT & MUSEUM MAP



MYCITI BUS STOPS
WWW.MYCITI.ORG.ZA



CAPE TOWN CENTRAL CITY
PARKING AVAILABLE TO THE PUBLIC



MUSEUMS



CITY SIGHTSEEING
BUS TOUR STOPS

- 1 Buitengracht Parking No 4
- 2 Riebeeck Square Parking
- 3 33 on Bree
- 4 Redefine North Wharf
- 5 Pepper Club
- 6 Lower Long Street Parking
- 7 Edward Nathan Sonnenberg
- 8 CTICC
- 9 15 on Orange
- 10 Mandela Rhodes Place
- 11 Plobel Parkade
- 12 Strand Parkade
- 13 Thibault Square Parking
- 14 Capetonian Parking
- 15 Ryk Tulbagh Square

- 16 Fountains Hotel
- 17 Golden Acre
- 18 Grand Central
- 19 Truworths House External Parking
- 20 Africa Parking
- 21 Transnet Casual
- 22 Dubhe Parking
- 23 Foreshore Freeway
- 24 Artscape (from 5pm)
- 25 56 Barrack Street Parking
- 26 Harrington Square
- 27 Protea Parking
- 28 Libertas Parking
- 29 Isithembiso
- 30 Netcare Christiaan Barnard Hospital

- 1 Iziko Bertram House Museum
- 2 Michaelis Gallery
- 3 Iziko South African Museum
- 4 Iziko Planetarium
- 5 Cape Town Holocaust Centre
- 6 South African Jewish Museum
- 7 Iziko South African National Gallery
- 8 District Six Museum
- 9 Iziko Slave Lodge Museum
- 10 Iziko Bo-Kaap Museum
- 11 Iziko Koopmans-De Wet House
- 12 District Six Homecoming Centre
- 13 Prestwich Memorial and Visitors' Centre
- 14 Castle of Good Hope



Bus stops around the city follow a circular route including Table Mountain.

Duration: approximately 2 hours.
Start your tour at any of the bus stops and hop on and off as many times as you like.



For a more interactive map visit <http://www.capetownccid.org/maps>



CapeTownCCID



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2020 BEST OF CAPE TOWN CENTRAL CITY

63



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Manufacturing Jeweller

Diamonds & Tanzanite



Wir Sprechen Deutsch

Stefan's Jewellery and Gems is situated in the tree lined St. Georges Mall in the centre of Cape Town. Founded in 2004 it is managed by owner Stefan Nowotny who will personally attend to your unique jewellery requirements, offering you advice based on two decades of experience whilst ensuring the highest standard of service.



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