



Get out and *explore* Cape Town this Tourism Month

September is Tourism Month. You are encouraged to get out and explore our Mother City with family and friends.

World Tourism Day (WTD) takes place on 27 September each year. Its purpose is to raise international awareness of the importance of tourism and its social, cultural, political and economic value. The event seeks to highlight global challenges outlined in the United Nations Millennium Development Goals (MDGs) and turn the spotlight on tourism's contribution in reaching these goals. This year's World Tourism Day theme is "Tourism and jobs: A better future for all".

Cape Town attracts tourists from across the globe thanks to its natural beauty, vibrant culture and ease of access to key tourist sites. The city is recognised globally as a top tourist destination, brimming with affordable things to do. Tourism Month is an ideal time to try out [#pocketfriendlycapetown](#).



Here is a list of
50
things
to do in
Cape Town for
R50
or less
- enjoy!





1. EXPLORE OUR NEIGHBOURHOODS

Cost: R15-R50

Taste your way through Langa and Khayelitsha, where a mix of traditional and Western food can be found. Siki's Koffee Kafe in Khayelitsha is a hub for go-getters, artists and entrepreneurs. Spend a few hours sipping on a cup of Siki's signature blend, grab a home-baked muffin and mingle with locals while you catch up on news over free WiFi. The Spinach King, situated just around the corner from Khayelitsha station, sells delicious spinach bread, muffins and sandwiches made from locally grown spinach. In Langa, Fanie's Place is the perfect spot to drop in for a couple of drinks before dinner at one of the restaurants in the area.

A favourite stop among tourists is the Khayelitsha Craft Market. Here, visitors will find a selection of pottery, beadwork, baskets, paintings, curios and other handcrafted items made of everything from plastic shopping bags, soft-drink cans, wire, stone, scrap metal and traditional beads. The market displays the voice this community has found through art. Visitors can also grab a bite to eat, with vendors selling traditional food at the market.

2. TAKE A HOP-ON, HOP-OFF TRAIN TRIP ALONG THE SOUTHERN LINE RAIL ROUTE

Cost: R35 for the hop-on, hop-off ticket

The Southern Line Rail Route stretches between Cape Town and Simon's Town. Besides it being a great way of getting from A to B, it's also a relaxing way of seeing Cape Town's varied scenes. The part of the journey between Muizenberg and Simon's Town winds along the edge of the ocean, and the views are brilliant. Buy the hop-on, hop-off ticket and stop at Muizenberg for a surf, Kalky's in Kalk Bay for some mouth-watering fish and chips, and Simon's Town to go and visit with the penguins at Boulders Beach (though the visit to the penguins will cost extra).

www.cttrains.co.za

3. GO HIPPO-SPOTTING, ELAND-VIEWING AND BIRD-WATCHING IN RONDEVLEI NATURE RESERVE

Cost: R12 entry for adults, R6 for kids

Rondevlei is an unexpected treasure situated in Grassy Park, about 20 minutes' drive from the city centre. Home to some 256 species of indigenous plants, it spans 290 ha and has a museum, a network of footpaths, viewing towers and several bird hides. It is also home to - wait for it - hippopotami as well as 20 other mammal species, including the Cape grysbok, porcupine, Cape clawless otter and large-spotted genet. Recently, a herd of eland was released into the reserve. It makes for a great family outing. Don't forget to pack your picnic.

www.zeekoevlei.co.za

4. GO ON A GUIDED TOUR OF THE SLANGKOPPUNT LIGHTHOUSE

Cost: R16 for a guided tour

The bright white Slangkoppunt lighthouse, situated on the southern peninsula coast, is the tallest cast-iron lighthouse in South Africa. The internal spiral staircase you will climb during the guided tour takes you up 100 feet from the bottom to the balcony. If the idea of climbing up all those steps gets you a bit nervous, rest assured that the views from the top are entirely worth it. The tour will leave you with all sorts of interesting facts, including the reason for South Africa being one of the few remaining places to retain actual lighthouse keepers.

5. EXPLORE NEULANDS FOREST

Cost: Free entry into the forest; R25 for adults and R15 for children to enter the braai area

Newlands Forest forms part of Table Mountain National Park and is a great escape from the busy city surrounds. Explore the quiet pathways and find your own spot to have a picnic, or cook up a storm at the designated braai area. The trails up towards Table Mountain also offer some great hiking options. Always tell someone where you're going, however, and never hike alone.

6. MAIDEN'S COVE BEACH AND BRAAI AREA

Cost: Free

A scenic lookout point, tucked between Glen Beach and Clifton Beach, is Maiden's Cove. With vistas of Table Mountain, Camps Bay and the exquisite Atlantic Ocean, Maiden's Cove is the perfect spot for a day out. In spring, pods of whales and dolphins can also be spotted from this scenic beach. Splash around in a tidal pool, sunbathe, and be merry.

7. GRAB A SCOOP OF CREAMERY ICE-CREAM

Cost: R34 per scoop

The Creamery is a local company, and all their ice-cream is made with organic, locally sourced products. Some of the amazing flavours include sweet cream, toasted coconut, cookie dough, and sea-salt caramel!

www.thecreamery.co.za

8. STROLL THROUGH THE COMPANY'S GARDEN

Cost: Free to visit

The Company's Garden is situated right in the city centre. It was planted by the Dutch East India Company in the 1650s to produce fresh fruit and vegetables for the ships that were sailing along the spice trade route between Europe and the East Indies, via Cape Town. Today, it is home to the oldest cultivated pear tree in South Africa, said to have been planted in 1652; a rose garden built in 1929; an aviary with a variety of birds, and many other interesting landmarks. It's also well known for the resident (and perpetually hungry) squirrels, so take along some peanuts to feed them. What's more, the garden offers free WiFi.

www.thecompanysgarden.com

9. TOUR MUIZENBERG WITH VOICEMAP

Cost: Free

Download the VoiceMap app "Muizenberg like a Local", which will take you on a tour round the streets of Muizenberg and help you see it through the eyes of a local.

www.voicemap.me

10. EXPLORE THE V&A WATERFRONT ON A SELF-GUIDED HISTORICAL WALK

Cost: Free - just grab a map and go!

The V&A Waterfront, situated at the heart of Cape Town's working harbour, has a rich and varied history that can be traced back as far as 1654. A great way to discover the stories of this iconic site's past and its 22 landmarks is to do a self-guided historical walk. Simply grab a map at the Information Centre, and off you go. And if you get hungry or thirsty along the way, there are plenty of places to choose from.

11. DIM-SUM AT THE EARTH FAIR MARKET

Cost: R50

The latest food craze in Cape Town? Dim-sum! And one of the best selections around is from Silk Road at the Earth Fair Market every Thursday in the city centre. Your R50 will buy you a combo of various types of dim-sum, and it's very filling! Silk Road can also be found at the Neighbourgoods Market in Woodstock on a Saturday, and at other markets around town.

www.silkroad.io



12. VISIT THE SCRATCH PATCH

Cost: From R22 per bag

Did you know that almost half of the world's gemstones can be found in South Africa? And that you could scratch for these gems yourself, right here in Cape Town? The Scratch Patch and Mineral World, both at the V&A Waterfront and in Simon's Town, is a cool way to dig for your own beautiful gems. Immerse yourself in all the stones strewn across the floor, then visit the gem exhibitions and shops afterwards.

www.scratchpatch.co.za

13. INDULGE YOUR SWEET TOOTH AT HONEST CHOCOLATE

Cost: Almost everything on the menu is under R50

This coffee and chocolate shop in Wale Street offers handmade chocolate made from raw ingredients and organic Ecuadorian cacao with no preservatives or artificial flavouring. It's also dairy-free. Grab a good cup of coffee with a delectable slice of cake (gluten-free also available), or purchase some of the delicious chocolate products. Try the banana bread bunny chow - a banana bread mini-loaf filled with macadamia chocolate spread and ice cream for R48.

www.honestchocolate.co.za

14. PROMENADE MONDAYS

Cost: Free

This weekly event starts at Queens Beach parking lot (the last parking lot along the Promenade before you reach Bantry Bay) at 18:00 every Monday night and is a fun way to explore Sea Point Promenade. You will need something that skates - skateboard, longboard, rollerblades, roller-skates or even a BMX - in order to get the most out of this. The event was created in celebration of the lifting of the ban on skateboarding and rollerblading along this area.

www.facebook.com/promenademondays

15. LIVE MUSIC AND ENTERTAINMENT AT THE BAY HARBOUR MARKET

Cost: Free

Aside from having great stalls where you can buy locally made and crafted gifts and curios, the Bay Harbour Market has live music to be enjoyed for free. Local artists entertain the crowd and keep the vibe going all day and into the evening. It's open on Fridays from 17:00 to 21:00, Saturdays from 09:30 to 16:00, and Sundays from 09:30 to 16:00.

www.bayharbour.co.za

16. MUIZENBERG MOONLIGHT MEANDER

Cost: Free

In Cape Town, we make the most of the full moon. The Muizenberg Moonlight Meander happens at 18:00 on the Saturday closest to the full moon and brings together family, friends and loved ones for a leisurely stroll along the beach by moonlight. The walk starts in front of Knead bakery.

www.safertogether.org

17. FIRST THURSDAYS

Cost: Free

On the first Thursday of every month, arts and culture in Cape Town has a late night with dozens of art galleries and cultural events showcasing the wealth of talent that the Mother City has to offer. The event is completely free - with no structured tour and no schedule to follow, you are free to absorb it all at your own leisure. To ensure your First Thursday can be catered to your own specific preferences, organisers provide a map and highlights of what is on show. From there, it is all up to you.

www.first-thursdays.co.za

18. WATCH THE NOON DAY GUN BEING FIRED

Cost: Free

Up on Signal Hill at 12:00 exactly every day, a cannon is fired. Accurate to the nearest millisecond, it booms over the Mother City. The Noon Gun consists of a pair of black powder Dutch naval guns, fired alternately, with one serving as a backup. It is not only Cape Town's oldest living tradition, the two guns used are the oldest in the world still in daily use.

As early as 1806, the Noon Gun was used as a time signal for ships anchored in Table Bay and the cannon was fired from the Castle of Good Hope. In those days, time was loosely divided into day and night, morning and afternoon, and travellers from the Mother City would be expected to provide the correct 'gun time'. It was moved in 1902 to its present position, where it overlooks Cape Town and Table Bay.

This tradition has managed to survive and is still used to set one's watch. Today it is fired electronically from the South African Astronomical Observatory in Observatory, and its accuracy comes from an atomic clock. You can watch the daily ritual up on Signal Hill at Lion Battery, from 11:30 (except on Sundays or public holidays).

Noon Gun Twitter page: @Signal_Hill_Gun!

19. PLAY SOME CAVE GOLF

Cost: R25

Everyone enjoys a game of putt-putt. At the Waterfront, you can enjoy this activity in a cave-like setting! It's fun for the whole family, and it's right next door to the Scratch Patch.

www.scratchpatch.co.za/cave-golf

20. VISIT THE URBAN PARK

Cost: Free

A unique space in the middle of an urban environment, Green Point Urban Park is a fantastic, family-friendly place for a picnic, walk, run or simply lazing around. There is an outdoor gym, a play park, adventure park and outdoor labyrinth. There are different plant species within the area, as well as information about them. Access the park via Bill Peters Drive, Bay Road or Helen Suzman Boulevard.

www.gprra.co.za/green-point-urban-park.html

21. STRAWBERRY-PICKING AT POLKADRAAI

Cost: R45

Strawberry-picking on the beautiful Polkadraai farm in Stellenbosch happens between September and January. Take a stroll through rows and rows of fruit beds with family or friends, and pick strawberries to your heart's content. The farm also offers other fun activities for kids, including face painting, pony rides and a playground.

www.polkadraaifarm.co.za

22. TAKE AN AUDIO TOUR AT GROOT CONSTANTIA

Cost: Free to enter (various costs for meals)

One of the oldest wine-producing farms in the Cape, Groot Constantia is steeped in history. This farm boasts fine examples of Dutch architecture and has been producing wine without interruption since 1685, when Commander Simon van der Stel of the Dutch East India Company was originally granted the land. Amble around the leafy grounds or take the free VoiceMap audio tour to explore the farm and its rich history. There's an Iziko Museum on site, and if you get hungry, the farm has two restaurants to choose from.

www.grootconstantia.co.za

23. HELDERBERG NATURE RESERVE

Cost: R20 for adults, R10 for children (3 to 18 years), students and pensioners, R10 per vehicle

The beautiful Helderberg Nature Reserve is located in Somerset West and stretches as far as the cliff faces of the Helderberg mountain. The range of facilities on offer include a plant herbarium, Guinea gift shop, an

environmental education centre, a picnic area, children's play area and jungle gym, as well as birdwatching, hiking and walking trails. Keep your eye on their Facebook page for information on amazing guided hikes.

www.helderbergnaturereserve.co.za

24. TRENCHTOWN'S HALF-PRICE THURSDAY

Cost: Pizza from R15, craft beers R30, shooters R9

Trenchtown is situated in Observatory, in the vibrant and busy Lower Main Road, and is very popular with locals and visitors alike. On Thursdays, the menu offers a variety of half-priced pizza, a selection of craft beer and shooters. Also on Thursdays, this Caribbean-style hangout spot hosts a karaoke evening starting at 20:00.

www.facebook.com/Trenchtown.Obs

25. ATTEND A BOOK READING AT THE BOOK LOUNGE

Cost: Free (various costs for coffee and treats)

One of Cape Town's most endearing little shops is the Book Lounge on the corner of Roeland Street, just down the road from Parliament. Their reading lounge is reason enough to go hang out there, but they also host regular readings by new and established authors.

Downstairs has a nice area to have coffee and treats. Chill out in the comfortable chairs while you browse the eclectic selection of books.

www.booklounge.co.za

26. EAT, DRINK AND BE MERRY AT THE NEIGHBOURGOODS MARKET

Cost: Various

Cape Town is full of interesting markets, and the Neighbourgoods Market is one of them. This is no ordinary market - it's a melting pot of food, drinks and crafts. Find it at the Old Biscuit Mill in Woodstock.

www.neighbourgoodsmarket.co.za

27. CITY SIGHTSEEING HARBOUR CRUISE

Cost: R45

This cruise gives you an amazing harbour cruise from the V&A Waterfront and around the harbour. It's a fun adventure that offers you the chance to admire mountain views from a unique angle.

www.citysightseeing.co.za

28. VISIT THE DISTRICT SIX MUSEUM

Cost: R40 entry for adults

The District Six Museum recalls the history of the District Six community, who were forcibly removed under apartheid. Visit the museum to learn about this vibrant and historically significant Cape Town neighbourhood.

www.districtsix.co.za

29. GO ROSE PICKING

Cost: R6,50 per stem

Stop and smell the roses at Chart Farm near Wynberg park in the southern suburbs. You get to pick your own bunch of heavenly scented blooms at just R6,00 a stem.

www.chartfarm.co.za

30. ENJOY CAPE TOWN'S OUTDOOR ICE RINK

Cost: R30 for 30 minutes, R50 for an hour

This one is for children only, but parents need to supervise, of course. Cape Town's first outdoor synthetic ice rink is situated at the Rotary Blue Train Park in Mouille Point. Kids can enjoy the fun of ice skating on a sunny day in Cape Town, while taking in views of the mountain and the sea.

www.thebluetrainpark.co.za

31. COFFEE AT THE AWARD-WINNING TRUTH COFFEE-SHOP

Cost: Various

If you like good coffee served in a gritty and industrialised environment, Truth Coffee is the ideal Cape Town coffee-shop for you. Walking into Truth Coffee feels like you're walking into a Victorian futuristic fantasy: Steampunk lovers will be in awe of the décor. More important than the interior, though, is the incredible coffee – strong, hot, and full of flavour.

www.truthcoffee.com

32. TAKE IN THE SIGHTS WITH A FREE WALKING TOUR

Cost: Free

Learn more about the city, its history and interesting facts, and take in the beautiful sights on one of various free walking tours of Cape Town. The tours on offer include a historical tour, a street art tour, a Bo-Kaap tour, a promenade bicycle tour, a District Six tour and a Taste of Cape Town tour. Each one offers a unique perspective on Cape Town and what this amazing city has to offer.

www.nielsentours.co.za

33. MASTER YOUR ART AT THE CLAY CAFÉ

Cost: R15-30

Get creative at the Clay Café in Hout Bay. Design and paint your own plate, bowl or ornament, and wait for ten working days to fire your masterpiece, or simply choose your favourite clay canvas from the shelf range with prices starting from R15. It makes for a great family outing.

www.claycafe.co.za

34. CHECK OUT THE TOY MUSEUM

Cost: R10 per adult, R5 per child

The Warrior Toy Museum in Simon's Town is lined with dinky toys, dolls, Meccano, model cars, boats, trains, aeroplanes and other miscellaneous toys – collectively making up a collection of thousands. This is a must-see for all toy lovers.

www.simonstown.org/museums%20to%20visit.html

35. VISIT BABYLONSTOREN

Cost: R10 on weekdays, R20 on weekends

This expansive wine estate is nestled between Paarl and Franschoek. The farm has friendly donkeys, chickens, turkeys and other feathery and furry friends. Roam in the immaculate and extensive fruit and vegetable gardens or take part in a healing tea ceremony. Visit the cactus garden to see the baby hedgehogs, before heading to one of the fabulous restaurants or the tasting room.

www.babylonstoren.com

36. HAPPY HOUR AT THE FOREIGN EXCHANGE BAR

Cost: Starts at R25

The Foreign Exchange Bar in Observatory is a place where locals and internationals hang out for drinks and fun times. It offers everything from beer pong nights to salsa classes. The famed happy hour runs from 17:00 to 19:00 (TWO happy hours), when you can pick up a refreshing drink from as little as R25.

www.facebook.com/forexbarZA

37. HIKING

Cost: Mostly free

There are some magnificent free hiking spots in and around Cape Town. Lion's Head is one of the more popular ones, and although it can get slightly strenuous, it rewards you with an amazing view at the top. You can also do this in the light of the full moon (although a head torch is still advisable). Platteklip Gorge takes you to the top of Table Mountain, and you can either head left towards Kirstenbosch or right to the Cable Station. Newlands Forest is leafy and shaded by the trees most of the way. This is a shorter hike, and there's a pretty stream along the way if you want to cool down. Always follow mountain safety rules.

38. MOUNTAIN BIKING IN MEERENDAL

Cost: R30

Great for beginners and group rides, the tracks at Meerendal are flat and easy to navigate. It starts with a bit of an uphill, but then takes you to the first stretch of single track, and onto a zig-zagging uphill that can prove tough on novices. There are spectacular views to take in along the way.

www.meerendal.co.za

39. TRAIL RUNNING

Cost: Mostly free

There are so many places to do trail runs in Cape Town that it's tough to list them all. Run the hiking trails we mentioned before, or try the 5,3 km Devil's Peak route, which starts at the top of Devil's Peak Estate and then follows the gravel paths to Rhodes Memorial. Also try the Constantia Nek routes (some fees apply). Trail running is excellent for fitness and endurance.

40. VISIT RHODES COTTAGE

Cost: Free, but a donation of R10 is encouraged

Cecil John Rhodes was a British businessman, mining magnate and politician in Southern Africa, who served as prime minister of the Cape Colony from 1890 to 1896. Well known worldwide, he contributed to shaping both South Africa and Zimbabwe's political landscape. Once his residence, Rhodes Cottage in Muizenberg is now a museum.

www.facebook.com/RhodesCottageMuseum

41. RIETVLEI WETLANDS RESERVE

Cost: R13 for adults, R6 for children

This freshwater wetland is located on the floodplain of the Diep River and has extensive reed beds, a tidal lagoon and flourishing flora and fauna. You can find a wide variety of birds here, with over 10 000 individual birds having been counted during the water bird censuses. The Friends of Rietvlei organisation often hosts holiday programmes with various activities, which start at around R5. There are also many walking trails and places for wet water sports enthusiasts to enjoy themselves, as well as braai spots.

www.friendsofrietvlei.co.za

42. ENJOY A GLASS OF WINE AND #STELLASESSIONS

Cost: R30 and up for a glass of wine

Stella Cafe & Bar at the Southern Sun Cullinan Hotel is a great spot to "wine" down after a long day at the office. At the #StellaSessions, which happen every Friday at 16:00, you can enjoy your drink along with some live entertainment.

www.tsogosun.com

43. SANCCOB

Cost: Between R30 and R50

The Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) is a non-profit organisation that aims to preserve and conserve seabirds and other sea life. SANCCOB allows visitors in for a behind-the-scenes tour of the facility, where you can get a look at how a seabird hospital works and see how the penguins are treated and fed. If you love what you see and want to get involved, there are various ways to give back to them too.

www.sanccob.co.za

44. PLAY PUTT-PUTT

Cost: R20

Situated in Mouille Point, a visit to the putt-putt-course is probably the best value for money of any outdoor activity anywhere in Cape Town. Families with small kids, couples on dates, as well as groups of friends all congregate here to test their putting skills.

www.facebook.com/saputtputt

45. TOUR OF THE DIAMOND MUSEUM

Cost: R50

The Shimansky Diamond Experience at the V&A Waterfront not only houses diamonds worth millions of rand, but also allows you to delve deeper into the history of this precious gem. It includes history on the diamond rush in South Africa, featuring well-known figures such as Barney Barnato and Cecil John Rhodes, as well as lesser-known characters, including 15-year-old Erasmus Jacobs, who unknowingly began the story of diamonds in the country in 1867. Visitors are also introduced to the history of some of the more famous "rocks" uncovered in South Africa's soil, including the Cullinan diamond, which was sliced, diced and scattered abroad.

www.shimansky.com

46. TRADITIONAL ETHIOPIAN COFFEE CEREMONY

Cost: R30 for a mini ceremony

Participate in a traditional Ethiopian coffee ceremony at the restaurant Addis in Cape. The experience gives you a glimpse into Ethiopian tradition and feels authentic among all the traditional Ethiopian furnishings.

www.addisincapetown.co.za

47. THE LABIA THEATRE

Cost: R40 per person

The Labia Theatre entices people with its old movie-theatre charm. It was originally an Italian embassy ballroom and is widely recognised as the oldest independent repertory cinema in South Africa. The theatre screens art movies and hosts various interesting film festivals throughout the year. Go here for great movies that you won't find in the mainstream movie houses.

www.thelabia.co.za

48. BRAAI AT OUDEKRAAL

Cost: R35 per adult and R15 per child

Nestled between Llandudno and Camps Bay, you'll find cosy coves and blissful white beaches peeking from between the huge boulders. Oudekraal has over 40 braai areas, although most don't have grids, so be sure to bring your own along. Get there early, as Oudekraal is immensely popular.

Call 021 438 9555 for more information.

49. IZIKO MUSEUMS

Cost: Between R20 and R50

There are many Iziko Museums in Cape Town, and all offer insight into South Africa's natural and cultural history. The exhibits range from 700-million-year-old fossils to insects and fish, dinosaurs and wildlife menageries, as well as everything space-related at the Planetarium. The museums also house stone tools dating from 120 000 years ago, traditional clothes from the last century, and authentic beadwork.

www.iziko.org.za

50. GO FOR A SWIM

Cost: Between R8 and R30

There are many public pools around the city. Sea Point Pavilion is a popular spot, situated right next to the ocean. So, you get a great view along with a fun swim. The cost to enter is R30 for adults and R16 for children. In Gugulethu, you will find Vulindlela swimming pool. There's a main pool and one for kiddies. Entry is R8 for adults and R2 for children. Newlands baths is a popular family public pool with great grassy areas to relax on. The charge is R30 for adults and R16 for children. Trafalgar swimming pool is situated in Woodstock and has plenty of green areas for you to relax on in between dips in the pool. The entry fee is R8 for adults and R2 for children.

