# Little House



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# Introduction

Welcome to Little House. We hope you enjoy your stay here! This document outlines anything you need to know about the workings of the guest house and also a few tips and advice about the Constantia area. If you need any more detailed information please feel free to ask us.

We have a small boutique shop as you enter - the Little House boutique – please feel free to browse and if you would like to view, discuss or purchase an item, please ask Mercy or Tessa to assist you. All products are locally made by various designers/manufacturers.

Please note that the front door and the door onto the patio will be locked at 9pm every night. PLEASE if you go out or come in after this time make sure you lock the doors after you for obvious security reasons.

## The Constantia Valley

The Constantia Valley truly is Cape Town’s Vineyard.

It is a region with a wine making history that dates back to 1685 and which boasts 8 award winning wine estates, Groot Constantia, Steenberg Vineyards, Constantia Uitsig, Klein Constantia, Buitenverwachting, Eagles Nest, Constantia Glen and Silvermist Vineyards. All are within 15 kilometres of the city centre.

Nestled beneath the Table Mountain National Park and commanding vistas of the Constantiaberg and Table Mountain ranges Constantia is the ideal place to base yourself when in Cape Town.

Constantia shares its heritage and landscapes of unsurpassed beauty with the locals who have made it their home. The Constantia Valley receives a steady flow of visitors throughout the year who come to enjoy an idyllic lifestyle conveniently located close to all major attractions.

The Constantia Valley has an appeal that offers something of interest to everyone, from visiting the wine estates famous for their cool climate wines and offering an array of experiences such as year round wine tastings and then, picnics live music and festivals in the warmer months. The mountain ranges and greenbelts offer breathtaking photo opportunities and then there are shops to explore, an adrenalin rushing zip lining adventure, mountain biking, horse riding, and a growing number of businesses who have chosen to escape the hustle and bustle of the city.

Go to <http://www.constantiavalley.com> to see more.

# Visitor Information

## Shopping

The most comprehensive shopping complex is Constantia Village and the Alphen Centre which are about 2km from the property. www.constantiavillage.co.za/ . The best options for groceries and food are:

* Spar (Alphen Centre) – small, convenient
* Woolworths (Constantia Village) – best quality, more expensive
* Pick n Pay – (Constantia Village) big, best value

## Restaurants and Wine Farms in Constantia

The Constantia valley has many wonderful eating and drinking options to suit all tastes from casual to haute cuisine from breakfast, brunch, lunch, dinner, picnics, wine tasting, coffee and everything in between. There are too many options here to cover in detail, but a few of our favourites are listed here:

### Breakfast/Brunch options

Chardonnay Deli – [www.chardonnaydeli.co.za](http://www.chardonnaydeli.co.za)

Farm stall style deli and restaurant great for farm style breakfasts, brunch or lunch. Also, a good coffee and cakes spot as well as health food options. You can easily drive to Chardonnay Deli, but it’s a lovely stroll (or easy mountain bike ride) through the Silverhurst Trail Greenbelt along a pretty river (Total distance is about 2km from the house to the deli).

**Highlight – mingle with locals walking their dogs on the greenbelt, riding their bikes and enjoying a chilled breakfast!**

Jonkershuis - [www.jonkershuisconstantia.co.za](http://www.jonkershuisconstantia.co.za)

Relax under the oak trees in Groot Constantia estate at Jonkershuis Restaurant while enjoying the panoramic view across the vineyards and all the way to False Bay. Indulge in a hearty farmhouse egg and bacon breakfast while sipping your morning coffee. 5-10 minute drive or can also be an easy cycle through the greenbelt before joining the road to Groot Constantia.

**Highlight – great views and you can include time to explore Groot Constantia estate while you there.**

Melissa’s – The food shop - [www.melissas.co.za](http://www.melissas.co.za)

A short drive down to Constantia Village (about 2km) find Melissa’s tucked away in the Constantia Courtyard part of Constantia Village. Good breakfast and lunch spot mainly enjoyed by locals with lovely health food and farm stall options to enjoy later.

Tashas - [www.tashascafe.com](http://www.tashascafe.com)

The place to be seen by the local Constantia set. Easy to find in the main part of Constantia Village. Upmarket breakfast and lunch and lovely healthy fruit juices and smoothies on offer. The Tashas ice cream parlour on the side offers some tasty ice cream treats! Best to drive there although not far at all (2 – 2.5km).

The Kirstenbosch Tea Room - [www.sanbi.org/gardens/kirstenbosch/restaurants-kirstenbosch-nbg](http://www.sanbi.org/gardens/kirstenbosch/restaurants-kirstenbosch-nbg)

Good option if you combine an early visit to the Kirstenbosch Gardens.

### Lunch Options

While all the breakfast/brunch spots listed also make good short lunch choices if you want to linger a bit over a relaxing lunch and possibly enjoy a bottle of wine then the following are our preferred choices (many also good for dinner – just check opening times):

Alphen Hotel - La Belle Bistro and Bakery - [www.alphen.co.za/laBelle](http://www.alphen.co.za/laBelle)

Perfect for a lingering lunch at the Alphen Hotel – an iconic example of Cape Dutch architecture in a beautiful garden setting. The food is a typical Cape Town inspired menu with influences of upmarket pub fare. Some lovely wines (try a chilled rosé on hot summers day) or sip a chilled pint of beer while you decide what to eat.

**Highlight – Try some of the decadent desserts on offer**

Eagles Nest – [www.eaglesnestwines.com](http://www.eaglesnestwines.com)

Idyllic setting amongst the shade of tall trees in an outdoor picnic area with the sound of the small stream running through the garden. Taste the award-winning wines while enjoying cheese, cold meat and fruit platters with chunky French bread.

**Highlight – enjoying a chilled sauvignon blanc or rosé under the shade of the tall trees on a hot afternoon.**

Buitenverwachting - [www.buitenverwachting.com](http://www.buitenverwachting.com)

The restaurant at the wine farm offers a relaxed but fine dining experience. The menu is a good example of up-market local cuisine. The setting is superb amongst the vineyards and with great views of Constantiaberg mountains. Also, good for dinner.

La Parada Constantia Nek – [www.laparada.co.za](http://www.laparada.co.za)

Tapas menu great for sharing amongst a group or get a few plates as a couple. Lovely to sit out on the terrace and enjoy a cool refreshment in summer. Perfect for lunch or an early evening dinner as you return from a day’s activities.

Peddlars on the Bend – [www.peddlars.co.za](http://www.peddlars.co.za)

Popular pub with local atmosphere combined with a few different restaurant menus in one setting. Cosy in winter with a fire going inside. Also, good for dinners.

The Clubhouse – [www.theclubhouse.co.za](http://www.theclubhouse.co.za)

Very relaxed lunch spot at the local cricket club with lots of space for kids to run around, and play on the field. Take in great views towards the mountain while you bask in the afternoon sun. If the sun sets while you there from lunch, then you may have stayed too long!

**Highlight – great for families and always lots of kids playing together on the field.**

Chapmans Peak Hotel - [www.chapmanspeakhotel.co.za/](http://www.chapmanspeakhotel.co.za/)

Although not in Constantia, the restaurant at Chapmans Peak hotel is an excellent lunch stop on a day of sightseeing. The restaurant is on the Hout Bay side of Chapmans Peak Drive and is best on a warm day where you sit out on the terrace and enjoy views over Hout Bay.

**Highlight – Try their world-famous calamari served straight in the pan.**

### Dinner Options

All the options suggested here for dinner are also good lunch options, but maybe slightly more formal.

Harbour House (Constantia Nek) - [www.constantianek.co.za](http://www.constantianek.co.za)

Next door to La Parada and part of the same Constantia Nek Establishment, Harbour House is a slightly more formal dining option offering casual but fine dining with a focus on seafood. Its sister restaurant (Harbour House in Kalk Bay) has been a long-time favourite for sea food lovers and this is no exception. The clean, elegant décor make for an light setting while you enjoy peri-peri prawns, sushi or other seafood.

La Colombe (Constantia Nek) - [www.lacolombe.co.za](http://www.lacolombe.co.za)

Award winning restaurant that offers a gourmet experience in a spectacular setting. Enjoy views into the valley and particularly over Orange Kloof on the back of Table Mountain – a part of the mountain not easily seen unless in this area. Choose La Colombe for a special dinner or if you want to impress.

**Highlight – beautifully presented gourmet food, made with fresh local ingredients!**

Foxcroft - [www.foxcroft.co.za](http://www.foxcroft.co.za)

Sister restaurant to La Colombe presided over by same award-winning chef. Like La Colombe, Foxcroft offers elegant gourmet food technically prepared with fresh local ingredients. Closer to the house than La Colombe, but similar set-up. Great alternative if La Colombe is fully booked.

Simons at Groot Constantia - [www.simons.co.za](http://www.simons.co.za)

Set amongst the vineyards at Groot Constantia, Simons is a great choice for dinner all year-round. In Summer you can sit outside and enjoy the warm evening while you look out over the vineyards, and in Winter its cosy inside where a great big indoor fireplace keeps you warm. The food is local and fresh and offers something for everyone.

### Coffee on-the-go

If you want to grab a coffee on the go to pep you up before heading out, then there are 2 good options at Constantia Village:

Vida e caffe – [www.vidaecaffe.com](http://www.vidaecaffe.com)

Vibrant coffee shop chain that offers energetic and enthusiastic (some may say loud) service! Found all over, but the nearest Vida is at Constantia Village to the left of the main entrance.

Seattle Coffee Company - [www.seattlecoffeecompany.co.za](http://www.seattlecoffeecompany.co.za)

More chilled and relaxed vibe than Vida – great take away coffee. Various outlets, but the nearest one is at Constantia Village on the far right as you face the centre.

## Wine Farms in Constantia

There are several excellent wine farms in the Constantia Valley (www.constantiawineroute.com) all worthwhile to visit to taste their wines or enjoy a meal or picnic at one of the restaurants or gardens. See the map provided separately with details of all the Constantia Valley wine farms (excludes Cape Point Vineyards which is a bit further in Noordhoek):

* Silvermist Organic Vineyards
* Beau Constantia
* Constantia Glen
* Eagles Nest
* High Constantia
* Groot Constantia
* Klein Constantia
* Buitenverwachting
* Constantia Uitsig
* Steenberg Vineyards
* Cape Point Vineyards (Noordhoek)

## Popular Walks and Hikes

There are so many options for walking, hiking, trail running and mountain biking in and around Constantia and the broader Table Mountain area that it’s impossible to try and list them all here. However here are a few our favourites split according to time required. Please only ride trails where cycling is allowed – see signs. The guide book referred to in this section is available to purchase in the Little House Boutique. A short description of it is below.

 **Mike Landy's Best Walks In The Cape Peninsula -**  This guide book has been a bestseller for 21 years and remains one of the most popular books on hiking in Cape Town. Each of the 30 day walks in this classic collection has been carefully chosen because of a particular point of interest, be it a waterfall, grotto, yellowwood grove, shipwreck or spectacular viewpoint.

**Note – In our experience these trails are safe, but rather walk use them during daylight hours only and if they feel too empty then rather wait till they get busier.**

### 30 mins – 1 hour

#### Silverhurst Trail (walking, trail running, mountain biking)

This Greenbelt trail is less than 1km away and makes a lovely relaxing walk that you can do directly from the house. You can walk either side of the river, but you may only ride on the south side of the river (right hand bank flowing downstream). The riding trail is marked where cycling is allowed and where it is not allowed. If riding these trails, please stick to the trails designated for cycling. Look out for the pretty dam about half way down the trail – it’s a tranquil place to stop and rest and take a picture:

Directions:

* turn left out of the driveway down to Brommersvlei Road.
* Turn right at Brommersvlei Road and then first right at the stop street and go up Southern Cross Drive. Walk about 1.3km up to Duckitt Avenue
* Turn left onto Duckitt Avenue and then right onto Silverhurst Drive and join the Silverhurst Trail at the bottom of Silverhurst Drive – this is the only access point for Mountain Bikers.

For maps of the Constantia Greenbelt trails: [www.zandvleitrust.org.za/art-constantia%20walking%20trails.html](http://www.zandvleitrust.org.za/art-constantia%20walking%20trails.html)

#### Alphen trail (Walking, trail running)

The Alphen trail is the most popular trail in the Greenbelt network and starts near the Alphen Hotel (5 minute drive from the house). Mountain Biking is not allowed on this route! You can walk up one side of the river, cross over at various points and walk down the other side. This pretty trail has lots of foot traffic and is popular with locals walking dogs and trail runners. If you are staying over a Saturday morning, then there is a very popular organised Park Run (5km) that starts at 8:00am. Its free to join and starts at the meadow close to Le Sueur Avenue. If you feel like adding some distance to your walk on the Alphen Trail, it splits near the top into 2 alternate routes:

* Diep River Trail – (walking and trail running; cycling on the upper parts of the trail – where trail is marked for cycling) goes up and left at the top of Alphen Trail, crosses various quiet roads and ends at the top of Southern Cross Drive. This trail is shared by mountain bikers so keep an eye out.
* Klaasenbosch Trail (walking, trail running only – no cycling) – goes up and right from the top of the Alphen Trail and starts after you cross Hohenhort Avenue at the zebra crossing. No mountain biking is allowed on this trail, but it is popular with horse riders. Again, paths exist on either side of the river. This trail also makes a great walk down, starting at the top and ending through the Alphen trail. You will just need to manage where you leave your car.

The Alphen, Diep and Klaasenbosch Trail can all be reached by walking from the house if you want to spend a bit longer or don’t want to drive. Ask us for more details on directions.

#### Cecilia Forest (walking, trail running; cycling only on designated trails)

There are many pretty walks starting and ending at the parking area at Cecilia Forest Plantation (5–minute drive from the house), some of which can also link up quite easily with Kirstenbosch Botanical Gardens depending on how long you want to spend. If you have 30 – 60 minutes then the best option is to start up the path to the right just after leaving the parking area, and continue until you reach the river which you cross over by a small wooden bridge. The path continues up the bank of the river with the river on your left until you reach a forest road that you take a left turn at and will loop you back to the start.

There are recently opened cycling routes in Cecilia Forest (December 2016) – refer to cycling map of the area and adhere to cycling demarcated tracks.

Kirstenbosch Botanical Gardens - [www.sanbi.org/gardens/kirstenbosch](http://www.sanbi.org/gardens/kirstenbosch)

There are 2 entrances to Kirstenbosch (top gate, which is 5 - 10 minute drive from the house) and bottom gate which is a further 2-3 minutes. Top gate has a small entrance hut with turnstiles where you pay for your permit whereas bottom gate is a much bigger entrance and closer to restaurants, shops and tourist centre. The 2 gates are about 5 – 10 minute stroll through the gardens so park wherever is convenient – I prefer top gate. They will provide you with a brochure on entrance that includes maps of the gardens and of the various walks in and around the indigenous gardens. There are various easy walks in the gardens which are on the lower slopes of the back of Table Mountain.

**Highlights:**

* ‘Boomslang’ treetop canopy walk to get great views and get a perspective from the treetops
* **Colonel Bird’s Bath** Also known as (‘Lady Anne Barnard’sBath’)
* Sculptures
* Dinosaur exhibition in the Gardens

### 1 -2 hours

Of course, many of the walks described above can be extended to longer than 1 hour and will be longer if you stop along the way or if you combine routes, but the routes described here are a bit longer, usually more strenuous and steeper in places – but all still comfortable for anyone with reasonable fitness – please ask if you are concerned about any of the routes.

#### Cecilia Waterfall (See ‘Best Walks in Cape Peninsula – Mike Lundy; Walk number 16 for detailed directions )

This spectacular walk starts at the Cecilia Plantation Forest parking area and starts out the same as the shorter walk described above from Cecilia Forest. Follow the path up next to the river on your left. Turn right on the forest road track and continue until the sign that shows entrance to Kirstenbosch and the Contour path. Follow steep steps up and left until the high point that then leads down to a mossy waterfall in the shade of the ravine. It’s a beautiful spot to rest and take some photos.

**Highlight - The waterfall itself, which can be a torrent in Winter or a slow trickle in Summer – but its spectacular all year around!**

Continue past the waterfall and loop back down to the start.

#### Lions Head (See ‘Best Walks in Cape Peninsula – Mike Lundy; Walk number 1 for detailed directions)

Although not close to Constantia, the walk-up Lion’s Head offers the best 360-degree view of Cape Town. It’s not as high as Table Mountain and easily accessible from the parking along the Signal Hill road above Cape Town (turn off at the top of Kloof Nek – opposite direction to the Tafelberg Road turning to Table Mountain and the Cable Way. The Lions Head walk ascends the mountain in a clockwise direction doing a full circle before the top. The top section up to the peak includes some rock scrambling and minor climbing with the aid of bolted chains and ladders. Thousands of locals and tourists go to the top all the time so it’s easy enough, but take care if you have acute fear of heights or are concerned about fitness.

**Highlight – Spectacular 360 degree views of Cape Town, Robin Island, Table Mountain and Atlantic Seaboard**

The route down is the same way you came up.

#### Newlands Forest (walking, trail running; cycling only on designated trails and not accessible from the parking area)

Park at the Newlands Forest Parking Lot which is at the Newlands Forest Fire Station Base – turnoff is off the M3 between Traffic Lights at Rhodes Drive and University of Cape Town. Lots of fun trails that loop from the parking lot. Start up the tar road go past the fire station and turn left on the track into the forest amongst the pine plantation. There are various routes that generally all link up and will bring you back in a loop to the start. Lots of walkers, runners and dogs share the trails. More recently a mountain bike route has been developed through the top section, but it cannot be reached from the parking lot. The entrance for bikes is further back towards the traffic lights at Rhodes Drive intersection – refer to the mountain bike map.

#### Noordhoek Beach (See ‘Best Walks in Cape Peninsula – Mike Lundy; Walk number 10 for detailed directions)

The walk can be started from either end. The book suggests starting at Kommetjie, but I prefer staring at Noordhoek, because the tidal lagoon is closer to Noordhoek and you can spot many diverse sea birds here. The very long beach extends for about 6 kms in total with the seaside suburbs of Noordhoek at the North end and Kommetjie at the South. Share the beach with Locals walking their dogs, surfers looking for an icy turquoise tube and horse riders from the nearby stables. Walk as far as you feel like before turning back to the start. After you’ve worked up an appetite from the walk then stop off at the Noordhoek Farm Village www.thefarmvillage.co.za and enjoy a bite to eat or a coffee. If you really want to feel your calves burn, then the beach is also a good option for a run.

**Highlight – Diverse Cape birdlife around the tidal lagoon at the top of the beach including, African oystercatchers, plovers, gulls, ibis, flamingos, egrets and herons.**

### 3 Hours

#### Skeleton Gorge and Nursery Ravine (See ‘Best Walks in Cape Peninsula – Mike Lundy, walk number 17 for detailed directions)

Both these routes start in Kirstenbosch and ascend the back of Table Mountain. The routes are steep and strenuous but both follow river paths and are mostly in the shade of indigenous trees in the ravines. My preferred combination is to go up Skeleton Gorge, take the path left at the top and return down via Nursery Ravine. Skeleton Gorge has a few steep ladder/step sections and includes a section where the path picks its way up boulders in the river itself. After heavy winter rains this part can get quite wet!

**Skeleton Gorge Highlight - following the river course along the boulders near the top**

**Table Mountain Highlight - Orange Breasted Sunbird, only found in the Western Cape of South Africa**

**Nursery Ravine Highlight – imposing rock face of Castle Rock**

### 4 hours

#### Skeleton Gorge, Smuts Track, Maclears Beacon, Cable Car down (See ‘Best Walks in Cape Peninsula – Mike Lundy, walk number 18 for detailed directions)

This is an incredible hike best on a clear day to make sure you experience the amazing views across the Cape Peninsula. This long but rewarding hike can be split into the following sections:

* Skeleton Gorge – start in Kirstenbosch and join the Skeleton Gorge route
* Smuts Track- turn right at the top of Skeleton Gorge and follow the undulating path (more up than down) called Smuts Track that will take you to Maclears Beacon – the highest point on Table Mountain (1086m above sea level)
* Maclears Beacon to the Cable Station – Walk along the flat top of Table Mountain to the top Cable Car Station where you can buy a ticket to go down; Or
* Descend via Platteklip Gorge – there are times when this will be your only option if the cable way is closed, usually due to strong winds. Also, the queue for the cable car may be long and you may want to walk down instead.

This hike will bring you out on Tafelberg Road which is far from where you started at Kirstenbosch. You could take an Uber or taxi back or arrange to get on one of the Red Open Top bus tours from there as an option.

**Highlight – walk in the steps of General Jan Smuts who famously walked this route regularly into his 80’s! Spectacular views across the whole Cape Peninsula**

## Cape Town Experiences

There are many sources of information on the best sights and activities in Cape Town so this is not an attempt to replicate all of those. This is list of sights and activities that we enjoy and may give you some ideas outside of the standard Cape Town tourist experiences.

### ‘Must see and do’s’

Depending on how long you are visiting Cape Town for and whether you are a regular visitor or not, there are some sights and activities you should experience (assuming you haven’t before)

* Table Mountain – more than just the iconic symbol embracing Cape Town, TM is an endless source of entertainment for activity seekers. Whether you walk up, take the cable car or ride a mountain bike on the lower slopes it’s a must see. Be sure to take a camera up on a clear day to capture the incredible views. See the section on Walks, hikes, rides and trails for some routes. The quickest (and busiest) walking route up to the top is via Platteklip Gorge starting from Tafelberg Road. Be aware though that there are no easy walks up – even Platteklip Gorge is steep, strenuous and will take more than an hour up.
* Cape Point – excellent half day outing or combined with a longer sight-seeing drive around the Cape peninsula. Views are special and the cape fynbos vegetation is unique to the region.

**Highlight – Turquoise sea with variety of birdlife as you look down from the lighthouse lookout on the point.**

* Kirstenbosch Botanical Gardens - Kirstenbosch, the world famous botanical garden is a 5 - 10 minute drive away and is a wonderful location for seeing indigenous Cape vegetation at the foot of the eastern slopes of Table Mountain. It's a perfect spot to wander around and take in iconic scenery and enjoy the unique indigenous flora and fauna. Local birdlife is particularly well represented. The trails are perfect for a relaxed stroll; a more adventurous trail run; or as the start of hike up the back of Table Mountain. Look out for:
	+ ‘Boomslang’ treetop canopy walk to get great views and get a perspective from the treetops
	+ **Colonel Bird’s Bath** Also known as (‘Lady Anne Barnard’s Bath’)
	+ Sculptures
	+ Dinosaur exhibition in the Gardens
* Robin Island Tour – Make sure you book in advance and keep an eye on the weather forecast as you take the Robin Island Ferry Trip and tour [www.robben-island.org.za/tours](http://www.robben-island.org.za/tours)

**Highlight – Seeing Nelson Mandela’s old prison cell**

* V&A Waterfront – The Waterfront precinct includes a working harbour, accommodation, business premises, diverse retail outlets, restaurants and many permanent and temporary exhibitions. The Waterfront is a very popular tourist venue and is an excellent place to experience a blend of traditional and modern Cape Town.

**Highlight – Two Oceans Aquarium** www.aquarium.co.za **. See what is under the Cape Town coastal waters while keeping dry and warm!**

* Open Top Bus Tour – www.citysightseeing.co.za is a ‘hop- on hop-off’ service that is an ideal way to get an overview of Cape Town in a short time. The routes are colour coded depending on the extent of the tour that you want to do. The Blue Mini Peninsula Tour is the most extensive and stops at Kirstenbosch and Constantia Nek (which is 5-minute drive from our house). The Purple Wine Tour overlaps at Constantia Nek and is an option to explore local Constantia Wine Farms
* Chapmans Peak Drive – awe inspiring drive linking Hout Bay and Noordhoek with a winding road cut into the mountain. The views are breath-taking and the engineering achieved to build the road is a marvel. www.chapmanspeakdrive.co.za .

## Outdoors and Active Experiences

If you enjoy outdoor or active experiences, then these are some of our favourite activities:

* Surfing Lessons and Board Rental – Muizenberg is the ideal beach to learn to surf and there are many surf schools that will give lessons and include board and wetsuit rentals. Lifestyle surf shop at the ‘Surfers Corner’ end of Muizenberg beachfront provides certified surf instructors and board and wetsuits - www.lifestylesurfshop.co.za . If you are already an experienced surfer and you want to know about other more advanced surfing options, then please discuss with your hosts. Cape Town has many world class surf spots that work on different conditions. You are welcome to use the Surfing guide book in the room – Surfing South Africa by Spike (Steve Pike).
* Mountain Bike Riding –Refer to the section on Mountain Bike Rental for details. The easiest tracks to access from the house are the greenbelt cycling tracks – which can be joined on the Silverhurst trail (1km from the house). There is an extensive network of trails that allows for almost unlimited riding depending on your appetite for the trail. Night rides by headlight and bike mounted lights are a unique experience and should be done as a guided ride. Constantia Greenbelt riding map can be found at www.tablemountainbikers.co.za and maps for other areas all over Cape Town can be found at [www.tokaimtb.co.za](http://www.tokaimtb.co.za)
* Ziplining – SA Forest Adventures – www.saforestadventures.co.za operate a zipline tour across the valley above Constantia Nek (5-minute drive from the house). The network of ziplines connect across a gorge on linking parts of the Vlakkenberg mountain.
* Golf – Cape Town (and the Constantia Area in particular) has many superb golf courses. 4 options close to Constantia include:
	+ Steenberg Golf Club - www.steenberggolfclub.co.za . Close to Tokai (5 – 10 minute drive) fairways meander amongst vineyards and beautiful properties on this tasteful golf estate.
	+ Westlake Golf Club - www.westlakegolfclub.co.za . On the lower slopes of Ou Kaapse Weg – fairways are lined with pine trees and there is lake which needs to be negotiated on some of the holes. Listen to your caddy when they tell you allow 2 extra balls outside the hole than you expect to allow for the break from the mountain slope ☺
	+ Clovelly Country Club – www.clovelly.co.za . Nestled in the Silvermine valley, Clovelly is a very pretty golf course in natural setting. The course is tight and rewards the strategic golfer. Avoid the rough – it gets thick quickly and you never know what you might find other than your ball!
	+ Royal Cape Golf Club – www.royalcapegolf.co.za. Traditional cape golf experience offers a challenge to golfers of all levels. On a clear day, you will have beautiful views of the back of Table Mountain and Devils Peak. The South Easter can make it challenging in Summer.

## Beaches

Cape Town has several superb beaches characterise by white sand and icy water (particularly on the Atlantic Ocean side) The water on the False Bay side is usually warmer. Each beach listed has its own characteristics and you should choose based on what you are looking for:

* Noordhoek – long white sand beach linking the seaside villages of Noordhoek at the north end and Kommetjie in the South. The beach is great for a beach walk, horse ride and has excellent surfing (not for beginners though). See the section on Popular Walks for more details.
* Llandudno – white sands, icy water enclosed by large granite boulders. Llandudno beach is popular with locals, students, surfers and families and is a great all round option. Break the icy surface before thawing out in the hot sun. Llandudno also has excellent surfing waves, but not easy for beginners.

**Highlight - Cooling down with a granadilla ice lolly in summer is a unique Cape Town experience.**

* Camps Bay – Close to the Camps Bay strip, very popular amongst locals and visitors. The beach is similar to Llandudno and Clifton (white sand, cold blue water) but more easily accessible from the road and close to many trendy restaurants, bars and cafes.

**Highlight – Take a walk on the beach before sunset and enjoy a cocktail afterwards at one of the many trendy cafes as the sun dips into the Atlantic Ocean**

* Clifton – Between Camps Bay and Sea Point under the watchful eye of Lions Head, Clifton is a series of 4 beaches that are the most sheltered from the ‘Cape Doctor’ South Easter that is the prevailing summer wind. White sand, sparkling but chilly water make for a beautiful beach, populated by beautiful bodies!
* Muizenberg (Surfers Corner) – great family beach on the False Bay coast popular for surfing, Stand Up Paddling and other water sports - particularly good beach for learning to surf. Knead is a good coffee, pastry and breakfast spot on the beachfront – www.kneadbakery.co.za .

**Highlight – Take a Surfing lesson at one of the many surf schools in the area -** www.lifestylesurfshop.co.za **is a good choice**

* St James – Good swimming beach about 5 minutes’ drive south from Muizenberg. The tidal pool makes the sea protected from the waves so it’s generally flat.

**Highlight – Brightly painted changing room huts along the beach are an iconic sight at St James Beach**

* Boulders – Series of secluded coves enclosed in granite boulders. Lovely swimming on a warm day in amongst the rocks and the kelp forests. Good idea to take some goggles and if you want to do some snorkelling. Access to Boulders beach is controlled and requires a Wild Card or a permit can be bought at the entrance.

**Highlight –African Penguin colony that shares the beach**

## Markets

* Old Biscuit Mill - www.theoldbiscuitmill.co.za : Vibrant market in the midst of trendy Woodstock, leading the urban regeneration of Cape Town city suburbs. This hipster hangout is popular with both locals and travellers and showcases great local food talents.
* Bay Harbour, The Market, Hout Bay - www.bayharbour.co.za : Weekend market with a focus on local traditional food with a strong seafood influence. Hout Bay’s harbour is a primarily a working fishing harbour and this connection comes through strongly at the market.

## Seasonal Highlights

Certain experiences are dependent on the season or time of year. If you are visiting at a time that overlaps with any of these then they are worth checking out:

* Kirstenbosch Summer Sunset Concerts - www.sanbi.org/gardens/kirstenbosch/summer-concerts - Iconic Summer experience in Cape Town and the perfect way for Cape Tonians and visitors to wind down the weekend on a Sunday evening (usually 17:30 – 19:00, although you may want to get there earlier to secure a picnic spot on the lawn). The line-up includes top local and international performers – try and book in advance to avoid disappointment for the more popular acts.
* Whale Watching (June – November): The seaside town of Hermanus is the best place to whale watch and makes a great day trip from Cape Town, overnight trip or can be incorporated as a stop up the Garden Route. Whether you do a boat tour or just watch the whales in Walker Bay from a vantage point along the cliff path you can get excellent close-up sightings. The best place in Cape Town itself to whale watch is in False Bay particularly from along Boyes Drive that extends above the seaside suburbs of Muizenberg, St James and Kalk Bay.