

# Explore Cape Town in 48 hours

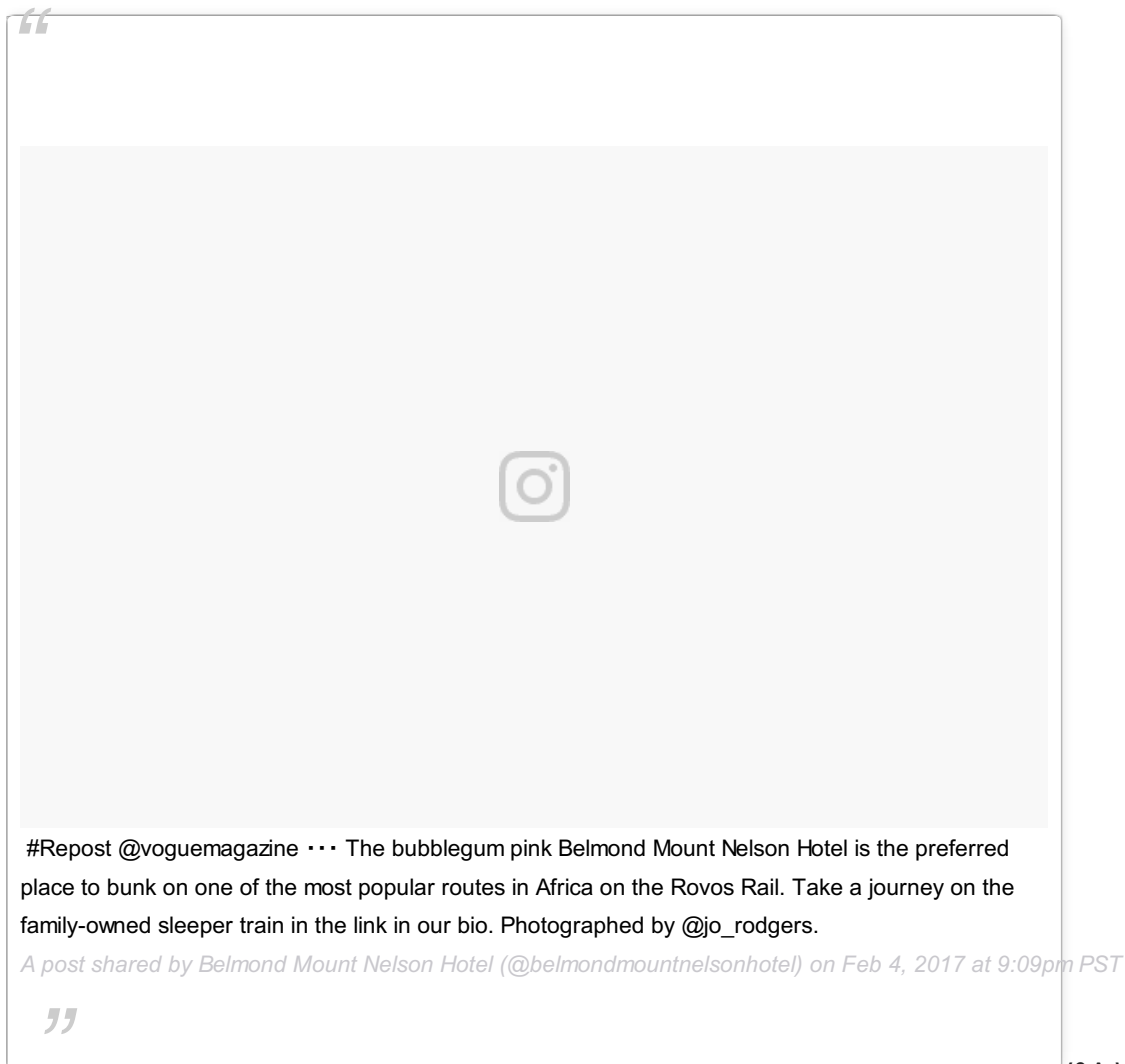
By [Brandon de Kock](#)

18 Apr 2017

The Mother City always features on 'top ten' lists - and for good reason. Curious culinistas get a world-class menu of foodie opportunities, sun slaves can't resist the Atlantic seaboard and nature lovers get an eye-watering visual feast. Here's how to top up your 'I-heart-Cape-Town' tank in just 48-hours. The best part? You don't have to take a single day of leave.

## Friday: Evening – Make your escape

British Airways' Friday schedule gets you out of Johannesburg (take the 7pm or 8pm flight) or Durban (6pm) with time to settle in on the other side. It's an easy 15-minute drive from the airport in a hire car to the city, where the Belmond Mount Nelson – or 'The Nellie' as locals affectionately call it – awaits your arrival.



Alternatively, the Cape Grace is an elegant option if you want to be close to the hub of the V&A Waterfront. Afterwards, head out to gentrifying Salt River and order the brilliant craft beer and food pairing board at Devils Peak Taproom.

## Saturday: 09:00 – Get a caffeine hit

Head to the Woodstock Exchange at 66 Albert Road on the fringe of the CBD and kickstart your day with the java enthusiast's choice: an Ethiopian Yirgacheffe at Rosetta Coffee. Browse boutiques and galleries for a taste of cutting-edge design, marvel at Pedersen + Lennard's furniture solutions, or simply fall in love with artisanal leatherwear at Urban Africa's Atelier.

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Hands down the best coffee in #CapeTown is at @rosettaroastery No doubt about it. It's located at the #WoodstockExchange - one of my favourite places in the city! #proteatakeover #weekendtakeover

*A post shared by Protea Hotels by Marriott® (@proteahotels) on Mar 25, 2017 at 12:05am PDT*

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## 11:00 – Hike the ‘Pipe’

Put on your walking shoes and answer the call of Table Mountain. The Pipe Track on the Camps Bay side offers awesome views of the Twelve Apostles mountain range and is relatively flat, so you'll save some heartbeats for the rest of the day.

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My playground: Cape Town, A truly beautiful city of spectacular scenery with a mix of urban and nature. #pipetrack #trailrunning #viewstodiefor #lovecapetown #spectacularview #run #runhard #runnersworldza #runninggoals #running #instarun #runnersofinstagram #forthe love of running #runningismy passion #passion #irunfitted #xtremerunnerslife #runningcommunity #fitfreak #fitness #funfitness #fitnessgoals #thatfitlife #capetown #mycity #urbantrails #fitspiration #garmin #igers #igerscapetown

A post shared by Sulaiman Jacobs (@dexter\_nerd87) on Apr 18, 2017 at 1:59am PDT

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## 13:00 – Life’s a beach

Depending which of the four seasons in one day you get, you might opt for an afternoon of lizard-like behaviour. Clifton’s fourth Beach is the classic (locals ‘own’ first), but seasoned lotion-lovers will want to head for the more intimate Glen Beach off Camps Bay that’s also a great surf and sundowner spot.

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Come catch the perfect wave! #WowSouthAfrica Glen Beach lies to the north of Camps Bay Beach in Cape Town, with two beaches divided by a rock formation. This area is famous for its beach-break surfing, which local surfers frequent! Along the shore, find small clusters of bungalows that enjoy direct access to the beach - perfect for the less-adventurous beach-goers! Photo by @woodymichael

A post shared by South African Tourism (@visitsouthafrica) on Apr 14, 2017 at 7:38am PDT

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If the weather isn’t quite beach ready, visit the ever numbing District Six museum, followed by a walk up Buitenkant Street for a steampunk espresso at Truth roastery, once voted the best coffee shop in the world. Then it’s time to browse rare and beautiful books at the excellent and well-stocked Book Lounge.

## 15:30 – Back to nature

Amble home via the historic Company’s Garden, buy some nuts and hang out with the world’s friendliest squirrels; or visit the SA National Gallery that closes at 5pm. But don’t forget to leave time for the famous high tea offering back at the Mount

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Afternoon Mountain View #capetown #southafrica #companygardens #tablemountain  
#tablemountainview #kapstadt #tafelberg #südafrika #africa #igersberlinunterwegs #igersworldwide  
#igerssouthafrica #igerscapetown #travelgram #travel #diewocheaufinstagram #theweekoninstagram  
#capetownguide #cityofcapetown #bluesky

*A post shared by Paddyjw (@paddyjw) on Apr 16, 2017 at 11:46am PDT*

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## 19:00 – Hit Bree Street

The epicentre of inner city revival is Heritage Square on Bree Street, an entertainment artery with rollicking bars at one end and Liam Tomlin's unbeatable Chef's Warehouse at the other. You can't book at the latter, but there's a cool 'waiting bar' downstairs where you can order a pre-dinner snack from the daily changing 'tapas for two' menu. Your next stop should be Publik wine bar, home to Frankie Fenner Meats and the charcoal-fuelled Ash restaurant. See what interesting discoveries wine merchant David Cope has on offer by the glass, and buy some biltong for the next day.

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Another beautiful meal💎💎 #chefswarehouse #capetown #travel #food

*A post shared by Riny van der Heide (@rinyvdheide) on Apr 12, 2017 at 11:38am PDT*

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## 20:30 – In the club

The inner-city love child of Luke ‘Test Kitchen’ Dale-Roberts and his wife Sandalene is The Shortmarket Club, where Pot Luck’s head chef/manager duo, Westley Randles and Simon Widdison, get to do their own thing. It’s a fitting stage for ridiculously fine fare, such as six-week old rib-eye on the bone, seared on a Rooikrans-fired grill.

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Good Friday Breakfast at the best ☐ @theshortmarketclub

*A post shared by Kirsty Hawthorne (@kirstyhawthorne) on Apr 14, 2017 at 2:23am PDT*

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## 23:00 – Cap the night

Finish off the night next door at House of Machines. Order the best Old Fashioned in town before following the beautiful people to the tiny bar behind the Honest Chocolate Shop on 64 Wales Street – or go back up Bree to Mother’s Ruin, just to prove the city’s credentials as a global gin capital.

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Don't be a 💎💎 #houseofmachines

*A post shared by R O B I N ® (@robinmeurs) on Dec 2, 2016 at 6:24am PST*

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## Sunday: 08:00 - Go topless

Sleep in, hit the breakfast buffet and prepare for a day of sensory overload. Head out in your hired car or find your way to a CBD stop of the topless, hop-on-hop-off City Sightseeing buses and let someone else do the driving while you enjoy the view – and what a view it is. The round trip mini-peninsula route takes around two-and-a-half hours and buses are 25 minutes apart.

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As if you needed another reason to hop off the bus at @winchestermansions! #repost #foodie  
#atlanticseaboard #lovecapetown #redbussa #capetown

*A post shared by @citysightseeingsa on Feb 14, 2017 at 6:58am PST*

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## 10:00 - Do gardening duty

Your first stop (20 minutes away) is Kirstenbosch Gardens. Breathe deep, wander free and feel the grandeur of Table Mountain. Don't miss the Boomslang canopy walkway before joining regulars for a moment of quiet contemplation in the uppermost corner where the Proteas grow.

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Here's a pic of the Boomslang @tyndall\_craig #Boomslang #kirstenbosch #capetown

*A post shared by Martin Bolton (@boltonmartin) on Apr 15, 2017 at 11:57am PDT*

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## 12:00 – Swirl, sniff and savour

The next stop is Constantia Nek. Change to the purple wine route bus and get off at Groot Constantia. Then walk 10m down the road to Beau Constantia where the Cecily Viognier and Pierre Sauvignon-Semillon will blow you away almost as much as the view. When you've had your fill, find bus seats on the upper left side and don't get off again until you reach the Sea Point stop at Winchester Mansions: the trip along the coast will show you why Capetonians hate leaving home.

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Last few days of holiday calls for settings like these, @beauconstantia you pretty thing! 🍷🍷🍷🍷🍷  
#capetown #winetasting #beauconstantia

*A post shared by Famke (@famkek) on Jan 5, 2017 at 6:05am PST*

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## 14:30 – Walk this way

A stroll on Greenpoint Promenade towards the Waterfront with Table Bay at your side is so quintessentially Capetonian you'll feel like an extra in a movie. If walking isn't your thing and you feel the need to expand your horizons, why not try (safely) jumping off a mountain? Fly Cape Town will strap you into a tandem paraglider and help you make an unforgettable leap of faith off Signal Hill that could last anywhere from ten to 30 minutes.

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What a vibe! 💎💎 Thanks @shotleft!

*A post shared by Ruth Cooper (@remcoopkins) on Mar 30, 2017 at 7:37am PDT*

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## 15:30 – Retail therapy

Your breakaway ends at the V&A Waterfront – still South Africa’s biggest visitor attraction by miles. Avoid the madness of the centre and start with a 100% Angus beef classic cheeseburger from the short-order Mondial hatch. Then walk to the new Watershed market, home to over 150 designer stores such as Tiffany Marx’s Inspired Jewellery and Odeon’s home-grown homeware. After that, the Waterfront’s your oyster until it’s time to head out on the highway: you’ll need 25 minutes to get to Cape Town International.

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Beauty all around. Happy Friday!

*A post shared by V&A Waterfront (@vandawaterfront) on Mar 24, 2017 at 2:30am PDT*

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## **19:00 – Homeward bound**

The last flight out for Johannesburg (it's earlier at 5.30pm for Durbanites) will have you home in time to get a good night's rest and be at work on Monday morning, mental-flossed, ready to go – and already planning your next trip.

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