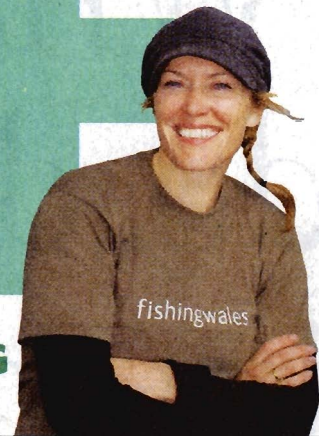


ESCAPE



URBAN ADVENTURE
LONDON BY CANAL P2-3

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WHY I'M HOOKED ON FISHING
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CAPE TOWN UNCOVERED



Who serves the best coffee in Cape Town? How do you book a tour of the Townships? And where's the best place to watch the sun set? Liane Katz has the low-down on South Africa's most cosmopolitan and beautiful city

WHAT TO DO

SCALE TABLE MOUNTAIN

Whether you walk up, abseil down or simply opt for the unnerving cable car ride (the cabin floor rotates), the views from the top are magnificent. The 11 lookout points give majestic views over the city, the peninsula and the coastline. Pray that the mountain's notorious 'tablecloth' cloud doesn't get in the way. An adult return costs R120 (just over £8).

VISIT ROBBER ISLAND

An emotional three-hour trip during which former inmates will show you around apartheid's most notorious political prison. Seeing Nelson Mandela's cramped cell and his attempts to cultivate a garden in the exercise yard is particularly moving, but the spirit of reconciliation is what really inspires. Boats leave from Nelson Mandela Gateway, on the Victoria & Alfred Waterfront. Adult tickets are R150. Call 00 27 21 413 4200 or log on to www.robber-island.org.za.

HIT THE BEACH

Camps Bay and Clifton are home to beautiful sand, beautiful bars and beautiful people. Don't forget, it's the Atlantic so the water's chilly. If you want to swim, make for the warmer beaches at Muizenberg and St James. At Clifton, be sure to check which beach is for you - Fourth Beach is for a young crowd, Third Beach is gay-friendly, First is usually the least crowded.

EXPLORE CONSTANTIA AND THE WINELANDS

You don't need to go far to explore South Africa's 300 years of wine-grow-

ing. Start at the Groot Constantia estate in the city's leafy southern suburbs, with its rolling lawns for picnics, cellar tours and a romantic hilltop pool, then wander through the Klein Constantia and Buitenverwachting estates or head for the stunning scenery of the Stellenbosch, Franschhoek and Paarl wine-lands, under two hours' drive away.

SEE DISTRICT SIX AND THE TOWNSHIPS

Amid the luxury and downtown buzz of Cape Town's 'city bowl' district, it's easy to ignore the fact that most Capetonians live in underdeveloped townships, where they were forcibly relocated under apartheid's Group Areas Act. Most organised township tours begin downtown at the excellent **District Six Museum**, a chilling monument to the displaced communities that once lived in the surrounding streets, now empty. Grassroute Tours (00 27 21 464 4269) offers half-days with registered resident guides for R290.

WHERE TO EAT

CAFE LIFE

As dawn risers, breakfast is a social event for many South Africans - and with such bountiful fresh fruit it's easy to get addicted. The string of nine Portuguese **Vida e Caffe** coffee shops (www.caffe.co.za) keeps most of the town ticking with heavenly brews and pastries. Drop into the Green Point branch for Sunday jazz (on the corner of Portwood and Somerset Road).

Italian coffee purists are to be found at **Giovanni's Deli** (Main Road, Green Point; 00 27 21 434 6893) in Green Point - also ideal for people-watching. In the downtown 'city bowl' district,



From left: a colourful home in the heart of the city, the 'Open' room at Daddy Long Legs and the Planet Bar at the Mount Nelson hotel.



watch the world go by from **Lola's** vegetarian cafe (228 Long Street; 00 27 21 423 0885). It's gay-friendly and serves muffins large enough to last a whole day's browsing in galleries and shops. Up the road, **Cafe Royale** (273 Long Street; 00 27 21 422 4536) serves gourmet burgers in a sleek and stylish diner, perfect for a shopping pit stop. If you're hung over or feeling nostalgic for your student days, **Mr Pickwick's** (158 Long Street; 00 27 21 424 2696) offers unpolished comfort food from breakfast staples to late-night nibbles - and particularly good milkshakes.

For a Sunday brunch with added live jazz, the stylish **Winchester Mansions Hotel** in Sea Point (221 Beach Road; 00 27 21 434 2351) is hard to beat - pick up your free newspaper and

Notoriously fickle Capetonians make sure the food scene is always evolving

glass of bubbly on arrival. A short drive down the peninsula at Kalk Bay is the legendary **Olympia Cafe and Deli** (134 Main Road; 00 27 21 788 6396), drawing crowds for its ciabatta and pastries. Your perfect Sunday in this charming, seaside locale starts with breakfast at Olympia, followed by a nose around the antiques shops and galleries and the

chance to buy super-fresh fish off the boats in the harbour. It culminates in a spectacular lunch at the glass-fronted **Harbour House** (Kalk Bay Harbour; 00 27 21 788 4133; www.harbourhouse.co.za), so close to the sea that water splashes in through the windows.

THE HOTTEST TABLES

Notoriously fickle, trend-conscious Capetonians ensure that the city's food scene constantly evolves. The hottest tables are at the recently opened **Jardine** (185 Bree Street; 00 27 21 424 5640; www.jardineonbree.co.za) and **The Showroom** (10 Hospital Street, Harbour Edge, Green Point; 00 27 21 421 4682), both with open kitchens. At Jardine, Scottish-born George Jardine (ex-Maison Novelli, London) dishes up mouthwatering modern European fare using local ingredients. While the food is world-class and the low-lit dining room minimalist, the atmosphere remains jeans-friendly and relaxed.

Over at The Showroom, flamboyant Bruce Robertson, formerly head chef at the exclusive Cape Grace Hotel, is letting rip with 'high-impact food' served with bucketloads of personality. Housed in a luxury car showroom - look right for the Lamborghinis and left for a view of Cape Town's famous unfinished flyover - his all-white dining room is peppered with Starck's transparent ghost chairs. Try his signature salads and crayfish curry.

In the affluent suburb of Newlands, **Au Jardin** (00 27 21 657 4545) serves French-influenced 'Cape Provencal' food to devoted fans.

Long-standing favourites include **La Perla** (Beach Road, Sea Point; 00 27 21 439 9538) and **Andiamo** (Cape Quarter, Waterkant Street, Green Point; 00 27 21 421 3687/8) for Italian classics, while

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A view of Cape Town with the Twelve Apostles range in the background. Photograph by Hans-Peter Huber



THE INSIDE TRACK

MY PERFECT DAY Time Out's Cape Town editor, Lisa Van Aswegen, shares her favourite spots in the Mother City



My perfect day in Cape Town would start with a caffeine kick from **Vida e Caffe**; they've got the friendliest baristas and you get a little Lindt choccy with your order - perfect for melting into a latte. Then it's down to Sea Point promenade for a brisk walk along the waterside, to breathe in some sea air and watch the locals.

Having worked up an appetite, I'd have brunch at **Manna Epicure** (151 Kloof Street; 00 27 21 426 2413) the epitome of City Bowl stylishness. I'd go for coconut bread with scrambled egg or a chicken Caesar salad served in a vast wooden bowl.

Now it's time to activate the brain cells and check out some funky new art, so I'd head over to **What if the World** (11 Hope Street, www.whatiftheworld.com) which provides a platform for talented young artists to showcase their works. There's always plenty of new and intriguing art here - it's a space I love watching evolve.

No day is complete without a touch of retail therapy, and **Wall-flower** (Portside Centre, Green Point) is a haven of things pretty and useful for the home - the ideal place to buy presents. They have exquisite glassware, ceramics and my favourite: inspiring 3D wooden hearts in all sizes.

If the energy levels are

flagging a bit, the cutest little tea shop to refuel at is **La Petite Tarte Shop** (11A, Cape Quarter, De Waterkant Street). Imported teas are served in gorgeous pots and the tarts (Belgian chocolate and pear, tangy lemon or simple carrot cake) are irresistible.

If I had time, I'd head to the **Angsana Spa** at The Vineyard Hotel (00 27 21 657 4700; www.vineyard.co.za) - an oasis of indulgent luxury. The service is flawless - from the foot bath before your treatment to flowers under the massage table.

Time for sundowners, and a view of the sun setting over the Atlantic from Camps Bay can't be beaten. **The Sandbar** in Camps Bay (31 Victoria Road) is refreshingly unpretentious, with very quaffable daiquiris, but if the crowds are crazy you'll find me at **Relish** (70 New Church Street, Tamboerskloof) with its view of Table Mountain. It's always hot and happening on Fridays. I adore the latest food trend to take Cape Town by storm: tapas. **Fork** (84 Long Street, City Centre; 00 27 21 424 6334) stands out: imaginative creations (the pasta roulade with aubergine, tomato and rocket is a must) are perfect for sharing over a languid evening. And once I've eaten my fill, Long Street is at my feet and I'd pop into **Miam Miam** (196 Long Street) to watch the gorgeous people. A courtyard with couches and house music make you feel at home.

All in all a good day spent in Cape Town!



Bukhara (33 Church Street; 00 27 21 424 0000; www.bukhara.com) tops the charts for north Indian specialities. For African treats such as crocodile kebabs and mango chicken, accompanied by live bands, head to **Mama Africa** (178 Long Street; 00 27 21 426 1017). For pick-your-own fish, great sushi and ocean views, opt for the **Codfather** on the Camps Bay riviera (37 The Drive; 00 27 21 438 0782/3).

WINING AND DINING

Foodies should make a pilgrimage to Franschhoek. As the name suggests (it means 'French corner' in Afrikaans), this is where Huguenots settled in the 17th century, bringing their winegrowing and cheesemaking expertise. The valley views and low prices of **La Petite Ferme** (00 27 21 876 3016/8; www.lapetiteferme.co.za) and **La Haute Cabriere** (00 27 21 876 2630; www.cabriere.co.za) will not disappoint.

Le Quartier Français (16 Huguenot Road; 00 27 21 876 2151; www.lqf.co.za) made it into this year's Restaurant magazine Top 50. The wine-producing enclave of Constantia, just minutes from the centre of Cape Town, has a couple of great restaurants. One hidden gem offering an upmarket cafe and fine dining restaurant is the **Buitenverwachting** winery, (Klein Constantia Road, Constantia; 00 27 21 794 5190; www.buitenverwachting.co.za).

For an intoxicatingly wide range of wines to taste in the centre of town, head for the intimate **Caveau Wine Bar and Deli** (92 Bree Street; 00 27 21 422 1367; www.caveau.co.za) which attracts a lively after-work crowd but is open all hours from breakfast through to dinner. Great tapas is served to mop up wines served by the glass.

NIGHTLIFE

Start your night out with a sundowner on the deck of the Radisson Hotel bar or the terrace at the **Twelve Apostles** (see below) in Camps Bay. Whisky fans will be at home at the classy **Bascule** bar at the Cape Grace Hotel (see below) with more than 400 varieties of malt. Then pick up pace at the Mount Nelson Hotel's much-loved **Planet Bar** (00 27 21 483 1000), a surprisingly kitsch and playful haunt given the grand old image of its host. Look out for the cosmic lighting in the conservatory and Lord Nelson's face beaming out of the back of the barstools. From there, head downtown to Long Street, keeping alert to the standard

big city dangers - always drive or take a taxi. The **Joburg Bar** is heaving at weekends (218 Long Street; 00 27 21 422 0142); for a less hectic option have a cocktail at the Metropole Hotel's **M-Bar** (38 Long Street; 0871 871 6156 for UK inquiries).

For a salsa session, head for **Bossa Nova** (43 Somerset Road, Green Point; 00 27 21 425 0295) or tune into live jazz at the **Dizzy Jazz Cafe** in Camps Bay (The Drive; 00 27 21 438 2686). A well-known gay circuit venue is **Bronx** (35 Somerset Road, De Waterkant; 00 27 21 419 9216) while R&B fans should drop in at **169 On Long** (169 Long Street; 00 27 21 426 1107). You'll find the beautiful people at the **Hemisphere** club and cocktail lounge (31st floor, Absa Centre, 2 Riebeeck Street; www.hemisphere.org.za) and celeb-friendly **Rhodes House** (60 Queen Victoria Street; 00 27 21 484 8844; www.rhodeshouse.com).

WHERE TO SHOP

Bring a spare suitcase: Cape Town offers a range of high-quality crafts, from handmade paper to intricate bead and wire work. Head for the daily **Greenmarket Square** flea market for an initiation and try **Green Point Stadium** on a Sunday for huge choice and great street food. Lose yourself on Long Street with its **Pan-African Market**, clothes and secondhand bookshops and the fabulous **Tribal Trends** at No 72. And don't miss the beads emporium at No 223 or the well-stocked and friendly **African Music Store** at No 134.

For local designers on show, visit **India Jane** (125 Agter Waterkant Street, Cape Quarter; 00 27 21 421 3517) and for kitsch and cool home accessories drop into **East of Eden** (A17 Cape Quarter, 72 Waterkant Street). The V&A Waterfront has a huge range, a highlight being the **Carrol Boyes** shop showcasing the local designer's stunning pewter homewares (www.carrolboyes.co.za).

When in Kalk Bay, drop into Cape to Cuba for a taste of Old Havana and a rare 'shop as you eat' experience: all the furniture is for sale (165 Main Rd; www.capetocuba.com).

WHERE TO STAY LUXURY

For exclusive but convenient luxury, look no further than the **Cape Grace** (West Quay Road, V&A Waterfront; 00 27 21 410 7100; www.capegrace.com). Enviously located on a private quay within the city's flagship shopping and eating development, this 10-year-old palace of comfort is surrounded on three sides by water, meaning a harbour or marina view for every room. Service is faultless, as you'd expect for R4,390 (just over £300) a night. Rooms are cavernous, if a touch old-school, though they are being sexed up over the next few months. Fashionistas may prefer the **Twelve Apostles** out in Camps Bay (00 27 21 437 9000; www.12apostleshotel.com), with its private cinema, grotto spa and cutting-edge decor. Traditionalists after a bit of colonial nostalgia should head to the **Mount Nelson** (76 Orange Street; 00 27 21 483 1000; www.mountnelson.co.za), established in 1899 and home to war correspondent Winston Churchill during the Boer War.

MODERATE

As alternatives to the tourist-heavy Waterfront, the increasingly lively uptown suburbs of Gardens, Oranjezicht and Tamboerskloof, at the foot of Table Mountain, provide some good-value options and breathtaking views. A stylish boutique gem is **Dunkley House** (00 27 21 462 7650; www.dunkleyhouse.com) in Gardens. Rooms in this converted Victorian house have private doors on to the courtyard pool and terrace and go from £52 B&B in spring and summer. Nearby **Floreal House** in Oranjezicht (00 27 21 465 6259; www.florealhouse.com) offers stylish comfort with an outdoor pool from £34pp in low season (May to August) and £44 in high season.

Downtown, in ever-lively Long Street, the **Metropole** hotel offers stylish rooms from £69 for a double (38 Long Street; 00 27 21 424 7247; www.metropolehotel.co.za). A funkier option down the street is the **Daddy Long Legs** budget boutique hotel and self-catering apartments (263 Long Street; 00 27 21 424 1403). It opened in late 2005 and each room is the work of a different artist. Try to book the 'Open' room, plastered with a photo montage of local sunrises and sunsets.

BUDGET

A **Sunflower Stop** is a clean and safe bet (179 Main Street, Green Point; 00 27 21 434 6535; www.sunflowerstop.co.za) as is the luxurious **Ashanti Lodge** (11 Hof Street, Gardens; www.ashanti.co.za; 00 27 21 423 8721).

As it is difficult to explore Cape

Town's outlying townships independently, it's worth arranging to stay at one of the socially beneficial B&Bs. **Vicky Ntozini** welcomes guests to her shack at C-685 Kiyane Street, Site C, Khayelitsha (00 27 21 387 7104; vickysbandb@yahoo.com).

OUT AND ABOUT

You're best off hiring your own transport. Walking alone is not the done thing in South Africa and marks you out as a tourist. National car hire has efficient offices downtown and at the airport (www.nationalcar.co.za; 00 27 21 934 7499). Two-wheel options include **Harley-Davidson** rentals and

tours (45 Buitengracht; www.harley-davidson-capetown.com) or scooter hire at **Cape Vespa** (108 Kloof Street; 00 27 21 426 5042). **Rikkis** runs a cheap minibus taxi service (00 27 21 418 6713; www.rikkis.co.za).

Liane Katz is the travel editor of Guardian Unlimited.

GETTING THERE

South African Airways (0870 747 1111; www.flysaa.com) has daily flights to Cape Town from Heathrow, from £528 return plus taxes.

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