

# Suggested Itineraries in Cape Town

There is a lot to see and do while high comp in Cape Town and if your time is limited, it is a good idea to plan a rough itinerary in order to make the most of your stay. If you plan well, you can look forward to a bumper visit, whether it be 3-days or 3-weeks.

[3 days](#) | [5 days](#) | [7 days and more](#)

3-days in Cape Town

DAY ONE: Peninsula Tour including Hout Bay

DAY TWO: Wine tasting and/or Kirstenbosch Gardens

DAY THREE: Robben Island, V&A Waterfront and Table Mountain

DAY ONE: Start off on your first day by orientating yourself with a trip around the Cape Peninsula. Follow the False Bay coastline via Kalk Bay, Fish

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Making the most of your stay at Cape Town requires a bit of planning, but you can be assured it will be worth the time and effort. Having a plan means you can see and do more, and visit places your entire family will enjoy.

To help make your job easier, we've developed a few simple plans to accommodate your stay.

For a weekend, or a mid-week trip, a three day itinerary might include a peninsula tour, wine tasting and a trip to Robben Island.

Spectacular 3-day tour

Day 1: Begin by taking a trip around the Cape Peninsula, following the False Bay coastline. Travel through beautiful Kalk Bay and Fish Hoek, stopping at Cape Point. On your way to Hout Bay be sure to stop by Scarborough and Kommetjie, working your

Hoek and Simon's Town and stop at Cape Point. Continue via Scarborough and Kommetjie and then follow Ou Kaapse Weg past Silvermine and down into the Constantia Valley. In the afternoon, head for Hout Bay and stop-off at the harbour for fresh fish and chips or a boat trip to the seal colony at Duiker Island. Continue your peninsula tour via Llandudno to Camp's Bay and take a walk on the beach or enjoy a cocktail at one of the many beachfront bars and cafe's.

DAY TWO: Go wine tasting in Stellenbosch and Franschhoek. There are an abundance of wine estates to visit, so collect a wine route map from a tourism office or decide where to stop as you go along. Both areas have excellent wine routes that are well sign-posted and easy to find. Enjoy a leisurely lunch at one of the wine estate restaurants or stop-off in Franschhoek's main street for a selection of quaint cafe's and bistros. Both areas are worth visiting, and although there is a fair amount of driving involved the scenery along the way is spectacular. Alternatively, stay closer to home and visit the

wine auction  
wine country  
wine decanter  
wine delivery  
wine on line  
wine openers  
wine prices  
wine ratings  
wine shop  
wine tasting  
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winecape town  
tourism  
cape town tours  
cape town  
vacation  
wine courses  
camps bay  
cape town bed  
and breakfast  
cape town guest  
house  
cape town villas  
garden route  
south africa  
places to visit  
wine country  
tours

way down to Constantia via Silvermine and Ou Kaapse Weg.

Have your fill of fresh fish once you get to Hout Bay, take a boat trip off the harbor and then be sure not to miss the seal colony at Duiker Island.

Travel toward Llandudno and continue on to Camp's Bay. Once there enjoy the beautiful beach, sit and watch the sunset at one of the beachfront restaurants or bar, and enjoy the evening.

Day 2: Day two includes wine tasting and leisurely travel through beautiful vineyard countryside. Stop at Stellenbosch and Franschhoek. Select one of several wine estates where you can enjoy history and explore the wine cellars. Signs along the routes will help you travel from one location to another.

Many of the estates also offer award-winning restaurants, so enjoy a delicious lunch or afternoon tea along the way.

For cafe's and bistros be sure to stop off at Franschhoek and travel the main street. For less travel stay near Constantia and

Constantia wine estates in eitherwine tasting the morning or afternoon - this will give you time to visit the beautiful Kirstenbosch National Botanical Gardens.	course wine tasting glasses wine tasting tours winery tours cape town apartments hotels in cape town south africa radisson hotel cape town wine journal wine tasting experience wine tasting gift accommodation in cape town south africa camps bay accommodation cape town lodging day tours hout bay make your own wine bed breakfast cape town
Flowers in full bloom at Kirstenbosch Gardens	cape town guest houses
DAY THREE: Take the ferry to Robben Island for a glimpse into the political history of South Africa. The trip includes a tour around the island and a tour through the prison - led by a previous inmate (note: book in advance). On your return, spend a few hours shopping at the V&A Waterfront with its wide selection of boutiques and markets, cafe's and restaurants. In the late afternoon, take the cablecar to the top of Table Mountain for a birds eye view of the city and the harbour.	cape town south africa accommodation cape winelands
5-days in Cape Town	
DAY ONE: Peninsula tour and Boulders Pengiun Colony	
DAY TWO: Table Mountain	

visit Kirstenbosch National Botanical Gardens. Either option offers spectacular scenery worthy of a day's efforts. Kirstenbosch Gardens are especially beautiful during spring, when flowers are in full bloom.

Day 3: Travel to Robben Island for an historic glimpse of South Africa. Ferry's travel to the Island daily and you can even purchase packages that include a tour of the island and the prison. Prison tours are led by previous inmates, though you may want to book these popular tours in advance. These tours provide a perfect opportunity for a view at the political history of the area.

After your Island tour spend some time shopping at the V & A Waterfront. This area offers a wide collection of markets and shops, and restaurants or cafe's for your dining pleasures.

For a spectacular view at sunset take a ride on the cable car to the top of Table Mountain. The cars provide a unique view of the city and surrounding areas.

Leisurely 5 or more days

and Greenmarket Square  
 DAY THREE: Wine tasting in Stellenbosch and Franschhoek  
 DAY FOUR: Kirstenbosch Gardens and Township Tour  
 DAY FIVE: Robben Island and V&A Waterfront

DAY ONE: Start off on your first day by orientating yourself with a trip around the Cape Peninsula. Follow the False Bay coastline via Kalk Bay, Fish Hoek and Simon's Town. Stop off at the penguin colony at Boulder's Beach and then continue to the Cape Peninsula National Park and Cape Point. Within the reserve you will see a wide range of indigenous fynbos as well as baboons, buck and Cape Mountain Zebra. Take a photo at the most southwestern tip of Africa and admire the views from the cliff tops at the old Lighthouse.

DAY TWO: Take the cablecar to the top of Table Mountain for a birds eye view of the city and the harbour as well as the Atlantic Seaboard beaches. Visit Greenmarket Square in the city centre for some African art, jewellery and clothing and then spend the afternoon soaking up the sun at either Camp's Bay or

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For a longer stay, try one or all of the following recommendations for a stay of five or more days. What can you accomplish in five days?

- Peninsula tour
- Bouders Penguin Colony
- Table Mountain
- Greenmarket Square
- Stellenbosch wine tasting
- Franschhoek
- Kirstenbosch Gardens
- Robben Island
- V&A Waterfront

Day 1: Begin your journey with a trip around the Peninsula working your way toward Boulder's Beach. Along the way follow the coastline of False Bay, through Kalk Bay, Fish Hoek and Simon's Town.

Once you've bid hello to the penguins, continue on to the Cape Peninsula National Park and to Cape Point. These reserves offer a range of indigenous fynbos and wildlife, including buck, the Cape zebra and baboons. At this point you'll have found the southwestern most tip of Africa, where you can admire the cliffs and take in the view from the top of the old

Clifton beach.

DAY THREE: Go wine tasting in Stellenbosch and Franschhoek. There are an abundance of wine estates to visit, so collect a wine route map from a tourism office or decide where to stop as you go along. Both areas have excellent wine routes that are well sign-posted and easy to find. Enjoy a leisurely lunch at one of the wine estate restaurants or stop-off in Franschhoek's main street for a selection of quaint cafe's and bistros. Both areas are worth visiting, and although there is a fair amount of driving involved the scenery along the way is spectacular.

DAY FOUR: Go to Kirstenbosch National Botanical Gardens and enjoy either a leisurely stroll or a more strenuous hike. The gardens are a showcase of South African flora with meandering pathways, small streams and spectacular views from the upper slopes. Then, go on an organised township tour and experience for yourself the vibrancy and spirit of the African people.

DAY FIVE: Take the ferry to

wine tasting  
room  
wine tasting  
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cape town  
packages  
cape town  
tourist  
hout bay south  
africa  
kalk bay  
villa cape town  
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invitations  
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constantia cape  
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hout bay cape  
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tours in cape  
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valley tours  
wine tasting  
games  
winelands south  
africa  
cape town  
luxury

Lighthouse.

Day 2: Start with a spectacular ride on the cable car up to the top of Table Mountain. The view offers a unique look at the city and surrounding area as well as the Atlantic Seaboard.

Visit Greenmarket Square for some fine shopping. You can peruse fine African art, jewelry and clothing as well as other fine African collectibles. For the evening spend a leisurely stroll along the beaches of either Camp's Bay or Clifton Beach.

Day 3: Wine tasting and leisurely travel through beautiful vineyard countryside highlights day three. Stop at Stellenbosch and Franschhoek. Select one of several wine estates where you can enjoy history and explore the wine cellars. Signs along the routes will help you travel from one location to another.

Many of the estates also offer award-winning restaurants, so enjoy a delicious lunch or afternoon tea along the way.

For cafe's and bistros be sure to stop off at Franschhoek and travel the main street. For less travel stay near Constantia and

Robben Island and visit the prison that was home to Nelson Mandela as well as many other political prisoners. The trip also includes a tour around the island with its spectacular views back towards Table Mountain. Then spend the afternoon at the V&A Waterfront with its shops, craft markets and many restaurants and cafe's. You could also visit the Two Oceans Aquarium.

#### 7-days or more in Cape Town

Seven days or more in Cape Town gives you the opportunity for a leisurely holiday and means you can spend at least one or two days relaxing at your choice of Cape Town's [beautiful beaches](#). Do something adventurous such as joining a mountain biking day-trip, go horseriding in Constantia or Noordhoek or take a scenic helicopter trip. For golf enthusiasts, there'll be plenty of time to try out a few of Cape Town's excellent golf courses and if you enjoy the outdoors there are many popular walking and hiking routes in the surrounding

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camps bay cape  
town travel  
camps bay  
retreat hotel  
cape town  
cape peninsula  
tour  
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africa  
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attractions  
cape town beach  
house

visit Kirstenbosch National Botanical Gardens. Either option offers spectacular scenery worthy of a day's efforts. Kirstenbosch Gardens are especially beautiful during spring, when flowers are in full bloom.

Day 4: For day four, take your pick of a leisurely stroll or a challenging hike through Kirstenbosch National Botanical Gardens. These gardens are home to South African flora, small streams, spectacular views, and amazing views.

Day 5: Day five includes a political outing to the famous Robben Island, home of Nelson Mandela and other political prisoners. Tour the island, with a marvelous view of Table Mountain, and enjoy a tour of the prison from a former inmate.

Afterward, spend the day at V&A Waterfront for some shopping. Visit the many craft markets and shops, and then enjoy a leisurely meal at one of the many restaurants or cafes. If you still have some time on your hands, a trip to the Two Oceans Aquarium is never

forests and mountains. If you are a shopping fan, visit Kalk Bay or Hout Bay for quaint main street shops from art to decor or shop till you drop for clothing, accessories and much more at the V&A Waterfront, Canal Walk or Cavendish Square.

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constantia south  
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accommodation  
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hermanus cape  
town  
hotel cullinan  
hotel southern  
sun waterfront

disappointing.

Seven or more days

If you have the opportunity for a week or more in Cape Town then you have many options available to you. Spend at least a couple days relaxing at one of the spectacular beaches, take an adventurous helicopter ride or join a mountain biking troupe for the day. See the sites, enjoy the outdoors, and of course, take in the marvelous shopping along Kalk Bay or Hout Bay.

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