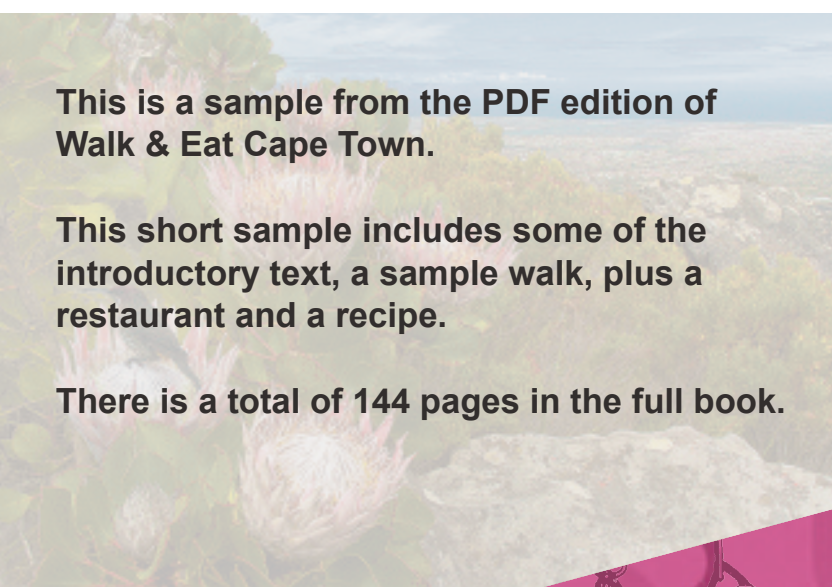




walk & eat



CAPE TOWN



**This is a sample from the PDF edition of
Walk & Eat Cape Town.**

**This short sample includes some of the
introductory text, a sample walk, plus a
restaurant and a recipe.**

There is a total of 144 pages in the full book.



walk & eat



CAPETOWN

PLAN OF CAPE TOWN	<i>inside front cover</i>
INTRODUCTION	4
the excursions	5
the walks	5
the restaurants	6
the recipes	8
cape food	9
south african wines	9
planning your visit	10
when to go	10
where to stay	11
what to take	12
medical advice	12
getting the most from your visit	14
safety in cape town	14
getting around cape town	16
tourist information	18
planning your walks	20
shopping for self-catering	20
finding out more	22
the authors	22
WALK 1 • cape town highlights	24
restaurant: mama africa (cape town)	34
recipe: <i>bobotie</i>	35
WALK 2 • pipe track	36
restaurant: café paradiso (cape town)	42
recipe: pickled fish	43
WALK 3 • lion's head	44
restaurant: the restaurant on table mountain (cape town)	50
recipes: butternut squash salad	51
WALK 4 • maclear's beacon	52
restaurant: marimba (cape town)	58
recipe: spiced ostrich fillet with prune-potato bake	59

WALK 5 • platteklip gorge	60
WALK 6 • skeleton gorge and nursery ravine	66
restaurant: silver tree (kirstenbosch gardens, cape town)	72
recipe: sweet and sour carrots, fruit with red wine sauce	73
EXCURSION 1 • hout bay circuit	74
WALK 7 • table mountain reservoirs	82
restaurant: constantia nek, constantia	88
recipe: <i>braai</i> ed chicken <i>sosaties</i>	89
WALK 8 • hout bay to karbonkelberg	90
restaurant: lookout deck, hout bay	96
recipe: tomato <i>bredie</i>	97
EXCURSION 2 • simon's town by train	98
WALK 9 • mimetes valley	106
restaurant: empire café (muizenberg)	112
recipe: <i>lal</i> frikkin' chickin'	113
WALK 10 • the amphitheatre and echo valley	114
restaurant: olympia café and deli (kalk bay)	120
recipe: <i>braai</i> ed (barbecued) fish	121
WALK 11 • simon's town to boulders beach	122
restaurant: boulder's beach (simon's town)	128
recipe: thai seafood and butternut squash	129
WALK 12 • cape point	130
restaurant: two oceans (cape point)	136
recipe: <i>sambals</i>	137
EAT GF, DF	138
eating out	138
gf, df shopping	138
conversion tables	141
LANGUAGE	142
INDEX	143
MAP OF THE CAPE PENINSULA	<i>inside back cover</i>



Cape Town, a dynamic, modern, cosmopolitan city, is well-blessed for walkers, with Table Mountain and Lion's Head on its doorstep, and the rugged Cape Peninsula just a short trip away by public transport. With excellent restaurants, glorious weather most of the year, and daily flights from major airports, it makes a perfect holiday destination.

This guide contains enough walks, excursions, restaurants and recipes to occupy most of two weeks, so you can choose whichever appeal to you most. The highlights at a glance:

- 12 varied day walks, each with topographical map
- 2 excursions, each providing access to some walks
- recommended restaurants linked to each walk
- recipes using the best of South African produce, to make at your self-catering base (and perhaps back home)
- special section with hints on wheat-, gluten- and dairy-free eating and cooking in Cape Town

INTRO

THE EXCURSIONS

Books in the *walk & eat* series are based around public transport, for those who prefer not to drive. In Cape Town, some buses and trains are not recommended for visitors (see page 14). However, we've chosen two short excursions, one by train and one by tourist bus, on which visitors are welcomed and safe.

The bus trip circumnavigates Table Mountain, via Kirstenbosch Botanic Gardens, Constantia Nek and Hout Bay, from each of which we also recommend walks. The train travels down the Cape Peninsula as far as Simon's Town, and provides access to several other walks and on to Cape Point itself. Even if you don't do the walks, the excursions are well worth taking for an overview of the area's landscapes.

THE WALKS

Here, we were spoilt for choice. We've consulted friends and local experts to select the best walks around Cape Town. We've tried them all ourselves, and selected our favourites. These are *not* walks for fanatical hikers, although some are fairly demanding. In our view, there is no point in travelling to Cape Town *just* to walk. Rather, we hope that readers will want to take the time to explore and to *look*. Our walks are designed to be enjoyed at leisure, and to give a feel for the culture, landscapes and some of the wildlife of the Cape Peninsula.

The walks range from an easy stroll in Simon's Town taking in a beach full of African penguins to a rugged climb onto the Lion's Head for a stunning view. They include the best walks on



Wildlife, like these African black oystercatchers, are a strong feature of all our walks.

Table Mountain, and a selection of great walks on the Cape Peninsula, from Muizenberg to Cape Point.

THE RESTAURANTS

Food should be a highlight of any holiday, and the food in Cape Town is almost uniformly good and rarely expensive. We've selected restaurants that combine with our walks, providing a memorable end to a wonderful ramble, a relaxing lunch *en route*, or a wholesome breakfast before you start. We've chosen restaurants that specialise in South African or Cape Malay food, so you can enjoy real Cape Town eating.

We had two key tests for the restaurant. Firstly, they had to welcome us straight off the hill, hot, scruffy and tired. Secondly, the staff (often called 'waitrons' in politically correct Cape Town) had to be able to cope with Sue's 'difficult' diet, so we can guarantee that every restaurant in the book can provide gluten- and dairy-free meals if you ask. We chose all the restaurants before telling them we were researching a book, and *no restaurant has paid, in cash or kind, to be included in this guide.*

There is plenty of accommodation available from Muizenberg to Simon's Town and at Hout Bay if you want to extend your stay and not worry about late-night transport: book ahead

with Cape Town Tourism (see page 18).

All our recommended restaurants are good value by European standards. They are all broadly in the same price range, but we've attempted a rough price code for each (see box). Booking ahead for these restaurants is rarely needed, but it's worth considering if you are planning your walk to include a meal! Many have web sites, with photographs to whet your appetite!

KEY TO THE RESTAURANT ENTRIES

☎ telephone number; www. web site; @ e-mail address

R = main meal under R100*

RR = main meal R100-130*

RRR = main meal over R130*

CC: credit cards accepted: Visa (V), Mastercard (MC), American Express (AM), Diners Club (DC)

*based on starter, main course and coffee, including any cover charges



THE RECIPES

Some days, after a long walk, it is much nicer to 'eat in' at your apartment. We've asked our friends in Cape Town, and some of the restaurants we've visited, for recipes based on fresh, local South African produce and suited for self-catering apartments. We've

'Café' usually conjures up formica table-tops, ketchup bottles and so-so food. Not so in the Cape! Yes, the atmosphere is casual, and the décor anything but elegant, *but* the quality of the food is very high. Examples are this gorgonzola sirloin at the Olympia Café in Kalk Bay — or the superb and imaginative dishes at the Café Paradiso in Cape Town (page 42) and the Empire Café in Muizenberg (page 120).

tried them all ourselves in the apartments we've stayed in, to make sure they work with an oven, a couple of rings and a limited range of dishes and utensils.

South Africans love their *braais* (barbecues), and many apartments in rural areas have a *braai* in the garden, so we've also selected a couple of simple *braai* recipes to try. Whether the recipes in the book will work as well back home, away from the sunshine of the 'mother city', is open to question, but many of the ingredients are available in ethnic food shops, and an accompanying South African wine will undoubtedly help!

And good news for anyone suffering food intolerances: all of the recipes can be **gluten- and dairy-free** (see page 136).

SOUTH AFRICAN FOOD

With its 'rainbow cuisine', Cape Town offers diverse international food. However, we suggest trying restaurants that offer a modern 'take' on menus from the many indigenous cultures of South Africa (as all our recommended restaurants do).

Many native African dishes are high in carbohydrates, using **maize** kernels, dried and broken to make *samp*, or ground into a fine-grained porridge called *mieliepap*. Probably unappetising in quantity, these now make interesting accompaniments in innovative, contemporary dishes.

Meat from subsistence hunting was tough and unreliable, so needed to be slow-cooked in *potjie* (cast-iron pots). Delicious modern versions use tender venison (usually now ranched sustainably). Salted, spicy, **dried meats**, called *biltongs*, are a local favourite to chew as a quick snack. For the *braai*, traditional fare

streams is also generally safe to drink, although you should never drink water downstream from any habitation. Travellers should also remember the high prevalence of HIV/AIDS in Africa.

GETTING THE MOST FROM YOUR VISIT

Safety in Cape Town

The disparity between wealth and poverty in Cape Town means that some crime is inevitable, and many of the better-off locals live behind high security fences. Frankly, we've felt no more threatened in Cape Town than in, say, London, Paris or any large city. However, you should be aware of crime levels and take sensible precautions. Never leave property unattended, and keep valuables in a strongbox in the hotel or apartment. Carry a certified copy of your passport with you, rather than the document itself.

It's unwise to walk alone and some of the poorer areas are best avoided. Always keep to the busier, well-lit streets at night. Don't flaunt cameras, binoculars and expensive handbags. Keep your wallet or purse safe from pickpockets, and, as security against robbery, keep small change in your wallet or purse, and bank notes and credit cards hidden in an inside pocket.

Note also that in 2006 there was a spate of unpleasant muggings at various points on the Contour Path round Table Mountain. This popular route is *not* one of our walks, but a couple of our routes cross it or join it briefly. Security patrols have been greatly stepped up there since, but the best security



Leafy Greenmarket Square (Walk 1)

is to walk there in a group and certainly not alone. Busy weekends might be safer too.

Other safety precautions are simply common sense. Some of the walks are rough going, so don't tackle them alone. Mobile phones provide a useful safety precaution and work well in most areas (but keep them well hidden). Swim only in areas that have been marked as safe by lifeguards.

Getting around Cape Town

One area that caused us pause for thought in compiling this book was the safety of public transport. The better-off (mostly white) Capetonians tend to drive everywhere. That means the local 'Golden Arrow' buses are used mostly by the poorer (primarily black) community. Robberies do happen on these buses, but, much more likely, you will simply feel conspicuous and uncomfortable as a tourist on a predominantly work-person's bus. The local guidance is not to use these buses.

Until recently, the local trains were similar, but **Metrorail** has made a big effort to improve its reputation, with more police travelling on the trains. The coastal route down to Simon's Town has a good safety record, although we recommend travelling first class (called **MetroPlus**), and selecting a train carrying the Biggys Restaurant Car, which provides extra safety – and meals or snacks (see Excursion 2).

The '**City Sightseeing**' buses are a boon. The 'red route' double-decker bus takes you around the main tourist haunts in the city and is a convenient way to get to Table Mountain. The 'blue route' takes you well out of the city, on a round trip to Kirstenbosch, Hout Bay and Camps Bay (see Excursion 1). All-day tickets for either route costs R100, and can be good value if you hop-on, hop-off several times.

We do *not* recommend the minibus taxis that locals use, although these will often tout for your business if you are walking in the city. However '**Rikki**' taxis are quite different and approved by the local Tourism Bureau. These mini-vans



This city centre walk gives a flavour of the history, cultural diversity and lifestyles of Cape Town. If a full day walk is too demanding in the heat, you could do it in shorter sections. Since it's a circuit, the tour can begin wherever is most convenient for your base; use the plan inside the front cover to join where you like.

cape town highlights

WALK

The Castle of Good Hope makes a good **starting point**, and the red route City Sightseeing bus stops outside. There's lots to see on this walk, but the choice is so much a matter of personal taste, we haven't attempted timings. If you have deadlines, use the plan on the inside front cover to help you complete the circuit in time. *(Note that, as in common usage in Cape Town, we omit 'Street' etc from street names.)*



The massive, five-sided **Castle of Good Hope** was completed in 1679, making it South Africa's oldest occupied building. It has never seen action, but remains the headquarters for the Western Cape military command. There's been lots of restoration, including the original moat and wooden bridge. The governor's residence inside has some fine Cape Dutch

See plan inside front cover.

Distance: about 6.5 km (4 mi); allow anything from 4 to 8h, depending on how often you stop.

Grade: Easy walking, but can be hot and tiring; little shade.

Equipment: 'sensible' shoes, sunhat, money for shopping and refreshments

Transport:  red City Sightseeing bus or taxi to the Castle of Good Hope (or : park in the secure, pay-on-exit car park on Grand Parade opposite the castle).

Refreshments on route: plentiful and frequent!

Points of interest:

Castle of Good Hope: 09.30-16.00 daily; admission R20 (Sundays R10)

District Six Museum: 09.00-16.00 (15.00 Mon); closed Sun. Admission by donation (R10 usual)

Iziko South African Museum: 10.00-17.00 daily; admission R10

Planetarium, adjacent to Iziko Museum: shows at 14.00 Mon-Fri; noon, 13.00 and 14.30 Sat/Sun; admission R20

Bo-Kaap Museum: 09.30-16.30; closed Sunday and holidays; admission R5

Koopmans-de Wet House: 09.30-16.00 *Tue-Thu only*; admission R5



Governor's residence at the castle

furniture and paintings from the celebrated William Fehr collection. The Dolphin Pool in the far right corner was an indulgence of the first governor, Willem van der Stel, restored in 1982 as a pleasantly cool corner. There are guided walks round the castle, leaving at 11.00, 12.00 and 14.00 Mon-Sat, or map leaflets (R10) offer self-guided tours. Inside the entrance on the left, the De Goewerneur Café serves refreshments and meals.

Coming out of the castle, **Grand Parade** in front of you is where colonial troops once mustered, but today it's a car park and open air market. Turn left onto Buitenkant, and walk up three blocks to Albertus. On the far corner is the **District 6 Museum** (1), a moving reminder of South Africa's less than glorious recent history. District 6, east of here, was home to around 55,000 mostly coloured people until 1966 when it was declared a 'white' area, and its inhabitants were removed to bleak townships on the Cape Flats. The suburb was demolished but never rebuilt, although in 2000 President Mbeki formally handed the confiscated land back to its original inhabitants, and work has begun to redevelop the area.

The displays in the District 6 Museum are a vivid record of the city's shameful past and more hopeful future, told with personal recollections and reconstructions.

Leaving the museum, retrace your steps down Buitenkant, then take the second left onto Darling, before Grand Parade. On the left, the former **City Hall** (2), built of granite and marble in 1905, is Cape Town's grandest public building, with a clock tower modelled on London's Big Ben but half the size (see photograph overleaf). It was from the balcony here that Nelson Mandela addressed a quarter-million throng shortly after his release from Robben Island prison in 1990.

Continue along Darling for another three blocks to Adderley. Turn right, past the impressive porticos of a bank, and you will come to the **Golden Acre flower market** (3), where vendors sell carnations, irises and proteas at reasonable prices. Retrace your steps to Darling, cross the road, and





The old City Hall

follow the narrow lane of Shortmarket, directly opposite. Two blocks on, you'll find yourself in cobbled **Greenmarket Square** (4), the bustling heart of the commercial area, originally built as a farmer's market. Today it hosts a plethora of intriguing stalls (don't be afraid to barter). Turning left, at the far end of the square is the **Old Town House** (5), dating from 1761 and now a museum and art gallery. Keep left along Longmarket, then turn right onto Adderley again.

As you walk up Adderley, on the left you'll see the **Groote Kerk** ('Great Church'; 6), the mother church of the Dutch Reformed (Calvinist) religion. Crossing Bureau, the next building on the left is the old **Slave Lodge** (7), which once housed up to 1000 slaves awaiting sale. It later became in succession: a brothel, a jail, a mental asylum, and the Cape Supreme Court. It now houses the Cultural History Museum.

As the road bends round to the right, the impressive building on your left is the **Houses of Parliament** (8; tours by appointment only), where, since 1994, multiracial democracy has flourished in a way that seemed impossible just a few years before. Following the road round, we reach **St George's Cathedral** (9), home church in Cape Town for the Anglican faith, designed by Herbert Baker in 1897.

Now return to Government Avenue — the leafy walkway between the parliament and the cathedral. This often hosts impromptu music and crafts stalls. Walk up it a short way, then bear right into **Company Gardens** (10), for much-needed shade beneath some magnificent trees. Only six hectares is left of what was once a vegetable garden three times that size, from which



Government Avenue hosts impromptu displays of music and dancing; in Company Gardens (right) the colonnaded Delville Wood Memorial commemorates the South African Soldiers who died in the First World War.

Jan van Riebeeck provisioned his Dutch East India Company ships in the late 17th century. In the middle of the garden, look for the statue to Cecil John Rhodes, the empire builder (1853-1902). There's a shady restaurant on the right here beneath the trees.

Continuing on the main track, look on the left for the statue of General Jan Smuts (1870-1950; photograph page 70), the

mountaineer and conservationist, whose favourite route up Table Mountain we follow in Walk 6. At the top end of the gardens is a grandiose, colonnaded **memorial** (11) honouring South African soldiers who fell during World War I. In front of you is the **Iziko South African Museum** (12), which has excellent natural history and geological collections, with the adjacent **Planetarium** (13; allow at least two hours for a visit). Otherwise, turn right at the memorial, out of the gates, and go left along Queen Victoria Street, passing the Planetarium, with its copper dome. The City Sightseeing bus stops here, if you've had enough for one day.

Follow the pavement round to the right, passing the **Jumu'a Mosque** (14) of Cape Town and a filling station, then turn right into Long Street. Note the **Turkish Baths** (15), which date from 1908 but have been restored and are still very popular. Continue down **Long Street**, a veritable Aladdin's Cave of a thoroughfare. There are bookshops galore, and restaurants of every ethnic origin, including African — Mama Africa (see page 34) is highly recommended. Several buildings have Victorian facades of real charm, even if some seem frozen in a different era, like the Overseas Visitors Club UK.

Continuing down Long Street, just as its charm gives way to soulless modernism, turn left onto Waal/Wale, and follow the hill up



three featureless blocks, crossing the broad boulevard of Buitengracht. The houses now become brightly coloured as you enter the Malay Quarter, known as **Bo-Kaap**. This district is changing fast, with houses selling for inflated prices, and the character is beginning to drain from the area. However, the **Bo-Kaap Museum** (16) on the left at number 71 seeks to preserve all that. The displays inside are being remodelled, but, when we visited, one room featured a thought-provoking display of the challenges faced by modern Muslim women, while another focussed on the workers who built Cape Town. The Community Centre upstairs has wonderful photos of life in this vibrant part of Cape Town culture.

Colourful houses at Bo-Kaap



Exiting the museum, double back to Buitengracht, turn left and continue along for around five blocks until you reach Strand. As you turn right here, notice the **Lutheran Church** (17) on the opposite corner. When this was built in 1771, it was designed to pass as a warehouse, because only the Dutch Reformed faith was recognised by the authorities, but it was subsequently redesigned to be more church-like. Next door, Martin Melck House is a fine 18th-century Cape Dutch townhouse, which now houses the **Gold of Africa Museum**.

Continue down Strand, crossing Long Street, and just beyond on the right, dwarfed by tower blocks behind, is **Koopmans-de Wet House** (18), a museum dedicated to a more elegant, but very much less egalitarian, age. It's a classic 18th-century Cape house, where Marie Koopmans-de Wet lived with her sixteen children. She was a socialite, patron of the arts and Afrikaner nationalist. She clearly had a taste for fine living, but the museum notes the singular absence of paintings of the many servants who made that life possible!

A short way beyond, turn right into Burg, and the **Tourist Information Office** (19) is on the right. This is full of information, with helpful staff and an internet cafe. Both red and blue City Sightseeing buses stop directly opposite, so this makes an excellent point to end the tour.

If you left a car at Grand Parade, continue along Strand. Beside the **Golden Acre Centre**, descend into an underpass and find the railway station exit. Walk past the **railway station** (itself a fine building dating from 1875), cross over to Buitenkant and walk back to the castle, with the car park opposite.

Mama Africa

The quality of city centre restaurants in Cape Town is generally pretty high. Mama Africa stood out for us, though, with its zany exterior on Long Street, and its interior is just as much fun. Although it's young-at-heart, it welcomes all age groups, locals and visitors alike.

Starters range from vegetable samosas to crocodile in satay sauce. **Mains** include curries and *bobotie*, as well as seasonal stuffed venison and wild game mixed grill. There's a good **seafood** range too, and several **vegetarian** options. The charming and helpful staff were fully clued up about gluten- and dairy-free eating. Live music starts mid-evening (R10 cover charge added), but is great fun if you're in the mood. They're also open lunchtimes from Tuesday to Friday, which fits nicely with our city centre walk (Walk 1).



Mama Africa — the fun interior and (right) their 'Dovi Zimbabwean' (a chicken, peanut and spinach stew)

MAMA AFRICA

178 Long Street, Cape Town

☎ 021 424 8634

mama@maweb.co.za

Mon-Sat 19.00 till late; also Tue-Fri

from 11.00-16.00; closed Sun

RRR

(CC: V, MC, AM, DC)

restaurants

eat

Bobotie

Bobotie, a tasty Malay dish, normally includes slices of bread and buttermilk, but this gf, df version just leaves them out. If one of you doesn't eat eggs either, split the meat mixture into two portions before cooking and leave the egg topping off one of them; it doesn't look quite so attractive as the traditional bright yellow version, but is still delicious.

Pre-heat the oven to 180°C. Fry the onions and mince in oil until browned. Add raisins, apricots, apple, almonds, jam, curry powder, lemon juice and seasoning to taste. Turn into a baking dish and spread evenly. Tuck bay leaves into the mixture and bake uncovered 30 min.

Beat the eggs with the turmeric, a little milk and seasoning, and pour over the meat mixture. Return to oven for 10 min—or until set. Serve with plain rice and perhaps a green vegetable or a sambal (see page 137).



Ingredients (for 2 people)

- 1 onion, sliced
- 500 g lamb or beef mince
- Oil for frying
- 1/4 cup raisins
- 1/4 cup chopped dried apricots
- 1 apple, peeled and grated
- 1/4 cup toasted flaked almonds
- 2 tbsp apricot jam
- 1 tsp medium curry powder
- 2 tbsp lemon juice
- 6 lemon or bay leaves
- 2 eggs
- milk
- 1/4 tsp turmeric
- Salt & black pepper



recipes

eat