

Mountain Magic's Self Drive Tour of the Cape Peninsula

We've designed this tour with four things in mind: i) trying not to do too much in one day, ii) taking in as much of the majestic landscapes of the wine country as possible iii) seeing lots of wildlife and iv) having lots of really nice food v) avoiding the crowds!

You should be able to complete this tour in a day (although it's a fairly long and quite rushed one): the optional extensions will take longer, so only take these on if you have the time or one of our suggestions doesn't appeal to you.

There's a really great site for the whole area called www.capepointroute.co.za which will give you more details than we can provide here.

Here's a summary of where this tour takes you:

09h00 Leave Mountain Magic after fantastic breakfast.
09h20 Buitenverwachting – small scale wine farm just 20 minutes from town (OPTION)
10h00 Muizenberg beach – super watersports/activity beach. Mixed crowd.
10h30 Kalk Bay – bohemian seaside fishing town with great food and junk/antique shopping
12h00 Simonstown – A very British little seaside town, home to the SA Navy.
12h30 Boulder's Beach – one of many homes of the Jackass Penguin!
13h00 Miller's Point – The Black Marlin restaurant. Great seafood and views
15h00 Cape Point – feel like you're on the tip of Africa (even though you're not quite!)
15h30 Platboom Bay – a wonderful deserted beach in the wilderness
17h00 The Food Barn – off beat food in friendly, natural surroundings
Noordhoek Beach – long and flat horseriding beach with a shipwreck (OPTION)
17h30 Chapman's Peak Drive – superb 'I'm in a car ad' driving experience
18h00 Hout Bay – mid sized fishing town with quirky locals, fun food and relaxed beach
19h00 Camp's Bay – palm trees, white sand and beautiful people. Oh, and freezing water.

If you'd like a map for the whole route, just ask Phil or Liz to print you off one.



09h00 Leave Mountain Magic by turning onto Buitengracht.

09h02 Keep going until you get to the first set of traffic lights with Buitensingel (you'll see the RV centre on your right) and turn RIGHT following M3 Muizenberg.

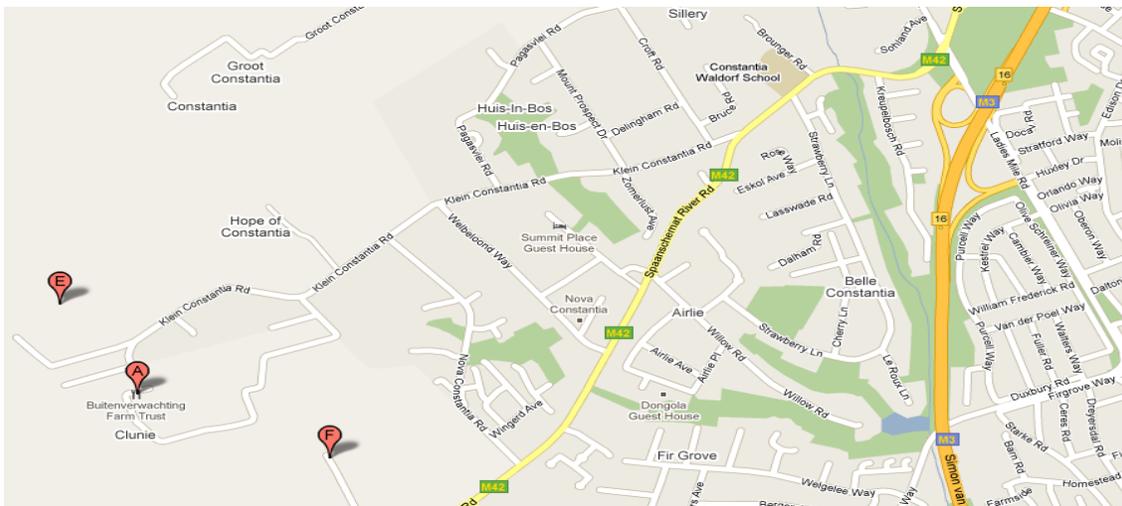
09h05 Keep going straight on along this road without turning off it. It will expand into a four lane and then a two lane highway going off around the mountain. Look up to your right for Devil's Peak and to your left for the harbour and docks. You'll stay on this road for about 30 minutes now.

On your way down to the False Bay coast, you'll go through what are called the Southern Suburbs, which are really just that with one exception, Constantia.

OPTIONAL DETOUR

Buitenverwachting www.buitenverwachting.co.za 021 794 5190

09h20 Take the turning for Ladies Mile, which you'll come to just after the Kendal Road turning. Turn off the M3 and turn LEFT on the Ladies Mile road, taking you back under the M3. Turn RIGHT when you reach the M42 and follow signs for Tokai. Take the second right into Klein Constantia Road, at which point you'll see a sign for Buitenverwachting. Follow this road and signs all the way until the end of the road, where you'll find Buitenverwachting estate.



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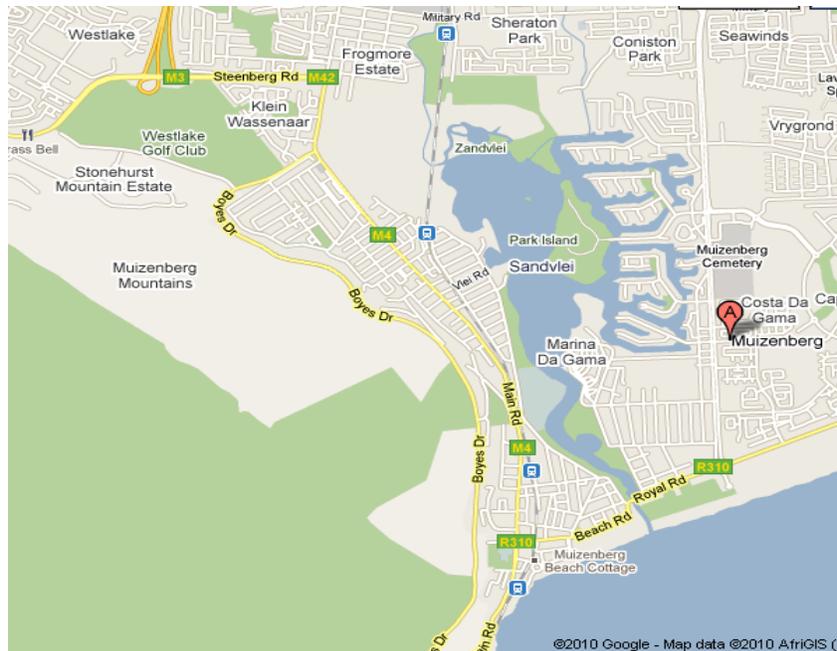


Whilst certainly not the grandest, the oldest or the most prolific of wine estates, there's something about the serenity and the total lack of pomposity that seems to accompany wine these days that sets Buitenverwachting apart. We took our staff here for our Christmas function last year and it was a total hit for young and old alike. There's a rich history of family ownership to the place which is palpable when you set foot in it: it actually feels like a farm! You'll be a little too early on this tour for lunch but if you are a little tardy, why not stop for one of their picnics on the lawn, play with the dog and contemplate your surroundings under the monkey puzzle tree. Super.

Leave Buitenverwachting the way you came in only this time, turn south on the M3 direction Muizenberg.

09h35 You'll eventually arrive at the end of the M3 where you need to turn LEFT onto the M42 direction Muizenberg.

09h40 At the traffic lights, turn RIGHT on the M4 direction Muizenberg.



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09h55 On your way down the M4, you'll pass the Marina da Gama estate on the other side of Zandvlei. All the houses on the estate have water frontage and half of Zandvlei is a boating lake, the other a bird sanctuary. It's a truly wonderful place to live!

10h00 You'll now arrive in Muizenberg: you can now either keep going straight on or turn LEFT into Muizenberg itself.

MUIZENBERG

www.muizenberg.info

Named after the original postholder (there used to be a toll at Muizenberg for farmers selling their goods to ships moored in Simonstown), Muizenberg is now a not-very-pretty (from an architectural point of view) surfing town. It boasts one architectural oddity: the house where Cecil John Rhodes died in 1902, now a museum called Het Posthuys.

Muizenberg beach is a long flat beach which has great opportunities for surfing if you're a beginner (hire boards and wetsuits here and have a beer afterwards) and also for kite and windsurfing (you can get lessons here but book first). The beach is cosmopolitan in flavour with all races and creeds soaking up a bit of sun, so go and join them!

Don't miss: A show at The Masque Theatre, if you can catch one. It's very small and local and a little amateurish at times but great fun.

10h30 Keep going along the M4 until you come to Kalk Bay. Find somewhere to park (which is a tough call in the summer!) and do this place on foot.

KALK BAY www.kalkbay.org (great listing site for this village)

Literally 'Lime Bay' in Afrikaans, Kalk Bay used to be a sleepy little seaside fishing town until a while ago, it got discovered by the bohemian Cape Town set. Since then, property prices have shot up and there is a bewildering range of junk shops, architectural reclaim, antique and clothing shops all the way down the main street. Not to be outdone, there are several excellent eateries both formal and informal all the way up and down the main road. This is place to park up and saunter, with an ice cream in hand, and take it all in.

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Don't miss: Polana, which is right at the end of Kalk Bay on the sea side of the railway line. Superb sea views, Moroccan décor and friendly staff.

12h00 Get back in your wagon and leave Kalk Bay going south on the M4. You will pass Sunny Cove, Fish Hoek, Glencairn and then arrive in Simonstown

SIMONSTOWN

Established by our friend Simon van der Stel (yes, him again!) around 200 years ago, this little town is a very pleasant place to live and watch the world go by, but in a very British kind of way! Far less bohemian and 'cool' than Kalk Bay, Simonstown is a conservative little place, perhaps because of the fact that it's been home to the South African Navy for so long. This is a place to either drive through or get out and wonder about, perhaps taking an ice cream (you deserve another, don't you?) and watch the ample whales and dolphins in the bay.

Don't miss: the SA Navy open day, if your visit coincides with this. Full of a huge range of South Africans, young and old, with music, displays of boats, machines and sailors, this is a real treat.

12h30 Just a short hop out of Simonstown is Boulder's Beach.

BOULDER'S BEACH

Home to the now world famous Jackass Penguin (no, they really are called that!) They are now officially called African penguins but got their original name not from their very amusing antics but from the braying sound they make.



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A possee of jackasses.

The penguins are a little 'over viewed' and if you are most unfortunate, your visit will coincide with a coach party of eager people all trying to get too close. Remember, animals get stressed by too much proximity so although you can get as close as a metre to them, please don't and ask others to back off too. Personally, I can't get enough of these guys, so stay a while but keep your distance. You can also swim here if you like.

13h00 Leave Boulders again going south until you see a sign for Miller's Point. There should be a sign there to the Black Marlin Restaurant.



THE BLACK MARLIN www.blackmarlin.co.za +27 (21) 786 1621

Once a whaling station, the Black Marlin offers great views over False Bay and a relaxed ambiance high above the rocks. Food here is very sensibly priced but does occasionally suffer in quality. Generally, though, it's a great place to stop off for lunch although it does cater for large groups so it's not terribly intimate.

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14h30 Leave the Black Marlin and head off down the M4 again towards the Cape Peninsula National Park.



WARNING! BABOONS!

A baboon in De Niro stance. 'You looking at me?'

About this stage of your trip, or perhaps before, you will encounter baboons on the road and around you. Please DO NOT approach them, especially not with food. Do not take food with you (even in bags) when walking around, or even at the restaurant and do not leave windows open in your car, even a crack, or leave any food in the car itself. These are **dangerous, wild animals** and they are very strong, very clever and will attack you for food. They are not monkeys!



Baboons are refined animals and clearly prefer luxurious German automobiles.

15h00 Arrive at the Cape Peninsula National Park.

CAPE PENINSULA NATIONAL PARK

Once you enter the Cape Peninsula National Park, there are several options (please do remember that the Park closes at 17h00 in the summer and you need to be at the exit gate by this time or you

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SAN Parks describes the Park as follows: we just love this description!

“The Park is recognised globally for its extraordinarily rich, diverse and unique fauna and flora - with rugged cliffs, steep slopes and sandy flats - is a truly remarkable natural, scenic, historical, cultural and recreational asset both locally and internationally. Nowhere else in the world does an area of such spectacular beauty and such rich bio-diversity exist almost entirely within a metropolitan area - the thriving and cosmopolitan city of Cape Town.”

There is an abundance of information about the flora, fauna and history of the Park at http://www.sanparks.org/parks/table_mountain which makes fascinating reading.

If you're short of time:

Our recommendation is to drive straight to the end of the Cape Point Road from the entrance gate. When you get there, park up and if you like, go up to the lighthouse. Personally, we much prefer going around the lighthouse on the Lighthouse Keeper's Walk, which is away from the crowds and in some ways is actually a better view. You'll need to allow about 45 minutes there and back for the walk, though.

If you're really, really short of time:

Park up at the Cape Point car park and then climb the steps (or take the funicular) to the Lighthouse. The views from here, along with the birdlife in the cliff below, is really something to marvel at, so take it all in. Don't be surprised by the crowds, though! It gets very busy here.

If you have more time:

Stop off at Platboom Bay and take in as much of the wildlife and sea as you can. If you've got the time, find a deserted part of the beach and just sit and wait without moving or speaking for about 30 minutes. You should find that animals start appearing that you didn't even know where there. Quite magical.

16h30 Leave the Cape Peninsula National Park and turn LEFT out of the gate on the M65 direction Kommetjie (pronounced 'kom IK key')

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You'll now drive along a beautifully scenic piece of road which takes you through the villages of Kommetjie and Scarborough. Whilst not architecturally stunning places, they are really wonderful places to stop off and chat to the locals but most likely at this time of the day, you simply won't have the time! Carry on until the junction at Sunnydale.

17h00 At Sunnydale, turn LEFT on the M6 direction Noordhoek and Chapman's Peak.

As you come into Noordhoek, you'll see a sign to The Food Barn on your right.

THE FOOD BARN (021) 789 1390 www.foodbarn.co.za



They say: The food is civilised without being pretentious, that is to say it has natural taste, smells and textures, and much character. What is paramount is that it is prepared with respect, savvy and love - then, it is the right food for us to eat. Franck: "Pete and I own this place; it is our hard earned cash that is invested here. At the same time, we are also motivated by spending time with our families. I want to train my team to become passionate about food... they are keen to learn". Pete: "Walking through The Foodbarn, enjoying my guests company, and being a great host is when I am happiest".

We say: This is not a small venue and it's not simply a restaurant either. Pete is the cordon bleu, Franck is the bare foot chef, (an escapee from corporate life) and between them, they and do everything from cooking demos to events to a deli and restaurant fare all under one roof. Expect down to earth food in a just-walked-from-the-beach style and you'll be very pleasantly surprised. Noordhoek is 20 - 30 minutes drive from Cape Town so bear this in mind if you choose to stop here.

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OPTIONAL DETOUR

Noordhoek Beach ('North corner' in Dutch)

www.sunsetbeach.co.za

If you're in anyway interested in horses, you've come to the right place! There are several small companies in this most equine of villages offering horse rides on Noordhoek beach. Because of the beach's size, you can get up a huge gallop through the surf (yes, you will just *have* to do this!). If horse riding just isn't your thing, you might like to take a stroll all the way along to the wreck of the Kakapo which ran aground here as recently as 1900.

17h30 Assuming you didn't stop either at The Food Barn or at Noordhoek Beach, you now continue through Noordhoek village and start on Chapman's Peak Drive.

CHAPMAN'S PEAK DRIVE.

www.chapmanspeakdrive.co.za

He must have had a thing about building roads on impossible mountain sides but Sir Frederic de Waal, who was the first Administrator of the Cape Province (as opposed to Governor of the Cape Colony), decided to get Chapman's Peak Drive built in 1915. De Waal Drive, which goes round Devil's Peak, is named after him as is central Cape Town's largest park, De Waal Park, which is teeming with dogs walking their owners every day.

The road is more than just a pretty view and drive: it's a masterpiece of engineering and also a financial lifeline to the southern towns of the Cape Peninsula. When it had to be closed due to severe rock falls in 2000, it took three years to rebuild it again and result really is spectacular, as is the relief to business owners and residents of the Peninsula who had to make do with the Ou Kaapse Weg.

You can just do the drive to get from Noordhoek to Hout Bay if you like but it's really worth trying to pull over somewhere (if you can find a space!) and just check out the view. If you're lucky, you might even see whales from here, such is the altitude of the vantage point. If you're sticking like a leech to the time frame of this tour, you'll be just in time for the sunset and really, what better place to see it from. Be warned that this is a seriously steep mountain side and we do not suggest going to the edge of

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the walls or standing on them. People do fall often here because of the strong winds that gust around the coastline.

18h00 At the end of Chapman's Peak, you'll find Hout Bay.

HOUT BAY

Hout Bay (pronounced HOW t, not HOO t!) is named after the ample forests that used to grow here which the Dutch colonizers used to build the fort and other buildings in Table Bay. Most of the forest is long gone but the town that has replaced it is a very pretty place. It's one of the largest fishing communities in South Africa and is also a very horsey place. It also hosts (when the waves are big enough) the Big Wave Africa surfing contest when ridiculous waves (30m in some cases) come through and are ridden by some of the most experienced surfers in the world.

In some ways, Hout Bay is a microcosm of South Africa, affected as it is by highly contested land rights issues, extreme poverty in its township, massive wealth in its large ex pat community and in between, normal people making a living from nature (the sea, in this case) and tourism.

Things we recommend in Hout Bay are Spiro's restaurant (a proper little Greek place, all white washed tables and souvlaki) and taking a walk on the beach or round the harbour. You really need to do yourself a favour and go to Fish on the Rocks (or Snoekies) which does the most amazing, freshest fish and chips in the world. And you can even have lobster and chips! Beat that.

19h00 Leave Hout Bay on the M6, Victoria Road, to Cape Town. (Don't take the M63 to Constantia.)

19h30 Arrive in Camp's Bay and drive back in to Cape Town.