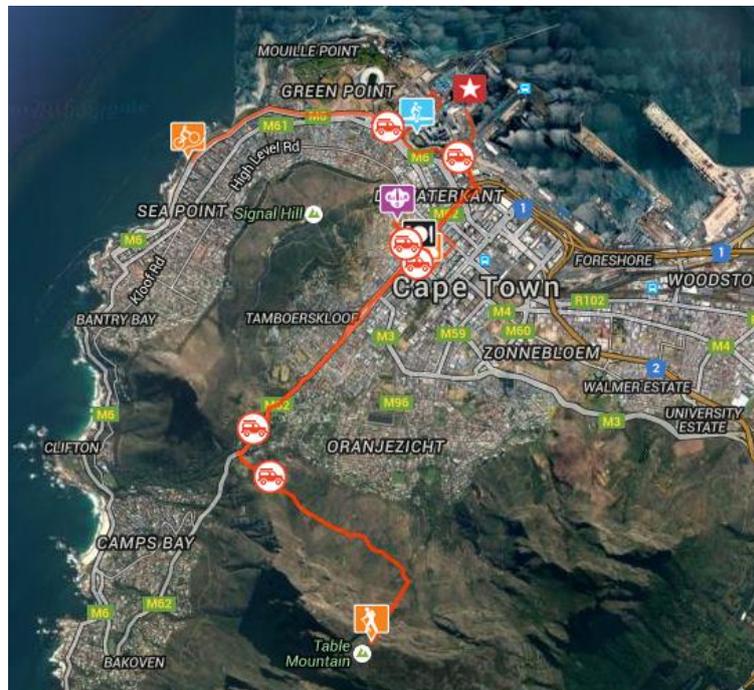


Table Mountain Hike & City Bowl Adventure

Summary

A day of contrasts exploring on foot the fascinating stories that tell Cape Town's history and modern day make up, engaging and overlooked by so many. We combined this with a visit to the top of Table Mountain, leaving the crowds to get your bearing of the city from its highest point.



Activities

- Bike - Cycle the Promenade (optional walking)
 - SUP the City - Stand Up Paddle the V&A Waterfront
 - Cape Town City Walk
 - Lunch - Charango Restaurant, Bree Street
 - Explore - Urban Exploring the colourful Bo Kaap
 - Hike Table Mountain the Easy Way - Cable Car plus Hike to Maclear's Beacon
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Description

We will begin the day exploring the Sea Point promenade on two wheels, viewing the art installations that tackle subject ranging from Rhino conservation to the 18 years Nelson Mandela spent on Robben Island. The cycle will finish in the V&A Waterfront by the clock tower. Here we will continue towards the canals where we will explore on Stand Up Paddle Boards in the secure environment with the backdrop of Table Mountain.

From there we hike to the City, enjoy lunch and explore the colourful Bo Kaap, walking along the cobble stoned streets to experience a lively suburb filled with brightly coloured houses from as early as the seventeenth century, Muslim saint shrines and many beautiful Mosques.

We will end the day on top of Table Mountain we'll do a short hike away from the crowds whilst our guide brings alive the history of Cape Town combining the elevated view over the city with turn of the century photographs to highlight the changes of the city.

Bike - Cycle the Promenade



Mix things up a bit and take in the Atlantic Seaboard on two wheels. Hop on a bicycle either at the Clock Tower, or at the Sea Point Promenade Bike Station, for a relaxed peddle along the prom. We'll take a look at the local art installations as we go, plus the ever-fascinating daily life of this buzzing stretch of urban coastline. Cape Town's artistic diversity and talent is evident at each turn – artists have tackled topics ranging from

Rhino Conservation to the historic years which Nelson Mandela spent on Robben Island, just across the waters.

SUP the City - Stand Up Paddle the V&A Waterfront



Find your balance on a Stand Up Paddle board with ease in the waterways linking the glamorous V&A Waterfront to the edge of the city. Glide along the canals and watch urban life unfold through one of Cape Town's most exclusive residential areas, with Table Mountain as our backdrop. The constant daytime buzz entertains us all the way and there's always something to grab our attention. This is a bit different for sure –

a unique way to experience the city's waterways from the fun perspective of a SUP.

Explore - Cape Town City



We will walk the City, exploring the squares, street markets, coffee shops while learning about the history of the Cape in a fun and engaging way.

Lunch - Charango Restaurant Bree Street



described as Peruvian tapas.

The new gem on the Bree Street Block, Charango is overseen by talented Head Chef Kieran Whyte and serves an innovative menu focusing on textures and depth of flavor, incorporating native vegetables, fruit and fish with the aim of encouraging diners to discover interesting new taste combinations. The menu is designed for sharing with most dishes served as finger food, in small piqueos dishes, best

Explore - Urban Exploring the colourful Bo Kaap



local places, or we'll take a picnic and head up Table Mountain for something a bit different.

In the heart of Cape Town is the brightly coloured and fascinating Muslim neighbourhood of the Bo-Kaap. We hike along the cobblestone streets of this lively suburb and hear about the history of this unique area, which dates back as far as the seventeenth century. Along the way we'll pass ornate mosques, beautiful shrines, and experience Bo-Kaap life at its vibrant best. Lunch is enjoyed at one of the many excellent



Hike Table Mountain the Easy Way - Cable Car plus Hike to Maclear's Beacon



Get away from the bustle of the city and take a hike on Table Mountain, to Maclear's Beacon. As the cable car rises, the views across the Mother City and far out to sea just keep getting better. Keep a look out for wildlife too, and some of the rarest plants in the world. At the top we'll find a quiet spot to rest while our guide shows us century-old photographs which bring Cape Town's history to life.
