

CLOUD 9

BOUTIQUE HOTEL & SPA

Welcome to Cloud 9 Boutique Hotel & Spa.

The Management and staff would like to thank you for selecting Cloud 9 as your accommodation of choice. Our aim is to ensure that you have an unforgettable stay. Should you have any special requirements or requests please inform us accordingly.

Access to the restaurant providing breakfast, Mountain Club Bistro is situated on the second floor.

Our check out time is at 11h00, check in is at 15h00.

We offer complimentary Wi-Fi access throughout the property:
Please refer to your Welcome letter you received on check in for your password.

Cloud 9 connects five beautiful heritage properties through a central reception & secluded courtyard. After an eventful day you can relax at "Deluxe Spa & Hair" with its award winning products, you will find all of this at the entrance of the hotel.

Or, why not meet us for lunch, dinner or cocktails at the "Mountain Club" complete with a rooftop bar and pool deck. This deck boasts spectacular views of Table Mountain which will make this a memorable experience.

In addition to the above the Hotel facilities also include 24 hour reception, secure parking, sun decks with a heated plunge pool downstairs and a pool with a view upstairs at the Mountain Club.

Cloud 9 is a non-smoking Hotel but designated smoking areas have been allocated.

There is an electronic safe in your room. Please do not leave valuables visible in your room and please close your windows. You are welcome to hand in any cash, jewelry or valuables for safe keeping at reception if you do not want to make use of the safe in your room.

A selection of brochures are available at the 24 hour Reception and we will gladly assist with recommendations and bookings for tours. Please see below a list of services & restaurant recommendations. Do not hesitate to contact our friendly front desk staff for any assistance.

PLEASE DIAL 2000 TO CONTACT OUR 24 HOUR RECEPTION DESK FOR ANY ASSISTANCE.

Thank you again for selecting us as your accommodation choice for destination Cape Town!

YOURS SINCERELY

IMPORTANT PHONE NUMBERS

HOTEL RECEPTION (DIAL 2000 FROM YOUR ROOM PHONE FOR ALL EMERGENCIES)

Reception	2000
Mountain Club	2004
Deluxe Spa & Hair	2005
Emergency Number	082 693 8369

EMERGENCY NUMBERS

Any Emergency (Mobile)	112
Ambulance	10177
Police Flying Squad	10111
Automobile Rescue	080 001 0101
Fire Department	021 535 1100
Life Line	021 461 1111
Mountain Rescue	021 948 9900
Sea Rescue (NSRI)	021 449 3500
Tourist Assistance - Police	021 421 5115

AIRPORT

Arrival & Departure Times	086 727 7888
Lost Luggage Enquiries	021 936 2202
Cape Town International Airport	021 937 1200

HOSPITALS

Cape Town Mediclinic	021 464 5500
Chris Barnard Memorial Hospital (City Park)	021 441 0000

SERVICE FACILITIES

AIRPORT TRANSFERS

Airport transfers are available upon request; please enquire at Reception with regards to shuttle costs.

AIR CONDITIONING

The temperature in your room can be adjusted using the remote control unit located in your room. For maximum comfort, select "Fan" mode. Please close the windows and doors when using air conditioning

BANKS

Automated Teller Machines (ATM's) and banks are located within walking distance of the hotel. Bank operating hours are between the hours of 09h00 - 15h30, Monday to Friday; and on Saturday from 09h00 - 13h00.

BEACHES

Cape Town hosts many beautiful beaches along its shores, from the warmer Indian Ocean current beaches to the fresher Atlantic beaches. Enquire at Reception for more information.

CAR HIRE

Car hire can be arranged through Reception.

COURIER SERVICE

Your courier requirements can be arranged at Reception. Courier charges apply.

CREDIT CARDS

We accept VISA, Master and Amex credit cards and South African Rands (cash). There is an ATM in the lifestyle centre in Kloof Street, about 200m from the hotel. Foreign Exchange is available from banks in Adderley Street or at the V&A Waterfront.

SERVICE FACILITIES

CHECK OUT TIME

Please note that check out is by 11:00am. Should you require a late check-out, please enquire at Reception regarding availability.

EMERGENCY

In the event of an emergency please notify Reception by dialling "2000" from your in room telephone.

FRIDGE

For your convenience a bar fridge is located in your room.

HAIRDRYER

A hairdryer is located on your bathroom wall. Stronger hairdryers are available at the front desk

HOSPITALS

The closest Hospital to the hotel is Cape Town Mediclinic. Contact Reception in the event of a medical emergency.

HOUSEKEEPING

For additional pillows, blankets and toiletries please enquire at Reception.

INTERNET ACCESS

Please see your welcome letter for wifi login details

JACUZZI

Unwind and rejuvenate in the jacuzzi. The jacuzzi is available for guest to use daily from 3-8pm however guest can make use of it earlier by making a booking with the front desk. Contact front desk on 2000

SERVICE FACILITIES

LAUNDRY & DRY CLEANING

Laundry and dry cleaning services can be arranged at a nominal charge. Please enquire at Reception.

LUGGAGE STORAGE

Luggage storage is available for guests.

MOUNTAIN CLUB

Serving up great cocktails and a variety of mouth-watering breakfast options, tapa's, sushi, and desserts this rooftop restaurants' casual setting and open air ambience is a favourite for most!

Twin Sundecks: Two sundecks are better than one! We have an upper and lower sundeck, with some welcome shade and a plunge pool on the lower deck. The upper deck offers couches and breathtaking views, perfect for soaking up the sun. The Mountain Club is the place to be in Summer.

NESPRESSO MACHINE

Each room will receive 2 complimentary capsules per day, additional Nespresso capsules can be bought at reception for R15 each.

NIGHTLIFE

The city centre hosts a wide variety of trendy, vibrant and unique bars, clubs and pubs.

NOISE

Please be considerate to your fellow guests.

PLEASE KEEP NOISE LEVELS DOWN TO A MINIMUM BEFORE 09h00 AND AFTER 22h00.

SERVICE FACILITIES

PARKING

Enclosed off street parking is available at an additional charge, and is located adjacent to the hotel. Our Porters will direct you from Reception.

PAYMENTS

All accounts are to be settled on departure. Should your accommodation have been pre-paid, all extras - telephone, bar account, laundry, meals etc are payable by cash, or credit card, on departure.

SAFE

There is an electronic safe in your guest room. Usage instructions can be found next to the safe. Please do not leave valuables visible in the room. Cloud 9 Boutique Hotel & Spa cannot accept responsibility for any loss or damage to guest property. You are welcome to hand any valuables to Reception for safe keeping.

SAUNA

Make the most of your 'me time' by extending your spa visit before and after your treatment by. The sauna is available for guest from 9am - 8pm. Guests can book slots with the spa during spa operating times, 9am-6pm. To make use of the sauna between 6pm and 8pm or in the mornings before 9am, guest needs to arrange this with the front desk. Contact front desk on 2000.

SMOKING LAWS

In accordance with our local laws, smoking is only permitted in the designated smoking areas. The designated smoking area is located on the second floor pool deck above the bar area. All other areas, including the hotel rooms are strictly non-smoking. A deep cleaning charge of R800 will be added to your bill if this is contravened.

SERVICE FACILITIES

SUSTAINABILITY

SWIMMING POOL/ TOWELS

The swimming pool is for guests only and is used at your own risk. Please do not make use of your room towels either at the beach or the pool. Pool towels are available at either the Reception, bar or the spa.

A deposit of R100 will be charged to your room for these pool towels. Use of the pool is prohibited between the hours of 22h00 in the evening and 9h00 in the morning.

We have taken the following steps to limit our impact on the environment; motion sensors on lights in common areas, key cards for access to electricity, aircon cut-off switches on windows, solar panels, geysers, water saving solutions and glass recycling.

TELEPHONES

For reception dial "2000"

For international calls, for an outside line, dial "00" followed by the country code. If you would like to make an internal call to another room, contact reception & they will assist you.

Austria_ _ _ _ _ .00 43

France_ _ _ _ _ .00 33

Germany_ _ _ _ _ .00 49

Italy_ _ _ _ _ .00 39

Netherlands_ _ _ .00 31

Norway_ _ _ _ _ .00 47

Sweden_ _ _ _ _ .00 46

Switzerland_ _ _ _ _ .00 41

United Kingdom_ _ _ _ .00 44

USA_ _ _ _ _ .00 1

TOUR GUIDES & MAPS

Maps, city guides, tours and activity information brochures are available at Reception.

TOURS

There are many tours available for the various attractions in and around the Peninsula. Please enquire at Reception for more information. Reception can further assist by making bookings on your behalf.

SERVICE FACILITIES

WATER QUALITY

The water in Cloud9 is sourced from an aquifer at a depth of 100 meter. The spring water is extensively filtered and is of very good drinkable quality. Please assist us to conserve water.

IN AN EFFORT TO FURTHER CONSERVE WATER PLEASE BE ADVISED AS FOLLOWS:

If you want your towels replenished, please leave the used towels on the bathroom floor.
If you wish to re-use the towels, please leave them on the towel rack.

WEATHER INFORMATION

For the latest reports dial the following numbers or you can get an up to date report from reception

Forecasts_ _ _ _ _ +27 (0)82 233 9900
Tides, Sunrise, Sunset _ _ _ _ _ +27 (0)21 231 1649
Table Mountain Weather_ _ _ _ _ +27 (0)21 424 8181 Option 3
Robben Island Crossing_ _ _ _ _ +27 (0)21 419 1300 and ask for Information

WAKE UP CALLS

Should you wish to schedule a wakeup call please contact Reception.

TOP 10 TOURIST ATTRACTIONS

1. TABLE MOUNTAIN, AERIAL CABLEWAY & LION'S HEAD

The top of Table Mountain offers spectacular views in all directions and gives a bird's-eye view of the city. The upper cable car station is situated at 1067 metres and the revolving cable car makes sure that your trip up and down gives you a good look in all directions.

Once on top, you can follow paths to various look-outs and make use of the telescopes or enjoy a light meal or a sundowner in the restaurant. In summer, early evening is a great time to plan your trip as the sunsets are beautiful. Regardless of the weather, take a windbreaker as it can be cool on the mountain top.

TIME NEEDED: At least 2 hours . Allow for queues in peak season

- Rates vary seasonally and the cableway is weather dependent.
- Summer - first car up at 08h00 | last car up at 21h00 | last car down at 22h00
- Half price tickets (sunset special) available after 6pm in the summer months
- Visit the Table Mountain Aerial Cableway website for more details - Book online (faster)
- Tickets also available at the Hop- On/ Hop- Off Bus office in Long Street.
- There are many hiking routes to reach the top of Table Mountain. Only hike if you are fit enough to do so, consult a map and take the necessary safety precautions.

The entrance to Lions head can be found on Signal Hill Road. Coming from the centre of Town; drive up towards the mountain (cableway) in the direction of Camps Bay, via Kloof Nek Road. You will find the Lion's Head turnoff at the traffic circle (opposite the road which leads to the cableway). The signage is clear and Signal Hill Road is just to your right. You will see the parking after about a hundred meters and the Lion's Head hiking path is also clearly marked.

- Do not walk alone, and make sure to leave any valuables behind.

2. ROBBEN ISLAND AND BOAT CRUISES

The famous Robben Island, whose prison was once home to former South African president Nelson Mandela, as well as many other political freedom fighters, is now a World Heritage Site and provides stunning views across the bay with Table Mountain as its backdrop. A trip to the island is an unforgettable experience and offers a glimpse into the life and times of the apartheid era.

The ferry to Robben Island departs from the Clock Tower at the Waterfront throughout the day and the ticket includes a tour of the island - make sure to book in advance.

TIME NEEDED: 3-4 hours

- Refreshments can be purchased on the island and there is a small curio shop.
- For details regarding rates, departure times and booking, please visit the Robben Island website: www.robben-island.org.za
- Taking a boat trip or enjoying a sunset cruise will give you a different perspective of Cape Town with a spectacular view from Table Bay of the sandy coves and luxurious houses that hug the mountainside along the Atlantic Seaboard between Sea Point and Llandudno.
- Enjoy a chug around the working harbour at the V&A Waterfront - harbour tours take place regularly throughout the day - or spend an evening wining and dining aboard a luxury yacht or catamaran. Sundowner cruises to Clifton depart daily, or charter a fully crewed catamaran and spend a lazy day moored off one of the peninsulas many beaches.

3. CAPE POINT & BOULDERS BEACH

At the tip of the Cape Peninsula you will find Cape Point within the Table Mountain National Park. The expansive Table Mountain National Park stretches from Table Mountain in the north to Cape Point in the south encompassing 220km squared. The treacherous cliffs forming the most southwestern tip of Africa are some of the highest in the world and mark the spot where the cold Benguela current on the West coast and the warm Agulhus current on the East coast merge.

The reserve is home to a variety of animals including buck, baboons and Cape Mountain Zebra as well as over 250 species of birds and indigenous flora. Take a scenic drive, stop at one of the many picnic spots and tidal pools and travel to the Lighthouse lookout by funicular or on foot for spectacular views.

TIME NEEDED: 1-2 hours

- Entrance fees apply.
 - The Two Oceans Restaurant caters for breakfast, lunch and afternoon tea. There is also a well-stocked curio shop and a visitor's centre.
 - DO NOT feed or try to touch the baboons. They are wild animals and can be aggressive.
- Travel from Cape Point to Simonstown and stop at Boulders Beach. Boulders is a popular tourist stop because of its magnificent wind- sheltered beaches and it's colony of endangered Penguins. A colony of African Penguins, also widely known as the 'Jackass Penguin' for its donkey-like bray, settled there in 1982.

TIME NEEDED: 1 hour to view the penguins

Opening times (subject to change):

December – January: 7am – 7.30pm

February – March: 8am – 6.30pm

April – September: 8am – 5pm

October – November: 8am – 6.30pm

Conservation fees apply: Goes towards paying for conservation of the endangered African penguins that live here.

TIP: Combine a trip to see the penguins with a few hours in the quaint and historical town of Simon's Town. Alternatively stop in Kalk bay or Muizenberg and explore the variety of popular restaurants, delis and many clothing and gift stores.

4. V&A WATERFRONT & TWO OCEANS AQUARIUM

Situated within a stone's throw from the Cape Town Stadium and in the heart of Cape Town's working harbour, the V&A Waterfront offers the visitor an abundance of unforgettable experiences. Indoor shopping and entertainment venues seamlessly merge with more than 80 restaurants bringing a fusion of international food, from rustic al fresco fish and chips to starched table-cloth cuisine.

Located in the V&A Waterfront, the Two Oceans Aquarium makes for a fascinating and exciting visit for the whole family offering a variety of display tanks, interactive experiences, a touch pool and the highly popular predators' tank.

The I&J Predator Exhibit contains 2.2 million litres of seawater and is one of the most dramatic exhibit in the Aquarium. There are several great viewing points including the semi-tunnel which hugs the perimeter of the exhibit - offering a spine-tingling encounter as sharks swim overhead. Ragged-tooth sharks; shoals of yellowtail, Carrick and many other fishes; several species of rays and a turtle are visible through an enormous 11 metre wide by 4 metre high acrylic panel.

For further details visit the official Two Oceans Aquarium website at aquarium.co.za

TIME NEEDED: 1-2 hours depending on your interest

- Entrance fees apply
- Open daily from 9:30 - 18:00

5. BO-KAAP, COMPANY GARDENS & THE NATIONAL ART GALLERY

Discover the fascinating history and unique culture of the Bo-Kaap, tucked away under the slopes of Signal Hill. Formerly known as the Malay Quarter, this bright and colourful neighbourhood has a rich Cape Malay culture with roots as old as Cape Town itself.

Visitors are able to see the Bo-Kaap neighbourhood by foot while also gaining insight into the district's vivid history, culture and scenery on a free walking tour by Nielsen Tours. Trips depart three times a day each day, starting from Green Market Square on Shortmarket Street. On this tour guests will get an overview of Bo-Kaap's best known landmarks, including the colourful houses, hidden places to find local beers, multiple mosques and historical restaurants and shops. This informative, fun and free tour is simply not to be missed!

Visit the South African National Gallery in the Company's Gardens in the city centre for a display of local art from paintings to sculpture. The Gold of Africa museum in Strand Street showcases a large collection of gold artefacts and offers a working studio and gold boutique.

The Company's Garden is situated right in the city centre of Cape Town. It was planted by the Dutch East India Company in 1652 to produce fresh fruit and vegetables for the ships that were sailing along the spice trade route between Europe and the East Indies, via Cape Town. Today it is home to the oldest cultivated pear tree in South Africa, said to have been planted in 1652; a rose garden built in 1929; an aviary with a variety of birds and many other interesting landmarks. It's also well-known for the resident and perpetually hungry squirrels, so take along some peanuts to feed to them. What's more the garden offers free wireless internet - keep a look out for the zoned areas within the Garden.

- Visit the Museum and Planetarium located next to the Gardens.

- The Company's Garden Restaurant: Serving a selection of light meals, teatime favourites as well as a variety of traditional South Africa fare from early in the morning until late in the afternoon.

6. BEACHES

Clifton Beach is made up of 4 coves and the beaches are called 1st, 2nd, 3rd and 4th. When the summer south-easter blows, the Clifton beaches are usually well sheltered from the wind. All of the beaches are accessible via stairs leading down from the road above. In summer, plan to get to the beach early as parking is very limited. Generally 4th is the busiest in summer with good changing room and bathroom facilities. Kiosks on the beach sell snacks, cold drinks and ice-creams as do the many vendors that wander the beach. Deck chairs and umbrellas are also available for daily rental. Clifton 4th is a Blue Flag beach.

Camps Bay is a long sandy beach accessed directly from the road. The road behind the beach is lined with street-side cafes and restaurants ideal for lunch or sundowners. Kiosks and vendors also operate from the beach. Camps Bay is generally more family friendly as it is bigger and there is more space for games and sandcastles for children and the young at heart. Deck chairs and umbrellas are available for daily rental.

- Notable Camps Bay restaurants to try: Paranga, Café Caprice, Blues, Del Mar and The Grande Muizenberg has a long, sandy beach and warm water making it the perfect swimming beach. The beach has good facilities and is lined by a strip of trendy cafes. Behind the beach pavilion is a Put-Put Course (miniature golf) and a few waterslides. The corner end of the beach is popular with surfers.

Between Muizenberg and Fish Hoek there are a couple of smaller beaches and tidal pools - ideal for exploring and offering safe swimming for children. These include St James beach and Dalebrook tidal pool. The Catwalk is an enjoyable 40-minute walk (one-way) between Muizenberg and St James Beach - just above the shoreline - and wanders past rock pools and crashing waves. Expect to get wet at high-tide.

7. WINE ROUTES & WINE TASTING STELLENBOSCH OR CONSTANTIA

A visit to the Cape Winelands is an absolute must as the region is steeped in history and offers some of the country's best award-winning wine farms. Rolling vineyards, majestic mountain backdrops and quaint Cape Dutch homesteads await you; definitely worth a trip whether you are a wine lover or not.

Not to be forgotten are the highly acclaimed wine estates in the Constantia Valley. Also located in beautiful surroundings with stunning mountain backdrops, the Constantia Valley boasts some of the oldest estates and homesteads along with award-winning wines.

- Use hop-on-hop-off bus Purple Wine Tour for your visit to the Constantia Estates :
www.citysightseeing.co.za

8. HOUT BAY & CHAPMAN'S PEAK DRIVE

Get a feel for the history of this former fishing village by going to the Hout Bay Harbour to take a boat to Seal Island (Dyer Island). For boat-based whale watching and informative eco-trips around Dyer Island, visit www.whalewatchsa.com

- **TIP:** If you suffer from motion sickness take some tablets beforehand, as the combination of the movement of the boat and the smell of the seals can be overwhelming.

Visit the World of Birds Wildlife Sanctuary & Monkey Park - entry fees apply. www.worldofbirds.org.za

Afterwards, relax and have a meal at Lookout Deck or Mariners Wharf and watch the yachts & colourful fishing trawlers in the harbour.

Chapman's Peak Drive on the Atlantic Coast between Hout Bay and Noordhoek in the Cape Peninsula is one of the most spectacular marine drives in the world. Chapman's Peak Drive is affectionately known as "Chappies" and is a must for anyone who is passionate about the majestic scenery of Cape Town.

- Visit: www.chapmanspeakdrive.co.za for road status and tariff details.

For shopping & entertainment (live local music) spend some time at The Bay Harbour Market - open every Friday (5pm - 9pm), Saturday and Sunday (9:30am - 4pm) www.bayharbour.co.za

9. TOWNSHIP TOURS

A visit to one of the many townships surrounding the city is an experience that will open your eyes to the way in which the biggest portion of Cape Town's population are living. Despite difficult circumstances and poor living conditions, you will experience the vibrancy and spirit of the South African people.

Take a township tour of Langa, the oldest township in South Africa or Khayelitsha, the second largest township in South Africa. Township tours will usually be co-led by a resident in the area, showcase local industry and community projects and include a visit to a township bar or 'shebeen'.

TIME NEEDED: 1-2 hours depending on the tour

- Don't visit the townships on your own. There are many tour companies that offer township tours, including transport to and from the township.

10. FOR THE MORE ADVENTUROUS

SKY DIVING

There are skydiving opportunities for both experienced and first-time jumpers and, Cape Town provides spectacular scenery to make your jump that much more enjoyable.

- For further details, take a look at: www.skydive.co.za or www.skydivecapetown.za.net

DEEP SEA SPORT FISHING

Deep Sea Fishing can be enjoyed all year round in Cape Town with mostly Tuna, Yellowtail, Reef Fish, Swordfish and the odd Marlin between October and May and between June and September Cape Snoek, Yellowtail and Reef Fish are aplenty.

- For further details and costs try: www.hookedonafrika.co.za or www.capecharters.co.za

SHARK CAGE DIVING

To experience a thrill of a different kind, shark cage diving is an adrenalin pumping experience that will bring you face to face with the Great White Shark. Shark Cage Diving takes place near Dyer Island which is reached from Gansbaai - approximately 90 minutes from Cape Town.

- There are a number of companies that offer shark cage diving trips, take a look at: www.sharkbookings.com or www.sharkcagediving.co.za for further details and rates.

SCUBA DIVING

With the Indian and Atlantic Oceans to choose from, there are plenty of diving opportunities along the Cape Peninsula including reefs and numerous ship wrecks. Water temperatures vary from between 9 and 17 degrees and visibility can reach up to 25 metres. There is an abundance of marine life to be seen including shoals of fish, corals, anemones, dolphins, penguins and sharks.

- To find out more about diving opportunities and trips, visit: www.scubashack.co.za or www.diveaction.co.za

ZIP LINING/CANOPY TOURS

Thanks to the new Cape Town Zipline Tour, adventure enthusiasts can be browsing the boutiques of Kloof Street one minute and whizzing through a canyon at Constantia Nek almost the very next. The exhilarating aerial cable slide, which is located on the private Silvermist Wine Estate, is the very first of its kind to be opened so conveniently near to the electric hum of Central Cape Town (roughly 20 minutes away). www.saforestadventures.co.za

- Also try: www.acrobranch.co.za

SURFER/WINDSURFING

Cape Town is not only blessed with beautiful beaches, but also with some of the best surf breaks in the world. There are also excellent windsurfing and kitesurfing spots.

- Visit: www.capesports.co.za for details on kitesurfing and windsurfing lessons.

- For surfing lessons and more, visit: www.downhilladventures.com

HANG GLIDING & PARAGLIDING

Gently paragliding down from Table Mountain, Lions Head or Signal Hill with beautiful views across the Atlantic Seaboard and out to sea is a once in a lifetime experience. One needs to be qualified and licensed in order to paraglide or hang glide, but for those wanting to experience the thrill once off, you can with a tandem glide.

- Visit one of the Cape Town Tourism offices for further details or visit: www.paraglide.co.za or www.hanggliding.co.za

HELICOPTER TRIPS

Helicopter Get a birds eye view of Cape Town and take in the sights from a different perspective. Take it in -from the patchwork vineyards of the winelands to the sandy beaches of the Atlantic Seaboard - all from the sky. Most companies are based in the V&A Waterfront.

- Visit website for further details:www.nachelicopterscapetown.com

HOT AIR BALLOONING

Silently floating over the picturesque Cape winelands is a tranquil and memorable experience. Ballooning trips usually take place in the early morning just after sunrise and are extremely weather dependant.

- For booking and info visit: lifeballooning.co.za or www.kapinfo.com

HORSE RIDING

It is one thing exploring glorious Cape Town on foot, or in a car, or in the sky – but doing so on horseback is something quite special.

Experience the joys of horse riding trails, pony trekking, and even horse rides along the beach:

- Sleepy Hollow Horse Riding - Noordhoek: www.sleepyhollowhorseriding.com
- Imhoff Equestrian Centre - Kommetjie: www.horseriding.co.za
- Equine Sport Centre - Stellenbosch: www.equinesportcentre.co.za

OTHER:

CAPE TOWN ARTS & THEATRE

With its melting pot of people and cultures, the South African arts arena is one that is extremely diverse, from traditional African dance to jazz, stand-up comedy, ballet and theatre. There is always a variety of excellent local productions on offer - which will leave you with a distinctly South African feel.

In order to find what's happening, where and when - consult the local newspapers, or contact Computicket (083 915 8000) for enquiries and bookings.

- Artscape Theatre Complex (City Centre) - large productions including ballet, opera and dance.
- Baxter Theatre Complex (Rondebosch) - contemporary theatre
- Maynardville Open-Air Theatre (Wynberg) - Shakespeare with a local twist (summer only)
- The Fugard Theatre (District 6) - contemporary theatre
- Spier Amphitheatre (Stellenbosch) - opera, musical concerts
- Theatre on the Bay (Camps Bay) - upmarket contemporary theatre, including restaurant.
- Kirstenbosch Botanical Gardens (Newlands)-open air concerts on a Sunday afternoon (summer only)

MUSEUMS

SOUTH AFRICAN MUSEUM & PLANETARIUM

Situated in the Company's Garden and part of the popular Museum Mile, the South African Museum is home to more than 1.5 million items of cultural and scientific significance, ranging from fossils and Stone Age tools to a dinosaur exhibit. The Planetarium, inside the domed auditorium, is a celestial theatre utilizing the complex Minolta star machine and multiple projectors to transport audiences through the wonders of the universe. A must for families – the kids will love it. www.iziko.org.za

SLAVE LODGE

The history of Cape Town is a torrid one and the Slave Lodge – part of the Iziko Museums – offers a haunting reminder of a darker time.

It is not easy to stomach, but it is an important reminder of how the country was built on the backs of slaves and speaks to a global audience with many other countries sharing in the global slave trade. A visit to the re-created slave ship is an emotional experience and very much worth seeing. www.iziko.org.za

DISTRICT MUSEUM

Few areas are as vivid an example of the Apartheid regime as District Six. A once racially diverse and vibrant community, the original residents were forcibly removed from the area when the National Party government declared it a "white group area". The District Six Museum serves as a reminder of what the community once was. www.districtsix.co.za

CAPE TOWN HOLOCAUST CENTRE

Few episodes in human history are as dark, or tragic, as the Holocaust. The Cape Town Holocaust Centre stands alongside the South African Jewish Museum – also worth a visit – and is home to a wealth of information. While undeniably wrought with emotion, the exhibition is beautifully laid out, offering written and verbal accounts of the Holocaust. www.holocaust.org.za

CASTLE OF GOOD HOPE

The oldest building in the country and a structure that has played an integral part in its history, completed in 1679, the Castle of Good Hope, once a fort, has been restored and now functions as a museum. Guided tours are offered Monday to Saturday with The Key Ceremony performed Monday to Friday, followed by the firing of the Signal Cannon at 12pm. The William Fehr Collection, comprising paintings and decorative arts, is partly housed here. www.castleofgoodhope.co.za

BO-KAAP MUSEUM

The Bo-Kaap – also known as the Cape Malay Quarter – is one of the city's most popular destinations with its colourful houses a standout feature of the neighbourhood. But beyond the houses, the area has an incredibly fascinating history with many of the residents being descendants from slaves from Malaysia, Indonesia and various African countries who were forcibly brought to the city in the 16th and 17th centuries. The Bo-Kaap Museum is the perfect place to discover the history of the area with the building dating back to the 1760s and the oldest in the neighbourhood. www.iziko.org.za

SHOPPING MALLS

Cape Town is home to many upmarket shopping malls most of which include big chain stores and smaller boutiques as well as banking facilities, restaurants, coffee shops and movie theatres. Depending on their locations, some malls also offer curio shops. Most malls offer safe pay-per-hour parking. Most shopping centres are open for shopping Monday - Saturday from 9am - 5pm and Sundays 10am - 1pm. Some offer later shopping hours on Friday nights and the Waterfront and Canal Walk are open for shopping until 9pm every evening. Movie theatres and most restaurants stay open later.

THE MAJOR SHOPPING MALLS ARE:

- V&A Waterfront
- Canal Walk, N1, outside city centre
- Cavendish Square, Claremont, Southern Suburbs
- Constantia Village, Constantia, Southern Suburbs
- Tablebay Mall
- Tygervalley, Northern Suburbs
- Somerset Mall, Somerset West

MARKETS

- Hope Street, Gardens (Sat 9am -2pm) Food
- Granger Bay, Oranjezicht (Sat 9am-2pm) Food
- Biscuit Mill, Woodstock (Sat 9am-2pm) Food/bric-a-brac
- Route 44, Stellenbosch (Sat and Sun 10am -4pm) Food/bric-a-brac
- Garage market, Muizenberg (Friday 4pm -10pm) Food/bric-a-brac/curios
- Harbour Market, Hout Bay (Friday 4pm-10pm, Sat and Sun 9am-4pm) Food/bric-a-brac/curios
- Greenmarket Square, Cape Town Central (Mon-Sat 9am-3pm) Curios