

FRIDAY WRAP

#3.02.1

'A Glimpse of Humour'

20 January 2012



One of the "World's most beautiful cities" (forbes.com).

Wrap

- ~ Rap -- to talk., **conversation.**
- ~ a piece of thin, flat bread **that can contain anything** eaten as a sandwich.
- ~ Signaling **the end (ie of a week)**
- ~ **Under wraps – secret.**

10 Things we love about Cape Town

by Terence Carter

In February 2010 husband-wife travel writer-photographer team Terence Carter and Lara Dunston traded hotel rooms for holiday rentals and embarked on a year-long grand tour of the globe called [Grantourismo](#) in partnership with [HomeAway Holiday-Rentals](#). Their aim was to travel more slowly and sustainably, learn how to live like locals, and do and learn things, and inspire other travellers to do the same.

In October, they spent two weeks in Cape Town, staying in a [Camps Bay house](#) minutes from the beach, and became smitten with the city. As they're nearing the end of their trip and reflecting on their

year, we asked them to tell us what they loved most about Cape Town.

1. The people

We noted the friendliness of [the people](#) from the moment we placed our jet-lagged bottoms on the seats of our transport from the airport, when we received a wonderful, personal account of the end of. And the warmth didn't stop. We were getting last minute tips on the best use of Mrs Ball's hot chutney on the way *back* to the airport. Everyone was keen to share *their* Cape Town.

2. Township experiences

To visit Cape Town without touring [the townships](#) is for us like visiting Cape Town and not going to Table Mountain. Simultaneously sad, beautiful, eye-opening, encouraging, disheartening, and uplifting, a township visit can be an emotional rollercoaster ride, but it's worth it. Once again, it was the spirited, entrepreneurial people we met that ultimately left us optimistic about South Africa's future.



The Mother City

3. Captivating coastline

We've meandered along some spectacular coastlines in our travels around the world but the scenery experienced on the drive from where we stayed in Camps Bay to Cape Town's centre never failed to wow us. The coastline around Cape Town is some of the most ruggedly beautiful in the world. If visitors don't hire a car, we strongly recommend they do the red hop-on hop-off [sightseeing bus](#), snag a seat on the left side for the best vistas, and have that camera ready!

4. Camps Bay Beach

And while we're talking ruggedly beautiful, Camps Bay Beach is something else too. The creamy soft sand, the still rock pools, the ever-changing moods of the surf, the breathtaking sunsets, and the view *from* the beach up to Table Mountain with its [mesmerising "table cloth"](#). It's a beach we'd happily stroll every day. And we did!

5. Table Mountain

This mountain must offer some of the most enthralling views in the world: the city disappearing into the distance on the way up, the views from above the clouds from the top – just magnificent. It's both surreal and beautiful. Extra surreal when you see a dassie! And just as spectacular as the vistas from the mountain were the views *of* the mountain that captivated us from our bedroom balcony every day!

6. Long Street

To be honest, we were expecting a backpacker hangout of Long Street from what we'd read, but the street is thankfully way more interesting than that, with loads of interesting shops, cafés, bars and pubs, and heaps of locals heading there for after-work drinks and entertainment. We didn't spend enough time here – next time we'll make up for it.



Boulders Beach

7. Neighbourgoods Market

Champagne and pizza or a steak sandwich before noon? Why not! What a fantastic place to hang out on a Saturday morning. The [Neighbourgoods Market](#) at the Old Biscuit Mill is the kind of local experience that we love to seek out. Definitely a must-do! We also took home some pies and pastries that were just *amazing*. Foodie fun!

8. Cape Malay food & African cuisine

We love exploring local foods and enjoy a good curry, so the [Cape Malay tomato bredie](#) quickly became a favourite dish – and one that’s already gone into my repertoire! I did a [Cape Malay cooking course](#) in a private home, which was super. I not only picked up some new skills, but we had the best samoosas ever!

9. Wine and the Cape Winelands

We see a lot of South African wines on shelves and in menus around the world, but you guys are seriously keeping the best to yourselves! We got a real kick out of trying the array of wines, as well as touring the [Cape Winelands](#) and pretty

towns like Franschhoek. The biggest surprise for us wasn’t the pinotage, but the shiraz. Don’t tell anyone.

10. Beading and handicrafts

From the African wood carvings and colourful handicrafts at the Pan African Market to the vibrant beaded delights produced by Monkeybiz and Streetwires, the stunning beaded products in Cape Town were enough to make Lara fall in love. So much that she tried her hand at the [art on a beading experience](#).

She’s hooked! Her only complaint?

She didn’t buy enough!

Next time ...

10 Reasons Why We Love the City of Cape Town

We'll shout it from the top of Table Mountain- we've got a crush on Cape Town!

The Mother City is a temptress of note. If you live here, or you've visited, you've no doubt been seduced by her pure and utterly breathtaking beauty.

She's got the kind of splendour that will have you packing your bags and relocating just to see it every day. We've heard countless stories of South Africans and foreigners coming to visit our shores and deciding on-the-spot that they're going to stay.

Think they're crazy? We don't. We get it. We've been wooed by Cape Town too. Here's why:

10. Natural Beauty

Capetonians are dazzled daily by the mountains and the sea. We’re spoiled by the bounty that the earth has granted us. Top that!

9. Zen Traffic

Is this even possible? Here it is. It’s hard to let the traffic get to you when you’ve got a view of the mountain or the ocean on your way to town. Next time you’re ready to bash the car in front of you, just look out your window at the beauty

surrounding you. Instant calm.

8. Gorgeous Stadiums

Not only are our sporting venues fantastic, they also have the best views. Try finding a better view than those from the new Cape Town Stadium and the Newlands Cricket and Rugby Grounds.

7. Gatsby's

This crazy Cape Town meal is enough to keep us put. Don't know what we're talking about? Imagine a baguette stuffed with every imaginable food group: chips, meat, fish, salads, sauce and more. Ridiculous, but oh so tasty!

6. Beach Parking

Capetonians are known to park off at the beach till late during our African summers. It's still light, sunny and hot till 7pm, so why wouldn't we?

5. Seaside Sundowners

When you live in Cape Town it's all about living the holiday, even if you have to work. We've perfected the art.

4. The People

Capetonians are a breed like no other. Down here we're chilled, friendly and fun. When you're sandwiched between two oceans, you learn to go with the flow.

3. Cuisines

Food is the way to a Capetonian's heart. Because of the cosmopolitan mix of peoples and cultures in the Cape, we've got some spectacular food.

2. Braais

Every city has shared icons or past-times that define their identity. For Capetonians that icon is the braai. You would be hard-pressed to find a local who doesn't love standing in front of an open fire, tongs in one hand and with two eyes on a juicy coil of sizzling sausage.

1. Table Mountain

Need we say more? OK we will. If Capetonians were Super Heroes, Table Mountain would be our source of power. It's the spirit of the city and we'd be lost without it.



Cape Point

36 Hours in Cape Town

The New York Times

By ELAINE SCIOLINO

Published: October 27, 2011

Its cultivated side, the bright lights and big buildings of the city center, collides with its geography — the dazzle and danger of the wind-whipped mountains and the two oceans that embrace it.

Despite the grinding poverty in the townships on the city's outskirts, this is one of the most naturally beautiful places in the world, where adventurers can sky-dive, kite-surf, rock-climb, hang-glide, shark-cage-dive; others can explore with less daring but just as much enthusiasm.

Cape Town Travel Guide

Friday

1 1400 - BACK IN TIME

Start with the history of apartheid and a visit to District Six, once home to an ethnically and racially diverse community of freed slaves, artisans, merchants, workers and immigrants. In the 1960s, the apartheid government forcibly removed them and razed their homes in order to impose racial separation. Thirty years later, the District Six Museum was opened in a restored church, the former meeting place for anti-apartheid activity. The museum pays tribute to the



Waterfront

community's memory by displaying the artifacts and photographs that remain. Noor Ebrahim, who wrote a memoir of his life in District Six and minds a small museum shop, is also a storyteller and will share memories of the weddings, funerals and street life of a place that was once quite different. The museum also offers guided walking tours of the neighborhood.

2 1600 - MORE THAN A GARDEN

Set against the eastern slopes of Table Mountain, the 1,300-acre Kirstenbosch National Botanical Garden was created in 1913 to protect southern Africa's indigenous plants, and now holds more than 7,000 species. The garden includes a cultivated area perfect for picnics. The natural forest is home to more than 125 species of [birds](#), as well as mammals, reptiles, frogs and invertebrates. Don't miss the Fragrance Garden. There are temporary art exhibitions, a summer concert series

3 1800 - TOP OF THE TABLE

Table Mountain is to Cape Town what the [Eiffel Tower](#) is to [Paris](#) — a grand monument that both defines and dominates the cityscape. Ride the rotating cable car up the 3,560-foot granite and sandstone mountain for glorious sunset views of Cape Town. (The strenuous hike up takes about two hours.) Be prepared to change plans suddenly if clouds descend.

4 2000 -SWINGING AND SWAYING

Every variety of cuisine and entertainment is available in Cape Town. But why not try a local favorite? On Tuesday through Sunday evenings, is where the locals gather. They are encouraged to stand on the tables to swing and sway when the live bands and costumed dancers perform, and even to perform themselves. The food, a mix of simple African and Cape Malay, is almost beside the point. Try the grilled game platter, chicken livers, ox tongue, samp and beans. Mama's brandy tart is a must.



Bokaap

5 2330 - NIGHT ON THE ATLANTIC

Grab a drink with the young crowd at the outdoor bar on the promenade in Camps Bay. Or head a few doors down to an upscale, upstairs club for late-night dancing and beautiful-people-watching. The outdoor seating area overlooks the sandy beach and ocean beyond. Resist the impulse to follow the late-night-dip daredevils into the freezing Atlantic where there's sometimes the chance of a close encounter with a shark.

Saturday

6 0900 - OSTRICH BURGERS

Start the day with a kaleidoscope of flavors at the Old Biscuit Mill in a renovated Victorian mill complex in the Woodstock area. A meeting place as well as a dining spot, it sells freshly made food from all over the world (French pastries,

Greek falafel, Asian noodles, Spanish paella, Dutch pancakes, and the freshest mozzarella). Not to miss, no matter what the hour, is an ostrich burger hot off the grill. There are clothing and crafts stalls and stores nearby; lots of free samples

7 1130 - OLD AND NEW TREASURES

Cobblestoned Greenmarket Square, one of [South Africa's](#) oldest public squares, offers dozens of densely packed stalls selling reasonably priced local crafts, including beaded jewelry, African masks and carved-bone household goods. Merchants are eager to talk about their wares and negotiate prices. From there, head to Long Street, where young designers have opened boutiques and wrought-iron balconies lend a [New Orleans](#) feel to the street. Clarke's Bookshop has maps, prints and books on



Greenmarket Square

southern Africa and excellent recommendations on South African literature. The African Music Store offers a superb selection of music from all over the continent as well as working radios made almost entirely from recycled wire, plastic and beer bottle caps.

8 1500 - WINE SIPPING

No visit to Cape Town is complete without a stop in at least one of the region's sun-kissed vineyards. Less than 30 minutes away, in the upscale suburb of Constantia on Cape Town's historic wine route, the hospitality is warm at [Groot Constantia](#). Dating back to 1685, it is one of the country's oldest wine estates, elegant and inviting with its manor house, rows of oaks and vast selection of wines.

9 2030 SUSHI ADDICTS

There is only one reason to go to the V&A Waterfront, which is overpriced and has the feel of a giant globalized shopping mall.

10 2230 - COCKTAILS AND MUSIC

Head to Asoka, a stylish, intimate bar, for its music and yummy cocktails, from a classic mai tai with pineapple (45 rand) to the risqué Porn Star Martini with passion fruit (48 rand), in a restored Victorian house. With a comfortable, [feng shui](#) design, Asoka attracts a racially diverse crowd of 20- and 30-somethings. Depending on the night, the music and dancing might be even better at Fiction DJ Bar & Lounge or Zula Sound Bar on nearby Long Street.

Sunday

11 0800 - HEADING SOUTH

Who can visit Cape Town without seeing the Cape of Good Hope? Rent a car and drive south. Beware of baboons on the mountain passes! Stop in Simon's Town for breakfast and then an encounter with waddling, braying African penguins (an endangered species) at Boulders Beach. Continue on to the Cape of Good Hope, the symbolic meeting point of two oceans



Camps Bay

even though the geographical point is farther south at Cape Agulhas. Wind your way down the steep wooden staircases to Diaz Beach, a partly hidden cove on the sea. Return to the city via the 114 curves of Chapman's Peak Drive, one of the most spectacular coastal drives in the world.

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Cape Town flies high in BA poll

November 18th, 2011

British Airways' international customers have added to Cape Town's recent string of accolades, naming the Mother City as one of the most desirable places in the world to visit this summer.

Cape Town came fifth in an online poll of places people would most like to visit. Responses ranged from a general desire to go somewhere sunny to more specific destinations and reasons to visit them.

London topped the list, with respondents citing the UK capital's great shopping as a key attraction. The Caribbean's warmth and beauty secured it second place. Brazil and New York were named in third and fourth places.

Sydney, 'anywhere warm and sunny' and Florida followed Cape Town as sixth and seventh favourites.

"Cape Town has consistently been one of our top ten summer destinations. Recent achievements such as the World Design Capital and 10 Natural Wonders will certainly add to its popularity. Equally the thought of relaxing on a stunning beach or visiting the winelands are a real draw as the UK winter closes in," says Daniel Bainbridge, British Airways' strategic commercial development manager, South Africa.

This summer British Airways is operating double daily flights between London and Cape Town.