CAPE TOWN & SURROUNDS

A three-week journey — museums, nature and the very best of the Cape



Stay at Eleven Duiker, Melkbosstrand

Overview — Cape Town essentials

Iconic sights

- Table Mountain
- Cape of Good Hope & Cape Point
- Boulders Beach
- Robben Island
- Chapman’s Peak Drive

Wildlife

- Aquila Private Game Reserve — Big 5 day safari
- Villiera Wildlife Sanctuary — game drive
- Cheetah Outreach — Somerset West

Museums & culture

- Zeitz MOCAA
- District Six Museum
- Iziko museums & National Gallery
- Norval Foundation
- Bo-Kaap

Nature & gardens

- Kirstenbosch and the treetop walkway
- Vergelegen
- Constantia wine estates
- Silvermine / Newlands Forest

Coastal villages

- Camps Bay & Clifton
- Hout Bay & Seal Island boat trip
- Simon’s Town & Kalk Bay
- Paternoster

Food & markets

- V&A Waterfront & boat trip
- Cape Malay cooking workshop, Bo-Kaap
- Wine-blending workshop, Franschhoek
- Oranjezicht City Farm Market



DAY 2

Table Mountain

Cape Town’s great icon. Hike to the summit with a guide and return by cableway — the best of both. On a clear day, the whole city, bay and Robben Island unfold below.

A demanding full day, so plan something gentle around it.



DAY 3

Bo-Kaap

A colourful neighbourhood beneath Signal Hill, known for its brightly painted homes and Cape Malay history and cuisine. It is one of Cape Town’s most photographed places and a delight to explore on foot.

Around lunchtime, join a Cape Malay cooking workshop in a local host’s home: prepare samosas, curry and roti, then enjoy them together.



DAY 6

Paternoster

A picturesque West Coast fishing village with whitewashed cottages and crystal-clear water. A lovely day trip from Melkbosstrand, with fresh seafood as an added reward.



DAY 8

Kirstenbosch

One of the world’s finest botanical gardens, featuring the celebrated treetop walkway known as the Boomslang, with views across forest and mountains. Perfect for a peaceful morning and picnic.



DAY 9

V&A Waterfront

Cape Town’s lively harbour with Table Mountain as its backdrop. Shops, restaurants, the aquarium and boat trips all depart from here — as does the ferry to Robben Island.

Add a cruise into the bay for a relaxed view of Cape Town from the water.



DAY 10

Chapman’s Peak Drive

One of the world’s most beautiful coastal roads, winding along cliffs with breathtaking ocean views on the way to Hout Bay.

From Hout Bay harbour, take a short, easy boat trip to the Cape fur seal colony on Duiker Island.



DAY 11

Cape of Good Hope & Cape Point

The reserve at the southern tip of the peninsula has dramatic cliffs and expansive ocean views. A short walk or funicular ride to the old lighthouse rewards you with a spectacular panorama.



DAY 12

Boulders Beach

A beach home to a colony of wild African penguins, viewed at close range from wooden boardwalks. Nearby Simon’s Town is a picturesque naval town with a rich history.



DAY 13

Kalk Bay

An atmospheric fishing village on False Bay, with a working harbour, antique shops and welcoming restaurants. A relaxed addition to Boulders Beach and Simon’s Town.



DAY 17

Robben Island

Reach the island where Nelson Mandela was imprisoned by boat from the V&A Waterfront. Its guided tour offers a moving and educational encounter with South Africa’s history.



DAY 21

Aquila Private Game Reserve

A full-day Big 5 safari — lion, elephant, rhino, buffalo and leopard — including lunch, about two hours from Cape Town. Leave early and return late; keep the rest of the day free.

DAY 25

Departure

Week 1 — Cape Town, wildlife & wine

DAY 1 — Arrival & check-in
DAY 2 — Table Mountain
DAY 3 — Bo-Kaap & cooking workshop
DAY 4 — Villiera Wildlife Sanctuary
DAY 5 — Constantia wine estates
DAY 6 — Paternoster day trip
DAY 7 — Art & culture
DAY 8 — Kirstenbosch

Week 2 — Peninsula & coast

DAY 9 — V&A Waterfront & boat trip
DAY 10 — Chapman’s Peak & Hout Bay
DAY 11 — Cape of Good Hope & Cape Point
DAY 12 — Boulders Beach & Simon’s Town
DAY 13 — Kalk Bay
DAY 14 — Stellenbosch
DAY 15 — Spier & Cheetah Outreach
DAY 16 — Camps Bay & Clifton

Week 3 — Winelands, safari & free time

DAY 17 — Robben Island
DAY 18 — Rest day in Melkbosstrand
DAY 19 — Franschhoek & wine workshop
DAY 20 — Market & forest walk
DAY 21 — Aquila Private Game Reserve
DAY 22 — Free day
DAY 23 — Vergelegen
DAY 24 — Final favourites

Practical tips

- Tell us your dates: Robben Island and the Table Mountain cableway are weather-dependent and sell out quickly; we can book them for you.
- Transport: a hire car is useful, or we can arrange a private driver at an agreed rate.
- Aquila: allow a full day, with an early departure and late return.
- Rest days: a three-week stay leaves plenty of time to unwind on the beach at Eleven Duiker.
- Weather: Cape Town can be windy in the afternoon; mornings are often calmest for Table Mountain and boat trips.

Safe travels!

Prepared as inspiration for a stay at Eleven Duiker, Melkbosstrand

