



SOUTHERN JEWEL

Cape Town is South Africa's second-most populous city and a historical hub that rejoices in its stunning vistas.

Text Sasha Arms Map Ingo Fast

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This month, Cape Town is flowing with great food and wine as top-notch chefs and winemakers flock to town for the Good Food and Wine Show from 23-26 May

Malaysia Airlines flies directly from Kuala Lumpur (KUL) to London (LHR); from LHR, oneworld partner British Airways flies to Cape Town (CPT)

A 9am Start the day with breakfast at hipster Capetonian favourite, **Skinny Legs & All** (70 Loop Street **Opens** 7am-4pm, Mon-Fri; 8.30am-2pm, Sat; closed Sun **Tel** +27 21 423 5403 www.skinnylegsandall.co.za). Healthy is all the rage and the muesli bowl is revered.

B 10.30am Stroll through Bo-Kaap, well known for its multi-coloured houses and cobbled streets. The tiny **Bo-Kaap Museum** (71 Wale Street **Opens** 10am-5pm Mon-Sat; closed Sun **Tel** +27 21 481 3939) gives a flavour of the area's Cape Malay culture.

C 11.30am See a vivid reminder of the apartheid era at **Company's Garden** (19 Queen Victoria Street **Opens** 7am-7pm) with benches marked for 'whites' and 'non-whites'.

D Stop by the compelling **District Six Museum** (25A Buitenkant Street **Opens** 9am-2pm Mon; 9am-4pm Tues-Sat; Sun by appointment only **Tel** +27 21 466 7200 www.districtsix.co.za), a gallery about a community whose homes were bulldozed as part of an official campaign of racial segregation.

E 1pm The V&A

Waterfront is a picturesque lunch spot. Dine at **Baia** (Victoria Wharf **Opens** 12-3pm and 7-11pm, Mon-Sun **Tel** +27 21 421 0935 www.baiarestaurant.co.za) for seafood and waterside views.

F Shop at **Red Shed Craft Workshop** (Dock Road **Opens** 9am-9pm, Mon-Sat; 10am-9pm, Sun **Tel** +27 21 419 2885) for original souvenirs such as antique Ethiopian jewellery and aluminium can ornaments.

G 3pm Table Mountain watches over the Mother City –

make sure you do too with a trip up **Table Mountain Cableway** (Tafelberg Road **Opens** 8.30am-6pm Mon-Sun **Tel** +27 21 424 0015 www.tablemountain.net). Stu Inning views stretch to Cape Point and beyond.

H 5.30pm Stroll along Camp's Bay beach, where the rich and beautiful like to see and be seen. Join Capetonians for a sundowner cocktail at **Paranga** (1 The Promenade **Opens** 9am-12am, Mon-Sun **Tel** +27 21 438 0404 www.paranga.co.za).

I 7.30pm Make dinner memorable: **Salt** (Bantry Bay's Ambassador Hotel, 34 Victoria Road **Opens** 7am-12am, Mon-Sun **Tel** +27 21 439 6170 www.saltrestaurant.co.za) provides floor-to-ceiling views of the ocean to accompany indulgent modern South African cuisine.

J 9pm Join in the bustle of Long Street. Have a nightcap at the relaxed but lively **Neighbourhood Bar** (163 Long Street **Opens** 12pm-2am **Tel** +27 21 424 7260 www.goodinthehood.co.za). ■