



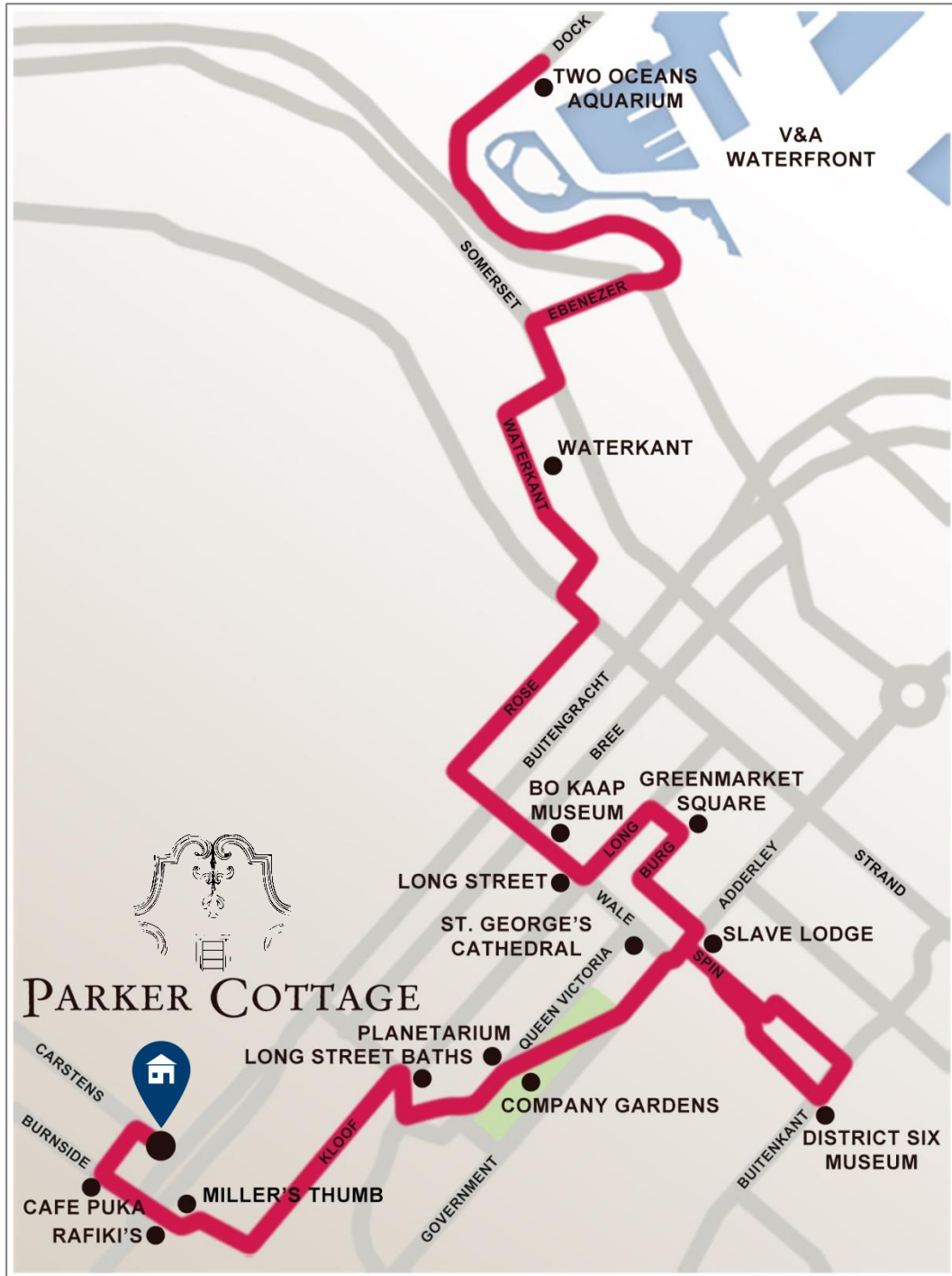
# Parker Cottage's Walking Tour of Central Cape Town

The City Bowl in Cape Town is a truly wondrous thing. Unlike many colonial city centres, it has a distinct lack of the ubiquitous Western chain stores and manages in large part to retain several tiny and very specialized shops, eateries, galleries, theatres, hotels and bars that would simply not survive in a pressured rental environment in a modern industrialized city.

**NB. Please take a look at the back page for some important notes before you go on this tour.**

This tour takes you to:

09h15 Kloof Street – vibey heart of Gardens and the ‘let’s do lunch’ crowd.  
09h30 The Long Street Baths – historic Turkish baths and pool  
09h45 The Company’s Garden – superb, ornate, city centre park.  
10h15 St. George’s Cathedral – Tutu’s centre of resilience.  
10h15 The Slave Lodge – how Cape Town and its people came to be  
11h00 The District Six Museum – an inspirational piece of history  
11h30 Greenmarket Square – bustling African craft market  
12h00 Long Street – the ‘anything goes’ street from dawn till dusk (and dusk till dawn)  
12h30 The Bo Kaap – the cultural home of the Cape Malay community  
13h00 The Waterkant – design and chic abound in this gay friendly quarter  
13h30 The Waterfront – love it or hate it, Cape Town’s answer to Sydney harbour  
Take a cab home to Parker Cottage.



*09h00 Leave Parker Cottage by turning left out of the gate. Walk up the road and take the first left into Tamboerskloof Road.*

*Parker Cottage*

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## Café Puka



If you're in the mood for a very local 'Tambie' (Tamboerskloof) experience, drop in at Puka on the corner of Burnside and Tamboerskloof road for a pre-walk smoothie.

Michael, the owner, is a 'do it all yourself' kind of guy and only has five tables at which to serve you. You get great coffee, a selection of brunch and lunchy food, a view of Table Mountain and to stroke the dog, who acts as a kind of doorstep.

*09h05 Keep going up Tamboerskloof Road and when you get to Burnside Road, turn LEFT into the road. Walk down this street, marveling at the four oak trees planted in Jürgen's Park on your left.*

*09h10 At the end of Burnside, you'll meet the road known as Buitengracht. This is a major intersection and like everywhere in Cape Town, people drive like lunatics, ignore lights and don't care about pedestrians! Be very careful about crossing the road here.*

On the other side of Buitengracht, you'll walk past two Cape Town institutions:

Rafikis, universally accepted as the *best* student bar in town and the place to watch any kind of sporting action, and Miller's Thumb, one of the bistros recommended on Parker Cottage's restaurant list.

*09h15 You should now be walking down Kloofnek Road, past the Villa Maria convent. At the end of the road, you'll find Kloof Street. Turn left into this street.*

## Kloof Street

Kloof Street grew out of Long Street around about the mid 1970's. It was formerly just a residential street with a few supermarkets and things on it, so don't be surprised when you find almost all the shops, art galleries, estate agents etc. looking just like houses. That is what they are!



### Cool and vibey shops of the ever ephemeral Kloof Street

On Kloof (which means 'valley' in Afrikaans), you'll find a whole range of utilitarian shops (like supermarkets and petrol stations) but also a really pleasant smattering of art galleries, interior design shops, an art house cinema and many, many three to four star eateries. Kloof is a very long street (it goes all the way up to Higgovale) and we don't suggest you try to walk the length of it.

*09h30 When you get to the end of Kloof Street, you'll be at the intersection with Long Street, which is in front of you. But we're not going down Long Street just yet! Cross the road in front of you at the traffic lights and walk around the junction to the left.*

## The Long Street Baths

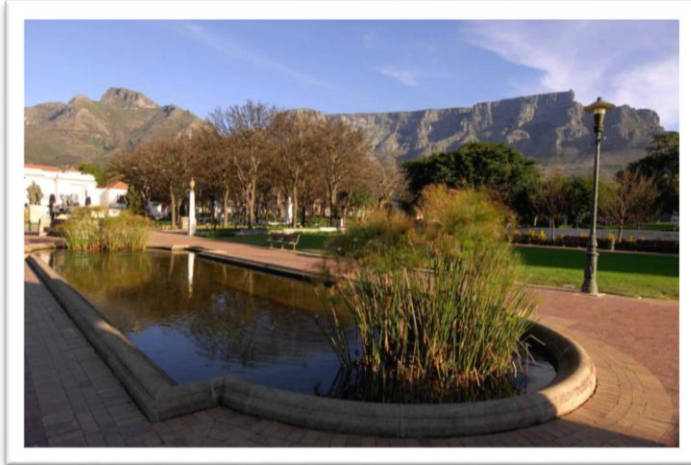


A really beautiful building with a story to tell, the Long Street Baths have Turkish baths, with steam and dry-heat facilities. These are the only original facilities. You can now swim properly though in a 25m-long heated indoor pool which for the die-hard open water swimmers of Cape Town is very important!

If you'd like to go in, it's R12 and they close at 19h00 every day.

*09h35 Keeping the Long Street Baths on your left, walk right onto Orange Street past the Shell petrol station and the Mosque. Turn left into Queen Victoria Street. Keep walking down the road, passing the Italian Consulate and turn the corner just opposite the Planetarium. Go into Company's Garden by crossing over Queen Victoria Street.*

## The Company's Garden



**A view of the Company's Garden with a mountain you might know...**

The Company (i.e. the Dutch East India Company) needed fresh produce for its ships (this was in the days when Cape Town was just a way post to the orient and not yet a colony in any real sense) and decided to lay out on a convenient flat piece of ground with ample fresh water a fruit and vegetable growing area. Fresh water from Table Mountain still flows through the park under the wonderful tree lined Government Avenue (the Houses of Parliament are on one side of the park and the High Court on the other)

### **We say ...**

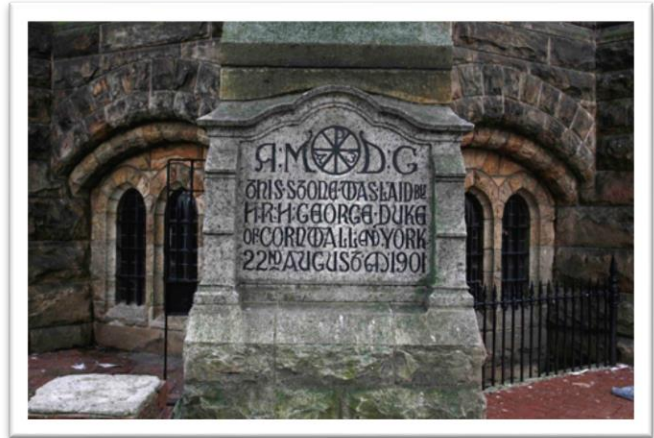
*These days, the park is very much place to escape the heat of the day and relax, either at the South African Library, the Garden Tea Room (which does superb carrot cake) or in the small but beautiful botanical section of the Garden. Once you find Government Avenue (which is over the other side of the park you came in from), on the other side of it you'll see Parliament and the Tuinhuis. In fact, the whole park is surrounded by important buildings, not the least of which is The Slave Lodge.*

Find out more about the Company's Garden at

[www.capetown.gov.za/en/parks/facilities/Pages/capetownGardensrecentdevelopmentsFeb09.aspx](http://www.capetown.gov.za/en/parks/facilities/Pages/capetownGardensrecentdevelopmentsFeb09.aspx)

*09h45 Walk through the Garden anyway you choose in the direction of Wale Street. At the end of Government Avenue, you will see Adderley Street in front of you and Wale Street running up to your left (with Signal Hill at the end of it). St. George's Cathedral is on your left.*

## St. George's Cathedral



### St. Georges and its founding stone



If you're feeling peckish right now (Cape Town has unfortunately / fortunately the ability to tempt you to eat every five minutes, do yourself a favour and stop off for a sandwich or a light bite at The Crypt (which you access from the street itself). Equipped with a Scrabble board and the coolest air in Cape Town, this is a place to escape the heat of the day whilst sitting in lovely calm surroundings. There is also a series of temporary exhibitions here called 'The Crypt Memory and Witness Centre', much of which deals with the place the Cathedral took in the downfall of Apartheid and Desmond Tutu's work in that struggle.

You will also, if you have any interest in books at all, find the Cathedral Book and Bric a Brac store really interesting. It's just around the corner on Queen Victoria Street.

*10h00 Leave St Georges by turning into Adderley Street (look for the Taj Hotel which is on the corner. On the corner of Adderley and Wale (which you are now on) is the Slave Lodge.*

## The Slave Lodge



**The exterior and interior of the Slave Lodge ... rather grand !**

The Slave Lodge now forms part of the Iziko Trust which manages most of the larger museums in the City Bowl as well as the Social History Centre on Spin Street. The original building was built in 1679 by the Dutch East India Company to house slaves who tended the gardens (hence the term Company's Garden). Later, it came to house government offices and has now been made into a museum about slavery.

### **We say ...**

*The wonderful thing about The Slave Lodge as a museum is that it is suitable for all ages (which one would not think considering its subject) but it is a moving experience. Even if you are a studied sociologist, it will really make you think about how slavery has been part and parcel on what the modern world has become (and continues to be). There is a detailed look at how the various slave routes of the last 400 years came into being and how these have impacted on the countries of origin and destination the slaves were sent to. We've been twice and learnt something new each time.*

*10h45 Leave the Slave Lodge by turning right out of the door and take your next right into Spin Street. You'll come to Church Square which has some interesting art installations and a wonderful café called Bread Milk and Honey.*

*10h55 At the end of Spin Street, turn first left into Corporation Street and then immediately right into Caledon Street.*

*10h57 Caledon Street crosses Buitenkant, (loosely translated meaning 'the outer edge'), which marks your exit from the oldest part of Cape Town. Once you cross this road, you are in what used to be called District Six, now Zonnebloem.*



If you continue down Caledon Street, and you've got the time, go and have a look at The Fugard Theatre, Cape Town's newest theatre, named after one of South Africa's most prolific and celebrated playwrights, Athol Fugard. Architecturally, it's a treat and it's very much not on the tourist trail.

## The District Six Museum



**The exhibitions of the District Six Museum**

District Six was for a long time one of the few racially and socially mixed communities in early South Africa. Most of the people that lived and worked here were involved in the construction of what we now see in Cape Town or the workings of the port. Successive right wing governments in the Cape had become frustrated over what they saw as the problems of racial mixing but it was not until high apartheid that the process of removals and marginalisation of the inhabitants really got going. The term 'resettlement' was used to try to encourage people to move to the then wastelands of Mitchell's Plain and this started as early as 1901. Then, by 1966, it was declared a white area under the Group Areas Act of 1950. The large scale destruction and removal of people of all creeds and colours began in 1968 and by 1982 the life of the community was over. It has to this day not been entirely rebuilt and restitution has been a slow and difficult process. The District Six Museum, established in December 1994, works with the memories of these experiences and with the history of forced removals more generally.

### **We say ...**

*Despite the reasons for the museum's existence, the District Six Museum manages to retain an amazing amount of promise and hope in its exhibitions. You'll find that the exhibits are very much a collage of found objects collected by the curators from inhabitants (either living or dead) of what used to be District Six and in this way, it's both a moving and personal experience and encapsulates what the history of South Africa has been to date and how relevant and present it still is. Take some time to talk to the staff here, most of whom will be descendants of original inhabitants: you might be surprised by some of the things they have to tell you.*

*11h30 From the District Six Museum walk back the way you came down Albertus Street over Plein St onto Spin St all the way until you hit Adderley. Take a right on Adderley Street and your first left into a pedestrian lane that leads to Burg. You'll pass (on your left) the Michaelis Art Gallery - which is worth a quick look - and take a right onto Burg. Follow Burg until you see the market place.*

## Greenmarket Square



**Greenmarket Square's and its wares**

Greenmarket Square began its existence all the way back in 1696 when early Cape colonizers built a watch house there. It developed from there to become the City Hall – the Old Town House is still there – as a market and meeting place built up around it. Traders would haggle over wares as diverse as vegetables and slaves.

Nowadays there is still just as wide a variety of goods to choose from (despite that pesky abolition law) and Green Market Square is the best place to barter for all sorts of curio items that have been transported from everywhere in Africa – including fabrics, masks, herbs, clothes, drums, art and craft works. Prices start high but can be beaten down low by the proficient haggler.

The numerous cafes and restaurants that surround the square provide the perfect arcade from which to view the square and its assorted, vibrant community.

*12h00 From Green Market square it's a short hop onto Long St up either Longmarket St or Shortmarket St. (You exit via the opposite side of the square you came in on.)*

## Long Street

### Long Street by day ...

Long Street, with its open 2nd story balconies that provide boozy relief from the colourful, bustling street below, is the perfect place to find Cape Town's trendiest restaurants and bars as well as numerous shops whose wares vary from clothes to antiques as well as African curio Bazaars. The fastidious shopper will find plenty of great deals on Long St. The not so picky may be easily ripped off.

Daytime highlights on Long Street include the Pan-African Market (about half-way down) and the Royale Eatery (best burgers in the land, near the top of the street).



### Get the party started on Long Street

Long St is one of the oldest streets in Cape Town and many of its Victorian buildings are still well maintained; particularly at the top of the street closest to Table Mountain. It was named Long St because it stretched from the old harbour all the way to Tamboerskloof (and the beginnings of Kloof St) for 3.8km. In fact its harbour associations don't stop there. Early in the street's life-time it was a hot spot for sailors trawling for "a good time" and the balconies provided excellent platforms for purveyors to advertise their wares.

### Long Street by night ...

If you're looking for nightlife, you're on the right street. Long Street is the epicentre of Cape Town's youth-based entertainment. With many fine establishments ranging from crusty underground bars to chrome laser-lit clubs, party pilgrims will experience rapture. That is, on a good night. Long Street can be somewhat of an enigma with one night providing seemingly endless entertainment and a street bustling over, to the next; an apparent exodus out of town with very little explanation.

*12h30 From Long St, the best way to get to the Bo-Kaap is to turn left up Wale St towards Signal hill (the big hill thing that's not a mountain). You'll know you've arrived when you see the Bo-Kaap Museum on your left.*

## The Bo Kaap / Malay Quarter / Schotshe Kloof



**The Bo Kaap Museum (Wale Street)**



The Bo-Kaap or Cape Malay Quarter is largely inhabited by the descendants of slaves from Malaysia and Indonesia (though not exclusively) imported by the Dutch during the 16th and 17th centuries. It is considered the City Centre's Islamic district and it is very culturally pluralistic. The Cape Malay inhabitants survived the forced removals of apartheid and their kind-natured legacy of friendliness to strangers and neighbours alike is kept alive today.

*12h30 Leaving the Bo-Kaap Museum, head straight across the road and along Rose St several blocks until you reach the busy Strand St (which – if you were driving – would lead you to Sea Point). Wait for a safe point to cross the road and take a left. Walk until Chiappini Street which takes you to the right, and then go left on Waterkant St. You are now in Die Waterkant!*



## Die Waterkant / Green Point

Die Waterkant was part of the multicultural all-accepting Bo Kaap until 1966 when the National Party enforced the Group Areas Act and nearly every non-white who lived on the sea-side of Strand St was evicted. In an ironic cultural twist the neighbourhood is now extremely liberal and the gay centre of Cape Town!

*13h00 Walk along Waterkant St for a few blocks until you reach De Smit Street and then take a right and walk down to Somerset Rd. Cross when it's safe and go left along Somerset Rd until Ebenezer Rd. Go right and follow Ebenezer all the way to the circle where you can take a left and follow Dock Rd to the Two Oceans Aquarium and the Waterfront beyond!*

*There should be plenty of cabs around, but if you can't find (a safe looking) one call EBR Taxis on 021 424 9494 or us on 021 424 6445 and we'll help you out!*

## SAFETY IN CAPE TOWN

Some things you need to take note of:

### **Crossing roads**

Nobody in Cape Town knows that you're supposed to stop for pedestrians at pedestrian crossings. You need to stop and look (remember people drive on the LEFT). The walk sign (little green man on the robot) means nothing ... even if it's lit up, you can still get hit by cars turning into the road (who are supposed to stop for you but never do). So always check the traffic has actually stopped before you walk out into the road.

### **Security**

There is a bit of a problem with 'professional beggars' in Cape Town. These people are generally strollers who try to get money out of you and pose no threat but they can be seriously annoying. If it becomes a serious problem, do not get angry, swear, or push the person. Just tell them firmly: *"No, I'm not giving you anything, please go away"*. This should work. If not, go into a café and tell the waiter.

You need, like in any city, to keep you 'radar' on. The same rules apply in Cape Town as in any other city, namely

- If you feel uncomfortable, trust your instinct and walk away or make a loud noise.
- Don't go down streets that are poorly lit at night or into parks.
- Don't wear or take expensive things that you will miss if they get stolen

There are several street security guards in the centre who wear green caps and have CCID written on their bibs. These guys are most courteous!

Cape Town is (and we really mean this) a very safe city centre by day, evening and night. Don't be afraid to engage with the locals ... South Africans are very amiable types!