

## Cape Town City

A range of jagged mountains thrusting into the splendid sweep of the Atlantic, the Cape Peninsula is one of the world's most beautiful places. Cape Town is a large, modern city covering the sandy plains running from the foot of Table Mountain to Hottentots Holland range. Pristine beaches, sheltered bays and secluded coves encircle the majestic might of Table Mountain, home to some 8500 species of flowers.

Between the mountains looming crags and Table Bay's deep blue sweep lays South Africa's Mother City, the cosmopolitan hub of the Western Cape – Cape Town.



Life in the city bowl centers around the Victoria & Alfred Waterfront, a pulsating waterfront mecca, historical site and working harbour offering everything from upmarket shopping malls, arts and crafts markets, theatres and live music to entertainment showpieces. Museums and art galleries abound and South Africa's oldest building The Castle of Good Hope, is in the city centre. Historical Robben Island, a World Heritage Site, is a delightful boat rip across the bay. The cobbled streets of Bo-Kaap with their delightful old buildings and the first Mosque in South Africa stand in cultural contrast to the buildings of the oldest homestead and wine farm in the Cape, Groot Constantia.

For the energetic and those wanting to explore the abundance of the Cape Floral Kingdom's fauna and flora (another World heritage Site), there are many walks and climbs: Table Mountain National Park or Lion's Head through the Silvermine, Newlands Forest or Helderberg nature Reserves, or one of several other inner-city wildlife areas.