



3-day Cape Town Itinerary



Cape Town



Cape Town: Where Mountains Meet the Ocean

Welcome to Cape Town, South Africa's breathtaking Mother City. This comprehensive 3-day guide will take you through the city's rich history, stunning natural landscapes, and vibrant culture, perfect for first-time visitors.

Historical Overview

Cape Town, established in 1652 as a Dutch trading post, has evolved into a cosmopolitan city with a complex history. From its role in colonial trade to the struggles of apartheid and its emergence as a modern multicultural metropolis, Cape Town's story is deeply woven into its streets and landmarks.

Iconic Landmarks

- Table Mountain: A majestic flat-topped mountain offering panoramic views of the city and ocean.
- Robben Island: The historic prison island where Nelson Mandela was incarcerated.
- Castle of Good Hope: The oldest surviving colonial building in South Africa.
- V&A Waterfront: A historic harbor transformed into a vibrant shopping and entertainment district.

Cultural Treasures

- District Six Museum: A poignant reminder of forced removals during apartheid.
- Bo-Kaap Museum: Showcasing the history of Cape Malay culture in a colorful neighborhood.
- Iziko South African Museum: Housing extensive natural history and anthropological collections.
- Zeitz MOCAA: Africa's largest museum of contemporary African art.

Charming Neighborhoods

- Bo-Kaap: Famous for its colorful houses and Cape Malay culture.
- Long Street: A vibrant thoroughfare known for Victorian architecture and nightlife.

- V&A Waterfront: A bustling waterfront district with shops, restaurants, and entertainment.
- Greenmarket Square: Historic market square surrounded by Cape Dutch and Art Deco buildings.

Cape Town Lifestyle

- Wine Culture: Home to historic estates like Groot Constantia.
- Music Scene: Vibrant venues like The Crypt Jazz Restaurant and Mercury Live.
- Café Culture: Diverse options from The House of Machines to Alexander Bar & Café Theatre.
- Beach Life: Beautiful beaches including the famous Clifton Beaches.

Green Spaces

- Kirstenbosch National Botanical Garden: World-renowned gardens set against Table Mountain.
- Company's Garden: Historic garden and park in the city center.
- Signal Hill: Perfect for sunset views and paragliding.

Practical Travel Tips

- Transportation: Use Uber or rental cars; public transport is limited.
- Best Times to Visit: November to April for warm, dry weather.
- Language: English is widely spoken; learning basic Afrikaans or Xhosa phrases is appreciated.
- Safety: Stay aware of your surroundings and avoid walking alone at night.

3-Day Itinerary Highlights

Day 1: Iziko Museum, Company's Garden, District Six Museum, V&A Waterfront

Day 2: Robben Island, Castle of Good Hope, Bo-Kaap Museum, Long Street

Day 3: Kirstenbosch Gardens, Table Mountain Cableway, Signal Hill, Greenmarket Square

This guide presents a curated selection of over 20 locations, allowing you to customize

your Cape Town experience. Each stop offers unique insights into the city's rich history, natural beauty, and vibrant culture.

Cape Town is more than just a destination; it's a journey through history, nature, and culture. As you explore the city's diverse neighborhoods, climb its majestic mountains, and engage with its warm people, you'll discover why it's often called one of the world's most beautiful cities.

Let the Mother City's stunning landscapes, rich heritage, and vibrant energy create unforgettable memories during your visit. Enjoy your adventure in Cape Town!



Itinerary Preview

3 days

DAY 01


Iziko South African Museum
The Company's Garden Restaurant
District Six Museum
Victoria & Alfred Waterfront

DAY 02

Robben Island
Castle of Good Hope
Iziko Bo-Kaap Museum
Long Street

DAY 03

Kirstenbosch National Botanical Garden
Table Mountain Aerial Cableway
Signal Hill
Greenmarket Square





Daily Events



Day 1

09:00

Iziko South African Museum

25 Queen Victoria St, Gardens, Cape Town, 8001, South Africa

11:00

11:45

The Company's Garden Restaurant

15 Queen Victoria St, Cape Town City Centre, Cape Town, 8001, South Africa

13:45

14:30

District Six Museum

25A Buitenkant St, District Six, Cape Town, 8000, South Africa

16:30

17:15

Victoria & Alfred Waterfront

Victoria & Alfred Waterfront, Cape Town, South Africa

19:15

Map for Day 1



Day 2

09:00

Robben Island

Robben Island, South Africa

11:15

12:00

Castle of Good Hope

Castle St, Foreshore, Cape Town, 8001, South Africa

14:00

14:30

Iziko Bo-Kaap Museum

71 Wale St, Schotsche Kloof, Cape Town, 8001, South Africa

16:30

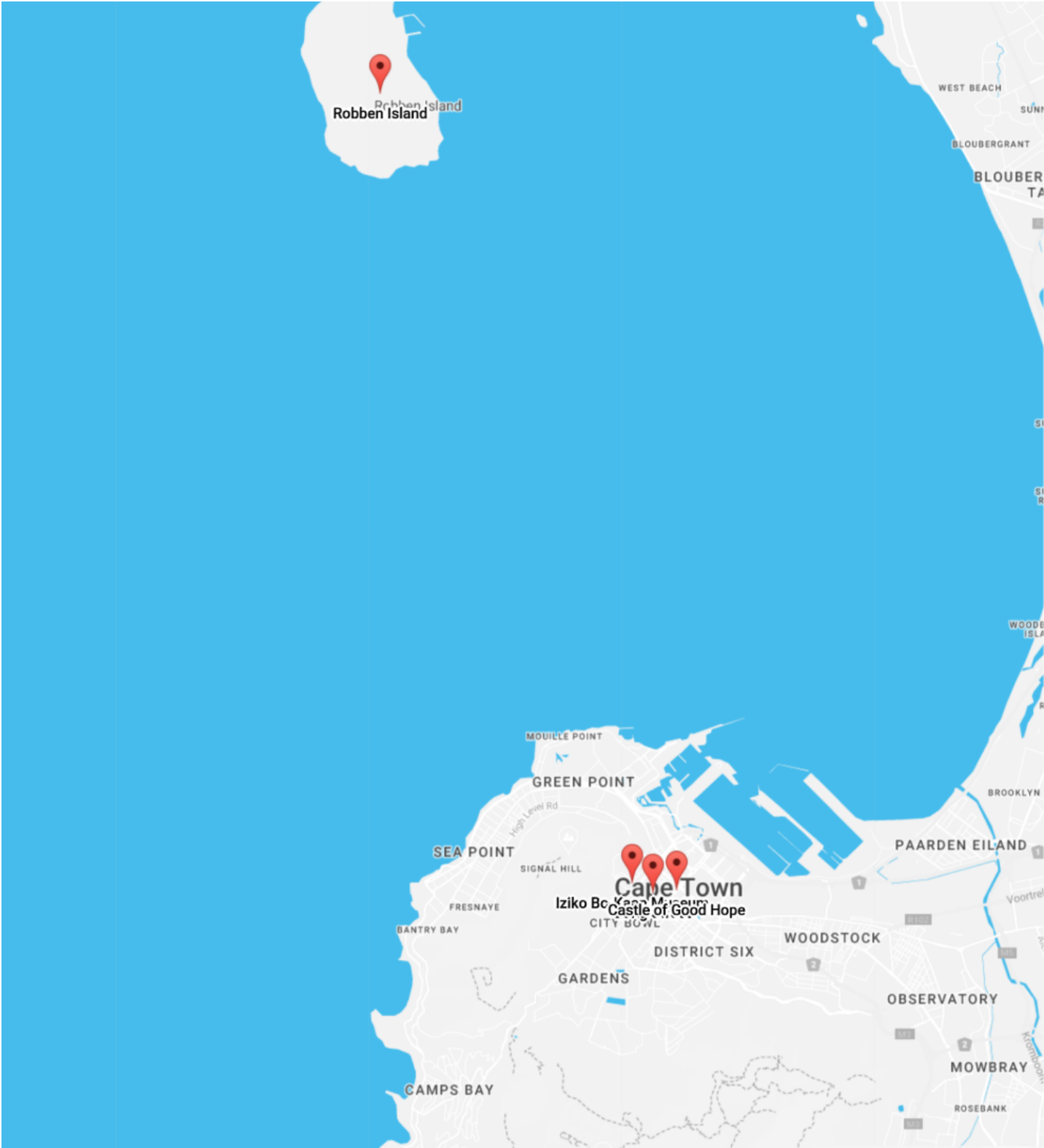
17:15

Long Street

Long St, Cape Town City Centre, Cape Town, 8000, South Africa

19:15

Map for Day 2



Day 3

09:00

Kirstenbosch National Botanical Garden

Rhodes Dr, Newlands, Cape Town, 7735, South Africa

11:00

11:45

Table Mountain Aerial Cableway

Tafelberg Rd, Gardens, Cape Town, 8001, South Africa

13:45

14:30

Signal Hill

Signal Hill, Cape Town, 8001, South Africa

16:30

17:15

Greenmarket Square

Greenmarket Square, Cape Town City Centre, Cape Town, 8000,
South Africa

19:15

Map for Day 3





Spots



Clifton 1st

Clifton 1st, Clifton, Cape Town, 8005, South Africa

Summary:

Peaceful white sandy beach with some tree cover, a rocky cove & scenic surroundings.



The Company's Garden Restaurant

15 Queen Victoria St, Cape Town City Centre, Cape Town, 8001, South Africa

Summary:

Cafe fare & juice blends served in a warm, stylish space with large windows & a tree-shaded terrace.

Opening Hours:

Monday: 8:30 AM - 5:30 PM

Tuesday: 8:30 AM - 5:30 PM

Wednesday: 8:30 AM - 5:30 PM

Thursday: 8:30 AM - 5:30 PM

Friday: 8:30 AM - 5:30 PM

Saturday: 8:30 AM - 5:30 PM

Sunday: 8:30 AM - 5:30 PM

Phone:

021 423 2919



The Blue Room

103 Bree St, Cape Town City Centre, Cape Town, 8001, South Africa

Opening Hours:

Monday: Closed
Tuesday: 4:00 PM - 1:00 AM
Wednesday: 4:00 PM - 1:00 AM
Thursday: 4:00 PM - 1:00 AM
Friday: 4:00 PM - 1:00 AM
Saturday: 4:00 PM - 1:00 AM
Sunday: 12:00 - 8:00 PM

Phone:

021 216 0035



Iziko South African Museum

25 Queen Victoria St, Gardens, Cape Town, 8001, South Africa

Summary:

Natural history & science museum, founded in 1825, with fossils, animals, human tools & clothing.

Opening Hours:

Monday: 9:00 AM - 5:00 PM
Tuesday: 9:00 AM - 5:00 PM
Wednesday: 9:00 AM - 5:00 PM
Thursday: 9:00 AM - 5:00 PM
Friday: 9:00 AM - 5:00 PM
Saturday: 8:30 AM - 4:00 PM
Sunday: 8:30 AM - 4:00 PM

Phone:

021 481 3800



Iziko Bo-Kaap Museum

71 Wale St, Schotsche Kloof, Cape Town, 8001, South Africa

Summary:

Exhibits highlighting the lifestyle & cultural contributions of 19th-century Muslims.

Opening Hours:

Monday: 9:00 AM - 5:00 PM

Tuesday: 9:00 AM - 5:00 PM

Wednesday: 9:00 AM - 5:00 PM

Thursday: 9:00 AM - 5:00 PM

Friday: 9:00 AM - 5:00 PM

Saturday: 9:00 AM - 5:00 PM

Sunday: Closed

Phone:

021 481 3938



The House of Machines

84 Shortmarket St, Cape Town City Centre, Cape Town, 8000, South Africa

Summary:

Brick-lined hot spot for choice espresso, small-batch spirits & clever light bites, plus live music.

Opening Hours:

Monday: 7:00 AM - 2:00 AM

Tuesday: 7:00 AM - 2:00 AM

Wednesday: 7:00 AM - 2:00 AM

Thursday: 7:00 AM - 2:00 AM

Friday: 7:00 AM - 2:00 AM

Saturday: 9:00 AM - 2:00 AM

Sunday: Closed



Groot Constantia-Trust

Groot Constantia Rd, Constantia, Cape Town, 7806, South Africa

Summary:

Winery founded in 1685 featuring cellar tours, wine tastings, 2 restaurants & historical museums.

Opening Hours:

Monday: 9:00 AM - 5:00 PM

Tuesday: 9:00 AM - 5:00 PM

Wednesday: 9:00 AM - 5:00 PM

Thursday: 9:00 AM - 5:00 PM

Friday: 9:00 AM - 5:00 PM

Saturday: 9:00 AM - 5:00 PM

Sunday: 9:00 AM - 5:00 PM

Phone:

021 794 5128



Cafe Roux - Noordhoek

Chapmans Peak Dr, Noordhoek, Cape Town, 7979, South Africa

Summary:

Cakes, pastries and light lunches in a garden venue with oak trees, plus cosy interior with a fire.

Opening Hours:

Monday: 8:00 AM - 4:00 PM

Tuesday: 8:00 AM - 4:00 PM

Wednesday: 8:00 AM - 9:00 PM

Thursday: 8:00 AM - 9:00 PM

Friday: 8:00 AM - 9:00 PM

Saturday: 8:00 AM - 9:00 PM

Sunday: 8:30 AM - 8:00 PM

Phone:

021 789 2538



Victoria & Alfred Waterfront

Victoria & Alfred Waterfront, Cape Town, South Africa

Summary:

Vast complex of homes, businesses, restaurants, shops & an art museum on a historic working harbour.



Kirstenbosch National Botanical Garden

Rhodes Dr, Newlands, Cape Town, 7735, South Africa

Summary:

Hillside garden & nature reserve with rare plant species, walking trails & mountain views.

Opening Hours:

Monday: 8:30 AM - 5:30 PM

Tuesday: 8:30 AM - 5:30 PM

Wednesday: 8:30 AM - 5:30 PM

Thursday: 8:00 AM - 5:00 PM

Friday: 8:30 AM - 5:30 PM

Saturday: 8:30 AM - 5:30 PM

Sunday: 8:30 AM - 5:30 PM

Phone:

021 799 8783



Table Mountain Aerial Cableway

Tafelberg Rd, Gardens, Cape Town, 8001, South Africa

Summary:

Cable car to mountain top with cabins holding up to 65 people & rotating floors for 360° views.

Opening Hours:

Monday: 8:00 AM - 6:30 PM

Tuesday: 8:00 AM - 6:30 PM

Wednesday: 8:00 AM - 6:30 PM

Thursday: 8:00 AM - 6:30 PM

Friday: 8:00 AM - 6:30 PM

Saturday: 8:00 AM - 6:30 PM

Sunday: 8:00 AM - 6:30 PM



Phone:

021 424 8181

Long Street

Long St, Cape Town City Centre, Cape Town, 8000, South Africa



Robben Island

Robben Island, South Africa

Summary:

Historical landmark known for housing political prisoners such as Nelson Mandela, now with a museum.



The Mercury Live

43 De Villiers Ave, District Six, Cape Town, 7925, South Africa

Phone:

082 792 5026



Signal Hill

Signal Hill, Cape Town, 8001, South Africa

Summary:

Historic site of ship weather warnings & time signals with rare vegetation & viewing area with eats.



Greenmarket Square

Greenmarket Square, Cape Town City Centre, Cape Town, 8000, South Africa



District Six Museum

25A Buitenkant St, District Six, Cape Town, 8000, South Africa

Summary:

Museum tracing the 1970s forced clearance of 60,000 residents & demolition of homes under apartheid.

Opening Hours:

Monday: 9:00 AM - 4:00 PM

Tuesday: 9:00 AM - 4:00 PM

Wednesday: 9:00 AM - 4:00 PM

Thursday: 9:00 AM - 4:00 PM

Friday: 9:00 AM - 4:00 PM

Saturday: 9:00 AM - 4:00 PM

Sunday: Closed

Phone:

021 466 7200



Zeitz Museum of Contemporary Art Africa

S Arm Rd, Victoria & Alfred Waterfront, Cape Town, 8001, South Africa

Summary:

Innovative exhibits & installations by African artists showcased in a redesigned grain silo.

Opening Hours:

Monday: 10:00 AM - 5:30 PM

Tuesday: 10:00 AM - 5:30 PM

Wednesday: 10:00 AM - 5:30 PM

Thursday: 10:00 AM - 5:30 PM

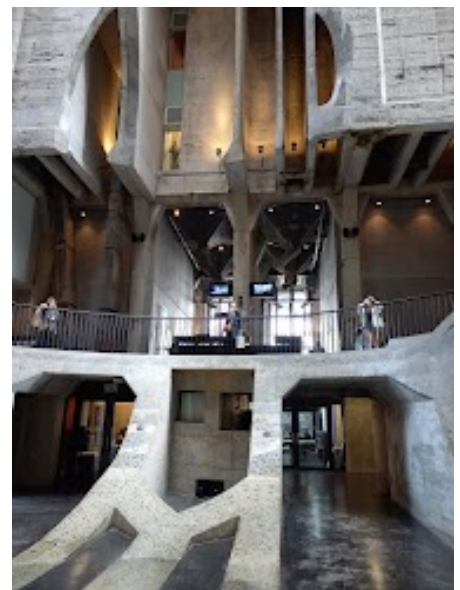
Friday: 10:00 AM - 5:30 PM

Saturday: 10:00 AM - 5:30 PM

Sunday: 10:00 AM - 5:30 PM

Phone:

087 350 4777



Alexander Upstairs

76 Strand St, Cape Town City Centre, Cape Town, 8000, South Africa

Phone:

021 300 1088



Castle of Good Hope

Castle St, Foreshore, Cape Town, 8001, South Africa

Summary:

Expansive, 17th-century, colonial castle housing military & historical art museums.

Opening Hours:

Monday: 9:00 AM - 4:00 PM

Tuesday: 9:00 AM - 4:00 PM

Wednesday: 9:00 AM - 4:00 PM

Thursday: 9:00 AM - 4:00 PM

Friday: 9:00 AM - 4:00 PM

Saturday: 9:00 AM - 4:00 PM

Sunday: 9:00 AM - 4:00 PM

Phone:

012 461 4673



Two Oceans Aquarium

Dock Rd, Victoria & Alfred Waterfront, Cape Town, 8002, South Africa

Summary:

Modern indoor aquarium & conservation center offering close encounters with sharks & penguins.

Opening Hours:

Monday: 9:30 AM - 6:00 PM

Tuesday: 9:30 AM - 6:00 PM

Wednesday: 9:30 AM - 6:00 PM

Thursday: 9:30 AM - 6:00 PM

Friday: 9:30 AM - 6:00 PM

Saturday: 9:30 AM - 6:00 PM

Sunday: 9:30 AM - 6:00 PM

Phone:

021 418 3823

