



the WANDERLOVE collective

ONE DAY IN CAPETOWN • CITY + COAST

A LUXURIOUS GUIDE BY ELANA CASTLE

- 8.00 1 / An early morning swim at Muizenberg Beach or St James Beach on the False Bay coast. Both of them holds many special childhood memories.
- 8.30 2 / A leisurely breakfast at laid back Kalk Bay institution, Olympia Cafe and Deli. Their baked goods are legendary.
- 10:00 3 / A quick fossick in the vintage shops art galleries on Kalk Bay main road and then a spot of photography at Kalk Bay's colourful working harbour - the oldest of its kind in South Africa. I love watching the the boats bring in their daily haul which is then displayed on the harbour's edge before being cleaned, cut and filleted at superhuman speed.
- 11.00 4 / A coastal drive past Fish Hoek and Simon's Town to **Boulders Beach** for a spot of penguin-watching and an idyllic swim amongst the gargantuan outcrops.
- 12.30 5 / A meandering drive past Noordhoek beach via Chapman's Peak - for majestic jaw-dropping bay and mountain views - to **Kirstenbosch** Botanical Gardens for a picnic lunch. I love getting lost amongst the lush vegetation. It's simply magical.
- 15:00 6 / Another scenic drive past the pristine sands of Llandudno, Camps Bay and the Twelve Apostles Mountain Range to **Lion's Head** for a not-too-strenuous hike to its peak. The breathtaking aerial view of the city (and a possible sunset) literally knocks my socks off every time.
- 17:30 7 / A nap!
- 19.30 8 / Well-deserved cocktails and fresh sushi overlooking the ocean at **Koi Restaurant** in the Ambassador Hotel.
- 22.30 9 / **The Grand Cafe and Beach** for a few drinks in a chic private beach setting (Read: restored warehouse, tables on the sand and an expansive sea view).