A LOCAL'S GUIDE · GIFTED BY YOUR HOST

Cape Town, Sorted

The Mother City made easy - where to go, when to go, and how to skip the queues. Yours to keep, with our compliments.

Compiled with care by AssetProof

Welcome to the Mother City

Cape Town rewards travellers who read the day right. In summer the **"Cape Doctor"** - a brisk south-easter - can sweep in and reshape your plans; it clears the air but makes exposed beaches and high hikes hard work. When you see cloud pouring over the top of **Table Mountain** like a **"tablecloth"**, that's the south-easter at play: the cableway often closes, so pivot to a sheltered plan.

The golden rule: **chase the calm, beat the heat, dodge the queues.** Mornings are usually stillest and coolest; light winds and clear skies are your green light for the mountain, the Cape and the open beaches. This little guide is yours to keep - gifted by your host, compiled with care by your hosting team.

Why is AssetProof on your guide?

We're the quiet team behind a great stay. Before you arrived, we documented this home end to end - a short visual tour let us inventory the contents, assess the condition, flag anything to put right, and build the checklists that keep it guest-perfect - and we give the owner the reports that keep their finger on the pulse, all for your comfort. We know this home, and we know this city - so we put both to work to hand you these tour ideas, local tips and time-savers. This guide is just a taste of what we do. Enjoy Cape Town - you're in good hands.

The Cape Town Matrix – 20 things to do

Colour-coded by interest, tagged for weather, season, effort, time and the best-time / pre-book trick. A gold ★ marks the unmissable.

Weather Sunny · Rain-friendly · Wind-OK · ★ Unmissable

Interest Nature · Culture · Food & Wine · Beach · Family · Romance

Experience	Weather	Season	Effort	Interest	Time	Best time / pre-book
★ **Table Mountain Cableway**	☀ 🌬	Year-round	Low	Nature	2-3 hrs	PRE-BOOK online. First car (08:00) or last light. Closes in high wind.
★ **Lion's Head sunrise/ sunset hike**	☀	Year-round	Med-High	Nature	2-3 hrs	Go for sunrise or full-moon nights. Skip in strong wind/rain.
★ **Cape Point & Cape of Good Hope**	☀ 🌬	Year-round	Med	Nature	Half day	Pre-book park entry online. Early start beats coach tours.
★ **Boulders Beach penguins**	☀	Year-round	Low	Family	1-2 hrs	Open from 08:00 - arrive first. Boardwalk works even when breezy.
V&A Waterfront	☀ 🌧 🌬	Year-round	Low	Family	2-4 hrs	Check if a cruise ship is in (busiest). Weekday mornings calmer.
★ **Robben Island ferry & tour**	☀	Year-round	Low	Culture	Half day	PRE-BOOK well ahead. Ferries cancel in big swell/wind - go calm days.
★ **Kirstenbosch Botanical Garden**	☀	Spr-Sum	Low	Nature	2-3 hrs	Spring blooms (Sep-Oct). Tree Canopy 'Boomslang' walkway is a must.
★ **Constantia wine route**	☀ 🌧	Year-round	Low	Food & Wine	Half day	Nearest vineyards to the city. Book a tasting; use Uber, don't drive.
Bo-Kaap walk & Cape Malay food	☀ 🌧	Year-round	Low	Culture	1-2 hrs	Respect homes when photographing. Pair with a cooking class indoors.
★ **Chapman's Peak Drive**	☀	Year-round	Low	Romance	1-2 hrs	Toll road; may close in rockfall/wind. Sunset drive is unbeatable.
Camps Bay beach & strip	☀	Summer	Low	Beach	2-4 hrs	First-light or late afternoon beats the midday crowd & heat.

Experience	Weather	Season	Effort	Interest	Time	Best time / pre-book
Muizenberg surf & beach huts		Year-round	Low	Family	2-3 hrs	Warmer False Bay water. Great beginner surf; lessons bookable.
Two Oceans Aquarium		Year-round	Low	Family	2-3 hrs	Top rainy-day pick at the V&A. Pre-book to skip the queue.
Zeitz MOCAA art museum		Year-round	Low	Culture	2 hrs	Stunning silo architecture. Ideal windy/ rainy plan-B.
Company's Garden & museums		Year-round	Low	Culture	2-3 hrs	City-centre green lung; cluster of museums for wet days.
Hout Bay & Seal Island cruise		Year-round	Low	Family	1-2 hrs	Short harbour cruise; can be choppy in wind. Morning calmer.
★ **Stellenbosch / Franschhoek wine day**		Year-round	Low	Food & Wine	Full day	Use the wine tram or a driver. Book lunch + tastings ahead.
★ **Signal Hill sundowners**		Year-round	Low	Romance	1 hr	Drive up for sunset. Noon Gun fires Mon-Sat at 12:00.
Sea Point Promenade stroll		Year-round	Low	Family	1 hr	Flat, easy, ocean-side. Good even on breezy days; cafes en route.
★ **Whale watching, Hermanus**		Win-Spr	Low	Nature	Full day	Jun-Nov is peak Southern Right season. Land-based viewing is free.

Whatever the weather

Rainy-day winners

- Two Oceans Aquarium & Zeitz MOCAA at the V&A
- Company's Garden museums & the Castle of Good Hope
- A Cape Malay cooking class in the Bo-Kaap
- Constantia cellar tastings (indoors, fireside in winter)

Windy plan-B

- Swap the high mountain for sheltered **False Bay** (Muizenberg, Boulders)
- Head inland to the **Winelands** - valleys are calmer
- Sea Point Promenade & harbour cafes stay enjoyable
- Save Cape Point & Robben Island for a calmer day

Read the tablecloth

Cloud cascading over Table Mountain = strong south-easter. The cableway and Lion's Head get rough and may close. If the "tablecloth" is out, go low and sheltered today and save the summit for a clear, still morning.

Beat the crowds, queues & peak prices

Dec – mid Jan	PEAK	Festive season & local school holidays. Busiest and priciest - book everything well ahead.
Feb – Apr	SWEET SPOT	Warm, calmer wind, thinner crowds, better value. The connoisseur's window.
May – Aug	QUIET	Winter: cooler, wetter, greenest, cheapest. Whales arrive; cosy cellar season.
Sep – Nov	SWEET SPOT	Spring flowers, whales offshore, rising sun, shoulder pricing.

How to dodge the crush

- **Table Mountain:** pre-book the cableway online and take the first car (08:00) or the last light slot - midday queues are longest.
- **Go weekday, go early or late:** attractions are calmest at opening and in the late afternoon.
- **V&A Waterfront:** check whether a cruise ship is in port before you go - that's the difference between a stroll and a scrum.
- **Beat the traffic:** avoid the N1/N2 at rush hour (approx 07:00-09:00 & 16:00-18:00).
- **Beaches:** first-light or sunset beats midday for light, space and parking.

- **Eat early or late:** book the 18:00 or the 21:00 table to skip the peak-hour wait.
- **Cape Point & Robben Island:** pre-book entry/ferries; sail on calm days as wind cancels crossings.

Ready-made days - pick & go

The Classic City Day

Best for: Sun, low wind

08:00 - First cableway car up Table Mountain

10:30 - Bo-Kaap walk + Cape Malay bite

13:00 - Lunch & stroll at the V&A Waterfront

16:00 - Sundowners on Signal Hill

The Cape Peninsula Loop

Best for: Sun, calm

08:00 - Chapman's Peak Drive (top down)

10:00 - Boulders Beach penguins

12:00 - Cape Point & Cape of Good Hope

16:00 - Seafood late lunch in Hout Bay

Wine & Mountains

Best for: Any (great in light rain)

09:30 - Constantia tasting (or the wine tram in Stellenbosch)

12:30 - Long vineyard lunch

15:00 - Kirstenbosch garden & Boomslang walkway

17:30 - Easy Sea Point Promenade stroll

Rainy-Day Culture

Best for: Rain or strong wind

09:30 - Two Oceans Aquarium

11:30 - Zeitz MOCAA contemporary art

13:30 - Company's Garden museums

16:00 - Cooking class or cellar tasting

Slow & Romantic

Best for: Calm evening

16:00 - Camps Bay late-afternoon beach

18:00 - Chapman's Peak sunset drive

19:30 - Quiet dinner (book early or late)

21:30 - Stargaze from Signal Hill

Guest essentials

Getting around

- **Uber & Bolt** are cheap, plentiful and the easiest way around.
- **MyCiTi** buses cover the city, Waterfront, Camps Bay & the airport.
- Driving is on the **left**; distances are bigger than they look.

Money & tipping

- Tip **~10-15%** in restaurants; a little for car guards & porters.
- Cards are widely accepted; carry some cash for markets.

Stay safe & well

- Keep valuables out of sight; use ride apps after dark.
- The African sun is fierce - **sunscreen, hat, water**, even when breezy.
- Tap water is safe to drink across the city.

Practical bits

- **Emergencies:** 112 from any mobile, or 10111 (police).
- **SIM/data:** grab a local prepaid SIM at the airport or a mall.
- **Plugs:** Type M / N, 230V - bring an adapter.

Hidden gems - insider picks

- **Sunrise at Lion's Head** - beat the crowds and the heat for a 360-degree glow.
- **Oranjezicht City Farm Market** (weekends) - local produce by the sea.
- **Llandudno sundown** - a quieter, dramatic alternative to Camps Bay.
- **Scarborough & Misty Cliffs** - wild, uncrowded coastline past Kommetjie.

- **The Foreshore & CBD street art** - a self-guided wander between cafes.
- **Newlands Forest walk** - shady, sheltered greenery when the wind blows.

Here now and stuck? Ask your Cape Town concierge.

Tell it today's weather, your tastes and your energy, and get a plan made just for you. Want it to remember you and keep your guide handy? Add your WhatsApp and it'll tailor everything - and send your guide to keep.

Scan to start · https://assetproofsolutions.com/concierge/cape-town

Loved this? Here's what AssetProof can do for YOU back home.

From a single walkthrough we document, value and market your own property - get the same treatment for your home, your rental or your sale. One visit, reports that keep your finger on the pulse, and a listing that sells.

Scan to discover · https://assetproofsolutions.com/discover