



Cape Town ITINERARY

FREE CAPE TOWN ITINERARY

Cape Town

ITINERARY

ARRIVAL:

DEPARTURE:

EXPLORE THE CITY & WATERFRONT

Morning

Ride a Cable Car up the majestic **Table Mountain**, one of the World's 7 Wonders of Nature and iconic landmarks in South Africa.


 [Compare Table Mountain Cable Car Tickets](#)

Midday

Head to the **Victoria & Alfred Waterfront**, a busy retail, dining, and entertainment district. Shop, stroll, dine, and find things to do in V&A Waterfront.

Afternoon

Visit the **Two Oceans Aquarium**, an indoor aquarium with over 8,000 marine animals on display. See sharks, octopus, and penguins.

 Have a delicious lunch nearby.

Evening

Stop by **Tiger's Milk** V&A Waterfront for some 'dude food.' Order burgers, pizzas, beers, cocktails, and more from the menu.

DAY 1

Table Mountain



 [Book Airport Transfer Options](#)



Dinner in Cape Town

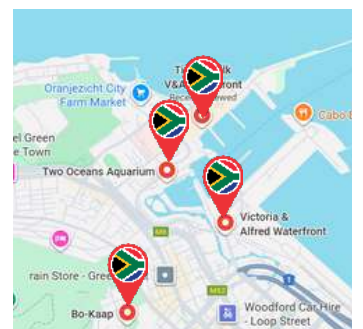
 [BOOK YOUR STAY IN CAPE TOWN](#)



V&A Waterfront



Two Oceans Aquarium



[Check on Google Map](#)

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HISTORY & CULTURE

Morning

Visit [Robben Island](#) to learn about South Africa's history. Visit the Lime Quarry, the Robert Sobukwe House, and more on the island.

🏛️ Midday: Stop by the [District Six Museum](#) to learn about the history of District Six.~

Remaining Day

Lunch at [Belly of the Beast](#) before exploring [Bo-Kaap](#) neighborhood.

🌙 Evening: Try local cuisine.

DAY 2

Robben Island



Compare [Full Day Tours Of Robben Island](#)



Bo-Kaap

NATURE & BEACHES

Morning

Prepare for a full day-tour of Cape Peninsula. Enjoy a scenic drive along [Chapman's Peak Drive](#). Soak in stunning views of [Hout Bay](#), Noordhoek, and Table Mountain.



Compare [Day Trips To Cape Peninsula](#)

Midday

Visit [Cape Point](#), a scenic area in the [Cape of Good Hope Nature Reserve](#). Admire the point's dramatic mountains and visit reserve's iconic landmarks.

Afternoon

Relax at [Boulders Beach](#). Swim along African penguins.

🌙 Evening: Return to town for dinner.

DAY 3

Chapman's Peak Drive



Cape Point



Boulders Beach

QUICK TIPS

DISCOVER MORE HONG KONG TRAVEL TIPS

- [Best Things To Do In Cape Town](#)



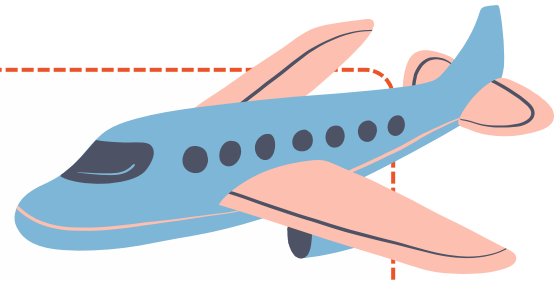
[CUSTOMIZE YOUR ADVENTURE](#)



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Travel Check List



IMPORTANT DOCUMENT

- Passport
- Identification
- Travel Tickets
- Visa
- Money : Cash / Credit
- Travel Insurance
- Important contacts
- Travel guide / Maps
- Hotel Reservation



TOILETRIES

- Soap / Body Wash
- Shampoo
- Toothpaste
- Toothbrush
- Towel
- Sunscreen
- Deodorant
- Floss
- Lip balm



ELECTRONICS

- Camera
- Charger
- Powerbank
- Universal Power Adapter
- Headphones
- Laptop



HYGIENE SUPPLIES

- Wet wipes
- Facial Masks
- Hand Sanitizer
- Tissue
- Feminine Products



CLOTHING

- Sundresses
- T-shirts
- Swimsuit
- Sandals / Flip-Flops
- Light Sweater
- Sunhat & Sunglasses



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Emergencies

 **IN THE EVENT OF AN EMERGENCY, PLEASE CONTACT THE RELEVANT DEPARTMENT LISTED BELOW**

- Emergencies from Mobile: 112
- Emergencies from Landline: 107
- South African Police Service: 10111
- Ambulance: 10177

 **HOSPITALS WITH SERVICES FOR INTERNATIONAL PATIENTS IN CAPE TOWN**

Mediclinic Cape Town Hospital

- Address: 21 Hof St, Gardens, Cape Town, 8001, South Africa
- Tel: +27 86 122 4466
- Website: <https://www.mediclinic.co.za/en/cape-town/home.html>
- Hours: 24 hours
- Transportation: Drive a car or walk to Mediclinic Cape Town Hospital from the city center.

Tygerberg Hospital

- Address: Francie Van Zijl Dr, Avenue, Cape Town, 7505, South Africa
- Tel: +27 21 938 4911
- Website: <https://www.facebook.com/profile.php?id=100074909166893#>
- Hours: 24 hours
- Transportation: Hail a taxi, use a rideshare service, or use the city's bus system to reach Tygerberg Hospital.

Mediclinic Constantiaberg Hospital

- Address: Burnham Rd, Plumstead, Cape Town, 7800, South Africa
- Tel: +27 86 122 5222
- Website: <https://www.mediclinic.co.za/en/constantiaberg/home.html>
- Hours: 24 hours
- Transportation: Use a taxi or ride-sharing service, or drive your own vehicle to reach Mediclinic Constantiaberg Hospital on Burnham Road.

Groote Schuur Hospital

- Address: Main Rd, Observatory, Cape Town, 7935, South Africa
- Tel: +27 21 404 9111
- Hours: 24 hours
- Website: <https://www.gsh.co.za/>
- Transportation: Take the bus or train to Groote Schuur Hospital. Bus Lines 102 and 261 stop near the hospital.

