



## SUSTAINABLE INTERACTION AT SEED

Renew your outlook with a tour of permaculture at SEED's Urban Abundance Centre in Mitchells Plain, a suburb on the Cape Flats. Here, you'll witness an empowered community that is driven by sustainability, resilience and social cohesion. The Cape Flats' residents span the rainbow nation of cultures, religions and ethnic diversity. Together, they form a powerful force that cultivates a better tomorrow.

Visit the centre, which integrates schools-based outdoor classrooms, youth development and career pathing, as well as enterprise and skills development. It also houses a nursery and seed bank and supports 100 local home food gardens.

**Highlights:** A two-hour tour of Rocklands Urban Abundance Centre which includes Outdoor Classrooms, a post-carbon homestead model, the community enterprise Gourmet Mushroom project and the integrated and abundant sustainable agriculture systems.

## FORAGING TOUR

There's nothing like harvesting the goodness of nature and using the absolute freshest ingredients to define a dish. The Cape's exquisite ecosystem boasts a diverse array of native plants that together form the ultimate storehouse. Jam-packed with a sense of adventurous interaction, these expeditions will endow you with sought-after knowledge on harnessing the fruits of our natural surroundings, to present culinary visions.

Depending on what is available in nature's larder, foragers are taken on informative and scenic tours of some of Cape Town's beautiful areas. Each experience is unique. Foragers are then invited to venture into the kitchen to learn more about preparing food using their harvests.

## WINELANDS TOUR

Enjoy gorgeous wines, refined to meet your personal taste, from the epicentre of global award-winning wines and sumptuous haute cuisine – the world-renowned Cape Winelands. Here, man's craftsmanship and Mother Nature take your breath away, from the majestic mountainous landscapes to Cape Dutch architecture with its distinctive gables and thatched roofs are the epitome of serenity that's in a natural class of its own.

**Highlights include:** Cheese and Wine Tastings in Paarl known for its quaint streets and historical buildings, Franschhoek Valley – voted South Africa's top culinary region and Stellenbosch, which is rich in Dutch settler history and has a myriad of Wine Estates.

## CAPE PENINSULA TOUR

Travel around the coastline rendezvous point of the two oceans, The Indian and The Atlantic. Experience beautiful beaches, local wildlife, and pristine botanical gardens of The Fairest Cape.

**Highlights include:** Boat trip to Seal Island (optional), Clifton and Camps Bay Beaches, Ostrich farm, Cape of Good Hope Nature Reserve, Cape Point, Boulders Beach and False Bay.

## CAMISSA TOUR

Water is the most soothing substance known to man, and the waterways of Camissa, the place of sweet waters, in indigenous Khoi, that gave rise to Cape Town's bustling metropolis, is no different. Walk along sweet, groundwater springs. You'll follow foot paths above and below ground on the slopes of Table Mountain. Continue on an optional underground tunnel tour, following the waterways en route to the impressive old river to the Castle of Good Hope moat. Explore memorable landmarks along an adventurous route, before arriving for a hearty and deliciously South African-inspired meal in Camissa Brasserie.

## GOLF TOUR

What better way to tee off or sight-see than to embark on a golfing journey amidst picturesque panoramas. Home to some of the most beautiful and internationally-rivalled golf courses imaginable, the Cape is truly the fairest of them all. We'll arrange tee-off times, transfers to and from the various courses and surpass all your golfing expectations.

**Golf course options:** Pearl Valley, Arabella, Steenberg, Royal Cape, Mowbray, Clovelly.

## PERSONAL SHOPPING TOUR

Cape Town's greatest fashion finds are off the beaten track, which can be a challenge if you're not familiar with the city. Your city fashion guide and stylist will take you through bustling Bree Street; sophisticated Kloof Street and the artistic streets, of Woodstock, where all the latest up-and-coming talents can be found. Tours can be tailor-made.

## KIDS TOUR

Our hotel mascot, Oscar the Seal, has thought of some wonderful activities to keep our little guests entertained. They'll be blown away by the sight of gigantic African dinosaur skeletons, see the history of the ancient Bushmen Rock Art, watch the antics of wild monkeys, walk through a mist of butterflies, sail on a pirate ship or ride a thrilling rollercoaster.

## Below are some tour options (sold separately):

Two Oceans Aquarium, Iziko South African Museum and Planetarium, Ratanga Junction Eagle experience, Cheetah outreach, Jolly Roger Pirate Boat, World of Birds or Ice Skating at The Ice Station, GrandWest.

## TOWNSHIP TOUR

The majority of South Africans live in lively and pulsating townships that move to unique rhythms. On this tour you'll immerse yourself in local community life and share diverse and rich culture and traditional values. Experience the one-of-a-kind township eateries or try homemade brew at the local shebeen (pub) while enjoying eclectic music. You could also visit a craft market, spaza shop, school, orphanage, community centre and even a traditional healer.

**Highlights:** Sangoma (Traditional Healer), Craft Markets, Community Housing and Shebeen (a local pub).

## GRANDWEST CASINO AND ENTERTAINMENT WORLD

The glory of the past meets the excitement of the future, at GrandWest. From the virtuoso architecture and dynamic vibrancy of the streets of District Six, to the luxury of the Grand Hotel – this historical epitome brings memories and an extravaganza of entertainment to life.

Architecturally, the complex pays homage to the Cape's character and cultural heritage. External facades have been painstakingly recreated from historical city buildings, forever imprinted in the halls of history. The interior décor trades on Cape Town's maritime tradition, inviting visitors to experience the inviting old 'Tavern of the Seas'.

GrandWest is the largest entertainment destination of its kind in South Africa and Sun International's most successful casino development, boasting an innumerable plethora of choice. A free shuttle service to GrandWest is available 24 hours. Please visit our Concierge Desk to make the necessary arrangements for you.

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## WHALE TOUR

Hermanus is situated along the shores of Walker Bay near the best land-based whale-watching sight in the world, Hermanus, once a little fishing village, has grown into a tourist hotspot. Enjoy delicious seafood on the water's side, and then listen out for the famous whale-crier who alerts all when a majestic whale has been sighted. Only available during the whale season, from Mid-September until the end of November.

## WILDFLOWER TOUR

There are miracles of nature that naturally take your breath away. The spring rains transform a barren land mass into a blossoming wonder world of bright colours... yellow, pink, orange, purple hues embrace the horizon. Flower season is rain dependent and the blooms may occur between August and October if the predicted rainfall plays its part. Only available during the flowering season, starting in September and ending in Mid-October.

**Highlights:** Melkbosstrand, West Coast National Park and Darling.

## CITY TOUR

Cape Town is No 1 in the 'New York Times' 52 Places to go in 2014's list! This accomplishment comes close on the heels of Cape Town being announced as The Guardian's 'Number one Holiday Hotspot in 2014'. Explore South Africa's oldest city, and experience its unique array of cultures, spectacular architecture, significant historical sights and awe-inspiring scenery.

**Highlights include:** City orientation, Table Mountain – weather dependent, Green Market Square, Castle of Good Hope, Company Gardens, South African Iziko Museum and Planetarium, National Art Gallery and National Library.

## WELCOME TO MAGICAL CAPE TOWN!

Cape Town, a multifaceted destination just waiting to be discovered, is more than the meeting point of two oceans. It's the dichotomy of perfect balance. Contemporary, popular city attractions like the V&A Waterfront or the mythical appeal of historical South African museums, offer a glimpse into the new and old ways of life. Sundowners or the excitement of nightlife in trendy Camps Bay, views from the spectacular Table Mountain cableway, or oceanic adventure.

### LET THE JOURNEY BEGIN

The Table Bay Hotel touring service will guide you through a choice of professional, luxury, group or private tours, tailor-made to bring you the best that the Western Cape has to offer. Kindly contact our travel desk in the hotel lobby, where our expert staff will inform you of all your tour options, so you can make the best of your journey with us.

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## A SHUTTLE SERVICE FOR OUR MOST VALUED GUESTS

We invite you to explore Cape Town at your leisure and have provided a complimentary shuttle service to our guests. Our map includes collection and drop-off points as well as the times the shuttle service will be in operation. Kindly enquire at our travel desk for any updates on the service operating times before leaving the hotel. Here are some interesting places to visit in Cape Town.

|   |       |       |       |       |       |
|---|-------|-------|-------|-------|-------|
| A Depart The Table Bay Hotel                          | 09h00 | 11h00 | 13h00 | 15h00 | 17h00 |
| B Drop-off Cape Town International Convention Centre  | 09h10 | 11h10 | 13h10 | 15h10 | 17h10 |
| C Drop-off South African Museum                       | 09h20 | 11h20 | 13h20 | 15h20 | 17h20 |
| D Drop-off / Collect Table Mountain                   | 09h30 | 09h30 | 11h30 | 13h30 | 17h30 |
| E Collect - South African Museum                      | 09h40 | 11h40 | 13h40 | 15h40 | 17h40 |
| F Collect - Cape Town International Convention Centre | 09h50 | 11h50 | 13h50 | 15h50 | 17h50 |
| G Return to The Table Bay Hotel                       | 10h00 | 12h00 | 14h00 | 16h00 | 18h00 |

Please note: We also provide a separate shuttle service to GrandWest. Enquire at the Travel Desk.



*Sun*  
The Table Bay

EXPLORE  
**WONDERFUL CAPE TOWN**  
LUXURY TOUR AND TRANSFER SERVICES

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