

Things to do in Cape Town



Cape Town is the quintessential melting pot: it is a city alive with creativity, colour, sounds and tastes. Nestled in the natural bowl formed by Devil's Peak, Table Mountain, Lions Head and Signal Hill, and surrounded by spectacular scenery, it won't be long before you fall in love with the Mother City at the foot of Africa.

While walking through the city's streets and meeting its people, you will be captivated by its natural beauty, creative freedom and incredible spirit. Cape Town is a city where the unexpected is always just around the corner and the beautiful province of the Western Cape lies ready to be explored across the city border.

There are so many things to do throughout the year that you will struggle to fit everything in during one visit. As with many volunteers before, you may find yourself returning to Cape Town again and again.

The Via Volunteers team are here to help make your time in Cape Town the best it can be, with advice about where to go, what to do and how to get there. To get you started we've included a few suggestions below. For more information about the huge range of activities, attractions and tours available, make sure you check out the official Cape Town Tourism web site too.

Some ideas for things to do in Cape Town (in no particular order)

1	A 2-hour hike up Table Mountain, lunch at the top, time to explore and a 5-minute Cable Car ride down. If you're a sunset enthusiast, plan to take the last cable car.	11	A 2-hour hike up and down Lions Head for spectacular views of the city, Table Mountain and the Atlantic seaboard.
2	A full-day Cape Peninsula Tour which includes lunch and visits to Boulders Beach Penguin Colony, Simons Town, Cape Point and Hout Bay, and incredible coastal scenery.	12	A full-day Winelands Tour which includes lunch, wine tastings and visits to the beautiful wine regions of Stellenbosch, Franschhoek & Paarl.
3	Visit a World Heritage site at Robben Island. Look out for whales and dolphins on the ferry rides, join a tour of the island, the prison, and a visit to Nelson Mandela's cell.	13	Join a 4 hour Khayelitsha Walking Tour for an unforgettable, eye-opening experience that will give you real insight into South Africa's largest township.
4	Whale watching between June and November. We have some of the best land based whale watching in the world. You can also join a boat trip to get even closer.	14	Visit the Two Oceans Aquarium at the V&A Waterfront. Inside you'll find a huge shark tank, a kelp forest, seals, penguins and a dizzying array of local marine life.
5	Snorkel with Cape Fur Seals. Join an amazing trip for an unforgettable experience with these inquisitive locals. All you need is your swimming gear and a towel.	15	Visit the V&A Waterfront centered on a working harbour and home to the aquarium, the Clock Tower, Robben Island ferry, helicopter rides, boat trips and much more.
6	Shark Cage Diving. Spend time looking Great White Sharks in the eye from the safety of the cage, and watch them from above, while you're on deck.	16	Abseil (rappel) from Upper Cable Car station on Table Mountain. This 110 meter drop is the highest commercial abseil in the world.
7	Explore Cape Town on foot. Take in the Company Gardens, the South African National Museum & Planetarium, the Slave Lodge, the Castle of Good Hope and much more.	17	Shop for souvenirs in Greenmarket Square for all kinds of African curios and souvenirs at much better prices than you'll find in the more touristy malls.
8	Take to the air with an amazing Skydiving experience along the coast, or take a leap from Lion's Head or Signal Hill for a once in a lifetime Paragliding trip. Tandem options are available for both!	18	Explore the beautiful Kirstenbosch Botanical Gardens nestled on the slopes of Table Mountain. View thousands of plant species and get a monkey's view on the exhilarating Boomslang treetop walkway.
9	Jump on the Cape Town Hop-on Hop-off tour bus for an easy way to explore the city and visit Camps Bay, Table Mountain, Green Point and the V&A Waterfront.	19	Head for the beach. Catch some rays at Camps Bay and Clifton Beaches, or head to the warmer waters of Muizenberg, St. James, Fish Hoek and Boulders Beach.
10	Join an adventurous journey through mountain gorges and ravines with South Africa's largest zip lining experience. 11 zip lines are included with some over 300m. This is a great value adrenalin rush for those that can handle heights!	20	Join an early morning Kayak trip for one of the best 2 hours you'll ever spend on the water. Encounter local marine life and enjoy spectacular views of Cape Town and Table Mountain on this relaxing paddle.