

Bustling restaurants, luxury hotels and a stunning waterfront pull in the visitors all year round.

Cape Town: A city for all seasons

With Table Mountain towering in the background, silky white beaches lapped by icy Atlantic waters in the foreground and the glittering City Bowl skyline of modern apartments and businesses in between, it's not difficult to see why Cape Town is so consistently ranked as one of the world's best cities.

First developed by the Dutch East India Company, which established facilities here for its ships in 1652, the city is filled with a wealth of influences from around the globe. Visitors can enjoy its Dutch and British colonial architecture, a strong jazz culture influenced by the US and a huge variety of foods introduced by immigrants from far and wide.

Yet Cape Town has not always been this thriving multicultural metropolis. From 1948 to 1994, the apartheid regime imposed racial segregation. Mixed suburbs such as District Six were torn down and declared white-only, while anti-apartheid campaigners including Nelson Mandela were imprisoned on Robben Island, just a few miles across the water in Table Bay. Today, an important part of any tourist's itinerary is to take a ferry to the island to visit the cell where Mandela was held, while the District Six Museum provides an in-depth understanding of the area's past.

In terms of when to come, there's never really a bad time to visit Cape Town, which enjoys a temperate climate all year round. The most popular months are the dry summer ones, from late January to April.

Stay

The best places to rest your head and stay connected ...

One & Only (V&A Waterfront)

The One & Only is a high-end business hotel in a fantastic location right by the Victoria & Alfred (V&A) Waterfront, one of the city's main tourist destinations. Each guest is assigned a personal butler who will do everything from help select your favourite pillow to

Left to right: Visitors in the Kirstenbosch Botanical Gardens; staff in a Long Street coffee shop; Lion's Head mountain viewed from Camps Bay.



drawing a bath filled with your preferred bubbles. World-class Japanese restaurant Nobu is onsite, as well as the glamorous Vista Bar with stretching views of Table Mountain. There's also a well equipped business centre and wi-fi in every room.

Vineyard Hotel (Newlands)

For a more leafy option, try the Vineyard Hotel in Newlands, which sits in the shadow of Table Mountain and is close to the beautiful Kirstenbosch Gardens. It has comfortable, elegantly decorated bedrooms and a decent health centre with gym. There's also an award-winning conference centre onsite with breakout rooms and meeting space.

Twelve Apostles (Camps Bay)

Occupying one of the most scenic plots in Cape Town, this boutique hotel is poised above the Atlantic Ocean. Onsite there is a spa and private cinema, plus individually decorated rooms and good wi-fi throughout. A stay here is not complete without enjoying a sun-downer at the Leopard Bar, with views of the ocean for as far as the eye can see.

Eat and drink

Welcome to one of the food capitals of the world ...

Willoughby & Co (V&A Waterfront)

Don't be put off by the fact that this restaurant is in a shopping mall – it offers the best sushi in Cape Town. Great for a quick dinner, business meeting or take-away, the food here is fresh, fast and expertly crafted. Try the 4 Seasons platter – one of the most popular dishes on the menu.

Bocca (Bree Street)

Offering some of the best Italian food in Cape Town is new-kid-on-the-block restaurant Bocca. A great place for a business dinner with atmosphere or for people watching if you're travelling alone, its menu



3.9%

Total direct spend by foreign visitors to Cape Town increased by 3.9% per annum between 2009 and 2014.

is filled with creative pizzas and tempting side dishes like the crispy zucchini fries. As with most Cape Town restaurants, there's also an excellent wine list.

Myoga (Newlands)

Whether you're staying at the Vineyard Hotel or not, its onsite Myoga restaurant is worth a trip. The seven-course tasting menu with wine flight is not only incredible value at R650 (\$41) per head, but is also inventive, surprising and delicious. The whole experience lasts about two and a half hours, and is expertly delivered by Myoga's impressive waiting staff.

Coffee and wi-fi

The best spots to work from around town ...

Truth Coffee Roasting (city centre)

Occupying the number one slot on the *Telegraph's* World's Best Coffee Shops list, Truth is a must-visit for the caffeine lover in town. The ambience here is cool and casual, with extension plugs hanging from the ceiling, brassy tables and leather stools.

Kleinsky's Delicatessen (Sea Point)

A delightful little café in the popular Sea Point part of town, this is the place to come and work from if you're peckish. The bagels here are a must-try, as are the eggs Benedict served on crunchy potato latkes.

Yours Truly (Long Street)

This leafy indoor-outdoor coffee shop has excellent wi-fi and a great location on Cape Town's popular Long

Street. Best seat in the house is out front overlooking the street, where you can watch Capetonians ambling along on their way to work over your morning brew.

Out of office

What to do with a few extra hours ...

Wine tasting

Clearly, no visit to Cape Town is complete without sampling some of the world-class wines made here. The options are endless, but for a quick hit-list try visiting Spier Wine Farm, Boschendal and Babylonstoren, all of which are set in historic Stellenbosch about 40 minutes out of town.

Market hopping

If shopping is your go-to activity, don't miss the Watershed at the V&A Waterfront, which is filled with beautiful handicrafts from across South Africa and the wider continent. Also worth a visit is the Old Biscuit Mill in Woodstock – a vibrant cluster of shops including a great print store and wine shop.

Get outdoors

Cape Town is renowned for its beautiful beaches, so don't miss Boulders Beach for the charming colony of resident penguins, Camps Bay for glorious soft sands and Muizenberg for surfing and colourful beach shacks. Beside these, the hike up Lion's Head mountain at sunset is spectacular for panoramic views of the city.

Rugby

South Africa's national rugby team, the Springboks, often play matches in Cape Town, which make for a fun day out. They play at Newlands rugby stadium, which is also home to the Stormers and Western Province teams, in the Southern Suburbs. You can buy tickets and find out when the matches are on at online.computicket.com.



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Harriet Constable