



EXPERIENCES – FACT SHEET 2019

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Life-Enriching Experiences

Cape Town City Bowl mixes together cultures, cuisines, art and design, and spills over into wondrous natural landscapes to serve up a singular African experience. Tours and excursions can be arranged through MORE Reservations, and booking is essential. Below are the standard tours and excursions offered, but personalised and family-friendly experiences can be organised at guests' convenience.

City Orientation Tour

Cape Town is in the top five of Africa's most popular destinations, and hailed as one of the most beautiful cities in the world. This is, in part, due to its iconic skyline, dominated by one of the New7Wonders of Nature – Table Mountain. Guests join a half-day tour of the city to see the sights, experience modern-day Capetonian life, as well as that of bygone eras on visits to historical treasures. They can look forward to summiting Table Mountain by aerial cable car; exploring the 17th century Castle of Good Hope; sampling regional Indian, Chinese, and Turkish street food at the Eastern Food Bazar; having koeksisters for desert from a Grand Parade square stall; to mention but a few exciting activities.

- Duration: ±4 hours

Picnic on Signal Hill

Guests greet the dawn or toast the end of another spectacular day with a picnic laid out just for them at this vantage point over city and sea. Their MORE Guide knows just where to stop for the best views and photo opportunities. Our team takes care of the rest of the details... The kitchen will prepare a snack box of scrumptious nibbles and guests' choice of beverage. If they are celebrating a special occasion, like popping the question, we recommend a Cape Methode Cap Classique bubbly*.

**Attracts and additional cost*

Table Mountain & Lions Head Guided Hike

These peaks form part of Table Mountain National Park, which encompasses the Peninsula Formation stretching from Signal Hill in the north to Cape Point in the south. Nowhere else in the world does an area of such natural beauty and diversity exist almost completely surrounded by a metropolitan area.

With an extraordinary concentration and diversity of flora, variety of fauna and unique geology, the mountains are best explored on foot. Plus, the city, mountain, and sea views are breathtaking. Guests explore the peaks with certified mountain guides, who will ensure they have a safe and memorable experience.

- Duration: 2 to 6 hours, route-dependent
- Optional extras: One-way Aerial Cableway ticket down Table Mountain, and taxi fare

Cuisine Tour

Cape Town is a melting pot of cultures, producing a rich and varied food scene. Guests take a half-day tour to sample the local flavours, and hear stories of the traditional and historical origins of the different cuisines. They are invited to try every kind of fare from shisa nyama (buy and 'braai' - or barbecue) to a home-cooked Malay meal.

- Duration: ±4 hours
- Tour days: Tuesday, Wednesday, and Thursday

Jazz Tour

From city halls to smoky underground clubs, Cape Town has an ever-growing live jazz scene, which showcases both well-known artists and the best up-and-coming talents. Guests get into the groove on an evening tour to visit a renowned jazz musician at their home for dinner, learn more about jazz music and culture, and either visit a second artist at their home for a nightcap or head to a jazz venue for the late set.

- Duration: ±4 hours
- Tour evenings: Monday, Wednesday, Friday, and Saturday

Robben Island Tour

The island, with a 500-year history, is a symbol of the human spirit's triumph over adversity, suffering, and injustice. Guests set out by ferry from the Victoria & Alfred Waterfront for a half-day tour of the island. The tour route includes: the graveyard for victims of leprosy; Lime Quarry; freedom fighter Robert Sobukwe's house; Bluestone quarry; arm and navy bunkers; and the Maximum Security Prison where thousands of South Africa's anti-apartheid freedom fighters were incarcerated. The tour culminates with a viewing of Nelson Mandela's cell.

- Duration: ±4 hours
- Tour departures: Monday to Sunday, at 09h00, 11h00, and 13h00

Mfuleni Township Tour

As part of MORE's dedication to giving meaningful, long-term support to our local communities, we assist Mfuleni's Injongo Educare Centre, which provides a loving environment of support and protection for young and vulnerable children. On this half-day excursion: guests visit the centre to engage with the children; tour the township to learn more about life here; and on the return trip to the hotel, stop in at the District Six Museum dedicated to a vibrant community forcibly removed during apartheid.

- Duration: ±4 hours
- Tour days: Monday to Friday
- Optional extras: Coffee stop at The Haas Collective or Truth Coffee; cake stop at the famous Charley's Bakery

Cape Peninsula Tour

Guests visit the top sights on this full-day tour through some of South Africa's most scenic countryside. Included is a stop at Hout Bay to sample freshly-caught fish at Mariners Wharf Restaurant. Guests can also take an optional boat trip out to see the seals of Seal Island. The tour then continues, via Chapman's Peak, to the Cape of Good Hope Nature Reserve and the tip of the peninsula, Cape Point. Then it is on to Boulders Beach to visit the colony of African penguins.

On the return trip to Cape Town, guests pop in at Kalk Bay's Cape-to-Cuba bar for cocktails and to see the trains chug past, and at Simon's Town to indulge in fresh West Coast mussels at Bertha's Restaurant. The final stop, before returning to the hotel, is Kirstenbosch Botanical Gardens, where taking afternoon tea at the Kirstenbosch Tea Garden is highly recommended.

- Duration: ±8 hours (half-day by arrangement)
- Excursions are highlights of the tour; stops can be made based on personal preferences
- Optional extras: Kayaking, False Bay; beach horse riding, Noordhoek; surfing, Muizenberg; ostrich farm visit and ostrich riding

Cape Winelands Tour

We will be guide – and designated driver – on this full-day tour through Cape wine country. Guests visit the historical towns of Stellenbosch (wandering through the Slow Market on Saturdays and Blaauklippen Family Market on Sundays) and Franschhoek. They will be treated to a minimum of three wine tastings at some of the Cape's most renowned estates, and can take a cellar tour (on request) at Delheim Estate, Babylonstoren farm, or Waterford Estate (wine and chocolate pairing is also offered here). An eventful day ends with Vergenoegd Lōw Wine Estate's Runner Duck Parade – the amusing daily ritual of a flock of Indian Runner Ducks waddling back from the vineyards, where they assist with natural pest control.

- Duration: ±8 hours (half-day by arrangement)
- Optional extras: Huguenot Memorial Museum, Franschhoek; Franschhoek Motor Museum; craft beer tasting at the Cape Brewing Company, Spice Route, Paarl

Whales & Wine Tour (June to November)

The toasts of our town! Guests experience two of Cape Town's most popular attractions on this full-day tour. Each year, Southern Right whales migrate from the Antarctic to the Cape's warmer coastal waters to calve and nurse their young. Stopping off along the 'Whale Route', including on the unspoilt coast of Kogelberg Nature Reserve, guests will be treated to displays of their breaching theatrics. The Cape offers, arguably, the world's best land-based whale watching. Later, guests move on to the Wine Route to enjoy a minimum of two wine tastings in either the Elgin or Hemel-en-Aarde Valleys, a wine and chocolate pairing at Creation Wines, plus a beer tasting and brewery tour at Walkerbay Estate's Birkenhead Brewery. The day ends looking out to sea, sundowner in hand, at Bientang's Cave – a unique restaurant build into a natural alcove at Walker Bay.

- Duration: ±8 hours
- Optional extra: Boat-based whale watching

West Coast Flower Tour (August to September)

After the return of the winter rains, the Cape sees its landscapes burst into colour with the flowering of wild daisies by their millions. It is, arguably, the greatest flower show on earth. Guests witness the spectacle on this full-day tour up the coast, through the strandveld of the West Coast National Park, and onto the coastal town of Langebaan, before stopping in at Darling's Darling Brew for a craft beer tasting on the return journey.

- Duration: ±8 hours