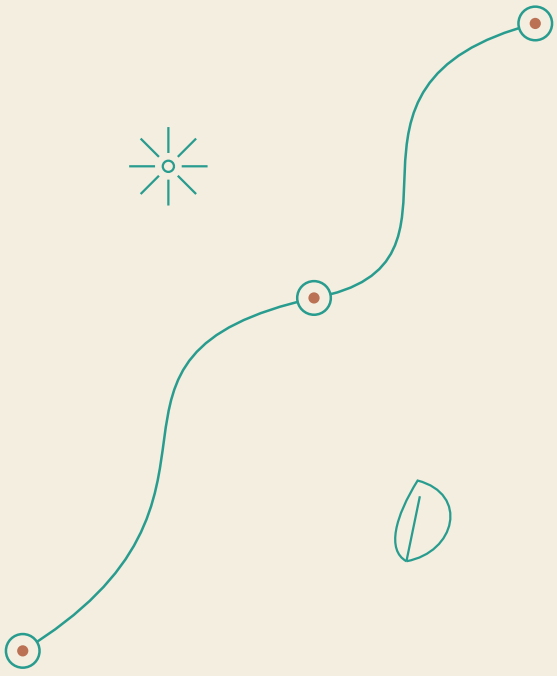
A LITTLE LOCAL GUIDE TO

# Cape Town

*Days between coast & mountain*



SOUTH AFRICA

Good days, small discoveries & a rhythm of your own.

HELLO, TRAVELER

# Find your little corner.

You do not need to see everything. Start with a place you would enjoy coming back to.

## 01 Gardens / Kloof corridor

Food and central city life. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

## 02 Green Point

A practical coastal city base. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

## First morning

Put your bags down, find something to eat and take one short walk near your home. Learn the return route while it is light. A familiar corner is a good first discovery.

A DAY TO EASE INTO

# Start small. Leave room.

Three ways to shape a first day. Use transport between areas when needed; there is no need to rush through every stop.

1

A gentle beginning

## Explore Gardens / Kloof corridor

Start with this as your first anchor, then leave time for a drink or a meal before deciding what comes next.

2

A proper pause

## Ask about the local linefish

Give this its own pocket of time. Pick the part that interests you rather than trying to cover everything at once.

3

One small adventure

## Sea Point promenade walk

Keep this as another day's possibility if the first two plans already feel full. There is no prize for finishing the list.

A FEW GOOD REASONS TO GO OUT

# Follow your curiosity.

Give the Sea Point promenade a regular place in your week. Keep Table Mountain or Kirstenbosch as a larger outing, with transport and weather considered separately. The strongest day is often one major plan with room around it, not coast, mountain and gardens in a single circuit.

## Guided tandem paragliding

Choose this when you want a different pace from the rest of your day. Keep the next commitment flexible.

## Table Mountain cableway visit

Make this a separate outing and give the journey home its own place in the plan.

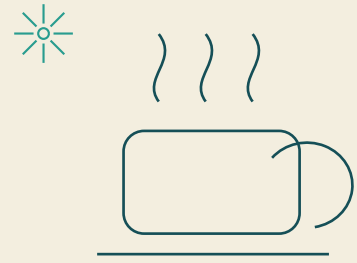
## Kirstenbosch gardens

Choose this when you want a different pace from the rest of your day. Keep the next commitment flexible.

ONE SMALL WAY INTO A PLACE

# Stay for lunch.

## Ask about the local linefish



A seafood meal is one way to explore Cape Town's food scene. Ask which linefish the kitchen is serving rather than looking only for the species you know from home. Leave another meal open for the city's broader mix of cuisines.

### Make it your own

Choose the version that suits your appetite and dietary needs. Ask about fillings, sauces and preparation rather than assuming a dish is the same everywhere.

## A *little ritual*

Return to a place you liked. Learn a name, notice what changes on the menu, and let an ordinary meal become part of the memory.

FOR THE DAYS YOU WORK

# A desk.
# A little balance.

Leave part of the week ordinary. A comfortable working day gives the exploring days room to breathe.

## Ideas Cartel · Selected Cape Town branch

A work option to ask about. Choose the access plan, call arrangements and opening hours that match your own schedule.

## Workshop17 · Selected Cape Town branch

A work option to ask about. Choose the access plan, call arrangements and opening hours that match your own schedule.

## Before opening the laptop

Try a call from the seat you will use, ask where conversations belong and check how you would work if the home connection stopped. Keep one enjoyable, easy outing for after the workday.

LEAVE A LITTLE FLEXIBILITY

# Pack for the day you find.

Use local advice for the route and time of day, and arrange suitable transport for evening plans. Mountain weather can change a day's itinerary.

## Keep an indoor option

Choose a cultural stop, a long lunch or another indoor plan you would enjoy if rain, heat or wind changes the day. Outdoor plans are easier to enjoy when you have an appealing alternative.

## Small things worth carrying

- ☐ Water & something for a change in weather
- ☐ Comfortable shoes for the actual surfaces
- ☐ Your accommodation address saved offline
- ☐ A little room in the day for an unexpected stop

YOUR POCKET PAGE

# The useful little things.

MONTHLY LIVING BUDGET / USD

## Private bedroom $1,450–$3,100

## Entire apartment $1,900–$4,000

A comparison basis for stays of different lengths. Totals include ordinary food, transport, work access, extras and a contingency allowance. Flights, deposits and major medical costs sit outside this basket.

MY ACCOMMODATION & A CONTACT NUMBER

A PLACE I WANT TO RETURN TO

## *Keep a little room for discovery.*

You do not need to finish a city to enjoy being there.

Nomad City Fit Finder · Original travel booklet
Research context: Blog, Capetown, Wikivoyage, Freakingnomads.
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