

milk +
honey
TRAVELS

a perfect day in
CAPE TOWN



ABOUT CAPE TOWN

I spent my one year anniversary in Cape Town and called it the honeymoon trip I was meant to have. The entire country did not disappoint, and Cape Town was the perfect blend of interesting city life, delicious food, and wonderful people all rolled up in one. It's a place where you can be adventurous, soak in wonderful views, and indulge in non-stop eating at some of the most incredible restaurants. Whatever you fill your time with, you won't be disappointed.

facts

Population: 4.5 million | Country: Africa

Language: English, Afrikaans + Xhosa | Nickname: The Mother City

Noteable Landmarks: Table Mountain, Victoria & Albert Waterfront, Lion's Head, Boulders Beach Penguin Colony





1

START YOUR DAY **jason's bakery**

This simple street side bakery and eatery is nothing fancy, but everything that comes out of there is a gourmet delight! It is the first artisan bakery in Cape Town, and the starting point for the story of the evolution of the city.





2

MORNING ACTIVITY

table mountain

Start trying to go up the mountain from the second you arrive. As it is weather dependent 70% of those who visit Cape Town will not go up the mountain. We ended up not being able to go until our last day in Cape Town, but once we went up we were glad we kept trying. It's also really helpful to buy your tickets online ahead of time so you don't have to queue in line for that as well once you arrive.

The views from the top are phenomenal and there are some wonderful walks at the top. Some people choose to hike up, but I was happy taking the cable car and then walking a rectangle on top and getting wonderful views of all the different sides of Cape Town.



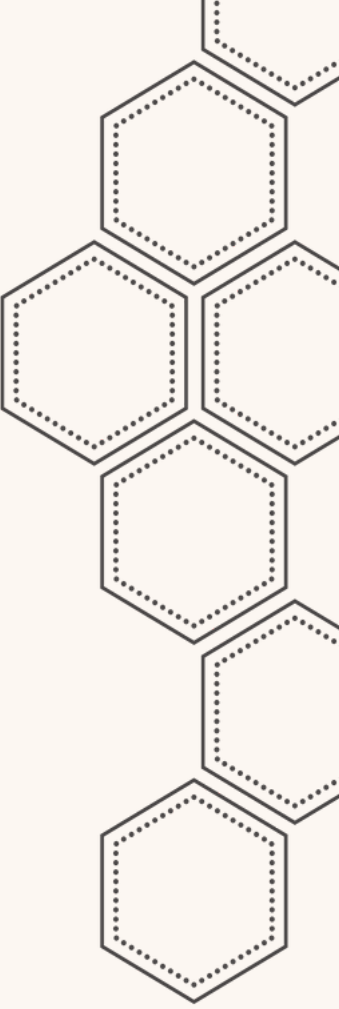


3

MID DAY EATS **chef's warehouse**

This restaurant is a completely amazing foodie journey. They are open Monday - Saturday for lunch and Monday - Friday for dinner, but they are extremely popular and don't take reservations. Even still, it's worth the stalking that must be done in order to eat here. Each day they create 8 small plate dishes for two people to share based on what they have that is fresh and what they are inspired to cook.

If you stop by and they don't have a table at the moment, hop on over to their bar next door called No Reservations (get it?!)





4

AFTERNOON ACTIVITY

Victoria & Alfred Waterfront

The V&A is the lovely harbor area that is definitely worth a visit. Yes it's touristy -- but head there on the weekends and you'll also find it packed with locals. The area is packed with restaurants, bars and interesting shops. Local musicians are dotted around and are only given a few slots per week to perform -- so you can constantly see new musicians and new acts. They are incredibly talented and a joy to watch perform.

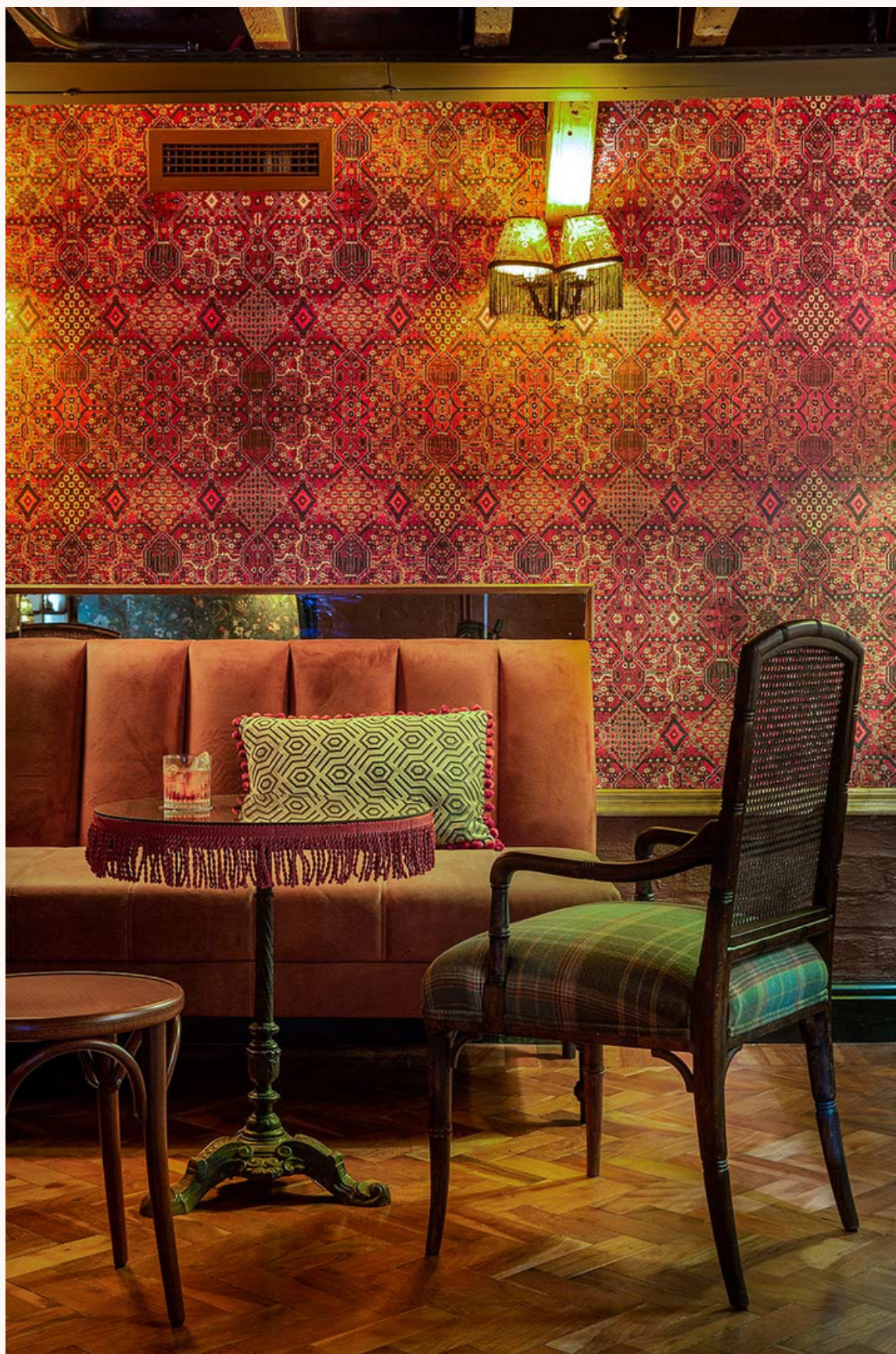


5

TIME TO DINE **Pot Luck Club**

This was one of my favorite dining experiences ever, and I can't recommend it highly enough. The amazing location is on top of the Old Biscuit Mill Tower and they offer simple, yet deliciously artistic Asian style tapas. You'll find it slightly easier to get into than Test Kitchen - the other restaurant run by Dale Roberts and one of the Top 50 in the world -- but it's still a good idea to book well in advance. Make sure you order an assortment of dishes and share them all.





6

LATE NIGHT FUN **The Athletic Club & Social**

It's the equivalent of a comfortable gentleman's club that is good for all genders. This new spot is a great place to hang with friends and have a fun evening in a quirky yet beautiful space. Choose between the outside terrace, eatery, whiskey bar, or downstairs club, and great service and great decor.





a note from bri

Any trip to South Africa must include Cape Town. The city has stunning natural landscapes, delicious and diverse cuisines and so many activities. It's also a cosmopolitan city with a wealth of historical sites, café culture, and lively nightlife. I'd love to help make a trip here come to life for you -- contact me for more details.