



Family Fun in the Mother City - Cape Town

Cape Town is a fantastic family holiday destination. Not only is it an easy overnight flight from London (great if the kids sleep the whole way), but the time difference is minimal meaning there is no jet lag to contend with. The flights are probably the biggest expense, but once you are there, South Africa offers fantastic value for money in terms of eating, drinking and enjoying some fantastic activities available - for all the family.

And where better to base yourself than right in the heart of the action – on the popular V&A Waterfront. [The Victoria and Alfred Hotel](#) was the first hotel to open on the Waterfront and is still one of its most popular thanks to its key location, convenience and great value for money for families! The hotel offers children's TV channels and families are very welcome at OYO, its trendy restaurant with bespoke meals on request. It has fantastic views over either Table Mountain or the Harbour with the piazza below and is an easy walk from all the main attractions. Up to one additional bed and cot can be placed in each room for children or there are interconnecting rooms available on request for larger families. A baby/toddler under 2 years in a cot stays free of charge, while children aged 2 – 11 years are charged a reduced rate. A professional agency provides childcare on request.

Cape Town has so much to offer families:

Table Mountain – what could be more thrilling for little explorers than catching the revolving cable car up Table Mountain? There is a great café at the top or you can pack a picnic - and the kids will love spotting the dassies (rock hyrax) – closest relative to the elephant believe it or not!

Robben Island - The kids may/may not be much into history depending on their ages - but even so, they will enjoy the 3.5 hour round trip to Robben Island if only to enjoy spotting the African penguins from the ferry. This World Heritage Site was where Nelson Mandela was held prisoner and makes for a memorable visit.

Hop on Hop off Bus Tour - The whole family will enjoy exploring two routes around the city and surrounds. The Red Route busses run every 15 minutes and take in the City centre, Table Mountain, Camps Bay, Sea Point and return to the Aquarium on the Waterfront. The Blue Route busses run every 25 minutes and go to Kirstenbosch Gardens, World of Birds & Monkeys, Walking Township Tour, Hout Bay, Camps bay, Sea Point and return back at Aquarium. You can buy 1-day or 2-day tickets to do either or both routes. Visit www.citysightseeing.co.za for full details.

The Two Oceans Aquarium - this family attraction has real “wow factor” showcasing sealife from the two mighty oceans (Atlantic and Indian) that meet at Africa's southern tip! These include sharks, exotic fishes, turtles, seahorses and penguins as well as an impressive kelp forest. They feed the sharks on Sundays at 3pm if you have a strong stomach/passion for all things gross!

Noordhoek - Situated at the foot of Chapman's Peak and surrounded by Table Mountain National Park, this delightful village offers so much more than just its views. It's been called “Cape Country at the beach”, where horses, pigs, cows, hens, ducks, geese and rabbits are often spotted roaming around in gardens and public spaces. A highlight for kids is the **Sleepy Hollow Pony rides** on the beach. Two-hour long Beach Trails go out three times daily for those aged between 12 and 65.

Steam Train - [Atlantic Rail train rides](#) offer fun day trips around the peninsular between Kalk Bay and Simon's Town daily. The train departs from Cape Town station at 10:30am, and travels between the famous Newlands rugby

and cricket grounds to Muizenburg, on to False Bay for a spectacular close-up of the ocean, above the rocks and the quaint village of Kalk Bay, through Fish Hoek and Glencairn, and finally, the journey comes to an end in Simon's Town, with a view of the naval dockyard. Passengers are free to spend the day perusing the town as they will: grab a bite, lounge on the beach or stroll through the town. The train departs for Cape Town, along the same route, at 3pm. Guests can opt to hop off and be collected again at Kalk Bay. These wooden bodied vintage coaches date from 1922 to 1938 and there is a lounge car with a bar.

Muizenberg - not only does it have a great beach (it's the "birthplace of surfing" and those dudes know their beach hotspots!) but you can enjoy watching fantastic kite surfing. The annual Kite Festival is held every October. This is also home to **Planet Kids**, a large indoor/outdoor activity centre complete with Space themed soft play, foofy slide and dream swing- <http://planetkids.co.za>

Seal Island - a small island (only 200m long) located about 5.7 km off the northern beaches of False Bay and home to the Cape Fur Seal. Fans of The world's deadliest animals can also try spotting the infamous Great White Sharks from the boat as this is one of their favourite places. Boats run throughout the day from Simons Town.

Kommetjie - [Higgeldy Piggeldy Farmyard](#) is a great fun day out for littlies and the best part is that the animals roam (almost!) freely. Kids are encouraged to enter the enclosures and pet the small animals including chickens, geese, ducks, emus, alpaca, cows, goats, sheep, pigs, rabbits, guinea pigs and a springbuck. There is also a free range farm shop, the Blue Water Café and Equestrian centre at Imhoff Farm.

Silvermine Nature Reserve - for a breath of fresh air and some exercise, this part of the Table Mountain National Park is ideal and little feet will be rewarded with the discovery of gushing streams, hundreds of small caves and beautiful pools they can swim and splash in.

Tokai Forest – explore the slopes of Table Mountain on foot, on mountain bikes or on horseback. Not to be missed is the **Porter Estate Market** held here every Saturday between 9am and 1pm which is very family friendly and offers great kids' activities. Get there early if they want cupcakes!

Kirstenbosch Botanical Gardens – families will love exploring this incredible park full of amazing South African plant life, streams, paths and hiking trails up the mountain, picnic lawns, and cafés and restaurants. In summer it hosts sunset concerts.

World of Birds - World of birds in Hout Bay boasts over 3000 birds and other small animals of 400 different species in Africa's largest wild bird park with over 100 different walk through aviaries of varying sizes. Kids will love the monkey jungle too and they have a bird hospital too where they breed rare birds.

Boulders Beach - 3000 jackass penguins can't be wrong! This is an amazing beach - and you can even swim with them! Simon's Town is worth a visit in itself and its Scratch Patch and Mineral World, are world famous and promise hours of treasure hunting. The Makula Mine is also an ancient volcanic pipe where miners used to hunt for gold and gemstones (avoid if you are scared of the dark / bats/creepie-crawlies/snakes!)

Cape Point – A scenic drive to this popular attraction, where you can spot various unusual plants and animals, including baboons, ostriches and several types of antelope.

Hermanus – just an hour away is the famous spot for whale-watching – best between August and December from the shore or by boat. Dolphins can be spotted year round.

Monkey Town Primate Centre - more than 220 species from around the world live here and kids will love their guided tours, 'touch farm', playground, restaurant and Monkey Manor hotel.

V&A Waterfront - There are of course loads of extra activities on at the Waterfront in the school holidays as part of their [Kids Ahoy Programme](#) including a cruise on the Jolly Roger Pirate Ship, a ride on the Art of the Brick Train and the touch pool and penguin encounter at the Aquarium. There is also a Scratch Patch and Cave Golf and a playground overlooking the harbour. For a full list of events and child friendly restaurants etc visit <http://www.waterfront.co.za/activities/kids>

WHERE TO STAY:

Victoria & Alfred Hotel

The popular V&A Hotel enjoys a prime location on the Waterfront. This 4 star hotel has 94 Superior luxury rooms, with views over Table Mountain and the harbour. Children of all ages are most welcome and children under 2 years sharing with adults are accommodated on a complimentary basis. Children over the age of 2 and under 12 (maximum of 1 per room) sharing with adults pay the children under 12 rate. We recommend that children over the age of 16 be accommodated in a separate room. 6 sets of inter-leading rooms are available on request.

La Splendida

A quirky 3 star art deco hotel with 24 rooms and a vibrant café/restaurant located at Mouille Point with a stunning views of the ocean. The duplex rooms are perfect for families with the main bedroom downstairs with en suite bathroom and then a sitting area upstairs which has a sleeper couch that can be made into a three-quarter bed. Both levels have a balcony and either a sea or Golf Course view.

To book your family holiday at the V&A Hotel visit

www.newmarkhotels.com or contact your preferred travel specialist. If you stay between 1 April – 30 September 2015 (including the key UK Summer Holidays) you only pay for 3 nights when booking 4.

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