

Cape Peninsula



Further Links

- Spectacular mountain and coastal scenery.
- Diverse plant species & part of the Cape Floral Kingdom.
- Good birding.
- Many excellent attractions such as Table Mountain and Cape Point.
- African penguins at Boulder's Beach.
- Superb beaches.
- One of the country's oldest wine regions.

Situation

The Cape Peninsula is in the south west of South Africa.

Activities

There is a huge variety of activities available in the Cape. From wildlife viewing to walks, water sports to beach holidays, and cultural insights to the region.

The Cape Peninsula mountain chain runs from Signal Hill in Cape Town in the north, to Cape Point in the south (about 60km). It is flanked by the Atlantic to the west and False Bay to the east. It is a spectacular area including Table Mountain and the Cape of Good Hope. Cape Point boasts the highest sea cliffs in South Africa (249m). The whole Cape Peninsula area is a National Park.

The park is part of the Cape Floral Kingdom owing to its huge diversity of plant species (about 2300 species, of which about 90 are endemic). Mountain fynbos (fine bush) is the main feature of the plantlife here. There are also 250 bird species, plus a variety of mammals such as baboons, buck and caracal.

Some of the main attractions within the Cape Peninsula include:

Cape Town: [Read more ...](#)

Table Mountain: [Read more ...](#)

Chapman's Peak Drive: This is a road, east of Hout Bay on the Atlantic seaboard, which is carved out of the mountainside on one side, and falls away to the ocean on the other! It is about 10km long, and has the most spectacular views.

Boulder's Beach: This is a few kilometres north of Simon's Town on the False Bay seaboard. It is known for its huge colony of Africa penguins (formerly known as Jackass penguins).

Cape Point: This is the most south-westerly point of South Africa.

Muizenberg: This is a once-fashionable seaside town, which still has a very good, safe, long beach, and quaint, colourful beach huts reminiscent of beach holiday of the past.

Llandudno: This beautiful bay is about 20kms south of Cape Town. It has a great sandy beach for swimming and sunbathing.

Hout Bay: This is a fishing harbour and centre of the local crayfish industry. The Sentinel and Chapman's Peak are at the entrance to this very pretty bay. There are cruises from the harbour here to **Duiker Island**, home to a large seal colony.

Kommetjie: This is a few miles south of Nord Hoek, and a great beach for swimming.

Fish Hoek: South of Kalk Bay on the False Bay seaboard, Fish Hoek boasts one of the peninsula's finest family beaches. The best and safest swimming is at its southern end.

Constantia: South of Cape Town, Constantia is South Africa's oldest wine region. It is only about 20 minutes from Cape Town by car. Visit the district on a trip out from Cape Town, or use it as a quiet base for Cape Town.