



ITINERARY PLANNER

Cape Town 7 Days Itinerary Planner



Last Updated: May 2025

Day 01 Welcome to the Mother City

🕒 8:00 AM – BREAKFAST AT JASON BAKERY



- Fuel up with strong coffee and pastries before exploring.
- 📍 [185 Bree St, Cape Town City Centre](#)

🕒 9:30 AM – EXPLORE V&A WATERFRONT



- Shops, music, food market, and waterfront views.
- 📍 [19 Dock Rd, Cape Town](#)

🕒 11:30 AM – VISIT TWO OCEANS AQUARIUM



- Great for families and sea-life lovers.
- 📍 [Dock Rd, V&A Waterfront, Cape Town](#)

🕒 4:00 PM – SUNSET AT SIGNAL HILL



- Great panoramic views over the city and ocean.
- 📍 [Signal Hill Rd, Cape Town](#)

🕒 7:00 PM – DINNER AT THE WATERSIDE AT V&A



- Stunning waterfront dining with local seafood.
- 📍 [Pierhead Building, V&A Waterfront, Cape Town](#)

Day 02

Iconic Cape Town Sights

🕒 8:00 AM – BREAKFAST AT CLARKE'S BAR & DINING ROOM



- Hearty breakfast with city vibes.
- 📍 [133 Bree St, Cape Town City Centre](#)

🕒 9:30 AM – TABLE MOUNTAIN (HIKE OR CABLE CAR)



- Start early. Epic views and walking trails at the summit.
- 📍 [Tafelberg Rd, Gardens, Cape Town](#)

🕒 12:00 PM – EXPLORE BO-KAAP NEIGHBORHOOD



- Snap colorful homes and try Cape Malay snacks.
- 📍 [Wale St, Cape Town City Centre](#)

🕒 3:00 PM – BROWSE GREENMARKET SQUARE



- Crafts, art, and local souvenirs.
- 📍 [54 Shortmarket St, Cape Town City Centre](#)

🕒 7:00 PM – DINNER AT KLOOF STREET HOUSE



- Magical garden setting with candlelight ambiance.
- 📍 [30 Kloof St, Gardens, Cape Town](#)

Day 03

Coastal Roads & Penguins

🕒 8:00 AM – BREAKFAST AT OLYMPIA CAFE (KALK BAY)



- Fresh, local, and relaxed near the ocean.
- 📍 **134 Main Rd, Kalk Bay, Cape Town**

🕒 9:30 AM – DRIVE CHAPMAN'S PEAK DRIVE



- Scenic road with cliffside ocean views and photo stops.
- 📍 **Start at Hout Bay, end at Noordhoek (M6 Coastal Route)**

🕒 11:30 AM – VISIT BOULDERS BEACH PENGUIN COLONY



- Watch wild penguins waddle and swim.
- 📍 **Kleintuin Rd, Simon's Town, Cape Town**

🕒 3:00 PM – CAPE POINT NATURE RESERVE



- Hike or take funicular to lighthouse. Epic cliffs!
- 📍 **Cape of Good Hope, Cape Peninsula**

🕒 7:00 PM – DINNER AT HARBOUR HOUSE (KALK BAY)



- Elegant seafood with oceanfront views.
- 📍 **Kalk Bay Harbour, Main Rd, Kalk Bay**

Day 04

Winelands Escape

🕒 8:00 AM – BREAKFAST AT BOSCHENDAL DELI



- Farm-fresh breakfast surrounded by vineyards.
- 📍 [Pniel Rd, Groot Drakenstein, Franschhoek](#)

🕒 9:30 AM – WINE TASTING AT DELAIRE GRAFF ESTATE



- Art, gardens, and top-notch wine.
- 📍 [Helshoogte Rd, Stellenbosch](#)

🕒 12:00 PM – FRANSCHHOEK VILLAGE WALK



- Charming boutiques and galleries.
- 📍 [Main St, Franschhoek](#)

🕒 3:00 PM – RIDE THE FRANSCHHOEK WINE TRAM



- Hop between vineyards, stress-free.
- 📍 [32 Huguenot Rd, Franschhoek](#)

🕒 7:00 PM – DINNER AT LA PETITE COLOMBE



- Fine dining with award-winning tasting menus.
- 📍 [Leeu Estates, Dassenberg Rd, Franschhoek](#)

Day 05

Heritage and History

🕒 8:00 AM – BREAKFAST AT HEMELHUIJS



- Trendy spot known for design and creative food.
- 📍 **71 Waterkant St, Cape Town City Centre**

🕒 9:30 AM – ROBBEN ISLAND TOUR



- Emotional visit to Mandela's former prison.
- 📍 **Nelson Mandela Gateway, Clock Tower Precinct**

🕒 2:00 PM – DISTRICT SIX MUSEUM



- Learn about Cape Town's apartheid-era past.
- 📍 **25A Buitenkant St, Zonnebloem, Cape Town**

🕒 3:30 PM – CASTLE OF GOOD HOPE



- The oldest colonial building in South Africa.
- 📍 **Corner of Darling St & Buitenkant St**

🕒 7:00 PM – DINNER AT GOLD RESTAURANT



- 14-course African feast with dancing and drumming.
- 📍 **15 Bennett St, Green Point, Cape Town**

Day 06

Nature and Adventure

🕒 8:00 AM – BREAKFAST AT JARRYDS SEA POINT



- Healthy, hearty start before the adventure begins.
- 📍 [90 Regent Rd, Sea Point, Cape Town](#)

🕒 9:30 AM – KAYAKING WITH DOLPHINS (SEA POINT)



- Guided trip on the ocean with wildlife spotting.
- 📍 [Three Anchor Bay Slipway, Beach Rd, Sea Point](#)

🕒 12:00 PM – SEAL SNORKELING AT HOUT BAY



- Wetsuit up and swim with playful seals.
- 📍 [Hout Bay Harbour, Hout Bay, Cape Town](#)

🕒 3:00 PM – KIRSTENBOSCH NATIONAL BOTANICAL GARDENS



- UNESCO-listed gardens at Table Mountain's base.
- 📍 [Rhodes Dr, Newlands, Cape Town](#)

🕒 7:00 PM – DINNER AT TJING TJING ROOFTOP BAR



- Japanese-inspired bites and drinks under the stars.
- 📍 [165 Longmarket St, Cape Town City Centre](#)

Day 07 Chill, Shop, and Say Goodbye

🕒 8:00 AM – BREAKFAST AT CAFE CAPRICE (CAMPS BAY)



- Beachfront breakfast with views of the Twelve Apostles.
- 📍 [37 Victoria Rd, Camps Bay, Cape Town](#)

🕒 9:30 AM – RELAX AT CAMPS BAY BEACH



- Swim, sunbathe, or just sip cocktails with a view.
- 📍 [Victoria Rd, Camps Bay, Cape Town](#)

🕒 12:00 PM – SOUVENIR SHOPPING AT WATERSHED MARKET



- Local crafts, fashion, and gifts.
- 📍 [17 Dock Rd, V&A Waterfront, Cape Town](#)

🕒 3:00 PM – WALK ALONG SEA POINT PROMENADE



- Easy coastal walk with people-watching.
- 📍 [Beach Rd, Sea Point, Cape Town](#)

🕒 7:00 PM – FAREWELL DINNER AT THE BUNGALOW (CLIFTON)



- Ocean views, sunset vibes, and your final toast to Cape Town.
- 📍 [Glen Country Club, 3 Victoria Rd, Clifton](#)



DON'T FORGET THESE ESSENTIALS! *checklist*

ESSENTIALS

- | | |
|--|--|
| <input type="checkbox"/> PASSPORT/ID | <input type="checkbox"/> PHONE AND CHARGER |
| <input type="checkbox"/> TRAVEL TICKETS (AIRLINE, TRAIN, ETC.) | <input type="checkbox"/> TRAVEL ADAPTER |
| <input type="checkbox"/> WALLET (CREDIT CARDS, CASH, TRAVEL INSURANCE) | <input type="checkbox"/> SUNGLASSES |
| | <input type="checkbox"/> REUSABLE WATER BOTTLE |

CLOTHING

- | | |
|---|--|
| <input type="checkbox"/> TOPS (T-SHIRTS, BLOUSES, SWEATERS) | <input type="checkbox"/> SHOES (CASUAL, FORMAL, WALKING, OR |
| <input type="checkbox"/> BOTTOMS (PANTS, SHORTS, SKIRTS) | <input type="checkbox"/> SPECIALTY FOOTWEAR) |
| <input type="checkbox"/> UNDERGARMENTS AND SOCKS | <input type="checkbox"/> ACCESSORIES (HATS, BELTS, SCARVES) |
| <input type="checkbox"/> SLEEPWEAR | <input type="checkbox"/> OUTERWEAR (JACKETS, COATS, RAIN GEAR) |
| <input type="checkbox"/> SWIMSUIT | <input type="checkbox"/> |

TOILETRIES AND PERSONAL CARE

- | | |
|--|--|
| <input type="checkbox"/> TOOTHBRUSH, TOOTHPASTE, FLOSS | <input type="checkbox"/> DEODORANT |
| <input type="checkbox"/> SHAMPOO, CONDITIONER, AND BODY WASH | <input type="checkbox"/> HAIRBRUSH OR COMB |
| <input type="checkbox"/> (TRAVEL SIZE) | <input type="checkbox"/> MEDICATIONS |
| <input type="checkbox"/> SKINCARE | <input type="checkbox"/> FIRST AID KIT |
| <input type="checkbox"/> MAKEUP AND REMOVER WIPES | |

ELECTRONICS

- | | |
|---|---|
| <input type="checkbox"/> SMARTPHONE AND CHARGER | <input type="checkbox"/> LAPTOP OR TABLET |
| <input type="checkbox"/> POWER BANK | <input type="checkbox"/> HEADPHONES OR EARBUDS |
| <input type="checkbox"/> TRAVEL ADAPTER | <input type="checkbox"/> CAMERA AND ACCESSORIES |



Travel Tips for Cape Town

Use cards

Cards are accepted, but carry cash for small markets. Never hand over your card; ask them to bring the machine to you.

Pack a jacket

Weather changes fast, even in summer.

Use Uber

Safe and affordable for getting around.

Wear sunscreen

The sun can be strong, even on cool days.

Start early

Attractions like Table Mountain get busy fast. 

Daily Planner

TOP PRIORITY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

DATE

IMPORTANT REMINDERS

PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE 

NOTE TO SELF