MOUNT NELSON
HOTEL

by ORIENT-EXPRESS

Neighbourhood Walks from the Mount Nelson Hotel

Step out of the hotel and discover a charming, eclectic and vibrant neighbourhood full of local designs, arts, crafts, collectables and quirky cafes.

KLOOF STREET

Lower Kloof Street is a self contained street in Cape Town that caters for all your life-style needs, whether you want to spend a lazy Saturday afternoon shopping, watch a movie with your partner or dine out, it's all there.

Whilst taking a stroll up Kloof Street, we discovered a wealth of unique stores, where you can find one-of-a-kind t-shirts, Czech crystal, 60's inspired furniture and home grown wine that you wouldn't find at your average supermarket. We would like to share a few of our favourite neighbourhood shops with you.

Whether you start your little walking tour of Kloof Street by climbing the gentle hill up towards Lion's Head, or take a transfer from the reception up the hill and then saunter down, you will end up outside **Manna**. Whether you just need a glass of water to refresh yourself or a robust sandwich, there's a little slice of Cape Town hospitality waiting in the cool interior.

Manna

Long an icon on the local food scene, Manna Epicure has repeatedly come up trumps as a favourite local breakfast spot. Fresh bread every day, beautiful flower arrangements and a happy, welcoming smile all characterise Betsie van der Merwe's little eatery. Whether you're in the mood for a fresh juice or just dying for an indulgent slice of cream cake, your wish is made true in very pleasant surroundings.

Café Paradiso

Heading down the road, you will pass the leaf-clad walls of Café Paradiso. This venue has a little gate that opens into a very surprising haven, away from the bustle of the street outside yet somehow still part of it's energy and vibe. A favourite lunch and a sundowner haunt for generations of Capetoneians, thanks to its leafy al fresco tables and a stunning view of Table Mountain. 110 on Kloof

Melissas

If South Africa is a world in one country, then Melissa's is our country's food in one shop. A clever concept store that took little neighbourhood craft, preserve and cake shops and re-imagined them as beautiful, slick food emporia offering the best of local produce, preserves and baked goods . 94 Kloof Street

LIM

If you open a South African décor magazine, chances are you will find beautiful things sourced from LIM in its pages. Pauline Mutlow's shop has been inspiring stylists and decorators in the Mother City for over a decade and continues be a source of must-have design pieces today. Something about the minimalist approach to design here brings out the shopper in anyone "Less Is More" is as much a caution to shopaholics as a clue to Pauline's design philosophy. 86a Kloof Street

The Fringe Arts

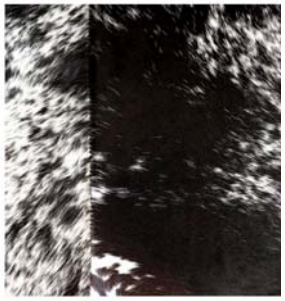
Prepare to spend a little time at **The Fringe Arts** which is a wonderfully riotous store. Thessa Bos and Chantal Louw have brought together work by local designers, street artists and crafters driven by the growing trend to buy décor and utility household items from local small producers. This is the perfect place to pick up something unusual, yet intrinsically South African to take home with you. 99b Kloof Street

Salon 91

This dynamic boutique art gallery is right outside the gates of the Mount Nelson Hotel and offers a fine glimpse inside South Africa's vibrant contemporary art scene. Exhibitions change regularly and are curated by a passionate crew of art-lovers who are happy to share their extensive knowledge by advising you on what to purchase and why, or what to go and look at in the numerous galleries in the city. 91 Kloof Street

Klooftique

This is one of those very rare places that deserves a visit simply because of the quality of the experience. Backed by a team of highly skilled artisans, Marianna Furman presents contemporary leather and hide furniture that is as gorgeous as it is well made and affordable. Work by local visual artists adorns the walls as a counterpoint to some of the most sumptuous sofas you will ever sit in. 87 Kloof Street



Lifestyles on Kloof

As much a local shopping centre, as a little hub of quality lifestyle stores, Lifestyles on Kloof is just a hop, skip and a jump away from the hotel. It features a top notch supermarket, an excellent book store and Cape Town's own mega health store, The Wellness Centre, so it is a convenient stop for any necessities.
Lifestyles is home to a few lovely, indulgent stores like **Wine Concepts** where Sue Proudfoot and the team have brought together the best of the Cape Winelands into a single, happy place. Excellent product knowledge is balanced with a real passion for discovering and exposing new wines.

A couple of shops over, you will find **Baroque** – or it will sparkle at you. With a huge selection of gorgeous costume jewellery, it is a glittering enticement to the bauble-loving little girl in every woman. Silk and chiffon and all things nice adorn the hangers so you can lose yourself for a little while in a total, girly retail fantasy.

Around the corner at **Blue Collar White Collar** a little local fashion trend has been born. Local designer Paul van der Spuy decided after years of designing fashion for retailers, to step away from all the fuss and fiddle, and just make nice shirts for men. That's it. Shirts. Beautiful, one-of-a-kind shirts. Shirts for formal occasions, casual affairs, drinks with friends, beach, whatever the situation, there's a shirt for it.

Coming out of Lifestyles and pushing further down Kloof, you will cross Park and Darters Road towards Vida Caffe, a coffee shop which was the first in what has now become an iconic chain of coffee shops – and it started right here. If you need a pick-me-up, stop in here and spend a while over coffee, watching the people of Cape Town pop in and out, or bustle past intent on being Capetonian. Longkloof Studios are right around the corner, and the Cape Town Film School is just down the road, so the area is a hub for creative and interesting people.

45 b, c and d Kloof Street

Coffee finished, you may want to nip in to see what's happening on the local fashion scene by visiting one of the three little stores opposite the entrance to City Varsity. Characterised by pop culture trinkets and the latest street fashion, **Poppa Trunks** is all edgy men's wear, **Plan B** brings together skate culture and club cool, while **Wardrobe** showcases one-off designs by a group of local young female designers.

The Lot

A little further down the street is a more grown-up fashion store called **The Lot**. It's grown up in the sense that it is more slick and beautifully merchandised, stocking vintage clothing as well as the work of some of Cape Town's top fashion designers. Summer is a wonderful time to visit as the store is full of beautiful people and wonderful airy light little summer dresses perfect for a day out in Africa. 42 Kloof Street

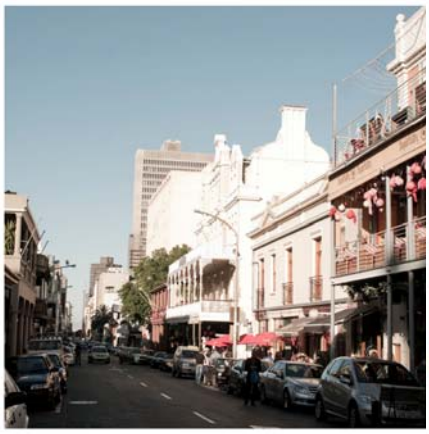
O.Live

At the bottom of Kloof street is an absolute treat for the decor shopper. Warren Matthee is a genius at sourcing fantastic odds and ends, or re-purposing bric-a-brac for a cheeky edge to a contemporary interiors. Warren is all about mixing the old and the new, altering perspective and mixing the almost-kitsch with classic designs for completely convincing tableaux that breathe fresh life into any space. 8 Kloof Street

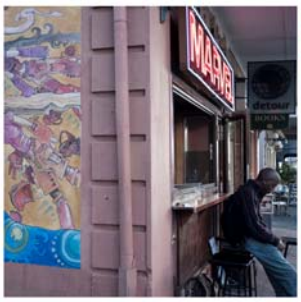
If you're not too loaded down with shopping bags, now that you've reached the end of Kloof Street, you can look across the intersection on Orange Street and see Cape Town's landmark Turkish Baths. These mark the beginning of another street culture adventure that's waiting for you in vibey **Long Street…**

LONG STREET

Long Street is one of the oldest streets in Cape Town with a length of 3.8 kilometres. In the olden days, it was the longest street in the town centre, reaching from the harbour up to Tamboerskloof. Remarkable are the numerous Victorian buildings with cast-iron balcony railings, which have been well restored over the last years. Long Street is still a lively, colourful street, inviting for a stroll past antique shops, book and curio shops, galleries, music, photo and travel shops, backpacker hotels, clubs and discos. Many pubs, cafés and cosy restaurants with African, Indian and international food await your visit.



If you start your walk down Long Street from the historic Turkish Baths at the intersection with Orange Street, a glance down the street will tell you that you are entering one of the more characterful precincts of Cape Town. Victorian era buildings are home to a jumble of bars, restaurants, backpackers' lodges, clothing and décor stores, and a smattering of lovely antique dealers. It's blend of the Colonial and African influences in a modern city are also immediately obvious and the feeling is immediately more adventurous than that of the more Eurocentric Kloof Street.



Art of Hand

The first notable stop on the walk down Long Street is the enchanting Art of Hand. You will find a carefully curated collection of work by local artists and crafters. Opened in 2009, it is dedicated to offering creative work typical of Cape Town that you will not find anywhere else. It is a joy to find work of such quality collected from obscure but highly skilled producers. It also operates as a glass studio where the owner is on hand daily, making glass beads for her own work in jewellery and ceramics. This is a real insight into creative Cape Town and well worth the visit. 305 Long Street

Royale Eatery

With over 50 hamburgers on the menu, the little eatery that set out to serve the best burgers in Africa is an absolute institution in Cape Town, and is invariably packed at dinner time. The very top of the gorgeous Victorian building has been converted into a viewing deck, and – drink in hand, you can scale a few set of stairs and find a beautiful spot for sundowners with city and mountain views. 274 Long Street

Lola's

Across from Royale, on the corner of Long and Buiten is Lola's. No one quite remembers when it opened, it seems to have been on this corner forever and has played host to generations of party-goers and hospitality staff like chefs and barmen. A vegetarian diner, for lack of a better description, Lola's keeps late hours and early mornings, and their breakfast of French toast with banana is legendary. 227 Long Street

210 Long Street

This will be your first encounter with the arcades dedicated to African traders that are to be found in Long Street. 210 Long is the more upmarket or sophisticated of them, concentrating on clothing and art. Give yourself some time here as it is deceptively rich in things to see and conversations to be had with some surprisingly urbane shopkeepers from the rest of Africa.

Still Life

Karen van Huyssteen has been at the forefront of décor trends and the darling of the décor magazines for 14 years. That's how long her store Still Life has been operating in Long Street. The quirky stock of fabrics, cushions, lamps, wallpaper and gifts are either sourced or designed by Karen herself and she is always happy to chat about up-coming trends and what's hot or not. 229C Long Street

Atkinson's Antiques

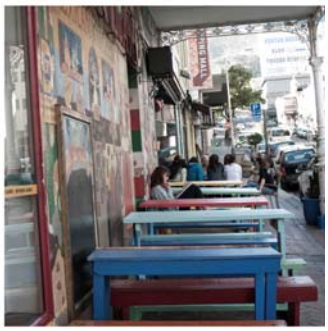
Long Street is very well known for its antique shops, it used to be lined with them and provide a hive of activity for traders and collectors alike. Happily, there are still a few good ones left. You will find an absolute gem of an antique dealer in Atkinson's. A carefully sourced offering of the trappings of our rich colonial past with everything from fine china and furniture to brass and silverware and much besides. It's very hard to leave here without some little treasure clutched to your bosom. 215 Long Street

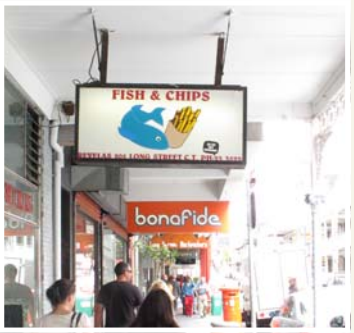
Clarke's Book Shop

Clarkes Bookshop, established in 1956, is a revered Cape Town institution dedicated to the discovery and preservation of out-of-print on Africa and by South Africans. It has a real olde worlde charm which transports you right back to when all booksellers were like this. A series of rooms dedicated to different topics and titles, is decorated with rickety bookcases, some sealed to protect extremely precious books, others covered in dust. It is very, very easy to get lost in here… 211 Long Street

Mama Africa

There's always a party going on at Mama's. With a live African band featuring the traditional *djembe* drum every night, it's no wonder. The place is an absolute legend among regular foreign visitors, as it serves typical South African dishes drawn from across our rainbow of cultures. You might try a dish of meat and maize meal typical of the Zulu kitchen, or a fish dish enjoyed by fisherfolk from the Cape's west coast. Mama's cooking includes a game grill which features ostrich, springbok, kudu and crocodile on one dish. With the band tapping out the sounds of Africa, it can be a fun night out for a group of friends. 178 Long Street





Revelas Fisheries

If you cross the road again from Mama's, you will come across a little shop that is the longest surviving store on Long Street. Revelas Fisheries has been open for over 80 years and was owned and run by Francisco da Silva for over 57 of those years. His son David returned from a financial career in London to continue the family tradition. The best fish & chips in Cape Town are produced in a beautiful, vintage, wood-burning deep-fat frier. The golden battered fish and heavenly fries this produces are just so naughty, but terribly nice. 205 Long Street

Yours Truly Coffee Club

If you fancy a little coffee no one would blame you for making a stop at Yours Truly. Opened a couple of years back by Daniel Hollands, a graphic designer looking for a way out of the office cubicle, it is a little oasis of perfect style on Long. There's a very local vibe happening with people popping in for hellos and coffee all the time, and at lunch time, the healthy, fresh sandwiches and rolls just fly out the door. The barristers are friendly and funny, and there's an ongoing exhibition of work by local artists on the walls. 167 Long Street

Masala Dosa

Masala Dosa Restaurant is a unique Indian eatery named after a popular south Indian breakfast dish. The dish consists of a crispy rice and lentil pancake (dosa) served traditionally with a potato curry, coconut sauce (chutney) and a spicy vegetable and lentil broth called sambar. This dish has been the inspiration for the menu along with other modern Indian dishes not found in the typical Indian restaurant. 'Eat with your Hands' is what this Indian restaurant proclaims, and we're all too happy to oblige.
167 Long Street

The African Music Store

The African Music Store is South Africa's original & only specialist African music retail outlet. Established in 1997, it is an iconic store and a centre for the distribution of both popular and obscure music from all over the continent. With thousands of titles in stock, there are styles to suit every taste - from Hip hop, jazz, reggae, ambient, rock, choral, gospel, drumming & even a kids section. One of the three owners is always on duty, and they are able to introduce you to some amazing music and take you on a tuneful journey across the continent. 134 Long Street

African Women's Market

Deceptive from the outside; this arcade is the retail home of almost fifty individual traders who sell the cultural crafts of people from all over southern and central Africa. As you progress deeper into the market, you loose all sense of time and it is not uncommon for people to spend hours inside, swept up in the thrill of shopping for batiks, textiles, sculptures, jewellery, leatherwork, African antiques and tribal costumes from across the continent. 112 Long Street

Imagenius

In Imagenius, an absolute must-see shop to visit before you dive into the antiques market down Church street, you will discover shopping perfection. If you avoid the typical African curio as a gift, then in Imagenius, you will find heaven. Contemporary design of everything from salt cellars and wrapping paper, to shoes and handbags makes the store a delight to browse in; a real showcase for the talent of South Africans.

Tribal Trends

This well-run curio and contemporary crafts shop is right next door to the enormous Pan-African market. The chaos of the market dulls to a low hum when you step into Tribal Trends and you can find out quite a bit about what all the odds and ends of statuary and bead work mean in the various cultures they are drawn from. 72-74 Long

Merchants on Long

Cape Town was established in 1652, when the first Dutch settlers arrived, led by Jan van Riebeek. The original structure for Merchants on Long was built not long after this. Inside you can see the original 'koffie klip' (coffee stone) wall's made out of slate taken directly from Table Mountain, this dates the building back to then, around 350 years ago, when it was a very simple single story detached shop.

Merchants on Long is located on Long Street, which was originally known as 'De Derde Berg Dwars Straat,' (The Third Road Parallel to the Mountain.) It was not until the 1790's that it took on it's now famous name.

As Cape Town prospered, a second storey was added to the existing buildings and then later still, Victorian shop fronts replaced the ground floor facades and fashionable cast-iron verandas were added. In many instances the familiar buildings of upper Long Street remain in this state, their interiors complete with beamed yellowwood ceilings, stinkwood and yellowwood panelled doors, together with other details showing their origins.

Desiree Picton-Seymour, the leading South African architectural historian describes the Merchants building in several of her books, in 'Historical Buildings in South Africa' she says *"Just above Strand Street is a small building of particular interest, the terracotta faced Gibsons, dated 1896. It's design was based on a similar building in New York, following a visit to the USA by architect Anthony de Witt who had connections with an American firm, Millikins, who supplied steel framework for buildings – including that for Gibsons."*
In 'Victorian Buildings in South Africa' Picton-Seymour goes on to describe Merchants as "Undoubtedly the best example of Art Nouveau architecture still left in Cape Town.'

THE COMPANY'S GARDEN

The history of Cape Town truly begins in the Company's Garden which was established in 1647. It is here that produce was grown for the Dutch East India Company to re-supply ships en route to the spice producers of the East. Since the Cape's first administrator, Jan van Riebeeck's head gardener, Hendrik Boom, cultivated the ground and planted the first seeds in the Company's Garden, this treasured tract of land has become as much a part of the city of Cape Town as the magnificent buildings that it houses. Today it is a pristine area of green calm in the midst of a bustling city.

Exploring the Garden in a hurry is impossible, so take a little time to really enjoy it. Also known locally as Museum Mile, the garden is flanked by beautiful historical buildings that serve as museums and galleries today, and it is quite possible to spend hours in some of these.

Iziko Bertram House Museum

This is the only surviving Georgian-style brick house in the city, and dates back to the 1840's when it was built as a private residence. Decorated with Regency furnishings, English and Chinese export porcelain, and home to the Anne Lidderdale Collection, Bertram House represents a typical English family home in the Cape during the early nineteenth century. On show are its dining room, drawing room and study. The house was originally granted in 1794 as a private market garden, and its distinguished townhouse was completed in 1839.

Iziko South African Museum and Planetarium

The South African Museum is home to well over a million scientific specimens, ranging from 700 million-year-old fossils and stone tools, insects and fish. Founded in 1825, the museum has been situated in the Company's Garden since 1897, and showcases both natural and social history collections. It's a wonderful place to visit, to learn more about the Earth and develop an understanding of South Africa's biological and cultural diversity. The museum's world class exhibitions, like 'The World's Oldest Chemistry Set' change regularly, and the permanent exhibitions, like the 'Whale Well' and the 'African Dinosaurs' draw visitor's attention every day.

This is also the home of the Iziko Planetarium, where you can explore the stars in South African skies. In the domed auditorium, a virtual celestial theatre in the round, stars come alive in a wonderful audiovisual experience.

Great Synagogue, and the Holocaust Centre in the South African Jewish Museum

The permanent collection at the Holocaust Centre shows a series of photographs and text, film footage and archival documents, as well as recreated environments. Stories of holocaust survivors who escaped Germany and made their new home in Cape Town give a new insight into the cultural history of the diverse city.

The Cape Town Hebrew Congregation was founded in 1841, making it one of the oldest in the Southern Hemisphere. The Old Synagogue was the first built in South Africa, and dates back to 1863, and the Great Synagogue (also known as the Gardens Shul) was built in1905. Since it's consecration, there has not been a single day without a service being held in it's majestic hall. The Old Synagogue still stands adjacent to the Great Synagogue, and today it serves as he entrance to the South African Jewish Museum.

It is a striking, impressively grand building, and a true Cape Town landmark, and with its architectural grandeur, is regarded as one of the finest Synagogues in the world.

St Georges Cathedral

This beautiful building in the heart of the city, flanking the Company's Garden, is the oldest cathedral in the country, and a wonderful example of Victorian era design.

Early European colonist in the Cape had no church building, and attended services conducted by military chaplains at the Castle or the Groote Kerk. In 1827, land was at the bottom of Government Avenue was consecrated, and seven years later St George's Church opened for service. The original church building, built in the style of St Pancras in London, however, was not the cathedral that we know today, and is still an unfinished building. The foundation stone for the cathedral was laid over 50 years later, in 1901, and the building was designed by the renowned architect, Sir Herbert Baker.

During the Apartheid years in South Africa, St Georges Cathedral allowed people of all races to attend services, and thus became a site of resistance, known still as The People's Cathedral.

Iziko South African National Gallery

The country's premier national art museum, the Iziko South African National Gallery houses wonderful collections of art, both local and international.
Selections of art changes regularly, and the museum has a very full programme of temporary exhibitions. Ranging from paintings, sculpture, photography, textiles, beadwork and architecture, the exhibitions are of an outstanding quality.

Houses of Parliament

Although Cape Town is not the capital city of South Africa, it is the legislative capital, and home to the national Houses of Parliament. The beautiful building, completed in 1885, boasts a central dome and Corinthian porticos and pavilions.
Guided tours through the buildings are available, and for those more interested in parliamentary goings-on, it is also possible to sit in the public gallery during parliamentary sessions.

National Library of South Africa

As the primary custodian of South African documentary heritage, the National Library of South Africa collects and preserved published documents and makes them accessible to the public. The collections here contain a wealth of literary and academic publications, including books published in South Africa, rare manuscripts, periodical, governmental and official foreign publications, maps, technical reports, newspapers, magazines and Africana.

Centre for the Book

Immediately recognizable by its unique architecture, this grandly domed Edwardian building is an annex of the National Library of South Africa. The Centre for the Book works to establish a culture of reading and writing among all South Africans, and engages extensively with disadvantaged communities. Hundreds of South African books are showcased, and the beautiful wood-paneled central reading room is a space of peaceful introspection for scholars and visitors. Local writers are showcased, and new releases from South Africa are exhibited in the central hall.

Iziko Slave Lodge

One of the oldest buildings in the city, the Slave Lodge has a rich history. Originally built to house slaves, it has been used as government offices, as a supreme court and as a museum. Since 1998 though, it has been re-named the Slave Lodge. This exhibition space fulfils its motto 'from human wrongs to human rights' by educating visitors about the long struggle for human rights in South Africa. Exhibitions on the lower level explore the long history of slavery in South Africa, and temporary exhibitions change regularly.

It isn't just the museums and galleries that hold attraction, though. Locals enjoy their lunch on the benches, laborers relax on the green grass, Egyptian geese waddle lazily around the ponds, and squirrels scuttle between trees. Stop at the Deville Wood monument, Alfred Turner's sculpture of Castor and Pollux, statues of General Harry Lukin and General Jan Smuts, see a World War I artillery field gun, and look out for the Lioness Gateway. Take in the genius of the water channels that have been running down each side of Government Avenue since the seventeenth century, and pay attention to the wildlife, from the squirrels to the dragonflies. Look out for the oldest cultivated tree in the country, a Saffran Pear (pyrus communis) which dates back to 1652.

Bread Milk & Honey

After a visit to the Company's Garden, there's no better place to relax with a delicious meal than at Bread Milk & Honey. It is a small family-run cafe, and has an intimate charm – just what visitors are looking for in the centre of the city bowl. Perfectly brewed coffee and fresh, delicious food and authentic hospitality are all on offer.
Bread Milk & Honey – 10 Spin Street

Whether one begins or ends the historical walk at the grand Mount Nelson hotel, the gateway portico to the hotel provides an apt culmination – architect Kendall and Morris made the monumental gateway in 1924, and today it provides the perfect end of Government Avenue.

Stroll slowly, and take in the artifacts of Cape Town's history.

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