

# NECTAR & PULSE®

LIFE IS A JOURNEY



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We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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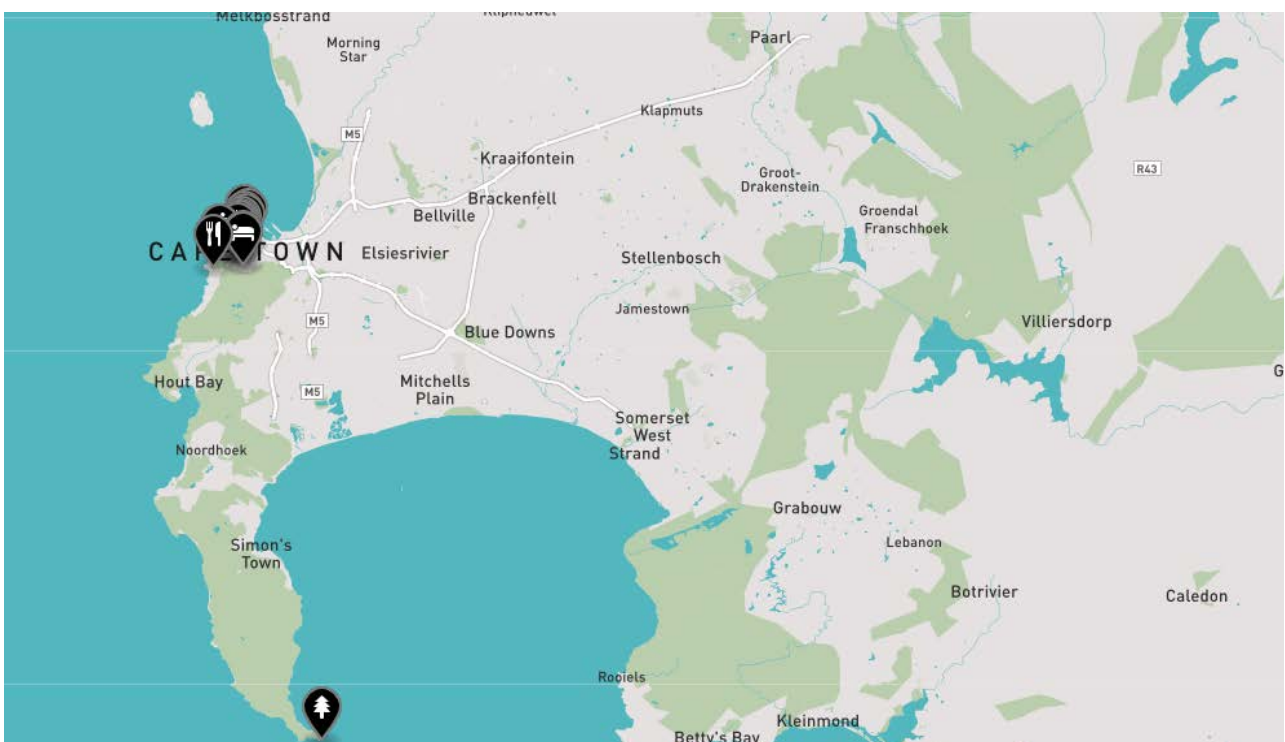
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24 HOURS IN

## Cape Town

**BY CARINA SCHICHL & RAMIN RABEIAN**

Rockets | Lovebirds | Entrepreneurs



## OUR PERFECT 24 HOURS IN CAPE TOWN

We wake up in the **Lézard Bleu Guest House** owned by German couple Nikola and Christoph, who are really passionate about running this well-located B&B place in the middle of **Oranjezicht**. With the sun shining bright, we jump out of bed and straight into our running shoes, pack a big bottle of water, and set off to climb the **Lion's Head**. We try and get out quite early, since it can get hot and crowded in peak season. After 35-45 minutes hiking (depending on your level of fitness) you'll arrive at 669 metres above sea level, where a 360-degree view over the city is waiting for you. Catch your breath, listen to your favourite songs, and enjoy yourself. Carina is not a big fan of climbing downhill, so most of the time Ramin is probably telling some weird and cute stories to make her laugh and not realize she's hiking down.

We make our way back to our room, change into a bikini and shorts, and dip into the beautiful pool, enjoying floating in the water while looking up at the iconic Table Mountain. After our morning workout, it's time to grab some breakfast to fuel up. Christoph, the owner of the guest house welcomes every guest by name and serves us a good breakfast with homemade delicacies before we set out for an adventure in the mother city.

If we're up for heading out for breakfast we love to go to **Manna Epicure**, where we eat the salmon, avocado, and coconut bread breakfast with poached eggs. It might sound a little exotic, but it's worth trying! Well fed, we stroll along Kloof Street into the city, trying to avoid the main streets and go beyond high street, where we'll find some hidden jewels. The **SAM - South African Market** is a perfect place to stop if you want to shop for beautiful locally-made products from African designers. Get at least one pair of colourful FEAT Socks as a souvenir from Cape Town (Ramin loves them!). And if you're in need of a quick coffee or snack, head to **Jason Bakery**.

After some shopping we go to **Bo-Kaap**, formerly known as the Malay Quarter on Signal Hill, and spiritual home of the Cape's Muslim community. We stroll along the streets, enjoy the multicultural flair, and take an enormous amount of pictures in front of the cheery colourful houses.

In the late afternoon we either go to **The Roundhouse** to watch sunset or drop by **Yours Truly Café & Bar** on Kloof Street to have a drink with a very relaxed crowd.

As the day comes to an end, we're thinking about food again and head to **The Black Sheep** for a relaxed and delicious dinner. If you're a meat lover, put **Carne** on your list and drop by for a piece of juicy meat. **Kloof Street House** is another great dinner spot - try their tasty burger and their heavenly fondant au chocolat.

Happy and fulfilled we walk home, making plans for tomorrow's tour to the **Cape of Good Hope**. Read more about our day trip here.

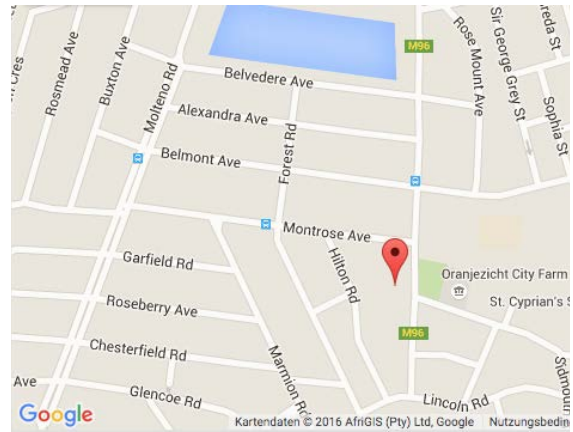
*Enjoy exploring,  
Carina & Ramin*

## LÉZARD BLEU GUEST HOUSE

### SLEEP

30 Upper Orange Street, Cape Town, South Afrika  
[www.lezardbleu.co.za](http://www.lezardbleu.co.za)

Lovely and well-located B&B in the middle of Oranjezicht, owned by German couple, Nikola and Christoph, who are really passionate about running their guest house. Warm and welcoming!



## ORANJEZICHT DISTRICT

### PLAYGROUND

Oranjezicht, Kapstadt, West Cape, South Africa

This district is located at the bottom of Table Mountain. The houses are very popular because of the view.



## LION'S HEAD

### ESCAPE

Lion's Head, Kapstadt, West Cape, South Africa

The perfect hike for a 360-degree view over the city. Great for sunrises and sunsets.

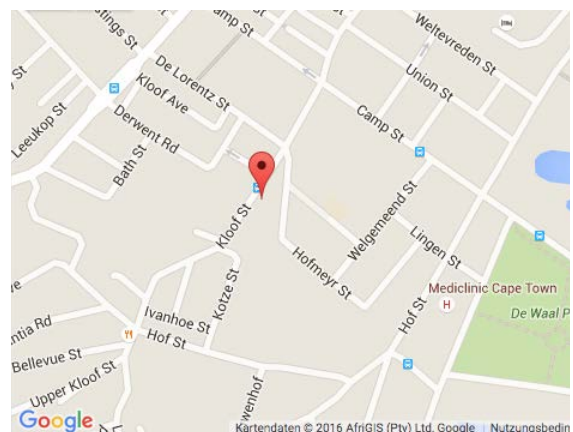


## MANNA EPICURE

### CAFÉ

151 Kloof St, Gardens, Cape Town, South Africa  
[www.mannaepicure.com](http://www.mannaepicure.com)

One of our favourite spots in Cape Town. Located on Kloof Street, this spot is suitable for all occasions – whether you want to enjoy a good breakfast, a tasty lunch, an afternoon coffee, or a romantic dinner in the lovely space.

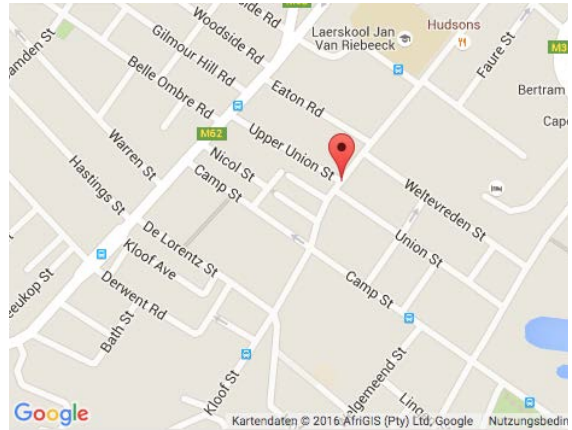


## **KLOOF STREET**

### **PLAYGROUND**

Kloof Street, Cape Town, South Africa

Kloof Street is one of the most eclectic and coolest streets with a variety of great cafés, restaurants, bars, and beautiful boutiques.



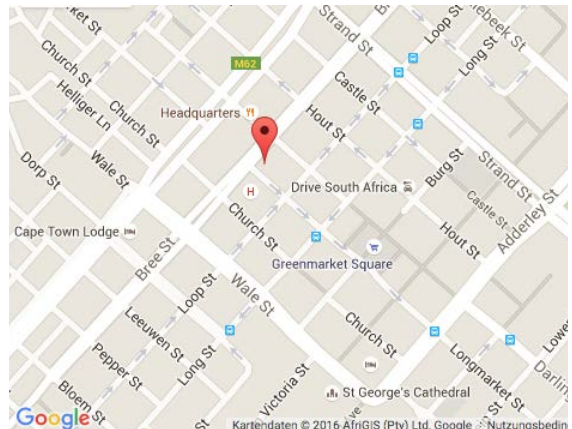
## **SAM - SOUTH AFRICAN MARKET**

### **SHOP**

107 Bree Street, Cape Town, South Africa

[www.ilovesam.co.za](http://www.ilovesam.co.za)

A reservoir for trendy local labels, all made in South Africa.



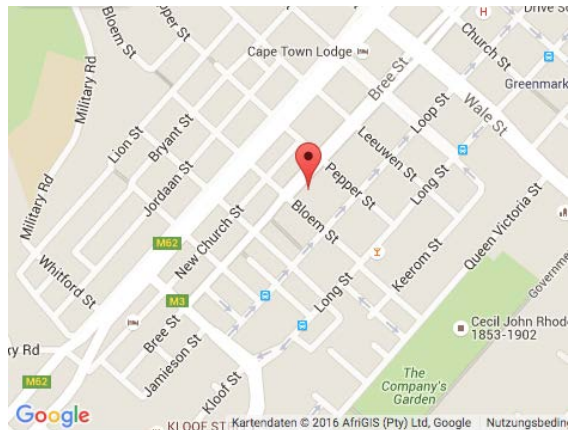
## **JASON BAKERY**

### **CAFÉ**

185 Bree Street, Cape Town, South Africa

[www.jasonbakery.com](http://www.jasonbakery.com)

Jason Bakery offers a great selection of bread, tasty sandwiches, and great coffee.



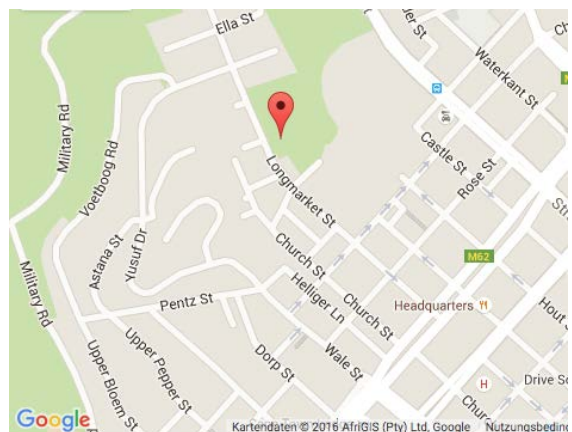
## **BO-KAAP**

### **PLAYGROUND**

Bo-Kaap, Kapstadt, West Cape, South Africa

[www.bokaap-capetown.co.za](http://www.bokaap-capetown.co.za)

The former Malay Quarter on Signal Hill is one of the most interesting parts of Cape Town with its multicultural flair and colourful houses.

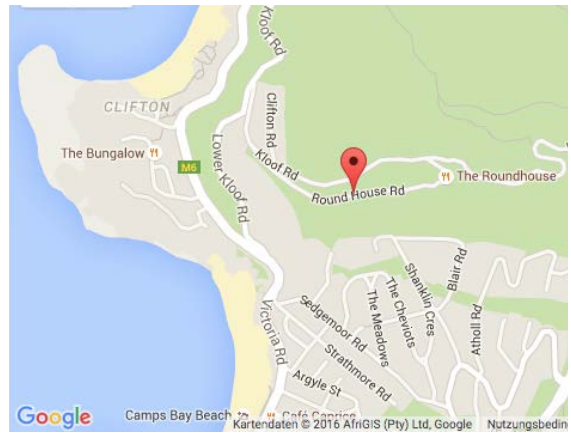


## THE ROUNDHOUSE

### RESTAURANT

Round House Rd, Cape Town, South Africa  
[www.theroundhouserestaurant.com](http://www.theroundhouserestaurant.com)

Nestled in the glens of Table Mountain, this is a great spot to unwind and enjoy some picnic-inspired food.

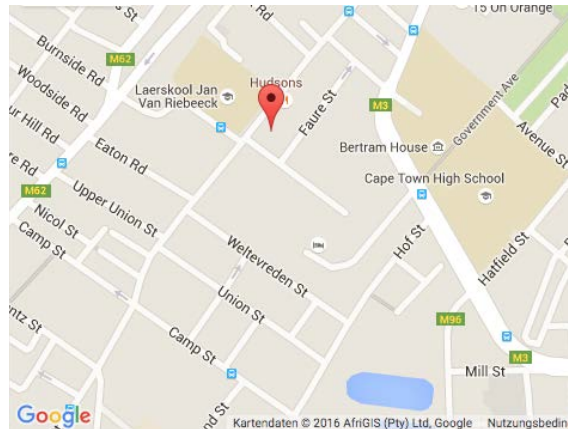


## YOURS TRULY

### CAFÉ

73 Kloof Street, Cape Town, South Africa  
[www.yourstrulycafe.co.za](http://www.yourstrulycafe.co.za)

Yours Truly has become to a Cape Town institution with its four shops dotted around the city. Your go-to whenever you want to grab a cup of coffee, have a relaxed beer, or enjoy a live music event.

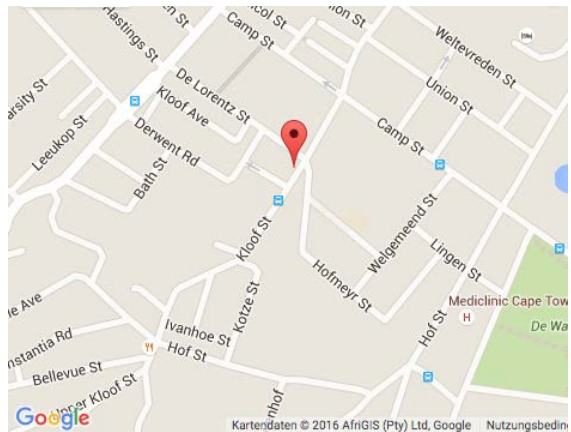


## BLACK SHEEP

### RESTAURANT

104 Kloof Street, Cape Town, South Africa  
[www.blacksheeprestaurant.co.za](http://www.blacksheeprestaurant.co.za)

This restaurant opened its doors in late 2013 and has become one of the hot spots in the city bowl. Apart from a daily changing menu, Black Sheep will pamper you with craft beer, great cocktails, and a well-curated wine list.

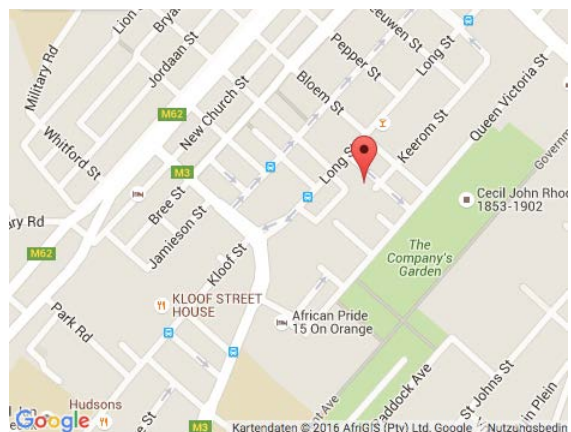


## CARNE

### RESTAURANT

70 Keerom Street, Cape Town, South Africa  
[www.carne-sa.com](http://www.carne-sa.com)

A meat lover's heaven.



## **KLOOF STREET HOUSE**

### **RESTAURANT**

30 Kloof Street, Cape Town, South Africa  
[www.kloofstreethouse.co.za](http://www.kloofstreethouse.co.za)

Kloof Street House is a hip place with a mix of Colonial and Victorian-style interiors and a beautiful garden. Perfect for a delicious brasserie-inspired dinner or fancy cocktails.



## **CAPE OF GOOD HOPE**

### **ESCAPE**

Cape Point, Kapstadt, West Cape, South Africa

The Cape of Good Hope Nature Reserve is a must-do when in Cape Town. Head down to the farthest tip of the Cape Peninsula and enjoy the scenic drive.

