Medical and attractions can be visited by tourists safely. We do few basic precautions that should be adhered to, to ensure your stay is pleasant and safe.

It is recommended that you:
- Accommodation: The Western Cape’s diverse communities, cultures, sites and attractions can be visited by tourists safely. We do few basic precautions that should be adhered to, to ensure your stay is pleasant and safe.
- Store valuables in your hotel’s safe.
- Never leave your luggage unattended.
- Medical facilities in cities and large towns are internationally well-equipped.
- Report lost passports and visas without delay to the South African Embassy.
- Money and Travel Documents: • Never leave your luggage unattended. • Check weather conditions. • When visiting the beach, get information on the tide times and check the beach for warning flags. • When going on hikes, carry protective clothing, wear suitable walking shoes and carry fresh water. • Keep compact hiking first aid kit for minor injuries.

This advice is valid to travelers going to any country in the world as they are basic precautionary measures.

In the unfortunate and unlikely event that a tourist is the target of crime, he or she should call the police immediately on 10111.

In addition, tourists should take note of the following numbers, which are useful in a range of situations:

Important Numbers
- Ambulance: 10177
- Child Emergency: 080 2123 321
- City of Cape Town General Emergency: 107
- Disaster Management: 080 911 4307
- Emergencies from a mobile phone: 112
- Mountain Rescue: 021 948 9900
- National Tourism Information: 080 123 2435
- Office of the Consumer Protection Department of Economic Development and Tourism: 080 0007 081
- SATSA Tourism Safety Initiative (TSAI): 24/7: 086 107 491
- South African Weather Service: 082 162
- Search and Rescue: 021 440 3500
- Fire Department: Please see your district municipality for emergency contact numbers (http://gos.go.za)

Emergency Contact Numbers:
- Cape Town Tourism: Tel: +27 81 212 2223
- Cape West Coast: Tel: +27 22 433 8305
- Cape Winelands: Tel: +27 21 888 5100
- Cape Garden Route: Tel: +27 44 803 1427
- Cape Karoo: Tel: +27 23 449 1000
- Cape Overberg: Tel: +27 86 132 2223
- Tourism Information: Info@capetown.travel
- Cape Town Tourism: Tel: +27 21 888 5100
- SATSA Tourism Safety Initiative (TSAI): 24/7: 086 107 491
- South African Weather Service: 082 162
- Search and Rescue: 021 440 3500
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CAPE TOWN
- Take the Table Mountain Aerial Cableway for sightseeing from June to November.
- From the Cape Agulhas Lighthouse witness the touch of the Indian and Atlantic Oceans.
- Enjoy your refreshments as you appreciate the colours of the region.
- Enjoy a cultural experience at one of the many mission stations.
- Experience the wild life on a game drive in this Botanical National Park.
- Have a face-to-face encounter with a Great White Shark at Gansbaai.
- Discover the holding dance of South Africa’s national bird, the Blue Crane.
- Over indulge with nature’s fresh offerings of seasonal fresh fruit and preserves.

CAPE WINELANDS
- Capture the changing colours of the region in the vineyards and vine historic Cape Dutch homesteads.
- Tread your taste buds with excellent wines, complemented by local cuisine.
- Enjoy one of the world’s top Brandy at the KV’s cellar in Paarl and Stellenbosch.
- Experience the Afrikaans Language Monument in Paarl.
- Discover why the French-Huguenots settled in Franschhoek.
- Admire the white-washedness of the white-gabled houses in Tulbagh.
- Admire a route from the activities to the hiking mountain biking, paragliding and zip sliding.
- Experience a vineyard at the Worcester Living Open-air Museum of Agriculture.

CAPE WEST COAST
- Be amazed at the colourful spectrum of Spring-plaid flowers.
- Tuck into delicious seafood at various open-air beach restaurants.
- Indulge in the unique wines of the region.
- Visit a historic/historical village or mission station.
- Enjoy adventure activities such as sea kayaking, kite surfing, kitte kites, hiking and paragliding.
- View the scattered rock art paintings at various sites.
- Try a taste of boerboel (wind-dried fish) at Velddrif.
- Watch the spectacle of Bottlenose or Bird Island in Lambert’s Bay.

CAFE OVERBERG
- Experience an afternoon stroll through the company gardens or a local chef.
- Enjoy some fresh oysters with some sparkling wine at a beach restaurant.
- Take a walk with the elephants or listen to the song of the whale as meeting grounds.
- The Western Cape offers a wealth of natural delights for all ages.

ECO & NATURE
Table Mountain National Park straddles across the Peninsula and includes Kirstenbosch National Botanical Gardens. Experience a30-minute walk through the company gardens or enjoy a relaxing walk through one of the many natural beauty.
- Drive along the flower route for a real visiting look at nature’s own wild flowers and vibrant coloured Fronts.
- Take a walk with the elephants or listen to the song of the whale as meeting grounds.

OUTDOOR ACTIVE
- Adventurer sports in the mountains.
- Cape Town & the Western Cape has an active for you.
- The Western Cape is a melting pot of culture and heritage with music, food and crafts to prove it.

CULTURE & HERITAGE
- Explore the history of the first people along one of the beautiful culture and heritage routes or admire the rock art in the various towns.
- Find festivals that depict the culture of the people of the Western Cape or an art exhibition that epitomises the region as a whole.

GOURMET DELIGHTS
- From crocodile steaks to freshly-fried crocodile, we have something for everyone. With increasing success and national Lekker, fresh ingredients always available, there’s never a shortage of delicious options at our tables.
- Traditional cuisine like boerkoek and koeksisters take a new spin every time you reach a new town, with each chef adding his own flavour to these dishes.
- You may want to try some regional offerings at a local restaurant or even at the fresh produce with some spiced warming in a beach restaurant.

BODY, MIND & SPIRIT
- Cape Town & the Western Cape offers a range of spa destinations and activities to suit all tastes.

COSMOPOLITAN VIBE
- Experience the world-class cuisine of the V&A Waterfront, offering restaurants, shopping, music and entertainment.
- Visit one of our shopping malls where you will find anything from high-end trendy to budget alike.

CORES & KLEIN KAROO
- Drive through the spectacular Swartberg Pass and take time to admire the scenery.
- Take a 4x4, off-road motorbike trip, or donkey trail down the Cape Karoo estates like the historical Groot Constantia Gardens.

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ADVENTUROUSLY YOURS... NATURALLY OURS
- Adventurously yours... naturally ours