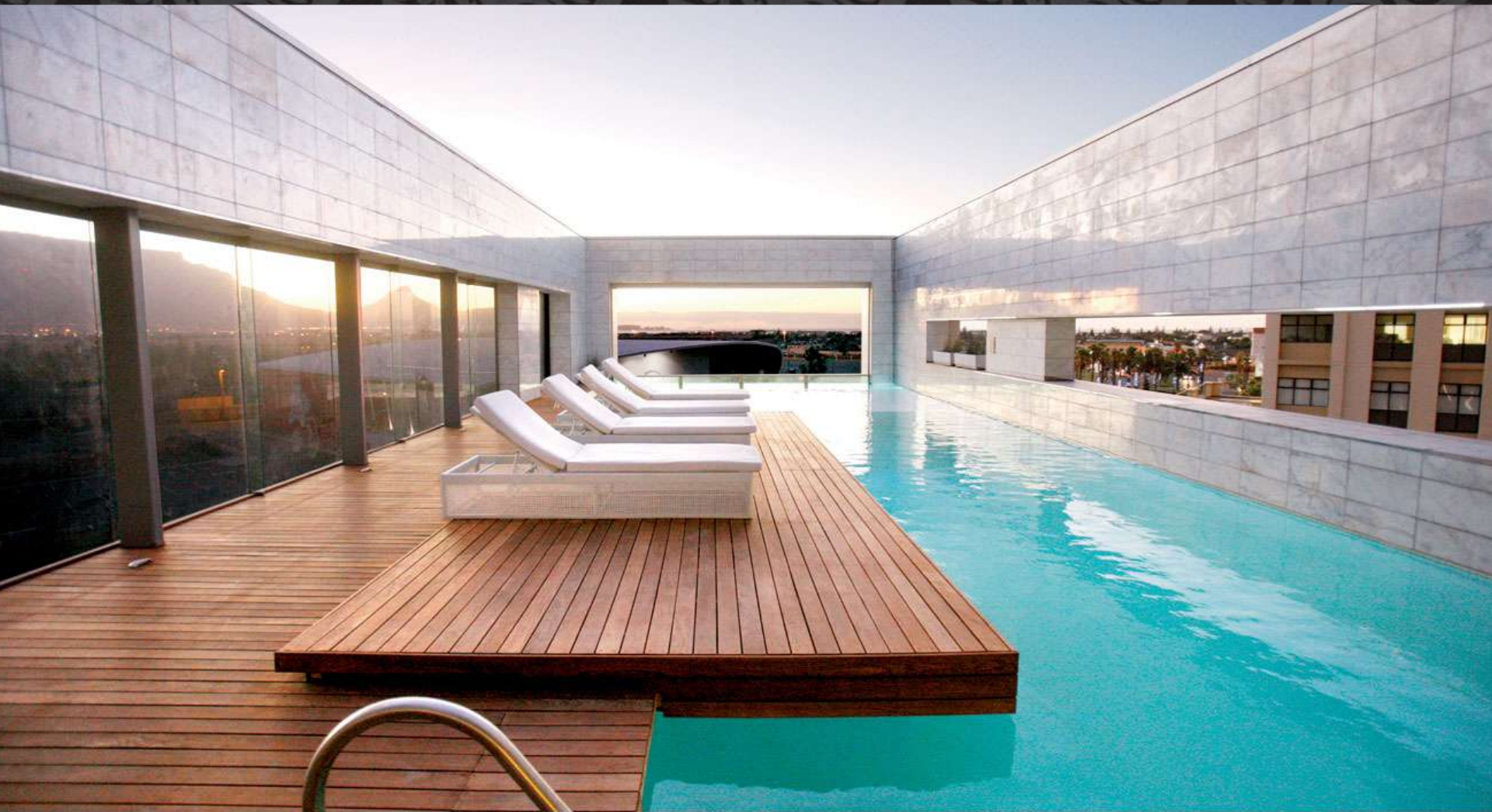




AFRICAN PRIDE

CRYSTAL TOWERS HOTEL & SPA

CENTURY CITY, CAPE TOWN





















FAMILY ACTIVITIES 2011



AFRICAN PRIDE

CRYSTAL TOWERS HOTEL & SPA

CENTURY CITY, CAPE TOWN
















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<p>1. Take the kids for a trip on the Blue Train at Mouille Point</p> 	<p>2. Have drinks in Kingsley Holgate Private lounge on the ground floor</p> 	<p>3. See a theatre production at the Artscape theatre</p> 	<p>4. See the latest movie at NuMetro at Canal Walk</p> 	<p>5. Do a tour of Nitida Wine Estate</p> 	<p>6. Book a Sushi Making Experience for the whole family at the deli</p> 	<p>7. Visit Monkey Town</p> 	<p>8. Cape Town Ostrich Ranch</p> 	<p>9. Take the kids to Y IS FOR YOGA</p> 
<p>10. Take a dip or enjoy 50% off sunset sushi & cocktails at the Pool Deck</p> 	<p>11. It's WOZA WEDNESDAY at NuMetro cinemas</p> 	<p>12. Enjoy the experience of a lifetime at Vaudeville</p> 	<p>13. Do some shopping at the Natural Goods Market at Canal walk</p> 	<p>14. Do a flying wine tour or a flying safari at E-FLYING Company</p> 	<p>15. Practise your swing at Ratanga Golf Centre</p> 	<p>16. Jolly Roger Pirate Boat with an onboard Pirate show & Treasure Hunt</p> 	<p>17. Head out on a boat trip to Bloubergstrand. Bookings can made at the V & A Waterfront</p> 	<p>18. Go on a tour of Cape Town on the City Sight Seeing Bus</p> 
<p>19. Try out a round of golf at Milnerton Golf Course</p>	<p>20. Go tenpin bowling at Grandwest</p>	<p>21. Enjoy Sunday lunch at The Towers Restaurant</p>	<p>22. Enjoy Sunday lunch at The Towers Restaurant</p>	<p>23. Enjoy Sunday lunch at The Towers Restaurant</p>	<p>24. Enjoy Sunday lunch at The Towers Restaurant</p>	<p>25. Enjoy Sunday lunch at The Towers Restaurant</p>		



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22. Visit the Gold Museum and enjoy lunch at the Gold Restaurant		23. Kids eat FREE at Spur on Wednesdays	24. Take a tour of the beautiful Century City by booking a ferry trip	25. The whole family can try out the Ice skating at Grandwest		26. Visit the Iziko Planetarium
27. Take the cable car up Table Mountain & enjoy lunch on top	28. Surf the net FREE of charge as Wi-Fi is complimentary	29. Have some fun in the sun at Clifton 4th Beach		30. Mom & Dad can enjoy a couple's treatment at the Life Day Spa		31. Enjoy drinks at the Ruby Bar
	32. Go on a family drive around Chapman's Peak in a Bentley From MK Exotic Tours		33. Have a picnic at Green Point Park		34. Have our Chef show you how to cook your favourite meal at Chefs Table	
35. Have a family picnic on Signal Hill		36. Kids can have fun and games at Wonderland in Canal Walk		37. Enjoy some "eater-tainment" at Madame Zingara		38. Try the Cobra or the Monkey Falls at Ratanga Junction
	39. Watch the dvds that are in the room		40. Visit the Two Oceans Aquarium		41. Hike up Lion's Head	



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday													
<p>42. Cool Runnings Toboggan Track is where you need to be</p> 	<p>43. Try one of our delightful treats and cakes at the Deli</p> 	<p>44. Head off to the Old Biscuit Mill</p> 	<p>45. Kids can have endless hours of fun at Happy Gardener's Play Park at Stodels</p> 	<p>46. Let's discover Century City with the Art, Tech and Nature Trails</p> 	<p>47. Parents can request a WII, PS3 or board games from reception to keep their kids entertained on rainy days</p> 	<p>48. Get pumping at the inhouse gym and relax in the sauna afterwards FREE of charge</p> 	<p>49. Take the kids to Tygerberg Nature Reserve just off the N1 going towards</p> 	<p>50. Try out the lovely wines that Diemersdal Wine Estate has to offer</p> 	<p>51. Enjoy a fun family day at Paintball Africa</p> 	<p>52. Have fun in the sun at Bloubergstrand Beach</p> 	<p>53. Have lunch at Knife Restaurant</p> 	<p>54. Experience Cape Town from a bird's point of view by taking a Helicopter Flip</p> 	<p>55. Have an awesome time watching Formula 1 Racing at Killarney Race Track</p> 	<p>56. See rare and beautiful birds at Intaka Island Educational Tour</p> 	<p>57. The South African Air Force Museum is a must see for kids & adults alike</p> 	<p>58. Get yourself a partner and challenge them to a game of snooker at the Ruby Bar</p>	<p>59. Pop over the direct connectivity bridge and shop till you drop at Canal Walk Shopping Centre</p>	<p>60. Parents can enjoy the monthly complimentary tastings that that the Ruby Bar has to offer</p>	<p>61. Make yourself at home in the David Kramer Private Lounge will enjoying your favourite drink</p>



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1. The Blue Train

The train is something of an icon, considering its 50 year existence, and its place on the extremely popular 7 km promenade that stretches from the beachfront at Bantry Bay to Mouille Point means parents have an outlet, other than the swings and grassy areas that line the boardwalk, at which to amuse their children.

Contact: 021 434 4297

Prices: R 10 – R 20

Distance from hotel: 14.5 km

2. Kingsley Holgate Private Lounge

For a more intimate experience with your social circle, check into one of the private lounges that are personally styled with relics and personal mementos from explorer Kingsley Holgate and singer David Kramer, both African icons in their own right.

Bookings not essential.

Distance from hotel: Situated ground floor

3. Artscape

The Artscape is ideally situated to serve the Cape's performing arts, film, tourism, entertainment, conference and exhibition industries. The Artscape complex consists of a fully equipped Opera House, seating 1 487, a theatre seating 540 & a smaller theatre seating 140.

Prices: ticket prices vary

Contact: 021 410 9800

Distance from hotel: 12 km

4. NuMetro Cinema's

NuMetro Cinema's brings an array of movies to the big screen each offering their own Adventure, Comedy, Action, Horror and lots more. So bring your whole family to either NuMetro Canal Walk or NuMetro Grandwest for a movie.

Prices: ranging from R 20 – R 50

Distance from hotel: 500m/ 5.8 km

5. Nitida Wine Estate

Nitida Cellars (*Durbanville Road*) has eight employees under owners Bernhard and Peta Veller including long-term devotees Klaas, Moos & Mannie. Family friendly with small game & ostrich for children to ogle, & they host a farmer's market, Cassia restaurant & Nitida cafe.

Contact: 021 976 1467.

Distance from hotel: 17,5 km

6. The Sushi Making Experience

The Culinary art of Sushi making is an excellent way to spend an evening. At African Pride Crystal Towers Hotel & Spa, we give you the genuine skills of how to make traditional Sushi with one of our top chefs all the way from Beijing. It's the perfect "night out" for anyone who is interested in making restaurant quality Sushi at home. Enjoy a Sushi platter for one, which includes the following: Sashimi, Nigiri, Vegetarian maki, Californian roll and Salmon rose.

Cost: R150 per person

Distance from hotel: Situated ground floor

7. Monkey Town

Monkey Town primate rescue center is a sanctuary for more than 230 exotic primates. They offer guided tours, interaction with tame monkeys, a touch farmyard, play park, gift shop, feeding times and restaurant. The park is designed in such a way, that the visitors wander through walkways and the monkeys roam freely.

Hours: Daily 09h00 - 17h00.

Contact: 021 858-1060 / pro@monkeys.co.za

Distance from the hotel: 55,4 km

8. Cape Town Ostrich Ranch

Tours are run every half an hour, on the hour. The tour comprises a 45 min trail that includes a visit to the display room, the leather factory and the cactus garden. The tour travels through the ostrich breeding enclosures and it is not uncommon to see a newly hatched chick or to witness an egg being laid.

Contact no: 021 972 1955/1669/1961/1649

Distance from hotel: 2 km

9. Y is for Yoga

It is a holistic programme that engages the child's mind, body and heart. Fundamentally the programme is about learning: allowing the child to process information through moving, seeing, listening, touching and even singing

Contact: 083 255 6752 / toni@yisforyoga.co.za

Distance from hotel: 10 km



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10. 50% Exclusive off Sushi & Cocktails

Enjoy a sunset-laden evening overlooking the worlds most famous Table Mountain, Lions Head and Signal Hill. Sample signature cocktails, delectable Sushi and the best musicals while watching the sunset.

Join us every Thursday for our 50% Exclusive Sunset Sushi & Cocktail promotions at our famous pool deck or Ruby Bar (weather depending).

Hours: 16h30 till 19h00,

Contact: 021 525 3888 /

conferencing@crystalltowershotel.com

Distance from hotel: Situated 1st floor

11. Woza Wednesday at NuMetro Cinemas

Enjoy the **Woza Wednesday** special where you only pay half price for the movie ticket.

Whether mom enjoys a chick flick, dad an action film or the kiddies want to see a sci-fi, 3D or animated film, NuMetro has all the latest releases with a film to suit every family member's entertainment preferences .

Prices: ranging from R 20 – R 50

Distance from hotel: 500m/ 5.8 km

12. Vaudeville

While diners feast from the classic French brasserie menu, superb artists will offer guests continuous entertainment from the time they enter through the plush velvet curtains, throughout dinner and beyond. Themes such as "Venice", "Animal Print" & "Gypsy Circus", change every 3 weeks, making The Brasserie an unforgettable experience.

Distance from hotel: 15 km

13. Natural Goods Market

Open on the 1st Sunday of every month in a large Nomadic tent where all organic food, clothing and various other items are sold. All natural, all good for YOU and the environment.

Distance from hotel: 500 m

14. E-Flying Company

From the Cedarburg Mountains to the Kruger Park, through the Kalahari desert and along the Wild Coast of KwaZulu-Natal, South Africa is so vast that it is impossible to see everything in a short space of time. Therefore the very best way to experience this collection of magnificent landscapes is simply to contemplate them from the sky.

Distance from hotel: 12.4 km

15. Ratanga Junction Golf Centre

Open daily, the Ratanga Golf Centre comprises of a golf driving range with pre-booked golf tutoring available and a golf merchandise store

Contact no: 021 551 2581

Open from: 09h00 -17h00

Distance from hotel: 500m

16. Jolly Roger Pirate Ship

The Jolly Roger is the only authentic Pirate Ship in South Africa and sails daily from Quay 5 in the V&A Waterfront, Cape Town. This vessel was custom built and has the following features:

- Can hold up to 70 pax safely and comfortably
- Has adequate seating and leisure space for all occasions
- On board luxury ablution facilities
- All charters include a live theatrical pirate show

Prices: Range from R 60 – R 220

Contact: 021 421 0909

Distance from hotel: 12.4 km

17. Boating at the V & A Waterfront

Cruise around Cape Town's historic harbour aboard a harbour cruise vessel. You will be treated to fantastic views of Robben Island and a closer look at the various fishing vessels and cargo ships in action, with the seals joining in the fun.

Contact: 021 408 7600

Distance from hotel: 12.4 km

18. City Sight Seeing Bus

The iconic red open-top double decker bus stops every 15 min throughout the day at all Cape Town attractions such as the Cape Castle, Camps Bay, District Six and Table Mountain.

Tickets can be booked online at www.citysightseeing.co.za

Prices: vary between R 110 and R 250

Contact: 021 421 6000

Distance from the hotel: 12.4 km



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19. Milnerton Golf Course

Milnerton Golf Course, a par 72 seaside course, is surrounded by natural beauty, the course is a pleasure to the senses and a challenge to even the most experienced golfer - especially when the prevailing South Easter, affectionately known as the "Cape Doctor" - makes her house calls in the summer months. The 18-hole, 6 139 m long course, provides the discerning player with the ultimate challenge.

Contact: 021 552 1351

Distance from hotel: 8,0 km

20. Ten-pin Bowling at Grandwest

The twelve lanes are situated in the new exciting Magic Company complex. This state-of-the-art ten-pin bowling alley provides outstanding entertainment for family outings, birthday parties and competitive play!

Hours: Sun – Thurs 10:00 – 00:00

Fri & Sat: 10:00 - 01:00

Prices: R35 p.p./ game (bowling shoes included)

Contact: 021 535 4582

Distance from hotel: 5,8 km

21. Sunday Lunch at The Towers Restaurant

Join us for a Cosmopolitan Buffet every Sunday in the Towers Restaurant, by the Chef choice.

Time: 12h30 to 15h00

Bookings can be made through our banqueting coordinators on 021 525 3888 or via email on conferencing @crystalltowershotel.com

Distance from hotel: Situated ground floor

22. Gold Museum & Restaurant

The museum is home to 350 West African gold artefacts as well as objects from the ancient gold civilisations in southern Africa.

Hours: Mon – Sat 09:30 – 17:00

Prices: ranging from R 25 – R 70

Contact: 021 405 1540

Distance from hotel: 13 km

23. Spur at Canal Walk

For over 40 years, Spur Steak Ranches have been part of the South African family. So what's our winning recipe? Well, we start with a warm, relaxed, family-friendly environment. We add generous portions of great tasting food, and a hearty helping of quality. Then all we need is you!

Hours: Daily from 09:00 – 21:00

Prices: vary based on menu selection

Contact: 021 551 8683

Distance from hotel: 500 m

24. Century City Ferry & Boating

Take a leisurely ferry ride on the Grand Canal and around Intaka Island and enjoy the fresh air and breath-taking views of Century City

Time: 10h00-16h00

Prices: Ranging from R 10 – R 25

Contact: 021 552 6889

Distance from hotel: 550m

25. Ice-Skating

The Ice Station - Olympic sized skating rink. Snowman Building - Every Wednesday 10h00-12h30 during school holidays.

Mini Ice Rink for kids under 5

Contact No: (021) 535 2260

Price: Main Arena: R30.00 (own skates), R38.00 (Rent skates)

Mini Arena: R15.00

Distance from hotel: 5,8 km

26. Iziko Planetarium

Above the south-western horizon the Southern Cross is on its side, with the Pointers, Alpha and Beta Centauri above. Exploring this area, and higher up towards the Scorpion and the Archer with binoculars, will reveal bright star clusters and nebulae. In the vicinity of the Archer the Milky Way is particularly bright, marking the centre of our Galaxy.

Hours: Weekdays 08:30 – 16:00

Prices: R 6 (scholars) – R 40

Contact: 021 481 3852

Distance from hotel: 10 km

27. Table Mountain

The five-minute ascent to the top of Table Mountain offers a 360° view of Cape Town..

The area at the top of the mountain is surprisingly large so leave enough time to stroll along the paths, enjoy the viewing platforms and soak up the vistas.

Hours: 08:30 – 18:00 weather depending

Prices: ranging between R 90 – R 180

Contact: 021 424 8181

Distance from hotel: 12.2 km



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28. Free Wi-Fi

All inhouse GUESTS have unlimited complimentary access to Wi-Fi. Thus allowing kids to play virtual games for hours on end. Two of the pc's are located at the deli and there are 5 pc's available in our business centre on the Mezzanine level.

Distance from hotel: Available in all public areas as well as rooms

29. Clifton 4th Beach

Clifton 4th Beach is conveniently just a stroll away from La Med, one of the Mother City's best outdoor bars and clubs. If the South Easter is howling then Clifton 4th Beach is your best beach option with wind protection from the spectacular backdrop of Table Mountain and the Twelve Apostles. Be prepared for a little exercise – access to the beach is down a series of steep, winding, narrow stairs that make it inaccessible for disabled visitors.

Distance from hotel: 19.5 km

30. Life Day Spa

Allow yourself to be cared for by our skilled therapists and leave our haven feeling totally rejuvenated. Our facilities are a sanctuary, and include a Rasul chamber, 11 completely private individual treatment rooms including 2 Couples Suites, a flotation chamber, a gym, sauna and steam rooms, plus an outdoor terrace with access to the Crystal Tower's stunning suspended swimming pool.

contact: 021 525 3883 or via email: info@lifedayspa.co.za

Distance from hotel: Situated 1st floor

31. Ruby Bar

As the evening unfolds, experience our elegant, double-volume Ruby Bar and chill on designer sofas with a single malt whisky or a glass of French champagne in surroundings of unique lounge music, crystal chandeliers and circular pieces of mirror. Complimentary bar snacks are on offer, and our bar is fully stocked with an extensive collection of imported champagnes. Challenge your friends to a game of pool on the pool table.

Distance from hotel: Situated ground floor

32. MK Exotic Tours

Luxury Services and Exotic Supercar hire Exotic Tours specializes in private tours, allowing you to plan your own tour based on your personal preferences and requirements.

- Tailor-made tours
- Chauffeur services
- Point-to-point transfers
- Rentals

Contact no: 021 525 3853

Distance from hotel: Travel Desk on ground floor

33. Green Point Park

There are plenty of tables and chairs in the dedicated, sheltered picnic areas and wide open spaces for a game of garden cricket or soccer after lunch

Hours: Daily 7:00 – 19:00

Distance from hotel: 10 km

34. Chef's Table

Ever wanted to know how the chef's create the culinary masterpieces. Well now you get the perfect opportunity to do just that. Experience one on one interaction with the chef while enjoying a 6 course menu.

Cost: R 495 per person

Minimum of 6 people and maximum of 14.

Contact: 021 525 3888 /

conferencing@crystaltowershotel.com

Distance from hotel: Situated ground floor

35. Signal Hill

One of the most famous spots in Cape Town for sundowners. Views from the 350m high summit are nothing short of spectacular, particularly at night, and picnic dinners with accompanying drinks is something of a capital pastime.

Distance from hotel: 20 km

36. Wonderland at Canal Walk

Redemption Games, Driving Games, Kiddie Rides, Simulator Machine, Shooting/Gun Games, Bowling, Pool Tables, Teddy Cranes, Photo Machines. Situated In Canal walk Shopping Centre next to the food court.

Contact no: 021 555 2510

Prices: Ranging from R1 a token

Distance from hotel: 500m



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37. Madame Zingara

Madame Zingara's Theatre of Dreams, the Grande Dame of burlesque, is a unique dinner cirque spectacular which enchants, captivates and inspires all who pass through her stained glass doors and enter her magical world.

Contact no: 0861 MADAME / 0861 623263

boxoffice@madamezingara.com

Prices: Ranging from R 365 - R 450 (dinner & entertainment, drinks are excl.)

Season: 1 September 2011 – 31 January 2012

Distance from hotel: 500 m

38. Ratanga Junction Theme Park

Adventurer Rider Tickets: R 142 (1.3m +)

Mini Adventurer Tickets: R 70 (1.3m & under)

Fun pass (Non Rider): Includes entry into the park as well as travelling around the park by boat or train and access to all the exciting live entertainment: R45 Prices exclude the Slingshot ticketed separately at R50 per ride. Bookings essential at the ride on the day as numbers are limited, Open during School Holidays only.

Contact no: 021 550 8504

Distance from hotel: 500m

39. Two Oceans Aquarium

Get to know the ins and outs of 88 of the species currently on display at the Aquarium. Don't be surprised to spot the occasional African penguin in the enchanting Kelp Forest Exhibit. For frogs' sake!

Conservation and information, and plopping good fun, await at Frogs: Beyond the Pond. Puppet shows, arts and crafts, snacks and relaxing – that's the name of the game at the AfriSam Children's Centre.

Hours: Mon-Sat 09:00-18:00

Prices: range between R 45 – R 110

Contact: 021 418 3823

Distance from hotel: 12.4 km

40. DVDs

All rooms are fitted with DVD players including a limited selection of DVDs to choose from. If families want a wider variety of DVDs, they can dial 9 and reception will give them all the DVDs on offer from which to choose from.

Distance from hotel: Situated ground floor

41. Lion's Head

Alongside Table Mountain is the distinctive shaped mountain slope, Lions Head. Catch your breath along the steep path while admiring the great views which will inspire you to carry on further. You will wind your way around the lions head until you reach the chains taking you to the very top

Distance from hotel: 12.5 km

42. Cool Running's Toboggan

Each sled can take two riders and you do not have to pull it uphill. You get on and then a draglift takes you to the top. A ride takes approximately 6 minutes. Speeds of up to 40km/h can be reached. medic are on duty at all times.

Hours: 09h00 - 18h00

Contact no: 021 949 4439

Prices : R 20 – R 30 per ride

Distance from hotel: 13,4 km

43. The Towers Deli

The Towers Deli offers delightful handmade treats by none other than our inhouse pastry chef, Shadwick Southgate and his TEAM. Whether it be pecan & macadamia nut tartlets, jumbo choc chip cookies, or mini orange and lime cheese cakes...there is a treat to suit your sweet tooth.

Prices: Vary

Contact: 021 525 3825

Distance from hotel: situated ground floor

44. Old Biscuit Mill

The Neighbourgoods Market is open every Saturday from 9am– 2pm. Check out the fresh local produce, regional organic foods, hand-made cheeses, wood-fired breads, luxury beers, specialty fine-food purveyors, local designers, vintage & collectibles, live music, and much more.

Distance from hotel: 6,7km

45. Happy Gardener Play Park at Stodels

Ideal for kids, the Play Park at Stodels offers a delightful entertainment area, complete with trampolines, sand and fun filled laughter. Parents can keep a watchful eye from the outside decks of the restaurant while kids get acquainted with baby animals at the animal farm. Children are allowed to hand feed the animals giving them a wonderful hands on experience of farm life!

Distance from hotel: 14.5 km



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46. Art, Tech and Nature Trails

Each route has a signage system, which carries detailed information about each exhibit in the three official languages of the Western Cape, Afrikaans, English and Xhosa, and which will reflect the personality, professionalism and the vibrant diversity of the Century City brand.

Distance from hotel: 500m

47. Wii, PS3 & Board games

We have the Wii, PlayStation3 and various board games available at reception. The Wii and PlayStation3 comes with a selection of games.

Distance from hotel: situated on ground floor

48. Gym & Sauna

The health and wellness of our GUESTS are of the utmost importance to us therefore we are giving all our GUESTS complimentary access to the gym and sauna.

Distance from hotel: Situated on 1st floor

49. Tygerberg Nature Reserve

Tygerberg Nature Reserve is an ideal place for hikers and fauna enthusiasts. Bird watchers will also feel right at home here as there are 130 species of bird to identify. Close on 500 species of flora have been recorded of which 12 are threatened with extinction.

Hours: Weekdays 09:00 – 16:00, Weekends & Public Holidays 09:00 – 18:00

Prices: Range between R 5 and R 100

Distance from hotel: 8 km

50. Diemersdal Wine Estate

Diemersdal wine is the perfect expression of the distinct terroir of the Durbanville Wine Valley, one of the oldest wine regions in the Cape.

Contact No: 021 976 3361

Monday - Friday from 09h00-17h00

Distance from hotel: 22,4 km

51. Paintball Africa

Experience the game with Paintball Africa! Located just 10 minutes from Century City, Cape Town, make a private booking or join us and other players on our social days. Don't have your own paintball gear? rent it from us! Got your own paintball gear? join us on social Sunday. Minimum 14 people excl. social Sundays.

Prices: R140 per person

Contact: 021 551 3115

Distance from hotel: 10 km

52. Bloubergstrand Beach

Bloubergstrand Beach is situated between Big Bay and Table View Beach. The corner of the beach has some great rock pools to explore. The beach is known as a surfing & windsurfing hotspot because of the large waves inspired by the Cape's southeaster winds.

Distance from hotel: 13,5 km

53. Knife Restaurant

Restaurateur Ed Saunders has created an eatery in which the ambience and the food are cosy, home-from-home, as well as simply sophisticated; a bit like New York loft meets Deep South smokehouse.

Distance from hotel: Situated on ground floor

54. Helicopter Flips

So you want to experience a spectacular view around Cape Town or maybe just a few minutes in the Helicopter to see things from a Bird's eye. Why not try out Base 4 Helicopters. They offer various packages and rates to suit your needs, Prices: price on request

Contact: 021 934 4405

Distance from hotel: Depends on pick-up point



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55. F1 Racing at Killarney

Get your adrenaline pumping as you whizz round Killarney's race track in a Formula One car armed with same day training experience and a desire to dice Michael Schumacher.

Contact no: 021422 3651

Hours: Mon - Fri from 09h00 - 17h00

Racing by arrangement.

Prices: Ranging from R4000,00 per driver ex VAT per half day event

Distance from hotel: 16,7 km

56. Intaka Island

The word "*intaka*", which means "bird" in isiXhosa, is a fitting name for an island that offers a safe haven to many feathered species. This 16ha wetland lies in the middle of Century City. Family ticket (two adults and three children) costs R20, adults pay R8, children and pensioners pay R4.

Hours: Daily 07h30-17h30

Prices:

Contact: 021 552 6889

Distance from hotel: 550m

57. SAAF Museum

Any flying enthusiast should visit the South Africa Air Force Museum branch at the Ysterplaat Air Force Base.

The Museum is open from

Mon - Fri 07h30 - 15h30 , Sat 08h30 - 12h30.

Closed on Sundays and public holidays. Contact no: 021 508-6576

Distance from hotel: 5,8 km

58. Snooker

The Ruby Bar offers a uniquely designed Snooker table for all to enjoy.

Hours: 14:00 – 02:00

Prices: free of charge

Distance from hotel: situated on ground floor

59. Shopping at Canal Walk

With more than 1000 shops to choose from, this a shopaholic's dream come true. To add to the attraction of it all, there is a direct bridge connecting the hotel to the shopping centre. With the longest trading hours in the Western cape, Canal Walk is truly a great shopping experience that will not easily be forgotten.

Hours: Daily 09:00 – 21:00

Distance from hotel: 500 m

60. Monthly Wine Tasting

Every month the african Pride Crystal Towers Hotel & Spa hosts a wine tasting whereby the experts from the relevant wine estate will share with GUESTS about the make up of the wine as well as how to pair it up with different types of food.

Hours: Times vary

Prices: Complimentary

Distance from hotel: situated on ground floor/ 1st floor

61. David Kramer Private Lounge

For a more intimate experience with your social circle, check into one of the private lounges that are personally styled with relics and personal mementos from explorer Kingsley Holgate and singer David Kramer, both African icons in their own right. Bookings not essential.

Distance from hotel: Situated ground floor

