

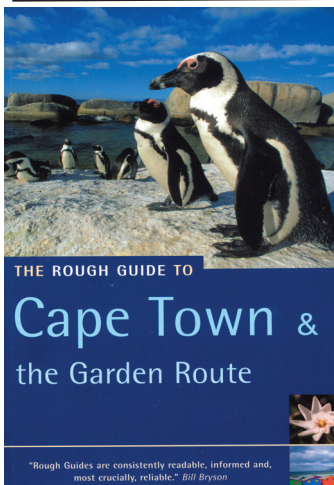
For Immediate Release

Contact: Katy Ball
katherine.ball@roughguides.com
(212) 414.3712



The Rough Guide to Cape Town & the Garden Route

by Tony Pinchuk and Barbara McCrea



Perched on Africa's rugged southern tip between two oceans, Cape Town's setting is simply stunning. Whether you are drawn to South Africa's oldest city by the nearby Garden Route's triple threat of whale-dotted seascapes, verdant forests, and one of the country's richest game reserves or have been beguiled by the city's minstrel bands and colorful Cape Dutch and Georgian architecture built in the long shadow of Table Mountain, Cape Town positively blooms with the unique.

There is no shortage of areas to explore in this cosmopolitan metropolis. From flower stands and street stalls to charming cafes, from the cobbled streets of District 6 to the lively Muslim community in the Bo-Kaap, this European-African hybrid breathes with the richness of its history. Less than an hour from Cape Town, travelers won't want to miss the Winelands, recently dubbed world-class by *The New York Times*. Check out the grazing sheep and ostriches as you cruise the famed Route 62, stretching from Cape Town to Port Elizabeth. How about an alfresco

breakfast by the sea in Simon's Town, followed by penguin-watching at the nearby Boulder's Beach?

From when to visit (October to Easter, if you're seeking sunny climes) to the best spots to eat, drink, explore, and lounge, ROUGH GUIDES has you covered for rewarding travel on any budget.

Highlights include:

- Garden Route adventure activities, including **rappelling, blackwater tubing, canopy tours, and mountain biking**
- Lodging listings across the region, ranging from **backpacker lodges to seriously luxe digs**
- Color photos of beach huts, elephants, festivals, the dramatic coastline**, and so much more
- Parks, reserves, and wilderness areas**: how to incorporate them into your trip (and pick the best to visit)
- An extensive array of **maps, with sites, restaurants, and places to stay** conveniently marked

Did you know?
Capetonians celebrate New Year's twice! Tweede Nuwe Jaar (Second New Year) on January 2, was until recently a public holiday.

The Rough Guide to Cape Town & the Garden Route / Tony Pinchuk and Barbara McCrea
1-84353-505-X / October 2005 / \$17.99 US / Cdn \$24.99 / Rough Guides

About the authors: TONY PINCHUK launched his travels hitching around South Africa in the 1970s and hasn't stopped exploring the subcontinent since, despite a 17-year stop-over in London. Now resident in Cape Town, Tony is a production editor at the investigative news magazine *noseweek*.

BARBARA MCCREA was born in Zimbabwe and taught African literature at the University of Natal. She lived in London for fifteen years, working on Rough Guides to Zimbabwe, South Africa and Cape Town before returning to Southern Africa via Sydney. She now lives in Cape Town with her young son Gabriel and works as a movement teacher.