

The Cape Malay Cooking Safari

(Half Day Private Group Tour, Excluding Transfers¹)

Tour description

- Visitors get to know aspects of the cultural diversity that Cape Town has to offer on our interactive guided walk through the historical heart of the Bo-Kaap with a mini shopping safari. Our focus lies on the Cape Muslim people with their South-East Asian heritage, their culture, their community and their food and links between these.
- The mini shopping safari, which stops at a local spice shop and halaal butcher offers opportunities to interact with locals and to discover typical ingredients. The shop-keeper himself, when available, or our knowledgeable guide, will take you behind the counter to taste, smell and touch your way through typical ingredients. This is a true sensory delight!²
- The highlight is to visit a local family's home and participate in a hands-on fun-filled cooking session & demonstration before savouring a full traditional lunch³!

Tour Highlights:

- Voted "**Top 5 Things to do in Cape Town**" by CEO of Cape Town Tourism
- **Winner of the 2013 International Skal Award for Responsible Tourism, category Tour Operator**
- Featured by **TV channels** such as **CNN Travel, ARD & RTL (Germany), M-Net**
- Featured in quality, international press (e.g. **Conde Nast Traveller, Wanderlust, Lonely Planet**)
- **FTS (Fair Trade in Tourism South Africa) certified** (recognized by the international Fair Trade programme **FLO**)
- Interaction with local community members
- Participative cooking session
- Traditional meal in local home
- Passionate guides that know the area and share what tourist guide books do not

Tour includes:

- An accredited guide from start to finish
- Walking Tour with visits to local shops and establishments
- Entrance fees when applicable to our itinerary specifically selected for the day
- Hands-on Participative Cooking Session and Demonstration
- Ingredients for Cooking Session
- Traditional non-alcoholic Welcome Drink
- Traditional Full Course Cape Malay Meal OR Cape Malay "Taster Menu" (with a larger variety of dishes in smaller portions)
- Small gift pack.

¹ Also available on other days on a "on request and open to the public" basis

² When open and suitable to our specific itinerary of the day

³ Afternoon tour with early dinner on request

Tour excludes:

- Personal purchases (e.g. spices and ingredients to take home) and gratuities
- Transport⁴

Please note:

- Please let us know when booking the tour if your clients have any special requirements (e.g. physical disabilities) or dietary requirements (food allergies, vegetarians, vegans, etc).
- Child friendly. Please inform us of the ages of children participating when booking.
- Clients may take as many **pictures** as they wish – but please do not forget to inform them of asking any other individuals they may wish to photograph in advance should they not be our hosts, service providers and guides.
- Please: note we do not encourage giving **children in the streets sweets or money**. **Donations** or **gifts** are very welcome and we are happy to assist in determining the appropriateness of clients' kind gesture. In some cases we also have a "wish list"⁵ which clients may have prior to their departure from home.
- Guests are to wear comfortable shoes and **appropriate clothing** in respect to this predominantly Muslim community (e.g. no mini skirts/shorts, bare shoulders, sexy clothing, flashy jewelry).
- Bring sun, rain and wind protection.
- We recommend guests bring a little cash for personal purchases.
- Should you have any medical or other emergencies (accidents, hospital or police assistance required) call the **SATIB 24-hour emergency line: 0861 72842 24 (0861 SATIB24)**. Back-up numbers: **082 347 8648** or **079 888 8220** or **082 775 1914**. Final back-up number, and number to use if accessing SATIB24 from outside of South African borders **+27 1000 70230**.

Tour code:	CMC-HD1
Meeting point for self-drive/excluding transfers meeting point Bokaap:	Outside Bo-Kaap Museum, 71 Whale Street, Bokaap
Available:	On Request⁶
Time:	9:00am – 1:00pm⁷
STO Rate p.p. incl. of VAT: (valid Oct 2014 – Sep 2015)	ZAR 1196,- p.p. (based on 2 -3 pax) ZAR 796,- p.p. (based on 4 - 5 pax) ZAR 636,- p.p. (based on 6 – 12 pax)
Enquiries and Reservations: (Monday – Friday 9am – 5pm)	Mobiles: +27 (0) 82 695 4 695 or +27(0) 83 305 25 99 Land Line: +27 (0) 21 790 25 92

⁴ On request and subject to availability we offer transfers at an additional cost.

⁵ These equate to much needed items, which can also be second-hand

⁶ We highly recommend Mondays to Fridays and Saturday mornings as the shops are open. Saturday afternoon and Sundays an adapted version only is available.

⁷ A) Other times by arrangement only. We reserve the right to alter tour times slightly to adapt to our network of service providers' schedules and needs of the requested day. B) Option including transfers on request would affect the tour time.