



## Explore Cape Town one **TASTY** Bite at a Time!

Ready to serve your clients something unforgettable? This trade pack is your guide to our immersive food tours—crafted for curious travellers and culture lovers alike. Inside, you'll find everything you need to know about our experiences: tour highlights, rates, availability, and booking info.



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**Cape Town Culinary Tours**

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# Welcome to Cape Town Culinary Tours

Cape Town Culinary Tours offers immersive food experiences that go beyond the plate—connecting travellers to the city’s rich history, vibrant culture, and diverse flavours. Our expertly curated walking tours wind through Cape Town’s most iconic neighbourhoods, where guests sample both traditional and contemporary dishes, connect with local culinary talent, and uncover the stories that define South Africa’s past.

Led by warm, knowledgeable, and certified local guides, these walking tours blend flavour, history, and storytelling into one unforgettable journey. Every bite reveals a new chapter—from the spice-scented streets of Bo-Kaap and the soulful comfort of African staples, to the layered influences of Dutch, British, and Southeast Asian settlers. Along the way, guests engage with food artisans and community changemakers—from family-run eateries to boundary-pushing food collectives—who are shaping Cape Town’s vibrant dining culture.

Walking routes are gentle and accessible, with short distances between stops and plenty of time to savour the sights, sounds, and stories that surround them. Conducted entirely on foot, each tour offers an intimate, street-level perspective of Cape Town’s architecture, energy, and evolving foodscape. Whether your clients are seasoned foodies or curious travellers, our tours deliver more than just exceptional food—they offer a deeply local, taste-driven encounter with the heart and soul of Cape Town.

# Our Foodie Experiences

Cape Town Culinary Tours currently offers three thoughtfully curated experiences—each designed to explore a different side of the city’s culinary identity. From heritage flavours and historical storytelling to socially conscious cuisine and caffeinated adventures, our tours celebrate the diversity, creativity, and complexity of Cape Town’s food culture.



## The Cape Essentials

Join us on a vibrant culinary journey through Cape Town, where history and flavour intertwine. Wander the colourful streets of Bo-Kaap, where the city’s rich culinary heritage comes to life, and explore the lively De Waterkant district, a hub of culture and creativity. Along the way, savour South African classics like koeksisters, bobotie, and bunny chow, perfectly paired with local craft beers and wines from our favourite suppliers. From sweet to savoury, each bite tells a story of Cape Town’s diverse cultural influences, making this an experience as enriching as it is delicious.



## Flavours to Freedom

Taste the untold stories of Cape Town’s past on a culinary journey through its dark legacy of slavery, colonisation, apartheid, and racial oppression. Explore how food became both a tool of oppression and an act of resistance, with flavours shaped by forced migration and survival. Walk the streets where history unfolded, savour dishes with deep-rooted significance, and engage in conversations that challenge, inform, and inspire. This is more than a food tour—it’s a reckoning with history, one bite at a time!



## The Coffee Experience

Journey through the Mother City’s iconic landmarks while immersing yourself in its rich history, artistry, and thriving coffee culture—caffeine rush guaranteed! Explore hidden cafés and artisanal roasteries, meeting passionate baristas and skilled roasters who shape Cape Town’s dynamic coffee scene. Gain a deeper understanding of the craft, from ethically sourced beans to the roasting process, and discover alternative brewing methods that will change the way you experience your daily cup.

Each tour is offered as a public or private experience and can be tailored to suit a variety of dietary preferences and traveller interests.

# Important Policy Notes

## **Weather Policy**

Tours run rain or shine. In cases of extreme or unsafe weather conditions, guests will be contacted in advance. If cancellation becomes necessary, we will offer the option to reschedule or arrange a refund, depending on the agreement with the guest or agent.

## **Child Policy**

Children under 3 may join free of charge but must be accompanied by a paying adult. There is no discount for children and no separate children's menu is available.

## **Accessibility**

Our public tours are **not wheelchair accessible**, as routes include staircases, narrow passageways, and venues without lift access. Due to Cape Town's historic terrain—cobblestone streets, uneven surfaces, stairs, and occasional inclines—guests should have a moderate level of mobility and feel confident navigating irregular ground.

We are happy to design custom private tours for guests with specific mobility or accessibility needs. Please contact us in advance to explore available options.

## **Dietary Requirements & Medical Conditions**

Agents are required to notify us at the time of booking of guests':

- (a) dietary restrictions;
- (b) food allergies; and
- (c) medical conditions that may affect eating, or drinking.

We are happy to accommodate a range of dietary preferences with advance notice. Our tours can cater for:

- Vegetarian (*vegan on request with private bookings only*)
- No seafood
- No shellfish
- No peanuts

- No alcohol
- Gluten-friendly (*available on the Cape Essentials Tour only*)

### **Agent & Booking Information**

Agents will receive their agreed commission.

Custom tours can be arranged and quoted on request.



*Cooking for my father in*  
**My Cape Malay Kitchen**  
CARIEMA ISAACS

# The Cape Essentials Tour

A taste of Cape Town's culinary roots!

Immerse yourself in Cape Town's rich history and vibrant culinary scene on this captivating journey through time—from the 1600s to the present day. The Cape Essentials Tour traces how centuries of migration, trade, and resilience have shaped the city's unique flavours and cultural traditions.

Wander through the colourful, postcard-perfect streets of Bo-Kaap, explore the vibrant lanes of De Waterkant, and take in the charm of the historic city centre. Along the way, savour a generous spread of local delicacies: golden, syrupy koeksisters; warmly spiced Cape Malay bobotie; hearty favourites like bunny chow, pap, and chakalaka; and a selection of locally crafted drinks—both alcoholic and non-alcoholic.

But this tour is about more than just food. Led by a passionate local foodie guide, guests uncover hidden gems, marvel at centuries-old architecture, and connect with vendors and community members who are keeping culinary traditions alive. From stories of the 17th-century spice trade to the deep impact of slavery and apartheid, every stop brings a deeper connection to Cape Town's soul—one bite at a time.

## Tour Details at a Glance

**Duration:** ±4 hours

**Walking Distance & Difficulty:** ±1 km | Easy (2/5)

**Schedule:** Tuesday–Saturday | 12:00–16:00

(Second time slot available Tuesdays & Wednesdays at 13:00)

Sunday and flexible-time bookings available on request for private tours

**Group Size:** 2–12 guests

**Start Point:** Bo-Kaap Deli, 114 Church Street

**Availability:** Public & private bookings

**Agent Image Assets:** [Click Here](#)

## Inclusions & Exclusions

### Inclusions:

- ✓ A curated selection of savoury and sweet tastings
- ✓ Certified local guide
- ✓ Post-tour recap email with photos, highlights, and insider tips
- ✓ Cultural, historical, and culinary storytelling

### Exclusions:

- ✗ Transport to/from the meeting point
- ✗ Not wheelchair accessible
- ✗ Additional food or beverages not included in the tour

## Rates

Payment is due **30 days prior to the tour date** unless otherwise arranged.

### Public Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R2,165 pp
1 March 2026 – 28 February 2027	TBC*

### Private Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R3,995 pp
1 March 2026 – 28 February 2027	TBC*

*\*Please use the 2025 rate for 2026 bookings. We will honour this rate for all standing bookings until the 2026–2027 rate is confirmed.*



# The Flavours to Freedom Tour

A powerful journey through food, memory, and identity!

The Flavours of Freedom Tour invites guests to experience Cape Town through the lens of resistance, resilience, and reclamation. This immersive walk explores the intersection of food, politics, and identity—connecting historic events with present-day stories of empowerment and transformation.

Journey through the city’s cultural and historical heart, past significant landmarks tied to colonisation, slavery, and apartheid, while tasting dishes that tell the untold stories of struggle and survival. Guests will sample local favourites reimaged through a modern lens, discover how ingredients carry generational memory, and learn how food continues to be used as a tool for storytelling and social change.

Led by a local guide with deep knowledge of the city’s socio-political history, this tour offers a powerful perspective on Cape Town’s culinary identity—past and present. Ideal for conscious travellers, students, and groups seeking a more thoughtful and thought-provoking experience.

## Tour Details at a Glance

**Duration:** ±4 hours

**Walking Distance & Difficulty:** ±1.5 km | Moderate (3/5)

**Schedule:** Monday–Saturday | 14:00–18:00

**Group Size:** 2–12 guests

**Start Point:** Coffee At The Vine - 17 Queen Victoria St, Cape Town City Centre, Cape Town, 8000

**Availability:** Public and private bookings

**Agent Image Assets:** [Click Here](#)

## Inclusions & Exclusions

### Inclusions:

- ✓ A curated selection of savoury and sweet tastings
- ✓ Certified local guide
- ✓ Post-tour recap email with photos, highlights, and insider tips
- ✓ Cultural, historical, and culinary storytelling

### Exclusions:

- ✗ Transport to/from the meeting point
- ✗ Not wheelchair accessible
- ✗ Additional food or beverages not included in the tour

## Rates

Payment is due **30 days prior to the tour date** unless otherwise arranged.

### Public Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R2,165 pp
1 March 2026 – 28 February 2027	TBC*

### Private Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R3,995 pp
1 March 2026 – 28 February 2027	TBC*

*\*Please use the 2025 rate for 2026 bookings. We will honour this rate for all standing bookings until the 2026–2027 rate is confirmed.*



# The Cape Coffee Experience

A journey into Cape Town's caffeine-fuelled creativity!

The Cape Coffee Experience is a celebration of Cape Town's dynamic and ever-evolving coffee culture. This walking tour takes guests behind the scenes of the city's top cafés, roasteries, and hidden gems—meeting the baristas, brewers, and innovators who are redefining the local coffee scene.

From ethically sourced beans to community-driven spaces and micro-roasters pushing boundaries, guests will learn how coffee in Cape Town is more than a morning ritual—it's a social movement. Expect perfectly poured flat whites, experimental brews, and flavourful pairings with pastries and light local bites.

Ideal for caffeine lovers, curious creatives, and anyone seeking a slower, more sensory way to explore the city.

## Tour Details at a Glance

**Duration:** ±3.5 hours

**Walking Distance & Difficulty:** ±1 km | Easy (2/5)

**Schedule:** Monday–Friday | 10:00–13:30

**Group Size:** 2–10 guests

**Start Point:** African School of Coffee - 36 Buitenkant St, District Six, Cape Town (up the stairs next to Truth Coffee).

**Availability:** Public and private bookings

**Agent Image Assets:** [Click Here](#)

# Inclusions & Exclusions

## Inclusions:

- ✓ A curated selection of coffees, pastries and light bites.
- ✓ Certified local guide
- ✓ Post-tour recap email with photos, highlights, and insider tips
- ✓ Cultural, historical, and culinary storytelling

## Exclusions:

- ✗ Transport to/from the meeting point
- ✗ Not wheelchair accessible
- ✗ Additional food or beverages not included in the tour

# Rates

Payment is due **30 days prior to the tour date** unless otherwise arranged.

## Public Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R1,575 pp
1 March 2026 – 28 February 2027	TBC*

## Private Tour Rates (per person)

Travel Period	Rate
1 March 2025 – 28 February 2026	R3,995 pp
1 March 2026 – 28 February 2027	TBC*

*\*Please use the 2025 rate for 2026 bookings. We will honour this rate for all standing bookings until the 2026–2027 rate is confirmed.*



# Private Transfers

While Cape Town Culinary Tours does not offer in-house transport, we are pleased to facilitate private transfers through our trusted partner, **MGM Drive**, for guests who would like added convenience getting to and from their tour.

Add a **round-trip hotel transfer** to any tour booking, and we will arrange for a professional driver to collect your group before the tour and return you afterward.

## 2025 Transfer Rates:

Guests	One-Way Transfer	Return Transfer
1-3 guests	R550	R1,100
4-7 guests	R875	R1,750

### Please note:

- Transfers must be arranged in advance and are subject to availability.
- Your transfer will be confirmed within 24 hours of booking. If, for any reason, we are unable to provide a transfer, your transfer cost will be fully refunded.
- Transfer services are only available for pick-ups and drop-offs in the following areas:  
Fresnaye, Sea Point, Greenpoint, Mouille Point, V&A Waterfront, Gardens, Cape Town City Centre, Oranjezicht, Bo-Kaap, Tamboerskloof, District Six, Vredehoek, and the City Bowl.
- Rates are non-commissionable.

For additional information or assistance with booking transfers, please contact us at [hello@capetownculinarytours.com](mailto:hello@capetownculinarytours.com)

# Questions? Get In Touch With Us!



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We look forward to hosting your guests!



# Terms & Conditions

Please carefully review the following terms and conditions. By purchasing tickets, or participating in our experiences, you are expressly agreeing to the following terms.

All Terms and Conditions apply without exclusion, once you have purchased the ticket(s) for yourself and/or your companions (herein referred to as you), for any tour or service provided by Cape Town Culinary Tours Pty Ltd and our tour guides (herein referred to as Company, we, us, and our.) The Tour referred to herein is for physical tours, the duration between when our tour guide commences and concludes the Tour with you and/or your companions, for which you have booked a ticket(s).

## **Food and Beverage Consumption**

- Pork and alcohol will be included on the Tours. Please be sure to advise your guide at the start of your tour should you have any food aversions.
- We play no role in procuring ingredients or preparing the food/beverages served. Hence, we are unable to take any responsibility for any sickness, illness or injury caused to you or your companions as a result of visiting these establishments or consuming their food and beverages within.
- For any experiences which involve procuring ingredients from the market and cooking them for a meal, the guest agrees to take FULL and UNCONDITIONAL liability of the foods consumed and will not hold us or any of our third-party vendors/contractors responsible.
- You understand, accept, and take full responsibility for the potential risks and hazards of consuming foods and beverages during the Tour.

## **Dietary Restrictions, Allergies and Medical Conditions**

- You are required to let us know of any (a) dietary restrictions, (b) allergies and (c) other medical conditions related to either walking or eating/drinking, at the time of booking a ticket for the Tour.
- While there is no guarantee of our being able to accommodate any dietary restrictions, we will do our level best to do so.

- In the case of dietary restrictions or allergies, it is imperative that you remind us of the allergy before consuming any food/beverage during the Tour, so that we can verify with the restaurant/food establishment regarding the ingredients.
- While we will do our level best to see that allergies that have been communicated to us are well taken care of, we cannot take any responsibility for any incidents resulting due to allergies caused to you as a result of food or beverage consumption from third party establishments during the Tour.
- In the case of any extreme allergies or medical conditions, we reserve the right to request you to not attend the Tour and we will only be able to do a partial refund.

### **Tour Participation**

- You understand and confirm that your participation in the Tours is completely voluntary.
- You have read and complied with the age restrictions on the Tour.
- You take responsibility for ensuring that you are mentally and physically capable of participating in the Tour.
- You agree to comply with the instructions in English of the tour guide.
- If in the opinion of the tour guide, your behaviour or physical condition is detrimental to the safety, welfare and well-being of the group as a whole, or if we consider that your general well-being will be put at risk by continuing with the Tour, you may be asked not to participate in the Tour without the right to any refund of the price.
- You fully comprehend and accept all of the risks associated with your participation in the Tours including, without limitation, injury or death resulting from exposure to unfavourable weather conditions, food sickness, allergic reactions, choking, and injuries arising from self-inflicted accidents or mishaps, other participants, motor vehicles, and pedestrians. You understand that the tours take place in public venues under conditions largely beyond our control.

### **Late Arrival Policy**

- Public Tours: Guests running late past the tour start time assume full responsibility for finding the group and joining the tour. The guide is not responsible for answering phone calls after the tour start time, for coordinating with any latecomers, nor for providing missed information/food for guests who join after the tour has already started.
- Private Tours: For private groups running anywhere from 15 to 20 minutes late past the stated tour start time, the guide may shorten the route at his/her own discretion. The tour is automatically cancelled without any refund/rescheduling options if the group fails to show up

after 30 minutes have passed since the tour start time. This policy applies regardless of whether the group has informed the guide of their running late or not.

### **Tour Participant Conduct**

- At all times during the Tour, you are expected to have consideration for your fellow tour participants and other third parties.
- For the benefit of everyone, we reserve the right to remove any participant whose conduct is deemed to pose a risk or nuisance to others. We will not refund or cover any cost or expenses incurred due to unacceptable behaviour.

### **Medical Treatment**

- You authorize Cape Town Culinary Tours Pty Ltd to provide to you, through medical personnel of its choice, customary medical assistance, transportation, and emergency medical services should they, in our opinion, be required at any time during your experience. This consent does not impose a duty upon the Company to provide such assistance, transportation, or services.

### **Ticket Booking and Payment**

- Prices quoted are in South African RAND unless stated otherwise. Prices are net of any applicable taxes and fees.
- Every individual seeking to participate in our Tours is required to book a ticket using our online reservation system.
- In the case of an online reservation, the advance payment must be made at the time of booking via our online payment system. Only bookings with complete payments will receive confirmation and space in the desired Tour.
- To participate in our Tours, you must have an email confirmation from our team.

### **Tour Price**

- The tour price does include the all Food and Beverages that the tour guide recommends and orders for the group at each food establishment throughout the tour unless stated otherwise (on the tour page) at the time of booking the tour.
- The tour price does not include any items (e.g. Food and Beverages, souvenirs, etc.) that the tour participant may choose to purchase beyond what is already provided by the tour guide. In such cases, the tour guide will either collect the extra payment from the tour participant or the participant may pay the third party vendor directly on the tour.

### **Minimum Tour Attendance**

- Our public tours are subject to minimum bookings as stated on the tour page on our website. In the unfortunate event that we do not have the minimum tour group size, we may reach out for cancellation at least a day prior to the tour and refund any payments made towards booking the tickets.
- Our private tours are determined on a case-by-case basis and will be communicated to the guest at the time of booking a private tour.

### **Cancellations/Rescheduling on Behalf of Tour Participant**

- Tickets/purchases for our scheduled tours may be exchanged or refunded up until 14 days prior to the experience date. Should you need to change or cancel your experience within 14 days of the experience, but at least 48 hours prior to the experience, a date exchange or voucher for future use will be offered. Tickets for experiences within 48 hours cannot be exchanged or refunded for any reason as our partners have already begin preparing your experience.
- For private tour bookings, change policies are as stated at the time of booking.

### **Cancellations on Behalf of Cape Town Culinary Tours Pty Ltd**

- We expressly reserve the right to cancel a Tour at any time, in the case of unforeseen circumstances, even though this situation is highly unlikely to arise.
- In a situation where we have cancelled the Tours at our end, we will fully refund all ticket bookings for that day OR reschedule the Tour to another date of your preference. You will have complete discretion in determining whether to obtain a refund or reschedule your Tour.

### **Tour Itinerary**

- The Tour may be customized by the tour guide(s) through the duration of the tour based on a number of factors, including participants' interest, seats available at a restaurant, participants' pace of walking, allergies/dietary restrictions of participant(s) on the Tour, and other such factors.
- We do not assume any responsibility for any sight, attraction, shop, food establishment or any such stop on the Tour route that may unexpectedly (a) be shut down or We do not assume any responsibility for any food establishment on the Tour route that may unexpectedly (a) be shut down or (b) have run out of a certain food or beverage item.

### **Transportation: Walking & Mobile Transport**

- You agree that you are able and willing to walk throughout the distance and duration listed on the website for that specific tour.

- You are responsible for your own safety while walking during the Tour. We will do everything in our capacity to follow a safe Tour route, but we do not claim responsibility for any illness, injuries, accidents, loss, damage or theft caused to you by a third party (either person or organization) during the Tour.
- On selected Tours, we may contract with an external vendor (organization or person) to provide transportation services during the Tour. We are unable to assume any liability for accidents, delays, injuries, loss or damage due to any act or default of such external vendors, engaged in transporting passengers.

### **Personal Belongings**

- You are wholly responsible for your own personal belongings throughout the Tour. We are unable to claim responsibility for any belonging that may have been lost or stolen from you by a third party during the Tour.

### **Release of Liability**

**To the maximum extent permitted by law, Cape Town Culinary Tours Pty Ltd accepts no responsibility for any damage, loss, accident, sickness, injury or death that you or anyone else may suffer or incur arising out of the Tours and/or in connection with your booking and tour with us. You are advised to have comprehensive travel and health insurance. All personal effects are at your sole risk at all times during the Tour. By purchasing the ticket(s), you and/or your companions affirm that you have all fully understood and agree to these Terms and Conditions.**

