



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

False Bay by train and lunch

Tour City

Cape Town

Tour Snapshot

Join us for a scenic train ride from Cape Town to False Bay in the Western Cape alongside a local guide who can give you the best advice for food and fun during your stay. Learn a bit about the surrounding suburbs that give the Western Cape a special vibe, get off at various stops, walk along the beaches, and meet the local people of False Bay on your way to a traditional lunch.

Highlights

- Journey by train from Cape Town to False Bay with a local insider
- Stop in Muizenberg to begin your walk along the bay where you may spot whales or sharks, depending on the season
- Meet some locals, learn some of the history of the area, and take some breathtaking photos
- Enjoy a mixed seafood lunch or a beach picnic
- End with a farewell drink at The Brass Bell in Kalk Bay

Inclusions: Local English-speaking guide (Spanish on request), hop on/hop off tickets to False Bay and back, one lunch included

(food options may vary on each tour depending on what's in season and available), one drink included (beer/glass of wine/non-alcoholic beverage), some tips/gratuities for vendors

Exclusions: Additional food and drinks, souvenirs and personal shopping, and tips/gratuities your guide

Schedule details

- Duration: 4.5 hours
- Meeting point:
Meet by ticket office in CT Central Station, Adderley Street, Cape Town Station, Foreshore, Cape Town, 8000, South Africa

View on [Google Maps](#)
- Starting time: 9.00 AM
- Ending point:
The Brass Bell Bar, Kalk Bay

Full Itinerary

Grab your swimsuit and hiking shoes – it's time to check out the towns of False Bay. You'll meet your guide in the morning at Cape Town Central Station where you'll receive your hop on and hop off ticket and prepare for a relaxing morning train ride to a few local harbour suburbs situated around the False Bay area.

Once we arrive in False Bay and the charming town of Muizenberg, we'll disembark for a quick tour of iconic Muizenberg Beach and learn a bit about South African surf history as this is one of the best surf beaches in the country. You may be able to spot a great white shark here, depending on the season. On a beautiful day, it's best to walk along the coast to Kalk Bay, but we can always grab a train if the weather isn't great for a walk on the beach. If that's the case there are other towns in the area we can check out, all of which have a great, local vibe.

Since you might be getting hungry by now, we've included some options for lunch in the price of the tour. We can either pop into a famous fish and chip shop, or if the weather is nice and the group prefers it, we can have a beach picnic. Either way, we'll make sure you have a good meal.

After lunch, we'll head to a local bar for a farewell drink. At that point, you can decide whether you want to explore the rest of

Cape Point, head back to a secluded beach, or catch a train back to Cape Town. We give you the choice to return by train or taxi at your convenience.

In the unlikely event, the trains are not running that day, we'll use a vehicle to drive to False Bay and back.

Additional information

Inclusions: Local English-speaking guide (Spanish on request), hop on/hop off tickets to False Bay and back, one lunch included (food options may vary on each tour depending on what's in season and available), one drink included (beer/glass of wine/non-alcoholic beverage), some tips/gratuities for vendors

Exclusions: Additional food and drinks, souvenirs and personal shopping, and tips/gratuities your guide

Dress standard: Please wear comfortable shoes for walking and bring a bathing suit should you decide to swim.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Closure of sites: In the unlikely event the trains are not running that day, we'll use a vehicle to drive to False Bay and back.

Child Policy: Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children below the age of 6 are not permitted on this tour.

Local contact

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