

Sanlam
CAPE TOWN
MARATHON

INTERNATIONAL GUIDE 2026

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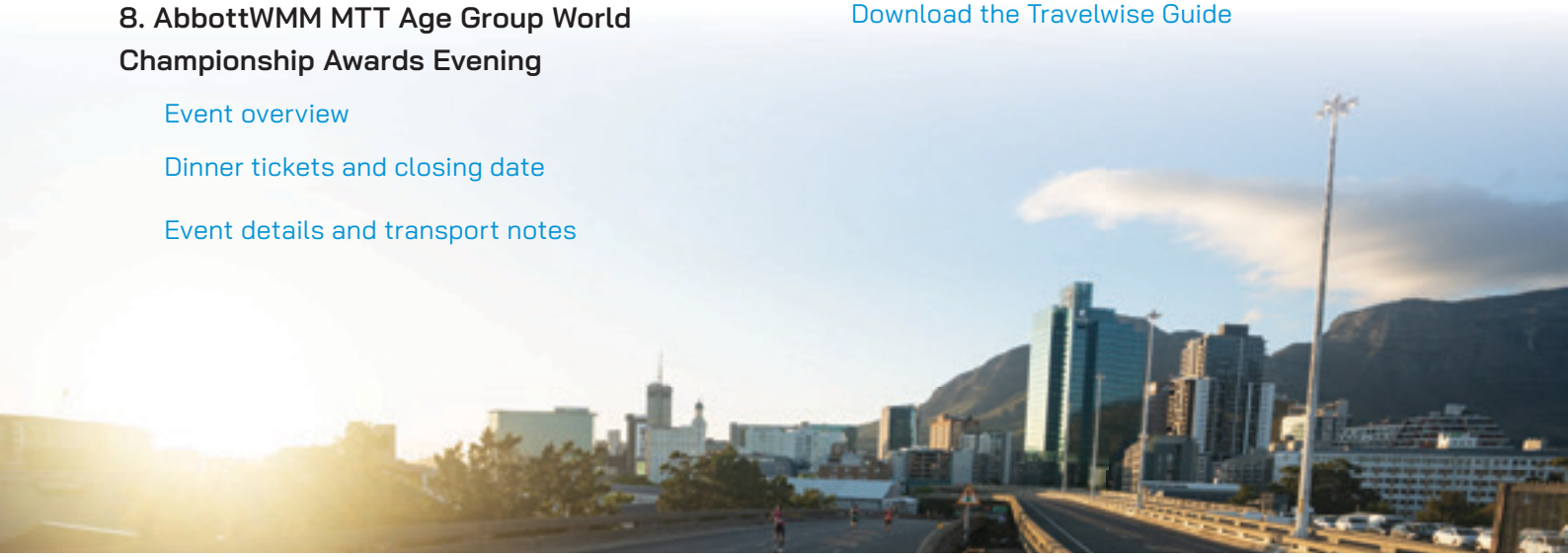
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Welcome

Welcome to the 2026 Sanlam Cape Town Marathon

Whether you are joining us as an international runner or as an AbbottWMM MTT Age Group World Championship athlete, we are honoured to host you in Cape Town for what promises to be a memorable race weekend.

The Sanlam Cape Town Marathon continues its journey towards becoming an Abbott World Marathon Majors event. Abbott World Marathon Majors has confirmed that all 2026 finishers will receive a provisional star as part of our ongoing journey toward Major status. Our ambition is clear: to join the ranks of London, Berlin, Boston, New York, Tokyo, Chicago and Sydney as part of the Abbott World Marathon Majors series. Your presence on our start line plays an important role in that journey, and we thank you for being part of this chapter.

Cape Town offers a race setting unlike any other. From the iconic Table Mountain, one of the Seven Wonders of Nature, to dramatic coastlines where two oceans meet, this city combines natural beauty with world class hospitality. During your time here, we hope you experience not only a fast and well organised race, but also the energy, culture and warmth that define the Mother City.

This guide has been created to help you make the most of your race week. Inside, you will find essential information about your specific race events, key logistics and transport, as well as curated insights to help you explore Cape Town in a way that complements your preparation and recovery. Our aim is to support you in planning a smooth, enjoyable and successful marathon experience, both on and off the course.

We look forward to welcoming you to the start line and to sharing this special weekend with you. Safe travels, and we will see you in Cape Town.

Sanlam CAPE TOWN MARATHON

Towards Africa's 1st Major

Expo & Registration

The Sanlam Cape Town Marathon Expo marks the official start of race weekend and sets the tone for one of Africa's most significant sporting events.

Hosted inside the iconic DHL Stadium in Green Point, adjacent to the start and finish lines, the Expo is where runners collect their race packs and where the broader marathon community comes together.

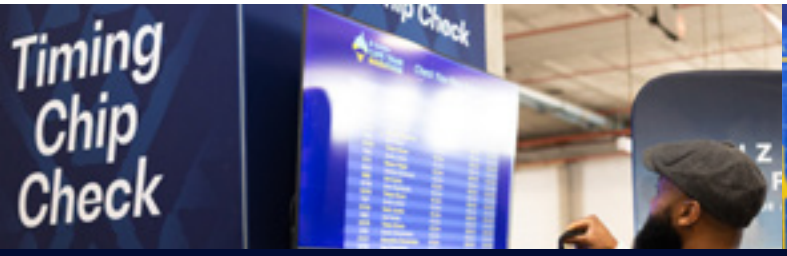
DETAILS

Date: Thursday, 21 May to Saturday, 23 May 2026

Times: Thursday: 09:00 to 19:00
Friday: 09:00 to 18:00
Saturday: 10:00 to 17:00

Venue: DHL Stadium, Fritz Sonnenberg Road, Green Point, Cape Town

Expo Transport Guide for details.







Welcome Function

All international runners along with their companions, are warmly invited to attend the official Welcome Function.

The opening concert, by the internationally acclaimed Ndlovu Youth Choir is complimentary. Expect a vibrant introduction to Cape Town, the chance to connect with fellow international runners and companions, and a memorable celebration that captures the energy and excitement of race weekend.

DETAILS

Date: Friday, 22 May 2026
Time: 18:00
Venue: DHL Stadium – Fritz Sonnenberg Road, Green Point, Cape Town

Transport: There are complimentary shuttles available until 22:00 on Friday evening.

Concert Tickets - Companions

FUNCTION AND DINNER

The evening will begin with the official AbbottWMM MTT Age Group World Championship athlete group photo. Following the group photo, companions will enjoy the Ndlovu Youth Choir performance.

AbbottWMM MTT Age Group World Championship athletes and their companions are also invited to attend dinner and drinks after the concert.

Purchase dinner tickets online. Sales close on 31 March 2026.

Participant Tickets - Dinner

DETAILS

Date: Friday, 22 May 2026

Times: 16:30 – Gates open
17:00 – Group Photo
18:00 – Concert
19:00 – Dinner

Venue: DHL Stadium – Fritz Sonnenberg Road, Green Point, Cape Town

Entrance: Gate 2 – Grand Stairs Gates (Stadium Bowl, Southern Stand)

Transport: There are complimentary shuttles available until 22:00 on Friday evening and from the V&A Waterfront, Cape Town International Convention Centre (CTICC), Civic Centre and Thibault Station.

Companion Ticket - Concert & Dinner



ABBOTT WORLD MARATHON MAJORS | MARATHON TOURS & TRAVEL AGE GROUP WORLD CHAMPIONSHIPS CAPE TOWN 2026

Two Starts

The Sanlam Cape Town Marathon has two start venues: the Stadium Start on Fritz Sonnenberg Road in Green Point, and the Beach Road Start in Mouille Point.

There are five start waves, each identified by a different colour. The warmer colours — yellow, pink and red — indicate waves departing from the Stadium Start, while the cooler colours — blue and green — indicate waves starting from the Beach Road Start.

Within each wave, runners are further seeded into batches, with faster athletes positioned at the front and slower runners towards the back. Your race pack and race number will clearly indicate your batch, wave colour and official start time. A detailed start schedule will be shared in your final race instructions sent on the 12th of May.

Stadium Start Times

Wheelchair	07:50
Elites	08:00
Yellow Wave	08:10
Pink Wave	08:40
Red Wave	09:06

BEACH ROAD START TIME

Championship	**08:05**
Blue Wave	08:27
Green Wave	08:53

The AbbottWMM MTT Age Group World Championships race start is in Beach Road. A tog bag (kit bag) drop off service, coffee and toilets will be available at the Beach Rd Start.



Hospitality

International participants will be directed to the dedicated International Hospitality Area (participants only) after finishing their race. Take the opportunity to relax and enjoy complimentary food and a drink in celebration of your accomplishment.



ABBOTT WORLD MARATHON MAJORS

MARATHON TOURS & TRAVEL
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HOSPITALITY

After crossing the Finish Line, participants will be guided to the exclusive **Age Group World Championship Hospitality** (participants only). Here, you will collect your medal, take your post event photo, and enjoy complimentary food and a drink as you celebrate your achievement.

AWARDS EVENING

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MARATHON TOURS & TRAVEL
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Hosted at Cabo Beach Club at the V&A Waterfront in Cape Town. This beautiful coastal setting provides the perfect backdrop for an evening of awards for our AbbottWMM MTT Age Group World Champions. It's a moment to sit back, celebrate, and soak in all your achievements.

Free access to the Awards Evening is open to all AbbottWMM MTT Age Group World Championship athletes. Tickets for the dinner are available for athletes and companions to enjoy the evening at Cabo Beach Club

Participant Ticket - Dinner

Companion Ticket - Awards & Dinner

Ticket sales close 31 March 2026

FUNCTION DETAILS

Date: Sunday, 24 May 2026

Times: 18:00 to 22:00

Venue: Cabo Beach Club, 12 South Arm Road, Victoria & Alfred Waterfront, Cape Town

Transport: No parking is available at the venue. Complimentary shuttles will operate from 17:00 to 23:00 between Silo Parking at the V&A Waterfront and Cabo Beach Club. Silo Parking is the closest parking area to the shuttle pick-up and drop-off point.



Transport

The Event Transport Guide for the Sanlam Cape Town Marathon outlines the various travel options available to help participants and spectators reach the Expo, Start and Finish areas smoothly.

A free event shuttle service operated by MyCiTi will run from Thursday, 21 May to Sunday, 24 May 2026, connecting key locations including the V&A Waterfront, Cape Town International Convention Centre (CTICC) and Civic Centre. Due to congestion around the Green Point precinct, using the free shuttle is strongly recommended.

Parking is available at selected locations such as the CTICC (standard rates apply) and limited free parking at the Civic Centre on Sunday, offered on a first-come, first-served basis. Public parking within Green Point is restricted from Friday as marathon route parking restrictions are implemented, with several parking areas unavailable over the event weekend.

Participants may also use **paid shuttle services** on Sunday, 24 May 2026, from Canal Walk Shopping Centre and the University of Cape Town, both offering limited parking and low-cost shuttle services which can be purchased online.

For those using **public transport**, MyCiTi bus services provide convenient access to stops near the DHL Stadium, although routes and schedules will be affected by road closures — making the dedicated event shuttle the preferred option.

Pedestrian routes will be clearly marked for participants staying in Green Point, the V&A Waterfront and Mouille Point, with marshals available to guide runners to the start.

E-hailing services such as Uber and Bolt remain available, with designated drop-off points near shuttle collection areas due to road closures.

International Tour Operators can apply for **accredited bus parking** located near the Expo and Race Village to support group transport.

Event Transport Guide for details.



CAPE TOWN CITY TRAVEL GUIDE

As an international marathon runner heading to Cape Town, you're arriving in one of the most spectacular race destinations in the world.

Between Table Mountain, the oceans, dramatic coastlines and world-class food and wine, Cape Town offers far more than just a start line and finish chute. The key is to explore smartly - balancing sightseeing with recovery, good nutrition and plenty of rest before and race day.

City Sightseeing Cape Town - The Smart Way to Explore Before (or After) Race Day

The City Sightseeing bus is a hop-on, hop-off service that allows you to see Cape Town's major highlights without the stress of navigating unfamiliar roads, driving on the left, or walking long distances when your legs need conserving.

The Red, Blue and Wine Routes connect the city's most iconic landmarks, coastlines and historic wine estates.



WHAT YOU'LL SEE ON THE MAIN TOUR BUS ROUTES

Cape Point Nature Reserve (Xplorer Tour)

Journey further south to the Cape of Good Hope and Cape Point Nature Reserve, part of the UNESCO-listed Cape Floral Kingdom. Expect sweeping ocean vistas and iconic lighthouse views.

Kirstenbosch Botanical Gardens (on the Blue Route)

If you want light movement, this is perfect for a gentle shake-out walk surrounded by indigenous flora beneath Table Mountain.

Constantia Wine Valley (on the Purple Route)

Just 20 minutes from the Cape Town City Centre lies South Africa's oldest wine-producing region. Historic wine estates such as Groot Constantia, Buitenverwachting and Constantia Glen offer wine tastings, vineyard lunches and spectacular mountain views.

Boulders Beach – African Penguin Colony (Xplorer Tour)

Near Simon's Town, Boulders Beach is home to a protected colony of endangered African penguins. Elevated boardwalks allow visitors to observe these charismatic birds up close while protecting their habitat.

Visiting the Expo via the City Sightseeing Bus

If traveling on the City Sightseeing Bus before race day, disembark at Stop 12 (Green Point) and walk through Green Point Park to reach the Expo at DHL Stadium. This is a pleasant and manageable walk during race week.



MORE TO EXPERIENCE IN YOUR DOWNTIME

V&A Waterfront

Great for restaurants, pre-marathon shopping, and a relaxed atmosphere. Within walking distance, you'll find the Two Oceans Aquarium, home to fascinating marine life from the Atlantic and Indian Oceans. From ragged-tooth sharks and sea turtles to playful penguins.

Sea Point Promenade – Cape Town's Oceanfront Playground

Stretching roughly 11 kilometres from Mouille Point past Sea Point towards Bantry Bay, the Promenade is flat, wide and beautifully maintained. It's popular with runners, walkers, cyclists and families, making it a vibrant but relaxed environment.

Table Mountain

No visit to Cape Town is complete without ascending its most famous landmark. Take the rotating cable car to the summit for panoramic views across the city, Atlantic Ocean and Robben Island.

Bo-Kaap

Famous for its colourful houses and Cape Malay heritage. A short, gentle wander here offers fantastic photo opportunities.

Camps Bay & Clifton Beaches

Postcard-perfect beaches with white sand and turquoise water. Ideal for a relaxed stroll or sunset dinner.

Cape Floral Kingdom

Expect dramatic cliffs, sweeping ocean vistas and iconic lighthouse views. Paths are well maintained, but extensive hikes are best saved for after the marathon.

Shake-Out Runs & Easy Walks

If you're looking for a gentle pre-marathon shake-out, the Sea Point Promenade is an ideal choice. Sunrise here is particularly special — the ocean, soft morning light on Lion's Head, and a cool breeze drifting in from the Atlantic.

The Peace Runs (5km and 10km on Saturday, 23 May) take place along the Promenade. If you are not participating in these events as your shake-out run, we recommend avoiding the area between 07:30 and 11:30, as 15,000 participants will be on the route during this time.



GREAT SPOTS ALONG THE SEA POINT PROMENADE

The Deck on the Beach

A firm favourite among the running groups and opens at 06:30.

Caffe Neo

Is a popular, relaxed, Greek-Mediterranean restaurant and coffee shop offering, spectacular sea views near the lighthouse. It's also an excellent vantage point to sit back and cheer on the Peace Run participants as they pass by.

Newport Market and Deli

A fantastic breakfast option. If you'd prefer something more relaxed, their deli allows you to put together a picnic to enjoy in nearby Green Point Park.

Jooma in Sea Point

A great stop for coffee after a sea swim. It's also highly recommended to book a table here on Marathon Day, as runners pass from around 09:15 at approximately the 38km mark — a crucial stage of the race where athletes truly appreciate enthusiastic support.

Up Cycles Sea Point

If you would like to keep your legs fresh for race day, you can hire a bicycle at Up Cycles. Kids Bikes available as well so the entire family can join in.

Cold Plunge and Saunas Recovery with a View

The most popular tidal pool along the Promenade is Saunders Rock Tidal Pool, where locals gather for early-morning cold-water dips in the Atlantic. It's a refreshing, invigorating experience and a true Cape Town ritual. Mobile saunas often pop up at Saunders Rock, allowing you to combine a sea plunge with a warming sauna session right on the shoreline.

If you're serious about structured recovery, consider visiting Sauna Haus for a guided one-hour sauna ritual that blends heat, cold therapy, breath work and essential oils — a restorative experience ideal for post-marathon recovery.



WHERE TO EAT

Mouille Point and Sea Point offer a fantastic selection of restaurants and cafés, perfect for fuelling up before the race or celebrating afterwards.

Whether you're looking to carbo-load or enjoy a post-marathon meal, there's something here for every runner.

Bobo's by Kove Collection

A short stroll from the Sea Point Promenade and a comfortable distance from the Cape Town Marathon start and finish areas. Its expansive terrace overlooks the ocean, offering race-day inspiration and post-run relaxation in equal measure.

The Butcher Shop & Grill in Mouille Point

A must-visit destination — especially if you're craving high-quality protein and a classic steakhouse experience either during your taper week or as a well-earned post-race celebration.

The following restaurants are located along the Cape Town Marathon route, making them ideal spots for spectators to enjoy a meal while cheering runners on during the final stretch of the race.

Sea Point marks the 36km point of the route, with the first athletes expected to pass through at approximately 09:15 and the final runners around 15:30 — creating a vibrant atmosphere throughout the day.

Rockpool Cape Town

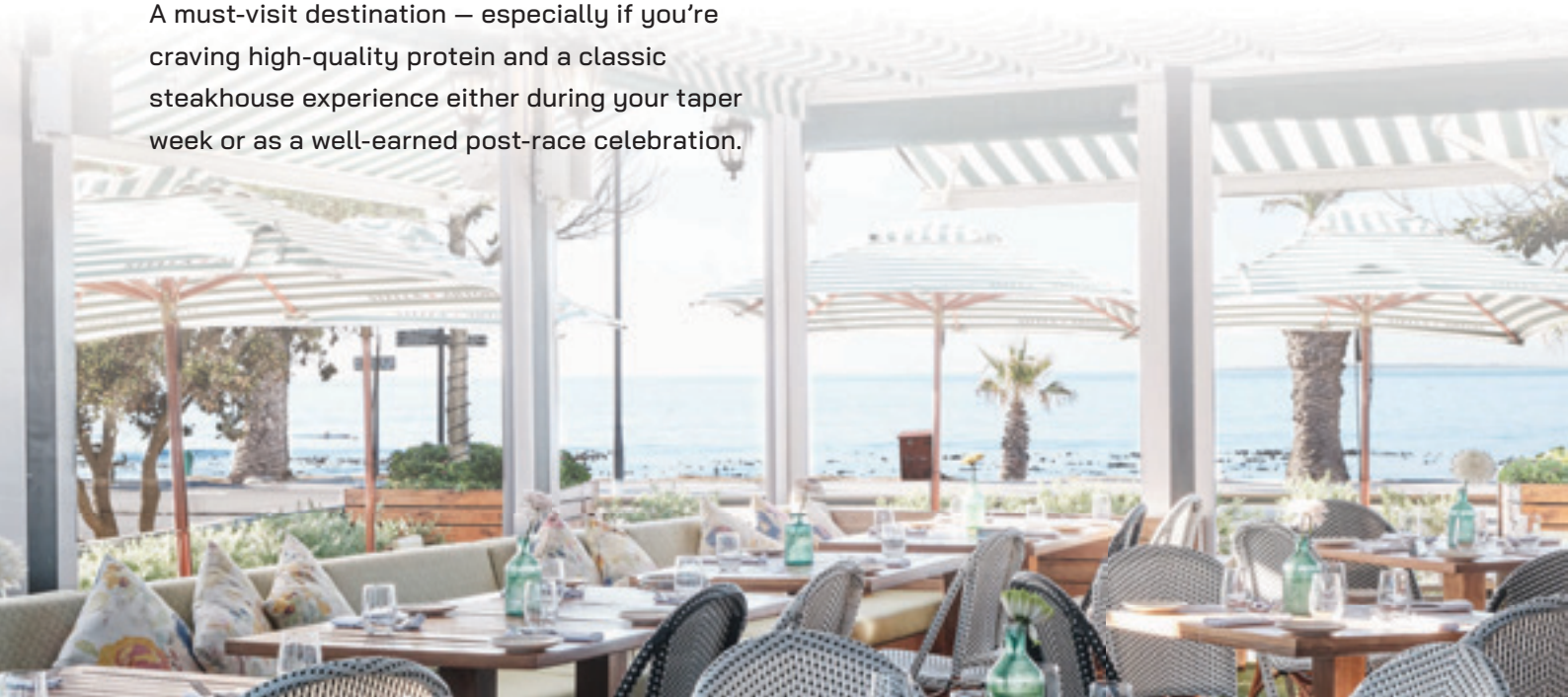
A classic Sea Point café with a relaxed, friendly atmosphere and easy access to the promenade.

Shoreditch Restaurant

Part of The Winchester Hotel and offers contemporary, stylish dining with panoramic ocean views.

Strolla Restaurant

Situated at the end of Sea Point and next to the 39km cut-off point along the Marathon Route. Enjoy sushi and a cocktail while cheering on the runners passing by.



Travel Wise

As you prepare for the Sanlam Cape Town Marathon, Cape Town Tourism encourages all international visitors to travel smart and stay aware while enjoying everything the Mother City has to offer.

Cape Town is a modern, cosmopolitan city that welcomes millions of visitors each year and is generally safe. However, as with any major global city, basic safety awareness is essential.

General Safety Tips

- Stay aware of your surroundings and avoid deserted or poorly lit areas, especially at night.
- Keep valuables (phones, passports, jewellery, cash) secure and out of sight.
- Avoid carrying large sums of cash and never display money in public.
- Inform someone of your plans when heading out and share your expected return time.

At Your Accommodation

- Store passports and valuables in your hotel safe.
- Close and lock the door when you are in your room.
- Book accommodation through reputable platforms and verify listings if unsure.

Transport & Airport Travel

- Use reputable transport providers, registered tour guides, or official e-hailing services (Uber & Bolt).
- Plan your route in advance, particularly when travelling to and from Cape Town International Airport.
- Keep vehicle doors locked and windows closed.
- Remain alert at traffic lights and intersections.
- Avoid driving at night where possible.

Hiking & Outdoor Activities

Cape Town's natural beauty is a highlight for visitors, but preparation is key:

- Never hike alone — go in groups of four or more.
- Inform someone of your route and expected return time.
- Carry enough water, sun protection, appropriate footwear, and a fully charged phone.
- Stick to clearly marked paths and do not take shortcuts.

Beach Safety

- Swim only at lifeguarded beaches and between the red and yellow flags.
- Never swim alone or against rip currents.
- Follow all safety signage and lifeguard instructions.

Wildlife Awareness

Cape Town is home to unique coastal wildlife:

- Maintain a minimum 5-metre distance from wild animals.
- Do not feed wildlife.
- Secure food and belongings.

In Case of Emergency

Mobile emergency number:	112
Police:	10111
Ambulance:	10177
City Emergency:	+27 21 480 7700

Visitors are encouraged to download the Namola Safety or Buzzer App, which allows you to request emergency assistance with GPS tracking.

Cape Town Tourism also operates a Band-Aid Visitor Support Programme to assist tourists in distress: +27 21 487 6552.

Download the Travelwise Guide



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