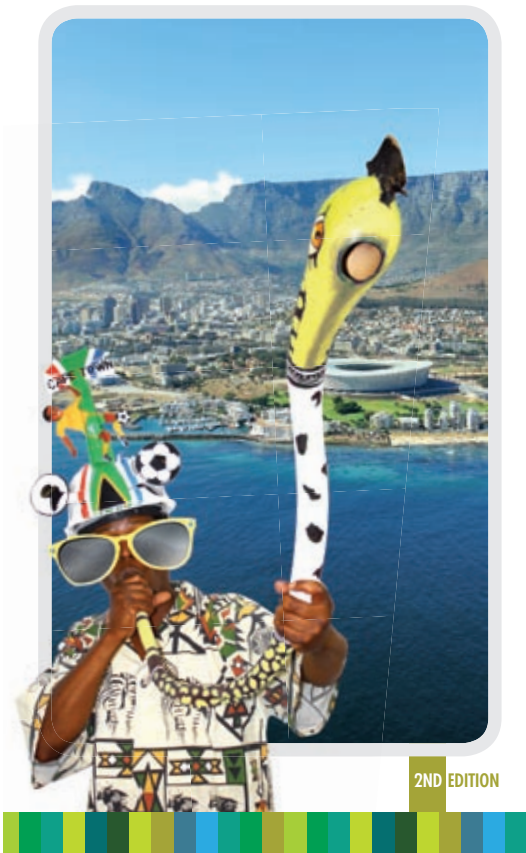




USE THE CAPE TOWN GREEN MAP TO MAKE GREENER LIFESTYLE CHOICES AND EXPERIENCE THE MOTHER CITY'S WEALTH OF SUSTAINABLE RESOURCES



2ND EDITION

This printed **Green Map** presents a selection of options – for a more complete listing, further information and current news and updates please visit www.capetowngreenmap.co.za



The Cape Town Green Map is a project of Host City Cape Town Green Goal 2010, the environmental programme for the 2010 FIFA World Cup™.

It is a legacy project that will continue post 2010 as an invaluable source of green information for visitors, residents and businesses. The map encourages people to live more sustainably and to make "greener" lifestyle choices. All sites are listed free and are selected from www.capetowngreenmap.co.za.

If you meet the criteria, please submit your information online and stand the chance of being featured on the website and in future print editions.

VISIT, ENJOY & SCORE YOUR OWN GREEN GOALS BY LEAVING A LIGHTER FOOTPRINT



Icons © Green Map System, Inc. 2009. All rights reserved. Green Map® is a registered trademark and used with permission.

The Cape Town Green Map is part of Green Map System's global community of local green maps and powered online by the Open Green Map mapping platform.

With unique global icons and adaptable tools, Green Map System has engaged over 600 communities in 55 countries in mapping green living, nature and cultural resources since 1995. Green Maps chart a sustainable future!

Visit www.greenmap.org for more information.



Find out more about Cape Town's commitment to implementing Green Goal 2010, a programme aimed at making the 2010 FIFA World Cup™ event as environmentally friendly as possible. The action plan includes 41 projects relating to energy, waste, water, transport, hospitality and sustainable lifestyles.

CAPE TOWN Live it! Love it! **GREENER!**
www.capetown.travel/2010

Host City Green Goal Contributor



Sponsor of SAPPi Triple Green paper, an environmentally-friendly paper stock made from chlorine-free sugar cane fibre, to support sustainable afforestation in SA.



Join us to sustainable living www.urbansprout.co.za

www.mapsinfo.co.za
publishers of special interest maps
A&C maps

THE GREAT GREEN OUTDOORS

As one of the few cities in the world with a national park and two World Heritage Sites (Table Mountain National Park and Robben Island) contained within its boundaries, Cape Town is surrounded by incredible outdoor options. The 'Mother City' is also located in a "Biodiversity Hotspot", the Cape Floristic Region, and is recognised globally for its extraordinarily rich, diverse and unique fauna and flora. The city offers many ways to experience the great green outdoors.

CITY NATURE RESERVES

Cape Town has one of the highest densities of threatened species in any metropolitan area on earth. The City of Cape Town's nature reserves and conservation areas are conserving critically endangered ecosystems. This globally important biodiversity is a valuable part of our heritage and also plays an important role in underpinning a healthy and sustainable urban environment.

For the complete list and information on the City's more than 30 nature reserves visit: www.capetown.gov.za/environment
You can also download the City of Cape Town Nature Reserves booklet.



- 01 Rondevlei Nature Reserve**

A bird sanctuary and home to Cape Town's resident hippo population.
 Cnr of Perth Rd and Fisherman's Walk, Grassy Park
 T 021 706 2404
 E rondevleinaurreserve@capetown.gov.za
 www.rondevlei.co.za
- 02 Zandvlei Estuary Nature Reserve**

A large estuary on the False Bay coastline.
 Coniston Ave, Marina Da Gama
 T 021 701 7542
 E zandvlei.naturereserve@capetown.gov.za
- 03 Zeekoevlei Nature Reserve**

The largest inland water body in the city and a popular picnicking, sailing and fishing spot.
 Zeekoevlei Rd, Pelican Park
 T 021 706 2404
 E zeekoevleinaurreserve@capetown.gov.za
- 04 Lower Silvermine River Wetlands (Public Open Space)**

Small fynbos marshland is an important breeding site for the endangered Western Leopard Toad.
 Off Main Rd, between Clovelly and Fish Hoek
- 05 Mamre Nature Garden**

Rich in biodiversity and with an interesting cultural history.
 Main Rd, Mamre
 By prior arrangement only
 T 021 577 5000/2/3/4
 E witzandsnature.reserve@capetown.gov.za
- 06 Witzands Aquifer Conservation Area**

Protecting the Atlantis aquifer, the main water supply for Atlantis, Mamre and Pella communities.
 Dassenberg Dr, Atlantis
 T 021 577 5000/2/3/4
 E witzandsnature.reserve@capetown.gov.za
- 07 Blaauwberg Conservation Area**

Visit the only viewpoint in the world from which you can see two proclaimed World Heritage Sites.
 Otto du Plessis Dr, Bloubergstrand
 T 021 554 0957
 E bca@capetown.gov.za
 www.bca.org.za
- 08 Rietvlei Wetland Reserve**

A birders' paradise!
 Grey Ave, Table View
 T 021 557 5509
 E rietvlei.wetlandreserve@capetown.gov.za
 www.friendsofrietvlei.co.za
- 09 Intaka Island**

A unique example of conservation and private property development.
 6 Park Lane, Century City
 T 021 552 6889
 E alant@ccpoa.co.za
 www.intaka.co.za
- 10 Tygerberg Nature Reserve**

Magnificent 360° views of the City.
 Main gate: Totius St, Welgemoed
 T 021 913 5695
 E tygerberg.naturereserve@capetown.gov.za
- 11 Durbanville Nature Reserve**

View critically endangered Swartland shale renosterveld and Cape Flats sand fynbos.
 Racecourse Rd, Durbanville
 T 021 970 3097
 E durbanville.naturereserve@capetown.gov.za
- 12 Helderberg Nature Reserve**

Favourites with children are tame bontebok and large leopard tortoises. Boasts a museum, shop and an indigenous nursery.
 Verster Ave, Somerset West
 T 021 851 6982
 E helderbergnature.reserve@capetown.gov.za
- 13 Kogelberg Nature Reserve**

One of the most scenic coastal routes skirts the large Kogelberg Nature Reserve.
 Gordon's Bay - 8km along the R44
 T 021 856 5605
 E kogelberg.naturereserve@capetown.gov.za

KEY

- Nature
- Culture And Society
- Sustainable Living
- Nature Reserve
- Indigenous Plants
- Eco-tour/Nature Walk
- Park/ Recreation Area
- Coastal Habitat
- Wetlands



CITY OF CAPE TOWN



For more information on the City's Parks and Gardens visit www.capetown.gov.za/en/parks



For a complete list and details of the City's nature reserves: www.capetown.gov.za/environment



Use WWF's South African Sustainable Seafood Initiative (SASSI) FishMS service to find which fish species make for the greenest seafood choices. SMS the name of the fish you wish to query to 079 499 8795

GREEN ON YOUR CELL

Use your Internet-enabled mobile phone to find what is green near you: Search on **your suburb**, followed by Cape Town. Example: Tokai, Cape Town @ www.greenmap.org



WASTE & RECYCLING

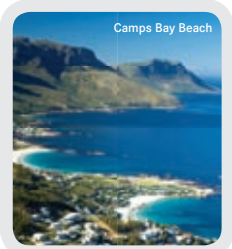
Waste minimisation is a key focus of the City of Cape Town. Drop-off facilities help citizens practice 'reduce, reuse and recycle' principles. All it takes is a new mindset - think twice. Separation at source is the key. Many City of Cape Town drop-off facilities accept the following waste items: Garden waste, motor oil, cans and metal, paper, cardboard, glass, plastic, builder's rubble, e-waste and polystyrene. Specific recyclables accepted vary per site.

For a downloadable map of the City of Cape Town's drop-off facilities and details of the City's 'Think Twice' recycling collection programme, and private recycling services, visit: www.capetowngreenmap.co.za/recycling

FRIENDS OF NATURE

Many City nature reserves and public open spaces listed on the map have "Friends" groups affiliated to the Wildlife and Environment Society of SA (WESSA) and consist of community members who have banded together to conserve, promote and raise funds for a specific natural area.

View details of these groups and their websites at www.wessa.org.za



Camps Bay Beach

BEACHES

BLUE FLAG BEACHES

For more info on the International Blue Flag Beach Programme go to www.blueflag.org

- Camps Bay
- Clifton 4th Beach
- Muizenberg Beach
- Strandfontein
- Mnanidi

• Bikini Beach (Gordons Bay)
For more beach info, download this book at www.capetown.gov.za/environment

CITY SHARK SPOTTERS PROGRAMME

- ▶ A **GREEN** flag means visibility for the spotters is good, and no sharks have been seen.
- ▶ A **BLACK** flag means visibility for the spotters is poor, but no sharks have been seen.
- ▶ A **RED** flag means a shark has been seen recently, but is no longer visible to the spotters.
- ▶ A **WHITE** flag with a **BLACK SHARK**, along with a loud siren, means a shark has been sighted, and bathers should leave the water immediately.

Important: No flag means that shark spotters are not on duty

7 days a week 8am to 6pm

- Muizenberg corner
- St James beach
- Fish Hoek
- Noordhoek (The Hoek)

Check website for additional beaches and times of year that spotters are on duty. www.sharkspotters.org.za
T 021 480 7700



Table Mountain Aerial Cableway

TABLE MOUNTAIN NATIONAL PARK (TMNP)

For information and access times visit:
www.sanparks.org
 T 021 701 8692

14 Table Mountain (TMNP)

This is a mountain of many moods offering hikers and climbers a range of routes that vary from strolls to rigorous hikes and climbs.

15 Table Mountain Aerial Cableway

Travel to the summit of Table Mountain in less than 10 minutes, enjoying 360° views of Cape Town.

Lower Station, Tafelberg Rd, Cape Town
 T 021 424 9181
 E info@tablemountain.net
www.tablemountain.net

16 Lions Head (TMNP)

A short, but steep, popular hike that offers great views of the Atlantic seaboard, the city and Table Mountain.

17 Signal Hill (TMNP)

It is from here that the noon day gun marks 12:00 in Cape Town (except Sundays).

18 Kirstenbosch National Botanical Garden (SANBI)

World-renowned for showcasing the beauty and diversity of the Cape flora.

Rhodes Dr, Newlands
 T 021 799 8783
 E info@sanbi.org www.sanbi.org

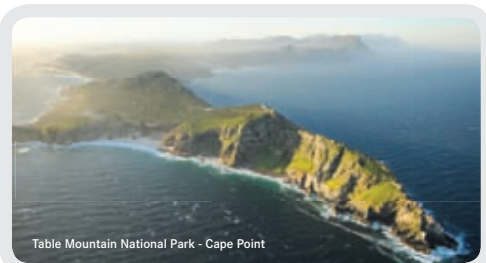


Table Mountain National Park - Cape Point



Kirstenbosch National Botanical Garden

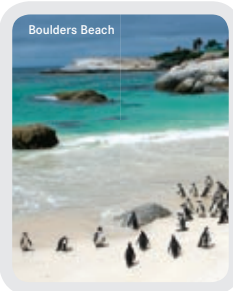
19 Tokai Arboretum (TMNP)

Walk or ride your mountain bike in the adjacent plantations of this peaceful setting, or use it as the starting point for a longer hike up to Elephant's Eye cave.

Left off Tokai Rd at the Tokai Manor House

20 Silvermine (TMNP)

Beautiful, sandstone fynbos landscapes. Hiking, dog walking and mountain biking.



Boulders Beach

21 Boulders Beach (TMNP)

World famous for its thriving colony of African Penguins.

22 Cape of Good Hope (TMNP)

Discover the most south-western point of the African continent!



Company's Gardens

PARKS & GARDENS

23 The Company's Garden

A green jewel in the heart of a bustling metropolis that is the remaining half of the Dutch vegetable garden planted in the 1650's and overlaid by a later Victorian 'romantic garden'.

Queen Victoria St, Cape Town
 T 021 400 2521

24 Arderne Gardens

One of the richest collections of exotic trees and shrubs in South Africa.

Main Rd, Claremont
 T 021 689 8102/3

25 Maynardville Park

Provides recreational and cultural opportunities to all.

Cnr of Church and Wolfe Sts, Wynberg
 T 021 762 9180/1/2

26 Wynberg Park

The spring of the Krakeelwater River begins here. See vestiges of the silver trees, which were once prevalent in the area.

Cnr of Klaasens and Trovato Link Rds, Wynberg

27 Durbanville Rose Garden

For the rose fanatics!
 Durban Rd, Durbanville
 T 021 970 3129



Bike & Saddle

TRANSPORT

City Transport Guide

Available at all Cape Town Tourism Visitor Information Centres.
 For enquiries and information Dial 0800 65 64 63

Dial-a-Ride

A service for the disabled is available to visitors and residents. Register first by phoning the call centre or email

E Transport.Info@capetown.gov.za

City Sightseeing

Visit Cape Town's attractions on a topless, hop-on hop-off, low carbon emission bus. A fleet of EURO 2 or more-compliant buses are run with a strong focus on the sparing use of natural resources.

T 021 611 6000
www.citysightseeing.co.za

The Green Cab

Join the green drive with this low carbon service using Liquefied Petroleum Gas vehicles to reduce its carbon footprint. Affordable, reliable and safe transfers and tours.

T 0861 thegreencab / 086 184 3473
 E info@thegreencab.co.za
www.thegreencab.co.za

Cyclecabs

Pedal-powered cabs provide transport for tourists and locals in central Cape Town and surrounds. Dedicated to employment creation and promotion of entrepreneurs.

T 0861 745 547 / 072 907 7333
www.cyclecabs.co.za

Bike & Saddle

Rent a quality bicycle or book a signature guided city cycle rides. Burn carbs, not carbon!
 Cape Grace Hotel, V&A Waterfront
 T 021 813 6433

E trips@bikeandsaddle.com
www.bikeandsaddle.com/trails

1. Ocean View: Mouille Point - Sea Point Promenade - Camps Bay - V&A Waterfront (Blue Tour)
2. Football view: Cape Town Stadium, Urban Park and The Fan Walk. (Green Tour)
3. Sky View: Kloofnek - Signal Hill - Lions Head - Bo-Kaap. (White Tour)
4. The Bay View: Foreshore - Table Bay - Bloubergstrand Beach - Blue Peter Restaurant (Yellow Tour)

By Bike

Rent a bicycle and helmet at one location, ride it and drop it off at any base in their ever-expanding network.
 E reservations@bybike.co.za
www.bybike.co.za

Southern Line Tourism Route

An affordable daily train pass gives you access to attractions at seven stations along the scenic rail route through the southern suburbs and along rugged coastline.

Cape Town, Observatory, Newlands, Muizenberg, Kalk Bay, Fish Hoek and Simon's Town Stations
www.capemetrorail.co.za



BOX-DELIVERY SCHEMES

Ethical Co-op

E admin@ethical.org.za
www.ethical.org.za

Wild Organic Foods

T 021 448 8109
E tara@wildorganics.co.za
www.wildorganics.co.za

Ganics Organic Food Delivery

T 021 447 0714
E info@ganics.co.za
www.ganics.co.za

Harvest of Hope

T 021 371 1653
E harvestofhope@abalimi.org.za
www.harvestofhope.org.za

Slow Food CSA

E kateschire@gmail.com
www.slowfoodcsa.co.za

Organic Zone

T 021 788 3133
E info@organiczone.co.za
www.organiczone.co.za

VISIT

28 Two Oceans Aquarium



Over 3,000 living animals can be seen in this marine kaleidoscope. This is where the two oceans meet!

Dock Rd, V&A Waterfront

T 021 418 3823
E aquarium@aquarium.co.za
www.aquarium.co.za

29 South African Museum & Planetarium



SA's second oldest museum (est 1825) features natural and social history exhibits. The Planetarium has frequent stellar shows for kids and adults.

25 Queen Victoria St, Gardens

T 021 481 3800 www.iziko.org.za/sam

30 Oude Molen Eco Village



Eco-village with organic vegetable growers, the Millstone Farmstand and Café, children's food garden, beehives, horses and art studios, wood furniture, metal workshops and more.

Alexandra Rd, Pinelands

T 021 447 9177 E green@oudemolen.org

31 EcoExhibit



Free and extensive exhibition of the country's leading suppliers of sustainable living technology.

The Building Centre, Belmont Square, Belmont Rd, Rondebosch
T 021 685 3040 E rayne@ecosexhibit.co.za
www.ecosexhibit.co.za

32 Josephine Mill



A 19th Century mill restored to full operation. The fine iron waterwheel once again supplies freshly milled, stone ground flour. A monthly Green Drinks meet up venue.

13 Boundary Rd, Newlands

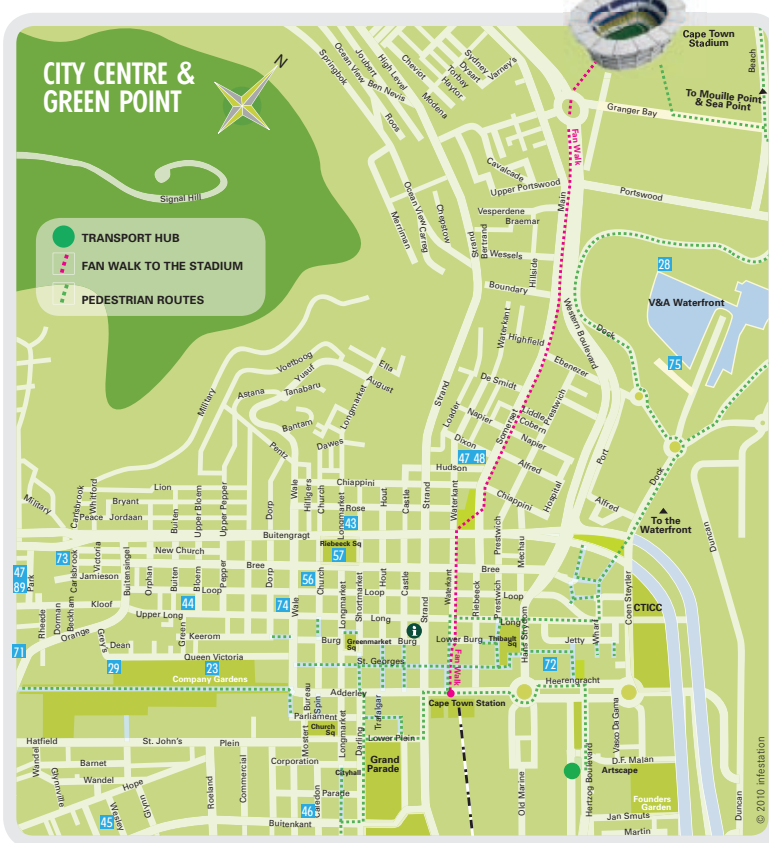
T 021 686 4939
E mill@josephinemill.co.za
www.josephinemill.co.za

33 Abalimi Bezekhaya



Organic community and home food gardens promoting sustainable lifestyles, self-help job creation, poverty alleviation and environmental renewal among the poor. Abalimi runs an organic box delivery scheme - the Harvest of Hope.

Community gardens and pack shed tour every Tuesday 09:00 - 12:00. Cwango Crescent (Cnr of New Eisleben and Lansdowne Rds) Philippi
T 021 371 1653 E info@abalimi.org.za
www.abalimi.org.za



34 Soil for Life



NGO teaching people to grow their own food on the premise of healthy soil, healthy plants and healthy people. Harvest your own organic veggies. Organic seeds, seedlings and preserves for sale.

Stables Lane, off Brounger Rd, Constantia
T 021 794 4982 E info@soilforlife.co.za
www.soilforlife.co.za

35 Planet Kids



Eco-friendly play and activity centre for all children - including children with disabilities. They offer organic lemonade "LemoNice".

Open every day 10:00 - 18:00
3 Wherry Rd, Muldenberg
T 021 788 3070 E andy@planetkids.co.za
www.planetkids.co.za

36 Save Our Seas Shark Centre



Aims to improve understanding of sharks and marine conservation. Guided tours of displays, a large fish tank, documentary screenings and talks.

28 Main Rd, Kalk Bay T 021 788 6694
www.saveourseas.com/sharkcentres

37 Living Green Sustainable Farm



3-acre farm with chickens, ducks, horses, worms and a large vegetable garden, plus some solar power and rainwater harvesting. Living Green, an eco-consultancy, is run at the farm.

Open to volunteers and enthusiasts every Saturday 08:00 - 12:00. Call in advance.
1 Dassenheuwel Ave, Noordhoek
T 021 789 2392
E info@startlivinggreen.co.za
www.startlivinggreen.co.za

38 Noordhoek Farm Village



Soak up country charm under shady oaks. Shopping, art, wine, dining and accommodation for routine relaxation or special occasions. Worm farm demo's by FullCycle every Wed 3pm. Recycling depot.

Village Lane, Noordhoek
T 021 789 2812
E info@noordhoekvillage.co.za
www.noordhoekvillage.co.za

39 World of Birds Wildlife Sanctuary



Walk through aviaries that are home to 3000 birds and small animals of 400 different species.

Valley Rd, Hout Bay
T 021 790 2730 www.worldofbirds.org.za

40 Green Living



Eco networking hub, Envirochild office and venue for Hout Bay Green Drinks. Advice on how to green your home, business and school and many supporting products.

30 Main Rd, Hout Bay
www.greenlivinghoutbay.org
www.envirochild.org

41 Imhoff Farm



Authentic old Cape farmstead with farm animals, snake park and handmade cheese. Blue Water Café serves New Cape style food using organic or free range wherever possible.

M65 (Kommetjie Rd), Imhoff's Gift, Kommetjie
T 021 783 4545
E info@imhofffarm.co.za
www.imhofffarm.co.za

42 Cheetah Outreach



Aim: To ensure the long-term survival of the cheetah and its ecosystem through a multi-disciplined and integrated conservation programme of research and education.

Spier, 310 Lynedoch Rd, Stellenbosch
T 021 881 3242 / 083 364 6278
E cheetah@intekom.co.za
www.cheetah.co.za

SHOPPING

43 Streetwires



Creates and markets contemporary African wire and bead craft. Over 100 formerly unemployed people channel their creative energies into a vibrant art form.

77 Shortmarket St, Cape Town
T 021 426 2475 E info@streetwires.co.za
www.streetwires.co.za

44 210 on Long



A synthesis of Long Street style and sustainable retail in a trendy small mall with a strong eco-ethos.

210 Long St, Cape Town
T 021 481 1820
E creative@210onlong.co.za
www.210onlong.co.za

45 Give it Bag



Handcrafted bags made of recycled transport bags that were used to import rice, beans, sugar etc. Part profits go directly to supporting less fortunate people.

Unit 04, Canterbury Studios, 35 Westley St, Cape Town
T 021 465 9852
E capetown@give-it-bag.com
www.give-it-bag.com

46 African Home



A range of décor and contemporary homeware products based on African aesthetic and traditional workmanship creating work for disadvantaged communities.

41 Caledon St (Cnr Canterbury St), District Six
T 021 551 1052
E claudette@africanhome.co.za
www.africanhome.co.za

DRINK TO NATURE



Visit several champions of the Biodiversity & Wine Initiative in the Cape Winelands. Vineyards such as Backsberg, Waterkloof, Delheim, Vergelegen and Lourensford are conserving significant areas of fynbos, clearing alien species and introducing water conservation and

other nature friendly practices to their vineyards. Backsberg has an eco-centre and is a carbon neutral winery, whilst Avondale, Laibach and Reyneke produce local organic wines. Spier is involved in several sustainability initiatives and farm nearly 300 hectares biodynamically.

Host City Green Goal Contributor

sappi

Sponsor of SAPPi Triple Green paper, an environmentally-friendly paper stock made from chlorine-free sugar cane fibre, to support sustainable afforestation in SA.



KEY



Nature Reserve



Park/Recreation Area



Indigenous Plants



Coastal Habitat



Eco-tour/Nature Walk

Culture And Society

Sustainable Living

Wetlands

Wetlands

Wetlands

Wetlands



EVENTS

Monthly 'Green Drinks' gatherings in Hout Bay, Newlands and Atlantic Seaboard and screenings of social and environmental movies at the Labia by 'While You Were Sleeping' are regular events.

Visit www.capetowngreenmap.co.za/calendar for more.



GREEN READS

The Big Issue Magazine, with a readership of over 96 000, has provided employment and social support for 10 000 people. It provides independent coverage of social and environmental issues.

Look out for other green reads like *Simply Green* magazine and *Life in Balance* newspaper. *Going Green: 365 Ways to Change our World, Bending the Curve, Grow to Live and Invaded* are recommended local green books.



Wellness Warehouse

47 Wellness Warehouse



Natural, organic and earth-friendly products for food, beauty, lifestyle & household including in-store WellSpa, WellCafe and Pharmacy.

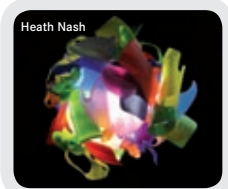
50 Kloof St, Gardens;
Lower Ground Floor, Cavendish Square, Claremont; The Square, Cape Quarter, 27 Somerset Rd, Green Point
T 021 480 9500
E info@wellnesswarehouse.com
www.wellnesswarehouse.com

48 The Green Shop



Solar lanterns, lights and panels, eco-torches, shower timers, eco-friendly cleaning products, products made from recycled materials, eco kids' toys and more.

Shop 30, Piazza Level, Cape Quarter, Somerset Rd, Green Point
T 021 419 9605
www.thegreenshop.co.za



Heath Nash

49 Heath Nash



Recycles plastic bottles into beautiful, contemporary homeware. Traditional South African craft skills plus re-used waste materials become spectacular lights.

2 Mountain Rd, Woodstock
T 021 447 5757 E hnamdin@mweb.co.za
E elevator3000@mweb.co.za
www.heathnash.com

50 Aidan Bennetts



Bespoke design solutions using sustainable production methods. Range includes eco-friendly furniture made from sustainably harvested bamboo, recycled timber and cardboard.

The Palms, 145 Sir Lowry Rd, Woodstock

T 021 461 7624 E info@aidanbennetts.co.za
www.aidanbennetts.co.za

51 Montebello Design Centre



Situated in historic farm buildings there are approximately 20 arts and crafts production, teaching and design studios, two craft shops, a restaurant, organic deli and garden nursery.

31 Newlands Ave, Newlands
T 021 685 6445

52 Hemporium Shop



Products include a variety of clothing, oils, baggage, rope and tons more - showing the versatility of hemp.

114 Constantia Main Rd, Wynberg;
210 Long St, Cape Town
T 021 797 8233 E tony@hemporium.com
www.hemporium.com

53 Sustainable.co.za and the Green Building



Providing eco-friendly products and information. Located in a commercially viable, environmentally friendly building.

The Green Building, 9b Bell Crescent Close, Westlake Business Estate
T 021 701 2028
E info@sustainable.co.za
www.sustainable.co.za
www.sustainable.org.za/greenbuilding

GOOD FOOD

54 Bird's Boutique Café



The focus is on organic and local produce when producing their iconic breakfasts and lunches. Organic veggie box collection every Wednesday.

127 Bree St, Cape Town T 021 426 2534

57 &Union



Artisanal, naturally brewed beers accompanied by locally produced organic sausages and cheeses.

110 Bree St, Cape Town
T 021 422 2770
E pigandbeer@andunion.com
www.andunion.com

58 Soaring Free Superfoods



Importers of high quality organic superfoods available at markets, their shop and online. Workshops on the raw food lifestyle and 'Rawlicious' book.

Unit 4, 13 Bell Crescent, Westlake Business Park, Westlake
T 0861 000 976 www.superfoods.co.za

59 Kwalapa Organic Wholefoods Centre



Delicious organic food, environmentally friendly products, fresh organic fruit, veggies, natural oils and sauces and a library of books, DVDs and brochures in the eco-pod.

Montebello Design Centre, 31 Newlands Ave, Newlands T 021 687 9314
E info@kwalapa.com www.kwalapa.com

60 Wild Trading Store



An old style organic shopping experience in the heart of Woodstock's heritage area.

Wild offer a home delivery service or conveniently located collection points.
Open: Tue 12:00 - 16:00; Wed 15:00 - 18:00;
Thu, Fri 10:00 - 15:00; Sat 09:00 - 13:30.
34 Salisbury St (Cnr Fairview Ave), Woodstock
T 021 448 8109 E tara@wildorganics.co.za
www.wildorganics.co.za

61 Quensh Organic Deli



Organic restaurant and store that runs a box delivery scheme. Recycling service for clients. Menus change depending on what is fresh and available.

42 Lower Main Rd, Observatory
T 021 447 0714 E info@quensh.co.za
www.quensh.co.za

62 Komati Foods



Nuts, chocolates, carobs, yoghurt, candy, seeds, dried fruit, glacé fruits, organic foods and muesli. All nuts are purchased raw and roasted on the premises

78 Lower Main Rd, Observatory
T 021 448 2130
E info@komatifoods.co.za
www.komatifoods.co.za

63 Organic Living



Healthy and tasty food that also caters for food intolerance with delicious alternatives. A health shop with fresh organic vegetables, organic alternatives, and eco-friendly lifestyle products.

Shop 27B, Constantia Village Shopping Centre, Constantia
T 021 794 1888
E info@organicliving.co.za
www.organicliving.co.za



64 Millstone Farmstall & Café



Eco-friendly farmstall and café at the Oude Molen Eco Village. Enjoy a lazy breakfast or lunchtime with freshly squeezed juices, wholesome meals, home-baked bread and snacks. Play space for children.

Closed Mondays
Alexandra Rd, Pinelands
T 021 447 8226 / 082 407 8910
E millstone@polka.co.za

65 Organic Zone



An organic fruit and vegetable shop opened by Organic Zone Box Scheme. Increased selection of grocery items complements the fresh produce.

Lakeside Centre, Main Rd, Lakeside
T 021 788 3133
E info@organiczone.co.za
www.organiczone.co.za

66 Organics Alive



Full range of groceries. Organic vegetarian buffet Tuesdays to Fridays and breakfasts too.

42 Palmer Rd, Muizenberg
T 021 788 6012
E pennyc52@hotmail.com

67 Sophea Gallery & Tibetan Teahouse



Tasty vegetarian and vegan food, styled on original Tibetan recipes and using some ingredients grown in their vegetable garden.

2 Harrington Rd, Seaforth, Simon's Town
T 021 786 1544
sopheas@sopheagallery.com
www.sopheagallery.com

68 Eight



Farm-to-table eating experience where local and organic ingredients are preferred and the carbon footprint of all ingredients is considered.

Spier Estate, 310 Lynedoch Rd, Stellenbosch T 021 809 1188
E eight@spier.co.za www.spier.co.za

ORGANIC/LOCAL MARKETS

For more info on markets please visit www.mothercityliving.co.za

89 Wellness Fresh Produce Market

2nd Sat of the month 09:00 - 14:00
Jan van Riebeeck Primary School, Kloof St, Tamboerskloof. T 084 880 8757
www.wellnesswarehouse.com

90 Neighbourgoods Market

Sat 09:00 - 14:00
The Old Biscuit Mill, 373 - 375 Albert Rd, Woodstock
T 021 448 1438
E info@neighbourgoodsmarket.co.za
www.neighbourgoodsmarket.co.za

91 Wild Organic Market Day

Sat 09:00 - 13:30
34 Salisbury St, (Cnr Fairview Ave), Woodstock
T 021 448 8109
E tara@wildorganics.co.za
www.wildorganics.co.za

92 Holistic Lifestyle Fair

First Sun of the month 10:00 - 16:00
Observatory Community Centre, Cnr of Station, Lower Main, Collingwood and Drake Sts, Observatory
T 021 788 8088 / 083 332 9785
E soulgrow@mweb.co.za
www.holisticlifestylefair.yolasite.com

93 Rondebosch Village Market

Sat 07:30 - 12:00
Andrews Rd, Rondebosch
T 021 696 5749 / 072 868 2322
E glorishomecrafts@gmail.com

94 Mielie Food Garden Fresh Organic Veggies

Fri 09:00 - 13:00
Kwalapa, Montebello Design Centre, 31 Newlands Ave, Newlands
T 021 686 2026, www.mielie.com

95 Menngos Slow Food Community Market

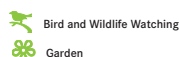
Monthly markets - check website for details.
Lansdowne Methodist Church, 1 Prince Arthur Rd, Lansdowne
T 021 761 2373 / 5411 / 074 302 3254 E menngos@mweb.co.za
www.menngos.org.za

96 Constantia Waldorf Organic & Biodynamic Market

Fri 11:00 - 15:00. (Not on public holidays or during school holidays)
Spaanschemat River Rd, Constantia
T 082 215 0764 / 082 569 9894

97 Constantia Waldorf Night Market

Last Fri of the month 17:00 - 21:00 (Not on public holidays or during school holidays)
Spaanschemat River Rd, Constantia
T John 082 631 0421
E waldorfnightmarket@gmail.com



Bird and Wildlife Watching



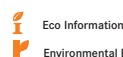
Wildlife Centre



Scenic Vista



Child-friendly



Eco Information



Museum



Garden



Wildlife Habitat



Community Garden



Cultural Performance



Environmental Education



Eco-Products

69 Greengate Wholefood Deli

 Serves fresh and healthy wholefoods - home cooking in a restaurant. Daily menu includes meat and vegetarian dishes, salads, quiches, cakes and desserts.
De Wet Square, Cnr of Church and Bird Sts, Stellenbosch
T 021 886 6111
E ingrid@greengate.co.za

70 Slow Food

 The international movement celebrates, protects and promotes foods that are good, clean and fair. Two local conviviums (chapters) arrange frequent meals, tastings, farm outings and producer visits.
E mail@slowfoodmothercity.co.za
www.slowfoodmothercity.co.za
E info@slowfoodcapetown.co.za
www.slowfoodcapetown.co.za

SLEEP WELL

All establishments listed have policies relating to waste reduction, energy efficiency, water and conservation and subscribe to Responsible Tourism guidelines.

71 Mount Nelson Hotel

 An urban sanctuary with a romantic heritage. Their eco measures have led to receiving accreditation from the Heritage Environmental Programme. Tours of the worm farm on the last Friday of each month - contact Fennec.
76 Orange St, Cape Town
T 021 483 1000 / 021 483 1948
E reservations@mountnelson.co.za
www.mountnelson.co.za

72 Hollow on the Square - Green Annexe

 Eco-friendly and carbon neutral, minimizes the environmental impact and pioneers efficient use of sustainable resources like bamboo and cork without compromising on luxury.
9 Tulbagh Square, Hans Strijdom Ave, Cape Town
T 021 421 5140
E reservations@hollowonthesquare.co.za
www.hollowonthesquare.co.za


73 The Backpack & Africa Travel Centre

 Luxury backpackers, straddling the line between hostel and hotel. They have introduced a soccer and rope jumping project, reinstated the library and are installing a vegetable garden at a local school.
74 New Church St, Cape Town
T 021 423 4530
E backpack@backpackers.co.za
www.backpackers.co.za


74 Daddy Long Legs Art Hotel

 The hotel holds regular fundraisers to support local arts and culture as well as other development projects. A new eco-friendly room is available to guests.
134 Long St, Cape Town
T 021 422 3074
E info@daddydlonglegs.co.za
www.daddydlonglegs.co.za


75 Cape Grace Hotel

 Luxurious 5-star accommodation demonstrating that Fair Trade in Tourism South Africa principles can be implemented at all levels of the tourism industry.
West Quay Rd, V&A Waterfront
T 021 410 7100 E info@capegrace.com
www.capegrace.com

76 Nu Rock Inn

 The ideal playground for any sport enthusiast visiting for either business or pleasure. Registered with GreenStay SA - level Responsible.
68 Regent Rd, Sea Point
T 021 433 1140 E info@nurockinn.co.za
www.nurockinn.co.za

77 The Green Elephant Backpackers

 A backpackers committed to low impact, sustainable tourism to preserve our natural beauty.
57 Milton Rd, Observatory
T 021 448 6359
E greenel@afrika.com
www.hostels.co.za



78 Makazi's Guest House

 Built by the local community from sandbags and eco beams and decorated with recycled items - a work of art, sleeping 10. Powered by gas and solar energy with an earthworm sanitation system. All income funds the local clinic, soup kitchen and youth centre.
Monwabisi Park, Khayelitsha
T 021 657 1026 / 083 375 0988
www.makazis.co.za

79 Vineyard Hotel and Spa

 With over 200 years of history, this deluxe hotel is situated in six acres of landscaped parkland on the banks of the Liesbeek River. Winner 2006 Imvelo Award for 'Best Economic Impact'.
Colinton Rd (off Protea Rd), Newlands
T 021 657 4500
E hotel@vineyard.co.za
www.vineyard.co.za


80 Greenways Hotel and Ashton's Restaurant

 A Cape Dutch manor house originally named for its botanical surrounds. Committed to greening issues and pursuing accreditation under the independent Green Leaf Environmental Standard to satisfy the most critical of eco-conscious travellers.
1 Torquay Ave, Bishops court
T 021 761 1792
E reservations@greenways.co.za
www.greenways.co.za

81 Samhitakasha Cob House

 B&B built entirely from natural materials (clay, sand, straw, wood) with eco-friendly finishes, natural fibre fabrics, solar heating, grey water recycling, and organic breakfast. A real Cape Town first!
13 Watson Rd, Muizenberg
T 021 788 6613
E thecobhouse@gmail.com
www.cobhouse.co.za

82 Leopardstone Hill

 Spend time in nature in two guest cottages. A secluded indigenous property against the Noordhoek hills. Active conservation drive to save the endangered Western Leopard Toad.
6 Seascape Rd, Noordhoek
T 082 771 6232
E relax@leopardstone.co.za
www.leopardstone.co.za

83 De Noordhoek Hotel

 The first hotel in Cape Town to employ solar heating for its hot water needs.
Noordhoek Farm Village, Cnr of Chappmans Peak Dr and Village Ln, Noordhoek
T 021 789 2760
F 086 609 2760
E res@denoordhoek.co.za (reservations)
www.denoordhoek.co.za

84 Living Art Farm

 The 1.5 acre smallholding demonstrates the possibilities of organic farming in a relatively small space. A small workshop venue and backpackers for up to 10 - 15 people.
T 021 789 2494 / 082 469 7130
www.livingartfarm.co.za

85 Colona Castle Boutique Hotel

 Situated on the warm False Bay coast. Affiliation to Uthando South Africa project.
1 Verwood St, off Old Boyes Drive, Lakeside
T 021 788 8235
E colona@link.co.za
www.colonacastle.co.za

86 2 Oceans Apartments

 Two tastefully decorated self-catering apartments with large sparkling and solar heated pool. Eco-friendly initiatives abound.
11 Dhow St, Sun Valley
T 021 785 5760 / 082 428 0148
www.kapstadt-apartment.de

87 Spier

 Art, culture, wine, food, nature and conservation - the pillars of the Spier experiences - are all manifested here. The focus is on sustainability and using locally made and environmentally friendly products.
310 Lynedoch Rd, Stellenbosch
T 021 809 1100 E info@spier.co.za
www.spier.co.za

88 Africa Lodge


 At the foot of Helderberg Mountain. Food bought locally, homemade jams and bread without preservatives and environment friendly cleaning materials. Made in South Africa focus.
39 Stellenberg Rd, Somerset West
T 021 855 4000
E general.info@afrika-lodge.com
www.afrika-lodge.com

TOURS

Cape Birding Route/ Cape Town Pelagics/ Birding Africa

 Three sister companies promote bird research and conservation by offering specialist bird-watching tours and bird-finding information. Cape Town Pelagics donates all profits to seabird conservation and research.
www.capetownpelagics.com
www.birdingafrika.com
www.capebirdingroute.org

Adventure Without Limits: Masiphumelele bicycle township tours

 Clients of BEN (Bicycle Empowerment Network) can hire bicycles and tour Masiphumelele incorporating local businesses. Owned and operated by local residents, BEN is the winner of the First Choice Responsible Tourism Award at the 2006 World Travel Centre in London for the category "Best for Innovation and Technology".
Pokela Rd, Masiphumelele
T 021 788 1256
E adventurewithoutlimits.co.za
www.withoutlimits.co.za

Green Mountain Eco Route

 The Route includes wine farms, activities, accommodation, restaurants, events and wedding or conference venues in the Bot River/ Elgin area. It exposes visitors to both the wine and the biodiversity experience of each participating producer, promoting responsible eco-friendly tourism.
T 021 844 0975
www.greenmountain.co.za



98 Triangle Square Market

Sat 09:00 - 14:00. 2nd Floor, Triangle Square Building, Main Rd, Fish Hoek
T 082 990 5292
E info@trianglesquare.co.za
www.trianglesquare.co.za

99 Porter Estate Produce Market

Sat 09:00 - 13:00
Chrysalis Academy Grounds, Tokai
T 082 334 5434 E info@peppmarket.co.za
www.peppmarket.co.za

100 Fresh Etc. Market

3rd Sun of the month 09:00 - 14:00
Kalk Bay Community Centre, Main Rd
Kalk Bay (opp. Dalebrook beach)
T 021 788 8088 / 083 332 9785
E soulgrow@mweb.co.za
freshetcmarket.yolasite.com

101 Earth Fair Food Market

Wed 15:00 - 20:00, Sat 09:00 - 14:00
South Palms Centre (next to Builders Warehouse), Main Rd, Tokai
T 084 220 3856 E info@earthfairmarket.co.za
www.earthfairmarket.co.za

102 The Century City Natural Goods Market

First Sun of the month 09:00 - 14:00
Park Lane, Central Park, Century City
T 021 531 2173
E naturalgoodsmarket@gmail.com
www.centurycity.co.za

103 Willowbridge Slow Market

Sat 09:00 - 14:00
Willowbridge Lifestyle Centre, Carl Cronje Dr, Tyger Valley
T 021 886 8514
E admin@slowmarket.co.za
www.slowmarket.co.za

104 Stellenbosch Fresh Goods Market

Sat 09:00 - 14:00
Oude Libertas Estate, Cnr of Adam Tas and Oude Libertas Rds, Stellenbosch
T 021 886 8514
E admin@slowmarket.co.za
www.slowmarket.co.za

105 Camphill Village Market

First Sun of the month, except January.
Klein Dassenberg Rd, near Atlantis
T 021 571 8600
E info@camphill.org.za
www.camphillwestcoast.org.za

106 Hout Bay Organic Market

Thurs 08:30 - 13:00
The Health Path, 41 Victoria Ave, Hout Bay
T 021 790 5231
E miacourty@worldonline.co.za

107 Stellenbosch Natural and Organic Farmers' Market

Sat 08:00 - 16:00
Stellenbosch Waldorf School, Tweefontein farm, Technopark
T 021 880 1039 / 082 969 5757
E stellenbosch@waldorfschool.org.za
www.waldorfschool.org.za