



GREEN LIFESTYLE CHOICES FOR SMART SUSTAINABLE LIVING. FIND IT - LIVE IT!

COVER: 'Let's clear the air and cycle to work' - Cape Town Mayor, Patricia de Lille

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 map encourages people to live and play 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.

CLIMATE SMART CAPE TOWN

Climate Smart Cape Town is a campaign aimed at profiling Cape Town as an important city in addressing the challenges of climate change, promoting climate change literacy and awareness among citizens and decision makers, and adding value to COP17 in Durban.

CITY OF CAPE TOWN (CIVIC SOCIETY) 2010

THIS CITY WORKS FOR YOU

GREEN MAP

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CAPE TOWN TOURISM

CAPE TOWN Live it! Love it! GREENE!

www.capetowntravel.com

A&C maps

www.mapsinfo.co.za

Publishers of special interest maps partnering with the city to bring you the Cape Town Green Map. To view all their maps visit www.mapsinfo.co.za

sappi

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

www.capetown2014.co.za

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/naturereserves where 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 021 400 5993 E rondevleinaturereserve@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 zandvleinaturereserve@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 zeekoevleinaturereserve@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 rietvleiwetlandreserve@capetown.gov.za www.friendedsofrietvlei.co.za

09 Intaka Island

A unique example of conservation and private property development. 6 Park Lane, Century City T 021 552 6889 E alan@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

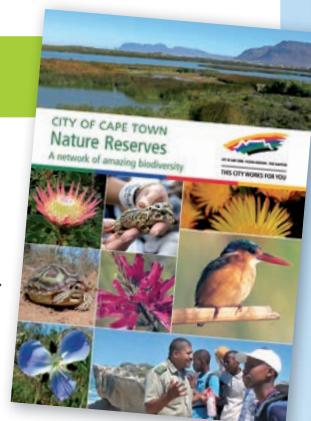
View critically endangered Swartland shale renosterveld and Cape Flats sand fynbos. Racecourse Rd, Durbanville T 021 970 3097 E durbanville.naturereserve@capetown.gov.za

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



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



Learn about Cape Town's biodiversity



Hike in the fynbos



Walk the Hoerikwaggo Trail



Bring your kids to the Green Point Urban Park



© 2011 infestation

TABLE MOUNTAIN NATIONAL PARK (TMNP)

The park is an important national asset, international tourist destination and local recreation resource and is one of eight sights that constitute the Cape Floral Kingdom World Heritage Site.

For information and access times visit: www.sanparks.org T 021 701 8692 Emergencies 0861 106 417

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 Hoerikwaggo Trail (TMNP)

An iconic 5 day, 4 night hiking trail traversing 75km through the park. Enjoy breathtaking views and experience the unique biodiversity. Experience travelling in the footsteps of the Cape's ancestors and experiencing the Hoerikwaggo - the "mountain in the sea". Bookings T 021 422 2816 E hoerikwaggo@sanparks.org

16 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 8181 E info@tablemountain.net www.tablemountain.net

17 Lions Head (TMNP)

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

18 Signal Hill (TMNP)

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



Take the Table Mountain Aerial Cableway

PARKS & GARDENS

24 Green Point Urban Park

Open air venue, grassed areas, dog walking, water features and picnicking, adjacent to the Cape Town Stadium. The Biodiversity Showcase Garden allows kids to experience the amazing diversity of plants and animals from the Cape, and learn about environmental issues that are impacting our biodiversity today. Locally crafted sculptures, mosaics and interpretive panels will keep you intrigued and informed. T 021 417 0101 or 021 430 7399

25 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

26 Arderne Gardens

One of the richest collections of exotic trees and shrubs in South Africa. Main Rd, Claremont T 021 689 8102/3

27 Maynardville Park

Provides recreational and cultural opportunities to all. Cnr of Church and Wolfe Sts, Wynberg T 021 762 9180/1/2

28 Wynberg Park

The spring of the Krakeelwater River begins here. See vestiges of the silver trees, once prevalent in the area. Cnr of Klaassens and Trovato Link Rds, Wynberg

29 Durbanville Rose Garden

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



Visit the African penguin colony

VISIT

30 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

31 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

32 Oude Molen Eco Village



Eco-village with organic vegetable growers, the Millstone Farmstead 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

33 EcoExhibit



Free and extensive exhibition of the country's leading suppliers of sustainable living technology.
Platinum St, Northgate Estate, Ysterplaat
T 021 510 4000 E rayne@ecocohabit.co.za
www.ecocohabit.co.za

34 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

35 Abalimi Bezekhaya



They help to initiate and maintain permanent organic food growing and nature conservation projects as the basis for sustainable lifestyles, self-help job creation, poverty alleviation and environmental renewal. 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

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

CITY CENTRE & GREEN POINT



GOOD TO KNOW

The Big Issue Magazine

With a readership of over 96 000 this magazine has provided employment and social support for 10 000 people. Job creation is at the core of The Big Issue's work and critical to this is the development of vendors' skills.

Look out for other green reads like *Shared Earth* and *Simply Green* magazines and *The Green Times* and *Life in Balance* newspapers.



36 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 Brongers Rd, Constantia
T 021 794 4982 E info@soilforlife.co.za
www.soilforlife.co.za

37 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, Muizenberg
T 021 788 3070 E andy@planetkids.co.za
www.planetkids.co.za

38 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.savoursseas.com/sharkcentres

39 Living Green Sustainable Farm

On 2 acres with chickens, ducks, worms and a large vegetable garden, the aim is for self-reliance in operation.
Open to volunteers and enthusiasts every Saturday from 09:00 – 12:00. Call in advance. Kommetjie Rd, Kommetjie
T 021 785 4857
E info@startlivinggreen.co.za
www.startlivinggreen.co.za

40 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

41 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

48 Monkeybiz

A non-profit, income generating, bead project, focusing on women's empowerment. Each artwork is unique and signed by the artist ensuring that individual artists receive recognition for their work. All profits from the sales are reinvested back into community services.
43 Rose St Bo-Kaap Cape Town
T 021 426 0145
E monkeybiz@monkeybiz.co.za
www.monkeybiz.co.za

49 210 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

50 Wellness Warehouse

A shopping experience showcasing a wide range of wellness products and services in 2 large format stores, 4 smaller select stores and a comprehensive online shop.
For details of other branches contact
T 0860 548 3543
50 Kloof St, cnr Kloof & Park Rd, Gardens
T 021 480 9500
E info@wellnesswarehouse.com
www.wellnesswarehouse.com

51 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.
Office & showroom 25 Burnside Rd, Tamboerskloof
Appointments by arrangement only
T 021 424 5946
E capetown@give-it-bag.com
www.give-it-bag.com

52 African Home

A range of décor and contemporary homeware products based on African aesthetic and traditional craftsmanship 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

75 Holistic Lifestyle Fair

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

76 Rondebosch Village Market

Sat 07:30 – 12:00
Andrews Rd, Rondebosch
T 021 696 5749 / 072 222 6410
www.capemarkets.co.za

77 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

80 Constantia Waldorf Night Market

Night markets – check website for details.
Spaanschemat River Rd, Constantia
E info@constantiawaldorfnightmarket.co.za
www.constantiawaldorfnightmarket.co.za



53 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 hnash@mweb.co.za
E elevator3000@mweb.co.za
www.heathnash.com

54 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

55 Hemporium Shop

Products include a variety of clothing, oils, baggage, rope and tons more – showing the versatility of hemp.
114 Constantia Main Rd, Wynberg
T 021 797 8233
E info@hemporium.com
www.hemporium.com

56 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.org.za/greenbuilding

57 T Bag Designs

Creative cards to notebooks, mirrors, coasters, placemats and more made from recycled tea bags. The workshop doubles as a gift shop where tourists drop in for a 'cuppa'.
Units 3 & 4 Kronendal Business Park, Main Rd, Hout Bay
T 021 790 0887
E info@tbagdesigns.co.za

GOOD FOOD

58 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

59 &Union

Serves artisanal, naturally brewed Craft beers accompanied by locally produced, meats, cheese & unique dishes for breakfast, lunch and dinner.
110 Bree St, Cape Town
T 021 422 2770
E gignandee@andunion.com
www.andunion.com

60 Wild Organic Food

A great selection of organic fruit and vegetables, dried and bottled goods, dairy, meat and poultry available from the Trading Store, in seasonal organic bags or in tailor made orders
34 Salisbury St, Cnr Fairview Ave, Woodstock
Tues 12:00 – 16:00, Wed 15:00 – 18:00
Fri 10:00 – 14:00
T 021 448 8109
E accounts@wildorganics.co.za
www.wildorganics.co.za

61 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



62 Millstone Farmstead & Café

Eco-friendly farmstead 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



63 Kwalapa Organic Wholefoods Centre

Delicious wholefood store & deli, environmentally friendly products, fresh organic fruit, veggies, natural oils and sauces and a library of books, DVD's & brochures in the eco-pod.
08:30 - 16:45 Mon - Sat; Closed Sun
Montebello Design Centre, 31 Newlands Ave, Newlands
T 021 687 9314 E info@kwalapa.com
www.kwalapa.com

64 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

65 Creeds

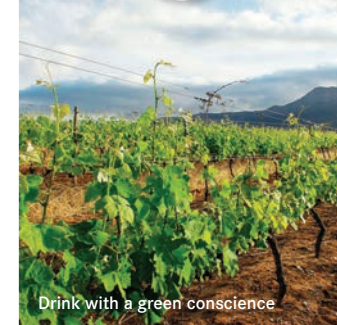
Health shop with products that are hand-picked and stringently researched to offer customers the best quality they can find. They also provide personal consultations by qualified Clinical Nutritionist, Sally-Ann who does all the research. Cooking demonstrations, talks, workshops and other demonstrations.
Shop B Steenberg Village Centre, Reddam Rd, Tokai
T 021 702 0036 E info@creeds.co.za
www.creeds.co.za

66 Soaring Free Superfoods

Importers & distributors of the highest quality organic superfoods. The Superfoods Shop & Rawicious Raw Food Smoothie & Snack Bar now in Westlake Business Park. Visit them at their shop or online.
13 Bell Crescent, Westlake Business Park, Tokai
T 0861 000 976
www.superfoods.co.za

67 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



DRINK TO NATURE

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 sustainable initiatives and farm nearly 300 hectares biodynamically.

68 Organics Alive

Full range of groceries. Organic vegetable buffet Tuesdays to Fridays and breakfasts too.
42 Palmer Rd, Muizenberg
T 0800 65 64 63 (toll-free 24/7)
www.capetown.gov.za/myciti

69 Sophea Gallery & Tibetan Teahouse

Fast vegetarian and vegan food, styled on original Tibetan recipes and using some ingredients grown in their vegetable garden.
2 Harrington Rd, Seaford, Simon's Town
T 021 786 1544
sophea@sopheagallery.com
www.sopheagallery.com

70 Eight

Eight is a farm-to-table eating experience. The produce is either grown on the farm or sourced from nearby farmers and combined to create nourishing, healthy and delicious food.
Spier Wine Farm, R310 Lynedoch Rd Stellenbosch
T 021 809 1188 E eight@spier.co.za
www.spier.co.za

71 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



TRANSPORT

City Transport Guide Available at all Cape Town Tourism Visitor Information Centres. For enquiries and information, call 0800 65 64 63

MyCiti Bus Service

Convenient, reliable and affordable transport aimed at both current users of public transport and private motorists. The phase one service includes the opening of the first trunk route between Table View and the central city on a dedicated bus way that offers travelling time by half in peak hour. Complementing the trunk route are four interim feeder bus services – three in the Table View area and one running through Cape Town's city centre – see map. There is also an airport bus that departs from Hertzig Boulevard every 20 minutes.

Bike & Saddle

Rent a quality bicycle or book a signature guided city cycle ride. Burn carbs, not carbon! Cape Grace Hotel, V&A Waterfront
T 021 813 6433
E trips@bikendsaddle.com
www.bikendsaddle.com/trails

Public Transport

The 24/7 Transport Information Centre provides information on all scheduled public transport services in the City.
T 0800 65 64 63
E Transport.info@capetown.gov.za

City Sightseeing Bus

Visit Cape Town's attractions on a topless, hop-on-hop-off, low carbon emission bus.
T 021 511 6000 www.citysightseeing.co.za

Rikki's

Rikkis Taxis are a popular, versatile and economic door-to-door taxi service in Cape Town.
T 0861 745 547 E bookings@rikkis.co.za

Masiphumelele bicycle township tours

Hire bicycles and tour Masiphumelele incorporating local businesses. Winner of the First Choice Responsible Tourism Award at the 2006 World Travel Centre, London for the category "Best for Innovation and Technology".
Pokels Rd, Masiphumelele
T 021 788 1256
E adventure@withoutlimits.co.za
www.withoutlimits.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

Take the bus now. Or take the heat later.

Making smart travel choices, like taking the bus or cycling can help you:

- Combat climate change by reducing your CO₂ emissions
- Improve your fitness and health
- Save money, by cutting your travel budget
- Reduce local traffic congestion and help economic growth
- Reduce pollution and improve air quality
- Get out and about more and enjoy all that our city has to offer

For more information, go to www.capetowngreenmap.co.za/climatesmart

Members of the Cape Town Climate Change Coalition:

