

DISCOVER THE 307 km CAPE TOWN COASTLINE

Cape Town is world renowned for its beaches and scenic coastal drives. The coastline extends for 307 km along the West Coast, around the Cape Peninsula, and beyond False Bay to the Kogelberg coast in the east. The combination of the warm Agulhas current that sweeps down the east coast, and the cold Benguela current that flows up the west coast, results in an incredibly rich and varied marine flora and fauna.

BEACH SAFETY - the Four Golden Rules of Summer

1. Do not drink alcohol and swim. No alcohol or glass bottles are permitted on Cape Town's beaches.
2. Do not leave children unsupervised near the coastline or at tidal pools.
3. Be aware of rip currents.
4. Swim only between the red and yellow flags, where lifeguards are present.

WEST COAST



Strong southeasters in spring and summer make the West Coast a wind sports' wonderland. The wind also drives the upwelling of cold, clear water from the depths of the sea, making for chilly swimming. Light onshore winds bring a cloak of fog, but there are also plenty of calm, sunny days providing perfect beach weather. The West Coast is best explored by turning off the R27 at Marine Drive, which follows the coast from Dolphin Beach to Duynfontein.

01 SILWERSTROOMSTRAND

Silwerstroom Road, off West Coast Road (R27). Paid Entry.

A family-friendly, wheelchair-accessible resort. The 3 km beach is bordered by dunes and Strandveld vegetation. There are picnic and braai areas, and a playground. The large, safe tidal pool offers water that is significantly warmer than the surrounding ocean.

02 MELKBOSSTRAND

Beach Rd, Melkbosstrand

A striking beach with an iconic view of Table Mountain and a rich history. 'Melkbos' is famous with Cape Town's surfing, wind-surfing and kite-surfing communities and also provides an idyllic setting for sea-kayaking and fishing.

03 MELKBOSSTRAND BOAT LAUNCH SITE

7th Avenue, Melkbosstrand

The boat launch site is located on the northern edge of Melkbos Point. Surf-skiers and sea-kayakers launch at Melkbosstrand for long paddles along the coast.

NSRI MELKBOSSTRAND STATION 18

04 BLAAUWBERG CONSERVATION AREA

The area encompasses the coastal strip from the outskirts of Melkbosstrand, to Big Bay at Blouberg, and extends inland to include Blaauwberg Hill. The adjoining Blaauwberg Nature Reserve includes three threatened vegetation types – West Coast Renosterveld, Sandplain Fynbos and Dune Thicket – as well as the transitional ecotones between them.

05 DERDESTEEN

Although not a swimming beach, Derdesteen is frequented by those wanting a quiet beach walk. It is also popular with anglers. The beautiful Table Mountain backdrop attracts informal beach functions and wedding photographs.

06 EERSTESTEEN

Eerstestein, Otto du Plessis Drive (M14). Paid Entry.

The Blaauwberg Nature Reserve office and Environmental Education Centre are located here. Although swimming is not recommended, there is a popular picnic and braai area with a beautiful view of Table Mountain and Robben Island. The area is home to some rare endemic animals and is also the site of middens from human occupation dating back 15 000 years.

07 BIG BAY

The grass expanse at Eden on the Bay is a popular picnic site and the beach in the vicinity often provides great waves for surfing and bodyboarding. Big Bay beach is popular with families and beachcombers looking for fossilized shark's teeth that can be found at low tide.

08 SMALL BAY

A cozy family-friendly beach with a grassed picnic area and playground. The waves are generally gentler here, and the beach is the perfect size for parents to keep an eye on small children.

09 BLOUBERG & BLOUBERGSTRAND

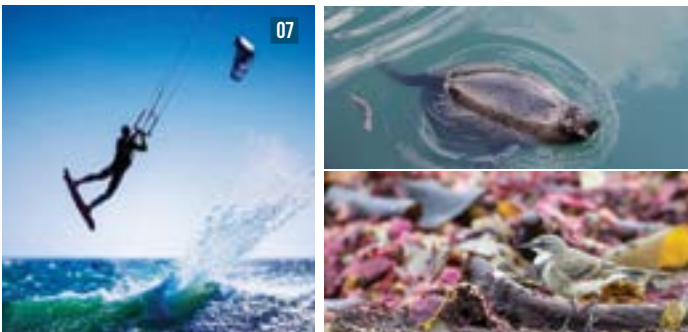
Blouberg to Table View is renowned for its spectacular views of Table Mountain's iconic profile. This easily accessible and straight stretch of coast, is a favourite for long walks on the beach. Runners and pram pushers opt for the paved pathways that connect all the car parks between Bloubergstrand and Dolphin Beach, while cyclists have a dedicated lane along Marine Drive (M14). Bloubergstrand beach is also popular with surfers and kite-surfers as the winds and surf are reliable most of the year.

10 DOLPHIN BEACH

When the wind is pumping, the long expanse of beach from Bloubergstrand to Dolphin Beach provides some of the best kite and wind-surfing conditions in the world. A tourist information centre is located alongside the main beachfront car park.

11 TABLE BAY NATURE RESERVE: RIETVLEI SECTION

The Rietvlei section extends down to the coastline between Dolphin Beach and Sunset Beach. The 560-hectare reserve was declared in 1982 to protect the wetlands of Rietvlei and the Milnerton lagoon, which comprise the floodplain and estuary of the Diep River.



12 SANCCOB

22 Pentz Drive, Table View

SANCCOB - Southern African Foundation for the Conservation of Coastal Birds - is a registered non-profit organisation whose primary objective is to reverse the decline of seabird populations through the rescue, rehabilitation and release of ill, injured, abandoned and oiled seabirds – especially endangered species like the African penguin.

FOUND A SEABIRD? Contact their 24-hour Seabird Rescue Centre +27 21 557 6155 or +27 78 638 3731 After Hours

13 SUNSET BEACH

Sunset Beach is a small suburb flanked by a long stretch of quiet beach. Although the beach is not safe for swimming, it is sometimes used by surfers, walkers and by those wanting to enjoy the stunning sunsets, from which it gets its name.

14 MILNERTON BEACH & LIGHTHOUSE

Woodbridge Island, Loxton Rd

The Diep River flows into the Atlantic Ocean at Milnerton. Milnerton Beach is well known for its lighthouse, chilly waters, and breath-taking views of Table Mountain.

The stretch of coast from Milnerton to Green Point is the resting place of over 150 shipwrecks, but since the construction of the Milnerton lighthouse in 1960, thankfully the rate of new wrecks has drastically decreased.

15 MILNERTON LAGOON

Lagoon Beach Drive

The lagoon forms part of the Diep River estuary and is popular with bird watchers, bait collectors, anglers and canoeists. A paved walkway along the lagoon provides for a pleasant stroll. The lagoon itself is not recommended for swimming.

CITY SEABOARD



The Victoria & Alfred Waterfront is located within the working Cape Town Harbour. This is also the departure point for Robben Island, the world-famous World Heritage Site. One of the most famous ports in Africa and certainly one of the most beautiful in the world, the harbour is situated on a busy trade route and is of strategic and economic importance. It may not always be retained at the same level of importance if the port is ever moved to Saldanha

16 ROBBER ISLAND

Robben Island is a stark reminder of the apartheid system, and a symbol of the triumph of the human spirit over adversity, suffering and injustice. The maximum-security prison where Nelson Mandela was incarcerated, is now is now a museum where daily tours are conducted by ex-political prisoners.

All ferries depart from Jetty 1, Nelson Mandela Gateway, Clock Tower precinct, V&A Waterfront. Once on the island, visitors are transported by bus.

www.robber-island.org.za

General Tour Schedule: www.robber-island.org.za/tours

NATIONAL SEA RESCUE INSTITUTE (NSRI)

In an emergency call 112 from your cellphone or the NSRI Emergency Operation Centre (EOC) 087 934 9774

A Pink Rescue Buoy could save a life.

The bright pink NSRI Pink Rescue Buoys are placed at selected beaches along the coastline and can be used to assist a person in distress in the water.

SafeTrx – A must for skippers, kayakers, surf skiers and other water users. Take the Search out of Search and Rescue for FREE – Download the App www.searescue.org.za/safetrx/

TABLE MOUNTAIN NATIONAL PARK MARINE PROTECTED AREA (TMNP MPA)

The MPA includes over 1000 km² of the sea and coastline around the Cape Peninsula from Robben Island in the north to Muizenberg in the south. While fishing is allowed in the majority of the MPA - subject to the Department of Forestry, Fisheries and Environment (DFFE) permits, regulations and seasons, it also includes seven restricted areas with six "no take" zones where no fishing or extractive activities are allowed.

These restricted or "no take zones" are important nursery and breeding areas for marine life. Through leaving these as undisturbed there will ultimately be an increase in marine stock. They also allow for the regeneration of populations of threatened species. www.marineprotectedareas.org.za

RECREATIONAL FISHING

Recreational Fishing is regulated by the Marine Living Resources Act. A recreational fishing permit is required to fish, collect invertebrates or conduct any extractive activity along the coastline. Permits are obtainable from any South African Post Office - www.postoffice.co.za

SHARK SPOTTER PROGRAMME

PERMANENT BEACHES

(365 days a year)

Muizenberg: 8am - 6pm
St James: 8am - 6pm
Fish Hoek: 8am - 6pm
(7am - 6.45pm in summer)

Caves: 8am-6pm (8am- 5pm in winter)

SEASONAL BEACHES (Oct - April, weekends, public holidays, school holidays)

Clovelly: 10am - 5pm
Monwabisi: 8am - 6pm



17 ROBBER ISLAND RESTRICTED ZONE (TMNP MPA)

www.sanparks.org/mpa

There are three controlled zones and a restricted zone around the island. Please follow the link for details.

18 TWO OCEANS AQUARIUM

Dock Rd, Victoria & Alfred Waterfront, Cape Town

The iconic Two Oceans Aquarium provides an unforgettable look at the life that thrives along the Southern African coastline. The Aquarium is a favourite amongst locals and tourists alike. It prides itself on focused education and conservation messaging through its world-class, immersive exhibits.

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



19 OCEANA POWER BOAT CLUB PUBLIC LAUNCH SITE

Haul Rd, off Beach Rd, Green Point

Oceana Power Boat Club (OPBC) Public Launch Site is the only launching area on this stretch of coastline. The launching facility is open to the public, however the adjacent club grounds are privately owned and may only be used by members and their guests.

20 GRANGER BAY

Granger Bay is a small shell and kelp-strewn beach within easy walking distance of the V&A Waterfront. It offers a beautiful view of Robben Island. Occasionally one can see whales and pods of dolphin in the bay from the beach.

ATLANTIC SEABOARD



The stretch of coastline from Granger Bay through to Bakoven provides a convenient outdoor escape. Its beaches are generally the most sheltered in Cape Town. Although the seawater is cold, the beaches face the setting sun, making for longer days as well as spectacular sunsets. Many popular bars and restaurants line this stretch of coastline.

The lengthy promenade used by walkers, runners and cyclists, stretches from the V&A Waterfront to Bantry Bay. A mini-golf course, an outside gym, picnic areas, public art installations and playgrounds add to the vibe.

Beachgoers can use the MyCiti bus which runs from the Civic Centre to Sea Point and Hout Bay.

21 GREEN POINT LIGHTHOUSE

The oldest operational lighthouse in South Africa was constructed by German builder Herman Schutte in 1824. It was electrified in 1829. Its light can be seen up to 23km off-shore of Cape Town.



22 GREEN POINT URBAN PARK

1 Fritz Sonnenberg Rd, Green Point

A popular family-friendly park with excellent recreational facilities. The Biodiversity Showcase Garden is an incredible space in which to immerse oneself in a selection of the indigenous flora endemic to the Cape. Find out more on the Green Point Park VoiceMap created by Cape Town Green Map. www.voicemap.me/tour/cape-town/green-point-park

23 THREE ANCHOR BAY BEACH

This small beach is not often used by beachgoers as the shoreline is covered in sharp black mussel shells, however storage garages house numerous sea kayaks and other small water-craft.

24 ROCKLANDS BEACH

A small beach cove ringed by the sea wall. A sheltered gully between the rocks is a popular paddling spot for children, and there is a playground area on the lawns nearby.

25 MILTON BEACH TIDAL POOL

Located off Milton Beach, the pool is a safe and family-friendly place to swim. It is easily accessible and has shallow water, making it an ideal spot to take younger children for a dip. Adjoining rock pools are fun to explore at low tide.

26 SEA POINT SWIMMING POOL

The pool complex consists of an Olympic-sized pool, springboard diving pool and two splash pools for children. A lawn area, great facilities, and a choice of vendors and kiosks, make it the perfect spot to spend a hot summer's day with the family.

27 SUNSET BEACH

A sandy beach fronted by a rocky shore, positioned opposite the Sea Point Research Aquarium.

28 QUEEN'S BEACH

This beach was named after the nearby Queen's Hotel that was built in 1887. Although this beach is not recommended for swimming, it is popular with sunbathers seeking a bit of seclusion.

29 THE SEA POINT CONTACT

The rocks between Saunders' Rocks and Queen's Beach – known as the Sea Point Contact – are of great geological significance. They were visited by Charles Darwin in 1836 and were declared a National Monument in 1952. Between Sunset Beach and Saunders' Rocks, it is possible to see a transition from the undisturbed dark rocks of the Malmesbury Group, through various mixtures of the two rock types displaying distinct bands and fragments, to the homogenous granite around Saunders' Rocks.

30 SAUNDERS' ROCKS TIDAL POOL

Renowned for its beautiful sunsets, and popular with those seeking some solitude (particularly during the week). This little tidal pool is a great spot for a swim, and it is surrounded by rock pools that children love to explore at low tide.

31 CLIFTON 1ST – 4TH BEACH

Clifton is a series of four white sandy beaches on the Atlantic seaboard and is the heart of Cape Town's beach scene. Clifton's four most wind-sheltered white beaches, separated by outcrops of granite rock, are the most protected in Cape Town when the South-Easter is blowing.

32 MAIDEN'S COVE BEACH AND TIDAL POOLS

The beach is known for its scenic view of the Twelve Apostles, Camps Bay and the Atlantic Ocean. Ideal for families, it has two tidal pools, a paddling pool for children, a small beach giving way to a shallow gully, and a number of picnic and braai sites.

33 GLEN BEACH

A white sandy beach set in a small enclave flanked by large granite boulders. It is fairly sheltered from the south-easterly wind and is often less crowded than the surrounding beaches. It is popular with sun-bathers and surfers.

34 CAMPS BAY BEACH & TIDAL POOL

A beautiful beach fronted by palm trees, a green picnic area and an array of popular hotels, busy restaurants and fashionable bars. For those who prefer a warmer, calmer swim, there is a lovely, family-friendly tidal pool on the southern side of the beach.

35 BAKOVEN

The beach and surrounding small suburb is named because of an offshore bolder, which, at low tide, resembles an oven – bakoven – in Dutch. The area is popular with divers and spear-fishers and the granite boulders provide a number of secluded nooks and crannies. The area around Bakoven has archaeological evidence of historical Khoi-San settlements.

NSRI BAKOVEN STATION 2

36 COSY BAY BEACH

A lovely, small, family-friendly swimming beach.



ATLANTIC PENINSULA



37 OUDEKRAAL (TMNP)

A beachfront picnic and braai area within the Table Mountain National Park. Although much of the coast comprises large granite boulders, this is a small beach that is perfect for a splash or a paddle. This is a popular diving spot due to an underwater cave and the wreck of the ‘Het Huis te Kraaiestein’ (1670) which is believed to be the oldest in the country.

38 KARBONKELBERG RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed: Karbonkelberg, between Oudekraal and the Sentinel at Hout Bay, extends 3,3 nautical miles offshore at the widest point.

39 LLANDUDNO

Named after a beach in Wales with a similar appearance, and one of Cape Town’s most picturesque beaches. It is not a recommended swimming spot although popular with surfers, who use the northern side of the beach. Llandudno is renowned for its Milkwood trees and beautiful sunsets and it has both geological and archeological interest due to a shell midden found in a nearby cave and a unique dolerite dyke.

40 SANDY BAY

For those who prefer swimming ‘au naturel’ a nudist beach, Sandy Bay, is situated around the southern corner of Llandudno. There is no road access to this beach and this inaccessibility adds to its seclusion. Sandy Bay is also frequented by surfers.

41 HOUT BAY HARBOUR

The harbour provides a beautiful view of the famous Chapman’s Peak Drive and is the launch site for commercial fishing vessels and numerous activities such as deep-sea fishing charters and seal snorkeling trips. Cape Fur Seals are seen in abundance in the harbour. Fresh seafood can also be purchased at the dockside.

NSRI HOUT BAY STATION 08

42 HOUT BAY BEACH

The beach is safe for swimming, and long enough for a good walk to stretch the legs and give the dogs a run. Walking from one end to the other might however necessitate getting one’s feet wet as halfway along the beach, the Disa River runs into the sea.

43 CHAPMAN’S PEAK DRIVE

Paid Entry/Toll. Winding around the peak’s sheer cliffs to Noordhoek, this is undoubtedly one of the world’s most spectacular scenic roads, as well as a feat of engineering. It took seven years to build using convict labour and was completed in 1922. Cyclists and runners are exempt from the toll fees.

SOUTH PENINSULA



44 NOORDHOEK LONG BEACH (TMNP)

A popular surfing and kite-flying beach and the ideal location for a beach walk with the dogs to the wreck of the Kakapo - a steamship, which ran aground in 1900 when the captain mistook Chapman’s Peak for the Cape of Good Hope. Swimming is not encouraged due to the presence of strong rip currents. The beach, dunes, ocean and connected estuary have a rich array of biodiversity.

45 KOMMETJIE LONG BEACH

Benning Drive, Kommetjie
A popular surfing and bodyboarding destination. There is a parking area, viewing deck and public toilets. The beach is also frequented by sunbathers and dog walkers.

46 KOMMETJIE PUBLIC BOAT LAUNCH SITE

The public launch site is located off Beach Rd. It provides a sandy launch into a protected, but shallow channel. A launch fee is payable at the entrance. There is parking for vehicles with trailers.

NSRI KOMMETJIE STATION 26

47 DIE KOM

Inner and Outer Kom are popular surf spots and the recreational rock lobster season attracts divers. A new walkway connects Die Kom with the Slangkop Lighthouse, and is a good place to see pelagic seabirds when the strong northwesterly wind blows.



48 SLANGKOP LIGHTHOUSE

Standing over 30 m (100 ft) high, this is the tallest lighthouse on the South African coast. Construction was due to be completed in 1914 but due to the First World War the lighthouse was not commissioned until 1919.

49 SOETWATER RESORT AND TIDAL POOLS

Lighthouse Road (cnr Slangkop and Main Rd), Kommetjie. Paid Entry.
Soetwater has an impressive array of amenities including a caravan park and campsite, braai and picnic areas, two tidal pools and an environmental education and conference centre. Soetwater expands over the only remaining stretch of undeveloped coastal terrace on the Cape Peninsula. It has rich, ecologically sensitive coastal biodiversity and there are three protected ancient Khoisan fish traps (Viswyers) in the vicinity.

50 WITSANDS PUBLIC BOAT LAUNCH SITE

Located near the old crayfish factory, the Witsand PLS provides public access for launching boats with seaworthiness certificates and licensed skippers. There is parking for boats and trailers. No fee payable.

51 WITSANDS

So named for its long stretch of white sand, it is often overlooked by motorists navigating the route to and from Cape Point, but it is well worth pulling over to watch the kite-surfers in action on a windy day.

52 MISTY CLIFFS

Misty Cliffs is marked by a scattering of houses clinging to the mountain slope on either side of the Witsands-Scarborough road (M6). The name’s origins will be more obvious on days when a ghostly white shroud of sea mist settles over the village.

53 SCARBOROUGH BEACH (TMNP)

Although the beach is not safe for swimming, it is still frequented by surfers, kayakers and kite-surfers. It’s also a popular spot for fishing and mussel collecting. Like all other beaches in the deep South, visitors need to be mindful of baboons.

TABLE MNT NATIONAL PARK



54 CAPE OF GOOD HOPE

Plateau Rd (M65). Paid Entry.

One of the top tourist destinations in South Africa, Cape Point has some beautiful beaches within the reserve. Diaz and Maclear’s beach, situated on either side of the point, are both reached by hiking, and although they are not safe swimming beaches, they are surrounded by incredible aesthetics. Platboom beach is often used by photographers and kite-surfers. The reserve is rich in flora and fauna including 250 species of birds, Dassies, Baboons, Caracal, Eland, Bontebok and Cape Mountain Zebras. There are also several hiking routes.

55 CAPE OF GOOD HOPE RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed between the fence at Scarborough, and Hoek van Bobbejaan, extending approximately one nautical mile seawards.

56 OLIFANTSBOG BEACH

A popular surfing beach and the starting point of the Shipwreck and Sirkelsvlei hiking trails. There are basic ablution facilities and a grassy area that is ideal for picnics.

57 CAPE POINT & LIGHTHOUSES

Discover the most south-western point on the African continent – the southernmost point is at Cape Agulhas. The original lighthouse that was built in 1860 no longer functions as it proved to be ineffective as was located too high above the ocean and was often obscured by thick clouds. The new lighthouse was commissioned in 1919 at a much lower elevation. Only the base of the old lighthouse remains.

58 BUFFELS BAY BEACH, TIDAL POOL AND BOAT LAUNCH SITE

Buffels Bay, which used to be a whaling station, has family-friendly picnic and braai areas with green lawns, ample parking, ablution facilities, an idyllic tidal pool and white sandy beaches. The tidal pool is child friendly and although it is separate from the ocean, it still has enough marine biodiversity to encourage young snorkelers. There is also a boat launch site and a visitor’s centre. Beware of the baboons in this area!

59 BORDJIESDRIF BEACH AND TIDAL POOL

Bordjiesdrif has family-friendly picnic and braai areas with green lawns, ablution facilities and a safe tidal pool flanked by a grassed picnic site and benches. It is a beautiful, safe swimming spot that can sometimes provide a view of dolphins, whales and seals in the surrounding ocean.

Interestingly, the Diaz and Da Gama monuments at Bordjiesdrif double up as marine beacons. When the crosses are lined up they point to Whittle Rock, which is a large submerged shipping hazard in False Bay.

FALSE BAY PENINSULA



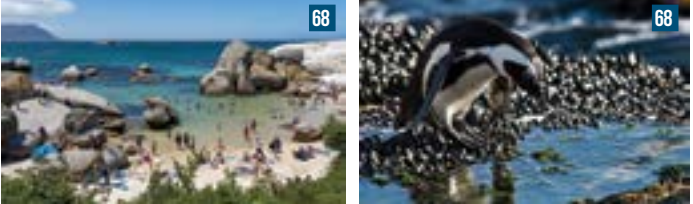
The beaches on the False Bay side of the Cape Peninsula are blessed with warmer waters, and are popular for swimming, diving and other water sports. Unfortunately, they also bear the brunt of the summer south-easterly wind. The beaches are best enjoyed in the mornings, before the wind comes up. There are also a few sheltered spots that offer refuge from stiff sea breezes.

60 PAULSBERG RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed between Venus Pool and Smitswinkel Point, extending approximately one nautical mile seawards.

61 SMITSWINKEL BAY

The bay is only accessed by a fairly steep mountain path and although it is surrounded by a number of beach bungalows, the beach itself has no ablution facilities or cell phone reception. It is ideal for diving, angling and sea kayaking. There are five wrecks in the bay that were deliberately sunk by the Navy in the 1970s, creating an artificial reef that is teeming with sea life.



62 CASTLE ROCK RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed between beacon VB2 at Partridge Point, and VB1 at Miller’s Point, extending approximately one nautical mile seawards.

63 MILLER’S POINT TIDAL POOL

Main Road (M65), Murdock Valley, Simon’s Town
Millers Point is popular with anglers and divers, as it is the main boat-launch site on the southern side of the False Bay coast. There are two small beaches, a tidal pool, and some sheltered coves that offer good snorkelling in the kelp beds around giant granite boulders. Miller’s Point is a popular whale-watching site as there are two deep pools just north of the point which are frequented by Southern Right Whales and other marine mammals.

This is the general area where the award-winning documentary ‘My Octopus Teacher’ was filmed.

64 MILLER’S POINT PUBLIC BOAT LAUNCH SITE

The BLS is one of the most popular within the boundaries of the City of Cape Town and it is used extensively by commercial and recreational fishers, as well as kayakers and surf skiers. A launch fee is payable. There is parking for vehicles with trailers. This PLS gets very busy during Snoek and Yellowtail runs. The Cape Boat and Ski Club is also situated here at Rumbly Bay.

65 MILLER’S POINT RESORT

Impressively large boulders define the shoreline. There are partly rocky, partly sandy beaches, sheltered swimming areas, secluded nooks, varied walking trails and enclosed bays. Camping is available.

66 WINDMILL BEACH

Links Crescent, Simon’s Town

Windmill Beach is a quiet beach, hidden beneath the Simon’s Town golf course. Its two small, sheltered bays allow for fairly safe swimming and are very popular with dive schools. There is a natural spring (used to water the golf course), that used to have a windmill pump above the beach.

67 BURGERH’S WALK

A narrow coastal path leading from Windmill beach through to the Boulders beach parking lot which allows for good African Penguin viewing. Cape Clawless Otters can also occasionally be spotted along this stretch of coastline.

68 BOULDERS BEACH (TMNP)

Boulders Beach, off Bellevue Rd (off M4), Simon’s Town
Boulders Visitor Centre, Kleintein Rd (Parking at Seaforth)
T +27(0) 21 786 2329 Paid Entry

Boulder’s Beach is well known for the large granite boulders on the shore that create lots of small, sheltered coves that provide the perfect locations for family-friendly picnics and safe swims amongst the penguins. At high tide, much of the beach disappears and visitor numbers are controlled. Foxy beach is the main penguin breeding area and is not accessible to the public apart from the viewing decks.

www.sanparks.org/parks/table_mountain/tourism/attractions.php/boulders

69 BOULDERS RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed between Otatlands and the eastern end of Simon’s Town harbour.

70 SEAFORTH BEACH

Seaforth Rd, Simon’s Town

Popular with families, as it offers safe swimming conditions in calm, shallow waters. The grassy slopes are perfect for picnics. Penguins can also be viewed here.

71 ROMAN ROCK LIGHTHOUSE

The Roman Rock lighthouse is the only lighthouse in South Africa to stand on a rock in the sea. On account of high tides and gale-force winds; its construction was limited to ideal weather conditions and consequently it took 4 years to build. It was completed in 1861. It has an intensity of 5000 CD (candlepower) and flashes once every six seconds.

NSRI SIMON’S TOWN STATION 10

72 SIMON’S TOWN NAVAL BASE

Simon’s Town is the South African Navy’s largest naval base. A small dockyard facility was first established in Simon’s Town by the Dutch East India Company in 1743. This was taken over by the British Royal Navy in the 1790s, under whom the facility was further developed. The naval base was handed over to South Africa in 1957 and the Dockyard was expanded in 1975.

Simon’s Town is a beautiful town with a number of quaint heritage buildings along the Main Road. The village provides several eating and shopping options also worth exploring.

73 SIMON’S TOWN LONGBEACH

Longbeach is a long sandy beach close to Simon’s Town train station. It is popular with dog walkers, kayakers, wildlife photographers and scuba divers. A number of wrecks and old moorings have created an artificial reef offshore and an underwater ‘trail’ has been laid out on the sea bed for diving navigational training. Trek netters can be seen fishing here using their traditional purse-seine fishing methods.

74 GLENCAIRN TIDAL POOL

Recently re-refurbished, this tidal pool is easily accessible along the newly constructed pathway. Children can discover an array of sea creatures in the shallows.

75 GLENCAIRN BEACH

Glencairn beach and suburb are named after a hotel which opened in the vicinity in 1904. The beach is popular with kite and wind surfers. It is also a popular dog walking beach. There is plenty of parking adjacent to the beach.

76 FISH-HOEK BEACH

A family-friendly beach, Fish Hoek is the only beach in Cape Town with a shark net operated by the Shark Spotters. The beach has a playground, picnic areas and a coastal walkway referred to as ‘Jager’s Walk’. A short concrete promenade leads to the dog-friendly side of the beach. Trek-netters can be seen fishing here regularly. There is an entrance fee to park at the beach in the busy summer season, however pedestrian access is free.

77 CLOVELLY BEACH

Clovelly is a popular dog-walking beach situated at the southern end of Fish Hoek beach. The Silvermine river flows across the beach and into the sea in winter. There is a small car park off Main Road.

78 WOOLEY’S TIDAL POOL

Wooley’s is located off the bend in the road between Fish Hoek and Kalk Bay. It is accessed via a walkway that dips below the railway line. The pool is divided into two – a children’s splash pool, and a larger, deep pool for swimmers.

79 KALK BAY VILLAGE, HARBOUR AND TIDAL POOL

Kalk Bay is a unique village with an eclectic mix of antique stores, artisanal restaurants, bars, thrift stores and colonial-style architecture.

The Kalk Bay harbour is a small fishing harbour where one can buy fresh fish directly off the docks. The harbour wall is a popular site for angling and for seeing Cape Fur seals. There are restaurants and a well-loved fish and chip shop within the precinct.

The two Kalk Bay tidal pools are accessed via the station subway. The one is the perfect splash pool for younger children, whereas the second deeper pool is ideal for swimming.



80 ST JAMES RESTRICTED ZONE (TMNP MPA)

No fishing or other harvesting is allowed between the tidal pool at Kalk Bay, and the tidal pool at St James.

81 DALEBROOK TIDAL POOL

Dalebroom is a popular family-friendly tidal pool that is known for its central rock. There is a small strip of white sand and some interesting rock pools on the southern side of the tidal pool that can be explored at low tide.

82 SAVE OUR SEAS FOUNDATION – SHARK EDUCATION CENTRE

28 Main Rd, Kalk Bay
The SOSF Shark Education Centre connects the public to the ocean through experiential educational programmes. They focus on sharks and local marine ecosystems, in order to nurture awareness, encourage environmentally responsible actions and develop a healthy respect for sharks.

Hours: School groups: Mon – Fri 09:00 – 12:30
General public: Mon – Thurs 10:00 – 16:00; Fri 10:00 – 12:00
T 021 788 6694 | E_bookings@saveourseas.com
<https://saveourseas.com/sosf-shark-education-centre>

83 DANGER BEACH

Danger beach has earned its name because of the rip current in the vicinity. Although the beach is not recommended for swimming, it is a popular dog walking beach. Danger reef attracts surfers and bodyboarders. This section of coast is protected from the south easterly wind.

84 ST JAMES TIDAL POOL

St James is well known for its large child-friendly tidal pool and its beautiful brightly-coloured wooden Victorian beach huts. Close to the train station, the tidal pool is surrounded by a white sandy beach and interesting rock pools.

85 ST JAMES TO MUIZENBERG WALKWAY

This walkway follows the rocky shore just beneath the railway line. This popular route passes Bailey’s Cottage, a heritage site, and is a popular fishing spot.

CAPE FLATS COAST



False Bay’s western and eastern shores, which snake below the rugged mountains of the Cape Peninsula and Kogelberg, are rocky coastlines, interspersed with small beaches. The gently curving northern shore is a continuous belt of sand, stretching over 35 km.

86 MUIZENBERG BEACH & VILLAGE

Muizenberg Beach is synonymous with surfing. Surfer’s corner on the southern side of the beach is a great place to learn to surf. The brightly-coloured Victorian beach huts, elevated promenade, water slide and a mini golf course are all distinctive features.

The area has a rich history. The battle of Muizenberg which started in the middle of 1795 ended with the British occupation of the Cape. A defensive Dutch Fort, built in 1795, still stands on the mountainside, and three cannons from the same era are now mounted at Muizenberg Park, the train station platform and “Het Posthuys” - one of South Africa’s oldest buildings that was constructed in 1673. There are a number of other significant heritage buildings in Muizenberg including Rhode’s Cottage, Bailey’s Cottage and Casa Labia. There are three buildings that were designed by the famous architect Sir Herbert Baker.

87 ZANDVLEI ESTUARY NATURE RESERVE

The Zandvlei Estuary Nature Reserve is not only an important wetland habitat supporting fish and bird life, but also a popular recreational water body for dinghy sailing, canoeing and windsurfing.

88 SUNRISE BEACH

Sunrise Beach is reached by road from Sunrise Circle. On Sundays, its parking areas are used for a large flea market.

89 ZONWABE AND CEMETERY BEACH

The surf is sometimes too rough for safe swimming, but the beaches are fairly popular for long walks or just relaxing on the sand, breathing in the sea air, and enjoying the wide-open spaces of False Bay. Anglers fish from these beaches for Kob, Shad, White Steenbras and White Stumpnose. Trek net fishermen can also be watched here.

90 STRANDFONTEIN RESORT AND TIDAL POOL

The resort offers numerous amenities. There is a beach-front amphitheatre, and picnic and braai areas. The long stretch of beach beyond the tidal pool is frequented by fishermen. The tidal pool is the largest in the southern hemisphere.

91 9MILES PROJECT

Strandfontein Pavilion

9Miles Project is a registered non-profit organisation that was founded in Cape Town in 2013. The project works with young people in coastal informal settlements and provides mentorship and support to at-risk youth in the areas of Cape Town, Elands Bay, and St Francis Bay.

The project is a haven and refuge for adolescents who have very few positive role models in their lives.

T 0829978754 | E_info@9milesproject.org | www.9milesproject.org

NSRI STRANDFONTEIN STATION 16

92 BLUE WATERS RESORT

Located along Lukananon Drive, Blue Waters has camping and caravan sites, as well as chalet accommodation. There are picnic and braai spots behind the dunes, and a pavilion area on the beachfront.

93 MNANDI BEACH

Weltevreden Road, Rocklands, Mitchells Plain

This family-friendly 5 km swath of beach has many amenities such as manicured lawns, braai and picnic spots and playground equipment. There is a freshwater swimming pool on the shore, but for those who are a little more adventurous, the non-swimming stretch of the beach is used by surfers, kite-surfers and anglers.

94 WOLFGAT NATURE RESERVE

The largest reserve on the Cape Flats that conserves Strandveld vegetation, or Dune Thicket. The reserve is also special from a geological point of view, owing to the limestone cliffs and calcrete dunes along the coastal strip.

95 MONWABISI RESORT AND TIDAL POOL

Off Baden Powell Drive, Khayelitsha

Monwabisi is an isiXhosa word meaning ‘brings joy’. This large resort offers a tidal pool, a freshwater swimming pool and a paddling pool. For those wishing to stay longer, campsites and chalets can be hired. Unfortunately, the beach here is dangerous for swimming.

96 MACASSAR RESORT AND BEACH

This popular 6 km stretch of beach is situated within the Macassar Dunes Conservation Area (with the highest dune system in the Cape Peninsula) and the largest forest of White Milkwood trees in Cape Town. There are picnic and braai areas and a camp site and chalets. The beach is renowned for angling.

97 HELDERBERG MPA (MANAGED BY CITY OF CAPE TOWN)

No fishing is allowed between the mouth of the Eerste River, and the mouth of the Lourens River in False Bay, extending 500 m seawards from the high-water mark.

KOGELBERG COAST



98 STRAND CLOSED AREA

Only shore angling (and no other type of fishing) is allowed between the mouth of the Lourens River, and the eastern breakwater of the harbour at Gordon’s Bay, extending 500 m seawards.

99 STRAND BEACH

‘Strand’ (the Afrikaans word for ‘beach’) forms part of the Helderberg Basin on the eastern edge of False Bay. A section of the coastline called ‘The Pipe’ is a popular surf spot for beginners. There are also numerous rock pools for children to explore, but the beach has dangerous and unpredictable rip currents.

100 STRAND BOAT LAUNCH SITE

An unprotected launch from the slipway. Limited parking for vehicles with trailers is available.



101 HARMONY PARK RESORT AND TIDAL POOL

Cnr Flow St and Gordon’s Bay Dr, Gordon’s Bay

Harmony Park Resort offers a number of amenities including chalets, camp sites, picnic, and braai areas. The large tidal pool is situated off a pavilion with a pier. It is a family-friendly location for a safe swim.

102 HARBOUR ISLAND PUBLIC BOAT LAUNCH SITE

Breakwater Lane, Gordon’s Bay

Located adjacent to Harbour Island. A protected launch inside the breakwater. There is parking for vehicles and trailers.

103 GORDON’S BAY MAIN BEACH

Beach Rd, Gordon’s Bay

Gordon’s Bay is a popular seaside suburb with several beach options and a harbour. Main Beach has a number of shallow swimming spots which are fantastic for those who are not confident swimmers. The waves are also fairly small and the water is warmer due to an off-shore reef. The beach is great for sun-bathing or a game of beach bats and there is also a popular beachfront walkway.



104 GORDON’S BAY HARBOUR & BOAT LAUNCH SITE