

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

SUSTAINABLE LIVING. FIND IT - LIVE IT!



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.



nae. promotina climate change literacy kers, and adding value to COP17 in Durbo

The Cape Town Green Map grew out of Green

Cape Town Green Goal 2010 programme was

(IOC) Sport and Environment Award in 2011.

www.opengreenmap.org mapping platform.

Subscribe to Condé Nast House & Garden for

Goal 2010, the environmental programme

of the 2010 FIFA World Cup. The Host City

nate Smart Cape Town is a campaign



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



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CAPE TOWN

Live it!

Love it!

GREENER!

www.capetown.trave



Cape Town has bee Design Capital 2014. The Cape Town Green official Bid Book.

www.capetown2014.co.za

Printed on SAPPI Triple Green paper, an environmentally-friendly paper stock made from chlorinefree sugar cane fibre, to support sustainable afforestation in SA.

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

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 中学天畿州の

A bird sanctuary and home to Cape Town's resident hippo population. Cnr of Perth Rd and Fisherman's Walk, T 021 706 2404 E rondevleinaturereserve@capetown.gov.za

⁰² Zandvlei Estuary Nature Reserve

www.rondevlei.co.za

中外州天 / A large estuary on the False Bay coastline.

Coniston Ave, Marina Da Gama T 021 701 7542 E zandvlei.naturereserve@capetown.gov.za

OB Zeekoevlei Nature Reserve **中外外**天厂

The largest inland water body in the city and a popular picnicking, sailing and fishing spot. Zeekoevlei Rd. Pelican Park T 021 706 2404

04 Lower Silvermine River

Wetlands (Public Open Space)

一大人の歌を Small fynbos marshland is an important breeding site for the endangered Western Leopard Toad Off Main Rd, between Clovelly

and Fish Hoek 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

Protecting the Atlantis aguifer, 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

₽≥₹**∞/** 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

07 Blaauwberg Conservation

08 Rietvlei Wetland Reserve P & W X

Grey Ave, Table View T 021 557 5509 E rietvlei.wetlandreserve@capetown.gov.za www.friendsofrietvlei.co.za

09 Intaka Island **一般である**

A birders' paradise!

A unique example of conservation and private property development. 6 Park Lane, Century City T 021 552 6889 E alanl@ccpoa.co.za www.intaka.co.za

erberg Nature Reserve 學解析氧◆學

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

中外天厂 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

中外外天 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 helderbergnature.reserve@capetown.

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





MELKBOSSTRAND

BLOUBERGSTRAND

CITY OF CAPE TOWN

58 59 72 73

LLANDUDNO

NOORDHOEK

KOMMETJIE

SCARBOROUGH (

CAPE OF GOOD HOPE

© 2011 infestation

To Indigenous Plants 🤺 Eco-tour/Nature Walk 🔀 Bird and Wildlife 🔯 Wildlife Centre 🐟 Scenic Vista 🔠 Child-friendly

Garden

CLIFTON

A HOUT BAY

CAMPS BAY

ROBBEN ISLAND

Use WWF's South African Sustainable

Seafood Initiative (SASSI) FishMS service

greenest seafood choices. SMS the name of

the fish you wish to query to 079 499 8795

SEA POINT CITY CENTRE

CAPE TOWN

V&A WATERFRONT

WYNBERG 77

CONSTANTIA

79 80

to find which fish species make for the

TO ATLANTIS, MAMRE AND PELLA

EDGEMEAD

● GOODWOOD

NYANGA

STRANDFONTEIN

PAROW

MITCHELLS PLAIN

×

MNANDI

6 89 4

PARKLANDS

TABLE VIEW

0

PINELAND:

IDEBOSCH ATHLONE GUGULETU

RIVER 32 62

NEWLANDS

PLUMSTEAD 78

MUIZENBERG

SOUTHERN LINE

TOURISM ROUTE

Observatory, Newlands,

Muizenberg, Kalk Bay,

Fish Hoek and Simon's

Town Stations) along the

scenic rail route through the

southern suburbs and along

rugged False Bay coastline.

www.capemetrorail.co.za

CAPE POINT

An affordable daily train pass

gives you access to attractions

at seven stations (Cape Town,

RETREA

82

FISH HOEK

SIMON'S TOWN



GREEN ON

YOUR CELL

Use your Internet-enabled

mobile phone to find what

Search on your suburb,

Example: Tokai, Cape Town

@www.greenmap.org

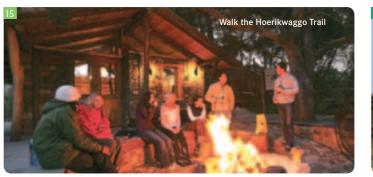
BELLVILLE

KUILSRIVIER

KHAYELITSHA

followed by Cape Town.

is green near you:



Smart Living

Handbook

43

Waste minimisation is a key focus

facilities help citizens practice

principles. All it takes is a new

mindset - think twice. Separation

at source is the key. Many City

of Cape Town drop-off facilities

Garden waste, motor oil, cans

and metal, paper, cardboard,

glass, plastic, builder's rubble,

For a downloadable map of the

accept the following waste items:

e-waste and polystyrene. Specific

recyclables accepted vary per site.

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

◆ HARMONY FLATS

Visit the African penguin colony

'reduce, reuse and recycle'

of the City of Cape Town. Drop-off

WASTE &

RECYCLING

SMART LIVING HANDBOOK

A practical sustainability guide for people

to reduce their impact on our precious

E smartliving@capetown.gov.za

KRAAIFONTEIN

23

EERSTERIVIER

BRACKENFELL

www.capetowngreenmap.co.za/smartliving

and households in Cape Town to make their

homes safer and to save money, while working

environment. In the interests of sustainability

we encourage you to download your copy of

the handbook, but if you would really like a

hard copy of the English version, please e-ma

STELLENBOSCH

SOMERSET WEST

GORDON'S

STRAND

44 70

MACASSAR

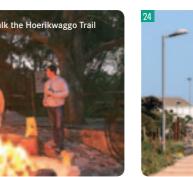




TABLE MOUNTAIN NATIONAL

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 (тмир) ●如◆天

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 "mountain in the sea".

16 Table Mountain Aerial

●\$. Travel to the summit of Table Mountain

views of Cape Town. Lower Station, Tafelberg Rd, Cape Town T 021 424 8181 E info@ta

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

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

19 Kirstenbosch National

Botanical Garden (SANBI)

※外 小气 な 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

20 Tokai Arboretum (TMNP)

Walk in the arboretum or ride your

mountainside of this peaceful setting

longer hike up to Elephant's Eye cave.

or use it as the starting point for a

mountain bike in the adjacent

中外 外天杨

Left off Tokai Rd at the Tokai

21 Silvermine (TMNP)

中外 外气态

Beautiful, sandstone fynbos

landscapes. Hiking, dog walking,

picnic sites and mountain biking.

Manor House

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

Bookings T 021 422 2816 E hoerikwaggobookings@sanparks.org

Cableway

in less than 10 minutes, enjoying 360°

17 Lions Head (TMNP)

學州气

18 Signal Hill (TMNP)

Gate One: Coming from Cape Town over Ou Kaapse Weg, turn right off M64. Gate Two: Pass Gate One and a few hundred metres on, turn left (no mountain biking).

Boulders Beach (TMNP) 型 學別 迭 恁 Boulders Beach: World famous for its unique colony of endangered African

Penguins.

23 Cape of Good Hope (TMNP)

₱ \$ \$ \$ \$ \$

One of the top tourist destinations in South Africa. Discover the most southwestern point on the African continent (the southern most point is at Cape Agulhas).



PARKS & GARDENS

P# 8 1 5.

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 ₩ 👫 6 A green jewel in the heart of a bustling

metropolis that is the remaining half of the Dutch vegetable garden planted 29 Durbanville Rose Garden in the 1650's and overlaid by a later Victorian 'romantic garden'. Queen Victoria St, Cape Town

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



A GREEN flag means visibility for No flag means that shark the spotters is good, and no sharks 7 days a week 8am to 6pm A BLACK flag means visibility for

Important:

Noordhoek (The Hoek)

Check website for additional

spotters are on duty.

beaches and times of year that

the spotters is poor, but no sharks Muizenberg corner have been seen. St James beach Fish Hoek

CITY SHARK SPOTTING PROGRAMME

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.

Eco Information Museum - Organic/Local Green Building

www.sharkspotters.org.za Leave the water immediately! T 021 480 7700

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

BLUE FLAG BEACHES (2010/2011 season)

 Camps Bay Strandfontein

at www.capetown.gov.za/

download the Beaches book

Green Store Recycle & Bicycle & Eco-Products

27 Maynardville Park **?** 3 3 3 4 Provides recreational and cultura opportunities to all

> Cnr of Church and Wolfe Sts, Wynberg T 021 762 9180/1/2 28 Wynberg Park

₩ 94 6

One of the richest collections of exotic

trees and shrubs in South Africa.

Main Rd. Claremont T 021 689 8102/3

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

Cnr of Klaasens and Trovato Link Rds, Wvnberg

31 South African Museum

& Planetarium

www.aquarium.co.za

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

beehives, horses and art studios, wood furniture, metal workshops and more.

Alexandra Rd, Pinelands

33 EcoExhibit

Q 1 sustainable living technology

34 Josephine Mill

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

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



BOX-DELIVERY SCHEMES

www.ethical.org.za

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

www.harvestofhope.org.za

Slow Food CSA E kateschrire@gmail.com www.slowfoodcsa.co.za

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





GOOD TO KNOW

CITY CENTRE &

GREEN POINT

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.

32 Oude Molen Eco Village

Eco-village with organic vegetable

growers, the Millstone Farmstall and Café, children's food garden,

T 021 447 9177 E green@oudemolen.org

Free and extensive exhibition of the country's leading suppliers of Platinum St, Northgate Estate,

T 021 510 4000 E ravne@ecoexhibit.co.za www.ecoexhibit.co.za

<u>M</u> -

A 19th Century mill restored to full operation. The fine iron waterwhee once again supplies freshly milled,

36 Soil for Life

preserves for sale.

www.soilforlife.co.za

Planet Kids

lemonade "LemoNice".

3 Wherry Rd, Muizenberg

www.planetkids.co.za

Shark Centre

1

and talks.

Living Green

Open every day 10:00 - 18:00

3 € €

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

Stables Lane, off Brounger Rd, Constantia

Eco-friendly play and activity centre

for all children - including children

with disabilities. They offer organic

T 021 788 3070 E andy@planetkids.co.za

Aims to improve understanding of

sharks and marine conservation.

Guided tours of displays, a large fish tank, documentary screenings

permanent organic food growing and nature conservation projects as the basis for sustainable lifestyles, selfhelp job creation, poverty alleviation and environmental renewal. Abalimi runs an organic box delivery scheme - the Harvest of Hope.

38 Save Our Seas



28 Main Rd, Kalk Bay T 021 788 6694 Ethical Co-op E admin@ethical.org.za

Sustainable Farm Wild Organic Foods ₩-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.

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

Recycling depot.

41 World of Birds Wildlife Sanctuary

PUBLIC TRANSPORT HUB

MYCITI BUS BOUTES

PEDESTRIAN ROUTES

MYCITI BUS STOP

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

T 021 794 4982 E info@soilforlife.co.za

Eco networking hub, Envirochild

www.greenlivinghoutbay.org www.envirochild.org

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

含气 Walk through aviaries that are home to 3000 birds and small animals of 400

42 Green Living

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

43 Imhoff Farm

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

44 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



E info@streetwires.co.za

www.streetwires.co.za

SHOPPING

46 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

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

To Mouille Point & Sea Point

V&A Waterfron

73

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

The Green Shop

kids' toys and more.

Somerset Rd, Green Point

www.thegreenshop.co.za

T 021 419 9605

Monkeybiz

services.

T 021 426 0145

210 on Long

210 Long St. Cape Town

www.210onlong.co.za

E creative@210onlong.co.za

50 Wellness Warehouse

T 021 481 1820

- C A

T 0860 548 3543

T 021 480 9500

Give it Bag

434

-0-42

www.monkeybiz.co.za

Solar lanterns, lights and panels,

eco-torches, shower timers, ecofriendly cleaning products, products

made from recycled materials, eco

Shop 30, Piazza Level, Cape Quarter,

A non-profit, income generating,

bead project, focusing on women's

individual artists receive recognition

are reinvested back into community

A synthesis of Long Street style and

sustainable retail in a trendy small

A shopping experience showcasing

a wide range of wellness products

stores, 4 smaller select stores and a

and services in 2 large format

For details of other branches contact

50 Kloof St, cnr Kloof & Park Rd, Gardens

comprehensive online shop.

E info@wellnesswarehouse.com

www.wellnesswarehouse.com

mall with a strong eco-ethos.

43 Rose St Bo-Kaap Cape Town

E monkeybiz@monkeybiz.co.za

for their work. All profits from the sales

empowerment. Each artwork is unique

and signed by the artist ensuring that 53 Heath Nash

Recycles plastic bottles into beautiful

contemporary homeware. Traditional

South African craft skills plus re-used

waste materials become spectacular

2 Mountain Rd, Woodstock

E hnadmin@mweb.co.za

www.heathnash.com

E elevator3000@mweb.co.za

54 Montebello Design Centre

Situated in historic farm buildings

organic deli and garden nursery.

31 Newlands Ave, Newlands

55 Hemporium Shop

210 Long St, Cape Town

E tony@hemporium.con

Green Building

friendly building

The Green Building,

T 021 701 2028

9b Bell Crescent Clos

Westlake Business Estate

E info@sustainable.co.za

www.sustainable.co.za

T 021 797 8233

there are approximately 20 arts and

crafts production, teaching and design

studios, two craft shops, a restaurant,

Products include a variety of clothing,

oils, baggage, rope and tons more -

showing the versatility of hemp.

114 Constantia Main Rd, Wynberg;

56 Sustainable.co.za and the

Providing eco-friendly products

commercially viable, environmentally

www.sustainable.org.za/greenbuilding

and information. Located in a

T 021 447 5757

T 021 685 6445

lights.

4 3 3

Tamboerskloof Appointments by arrangement only T 021 424 5946 E capetown@give-it-bag.com www.give-it-bag.com

52 African Home

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 info@tbagdesigns.co.z

81 Porter Estate Produce

office@pepmarket.co.za

Wed 14:00 - 18:00 Sat 9:00 - 14:30 South Palms Centre, Main Rd, Tokai 084 220 3856 info@earthfairmarket.co.za www.earthfairmarket.co.za

Kalk Bay (opposite Dalebrook Beach) 021 788 8088 / 083 332 9785 www.freshetcmarket.volasite.com

84 Hout Bay Organic Market Thurs 09:30 - 13:00 The Health Path, 41 Victoria Ave. 021 790 5231

85 The Century City 1st Sun of the month 09:00 - 14:00

Park Lane, Central Park, Century City www.centurvcitv.co.za

021 886 8514 admin@slowmarket.co.za www.slowmarket.co.za

Goods Market Sat 09:00 -14:00 Oude Libertas Estate, cnr Adam Tas &

021 886 8514 www.slowmarket.co.za

63 Kwalapa Organic Wholefoods Centre

www.kwalapa.com

Delicious wholefood store & deli, Serves artisinal, naturally brewed environmentally friendly products Craft beers accompanied by locally fresh organic fruit, veggies, natural produced, meats, cheese & unique oils and sauces and a library of books, dishes for breakfast, lunch and DVD's & brochures in the eco-pod. 08:30 - 16:45 Mon - Sat; Closed Sun 110 Bree St, Cape Town Montebello Design Centre, T 021 422 2770 31 Newlands Ave, Newlands E pigandbeer@andunion.com T 021 687 9314 E info@kwalapa.com www.andunion.com

60 Wild Organic Food 64 Organic Living

GOOD FOOD

The focus is on organic and local

produce when producing their

iconic breakfasts and lunches.

Organic veggie box collection

every Wednesday.

T 021 426 2534

&Union

6

127 Bree St, Cape Town

58 Bird's Boutique Café

- O- C A great selection of organic fruit and Healthy and tasty food that also vegetables, dried and bottled goods, caters for food intolerance with dairy, meat and poultry available from delicious alternatives. A health shop the Trading Store, in seasonal organic with fresh organic vegetables, organic bags or in tailor made orders alternatives, and eco-friendly lifestyle 34 Salisbury St, Cnr Fairview Ave, products.

Shop 27B, Constantia Village Tues 12:00 - 16:00, Wed 15:00 - 18:00 Shopping Centre, Constantia Fri 10:00 - 14:00 T 021 794 1888 E info@organicliving.co.za T 021 448 8109 www.organicliving.co.za F accounts@wildorganics.co.za

www.wildorganics.co.za 65 Creeds 61 Komati Foods

Nuts, chocolates, carobs, yoghurt,

organic foods and muesli. All nuts

are purchased raw and roasted

78 Lower Main Rd. Observatory

E info@komatifoods.co.za

www.komatifoods.co.za

on the premises.

T 021 448 2130

candy, seeds, dried fruit, glacé fruits,

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 & Rawlicious 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

Sat 08:00 - 16:00 Stellenbosch Waldorf School.

89 Camphill Village Market 1st Sun of the month, except January Klein Dassenberg Rd, near Atlantis 7 021 571 8600

www.camphillwestcoast.org.za



DRINK TO

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.

68 Organics Alive 0 0 2

T 021 786 1544

sophea@sopheagallery.com

www.sopheagallery.com

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

69 Sophea Gallery & Tibetan Teahouse

2 Harrington Rd, Seaforth, Simon's Town

Eight is a farm-to-table eating experi-

ence. The produce is either grown on

the farm or sourced from nearby farm-

ers and combined to create nourishing,

Tasty vegetarian and vegan food, styled on original Tibetan recipes and in the City. using some ingredients grown in their T 0800 65 64 63 vegetable garden. E Transport.Info@capetown.gov.za

T 021 511 6000 www.citysightseeing.co.za

emission bus.

Rikki's

service in Cape Town.

T 0861 745 547 E bookings@rikkis.co.za

and promotion of entrepreneurs. T 0861 745 547 / 072 907 7333 www.cyclecabs.co.za

op on the MyCiTi Bus

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 9 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 cuts travelling time by half in peak hour. Complementing the trunk route are four interim feede 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 Hertzog Boulevard every 20minutes! For transport enquiries and information T 0800 65 64 63 (toll-free 24/7)

Public Transport

www.capetown.gov.za/myciti

98

The 24/7 Transport Information Centre provides information on all scheduled public transport services

City Sightseeing Bus

Visit Cape Town's attractions on a topless, hop-on hop-off, low carbor

Rikkis Taxis are a popular, versatile and economic door-to-door taxi

Cyclecabs

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

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 T 0861thegreencab / 086 184 3473

E info@thegreencab.co.za www.thegreencab.co.za

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@bikeandsaddle.com

www.bikeandsaddle.com/trails By Bike

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

Southern Line Courism Route

www.bybike.co.za

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. See map

on side 1. 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 Innova-

tion and Technology" Pokela Rd, Masiphumelele T 021 788 1256 F adventure@withoutlimits co za

ORGANIC/LOCAL MARKETS



72 Wellness Fresh Produce

Market

Sat 09:00 - 14:00

2nd Sat of the month 09:00 - 14:00 Jan van Riebeeck Primary School, 084 880 8757 73 De Waterkant Market

Cnr Waterkant & de Smit Sts de Waterkant 082 990 5292

74 Neighbourgoods Market Sat 09:00 - 14:00 373 - 375 Albert Rd, The Old Biscuit Mill. 021 448 1438 info@neighbourgoodsmarket.co.za ww.neighbourgoodsmarket.co.za

75 Holistic Lifestyle Fair

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

76 Rondebosch Village Market Sat 07:30 - 12:00 Andrews Rd, Rondebosc 021 696 5749 / 072 222 6410

77 Menngos Slow Food Community Market Monthly markets - check website for details. Lansdowne Methodist Church, 1 Prince Arthur Rd, Lansdowne 021 761 2373/5411 074 302 3254

menngos@mweb.co.za

www.menngos.org.za

78 Plumstead Organic Market

Sat 10:00 - midday-ish (closed of the Christmas period) Timour Hall Rd, Plumstead Roger 082 569 9894

79 Constantia Waldorf Organic & Biodynamic Market Fri 11:00 - 15:00. (Not on public holidays

Spaanschemat River Rd, Constantia

or during school holidays.)

Night markets - check website

Spaanschemat River Rd,

082 215 0764

082 569 9894 www.capemarkets.co.za/constantiavaldorf-organic-market 80 Constantia Waldorf Night Market

info@constantiawaldorfnightmarket.co.za

www.constantiawaldorfnightmarket.co.za

Market

Sat 9:00 - 13:00 www.pepmarket.co.za

82 Earth Fair Food Market

83 Fresh Etc. Market 3rd Sunday of the month 09:00 - 14:00 Kalk Bay Community Centre, Main Rd,

Natural Goods Market

62 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.

T 021 447 8226 / 082 407 8910

Play space for children.

Alexandra Rd, Pinelands

Closed Mondays

-0-

86 Willowbridge Slow Market Sat 09:00 - 14:00 Willowbridge Lifestyle Centre Carl Cronje Drive, Tygervalley

87 Stellenbosch Fresh

Oude Libertas Rds, admin@slowmarket.co.za

88 Stellenbosch Natural & Organic Farmer's Market

021 880 1039 / 082 969 5757 stellenbosch@waldorfschool.org.za

info@camphill.org.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

- 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



and submit your green tip today!





Members of the Cape Town Climate Change Coalitio

















for details.

Constantia





























































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.

T 021 886 6111 E ingrid@greengate.co.za

De Wet Square, Cnr of Church

and Bird Sts, Stellenbosch

www.withoutlimits.co.za

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