



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. www.capetowngreenmap/climatesmart

The Cape Town Green Map grew out of Green Goal 2010, the environmental programme of the 2010 FIFA World Cup. The Host City Cape Town Green Goal 2010 programme was awarded the International Olympic Committee (IOC) Sport and Environment Award in 2011.

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

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CAPE TOWN TOURISM

CAPE TOWN Live it! Love it! GREENER!

www.capetown.travel



Cape Town has been shortlisted for World Design Capital 2014. The Cape Town Green Map is featured in the official Bid Book.

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 stock made from chlorine-free sugar cane fibre, to support sustainable afforestation in SA.

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 021 706 2404
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 zeekoevleinature.reserve@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



Enjoy the views from Blaauwberg Conservation Area

KEY ■ Nature ■ Culture And Society ■ Sustainable Living

■ Nature Reserve ■ Park/Recreation Area ■ Indigenous Plants ■ Coastal Habitat ■ Eco-tour/Nature Walk ■ Wetlands ■ Bird and Wildlife Watching Garden ■ Wildlife Centre ■ Wildlife Habitat ■ Scenic Vista ■ Community Garden ■ Child-friendly ■ Cultural Performance ■ Eco Information ■ Environmental Education ■ Museum ■ Camping ■ Organic/Local Food ■ Ecotourism Resource ■ Green Building ■ Wheelchair Friendly ■ Farmers/Local Market ■ Healthy Dining ■ Social Enterprise ■ Eco Agriculture ■ Green Store ■ Fairtrade ■ Recycle ■ Re use ■ Bicycle ■ Alternative fuel ■ Eco-Products ■ Public transport



Learn about Cape Town's biodiversity



Hike in the fynbos



Walk the Hoerikwaggo Trail



Bring your kids to the Green Point Urban Park

CITY OF CAPE TOWN



GREEN ON YOUR CELL

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

SMART LIVING HANDBOOK

A practical sustainability guide for people and households in Cape Town to make their homes safer and to save money, while working to reduce their impact on our precious 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-mail smartliving@capetown.gov.za
www.capetowngreenmap.co.za/smartliving



WASTE & RECYCLING

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

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

SOUTHERN LINE TOURISM ROUTE

An affordable daily train pass gives you access to attractions at seven stations (Cape Town, 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.capemetrail.co.za

CITY SHARK SPOTTING PROGRAMME

A GREEN flag means visibility for the spotters is good, and no sharks have been seen.

A BLACK flag means visibility for the spotters is poor, but no sharks have been seen.

A RED flag means a shark has been seen recently, but is no longer visible to the spotters.

A WHITE flag with a BLACK SHARK, along with a loud siren, means a shark has been sighted. Leave the water immediately!

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

7 days a week 8am to 6pm
• Muizenberg corner
• St James beach
• Fish Hoek
• Noordhoek (The Hoek)

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

BLUE FLAG BEACHES

(2010/2011 season)
For more info on the International Blue Flag Beach Programme go to www.blueflag.org

• Camps Bay • Strandfontein
• Clifton 4th Beach • Mnandi
• Muizenberg Beach • Bikini Beach (Gordons Bay)

For more beach info, download the Beaches book at www.capetown.gov.za/environment



Visit the African penguin colony

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 hair 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



Take the Table Mountain Aerial Cableway

23 Cape of Good Hope (TMNP)

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

22 Boulders Beach (TMNP)

Boulders Beach: World famous for its unique colony of endangered African Penguins.

21 Silvermine (TMNP)

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

20 Tokai Arboretum (TMNP)

Walk in the arboretum or ride your mountain bike in the adjacent mountainside of this peaceful setting, or use it as the starting point for a longer hike up to Elephant's Eye cave. Left off Tokai Rd at the Tokai Manor House

19 Kirstenbosch National Botanical Garden (SANBI)

World-renowned for showcasing the beauty and diversity of the Cape flora. Rhodes Dr, Newlands
T 021 799 8783
E info@sanbi.org www.sanbi.org

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.

VISIT

80 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

81 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 E info@iziko.org.za/sam

82 Oude Molen Eco Village



Eco-village with organic vegetable growers, the Millstone Farmstall 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

83 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@ecoexhibit.co.za
www.ecoexhibit.co.za

84 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

85 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. Owango 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.co.za
www.ethical.co.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 kateschrire@gmail.com
www.slowfoodcsa.co.za

Organic Zone

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

CITY CENTRE & GREEN POINT



- PUBLIC TRANSPORT HUB
- MYCITI BUS ROUTES
- MYCITI BUS STOP
- PEDESTRIAN ROUTES

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.saveourseas.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 World of Birds Wildlife Sanctuary



Walk through aviaries that are home to 3000 birds and small animals of 400 different species.
Valley Rd, Hout Bay
T 021 790 2730
www.worldofbirds.org.za

42 Green Living



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

30 Main Rd, Hout Bay

www.envirochild.org

43 Imhoff Farm



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

30 Main Rd, Kalk Bay T 021 788 6694
www.envirochild.org

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

ORGANIC/LOCAL MARKETS

Take the Abalimi tour



72 Wellness Fresh Produce Market

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

73 De Waterkant Market

Sat 09:00 – 14:00
Cnr Waterkant & de Smit Sts, de Waterkant
T 082 990 5292
E info@trianglesquare.co.za

74 Neighbourgoods Market

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

Sat 09:00 – 14:00
1 Prince Arthur Rd, Lansdowne
T 021 761 2373/5411
T 074 302 3254
E mennosgow@mweb.co.za
www.mennosgos.org.za

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

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

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



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

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

45 Camphill Village



Committed to the improvement of living standards in the surrounding communities. They use organic/biodynamic methods in farming and gardening. Products include dairy, baked goods, meat and vegetables and fruit. Monthly Sunday market.

Off Klein Dassenberg Rd, Atlantis
T 021 571 8600 E info@camphill.org.za
www.camphillwestcoast.org.za

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www.mennosgos.org.za

47 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 9405
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 workmanship creating work for disadvantaged communities.
41 Caledon St (Cnr Canterbury St), District Six
T 021 551 1052
E claudette@africanhome.co.za
www.africanhome.co.za

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www.holisticlifestylefair.yolasite.com

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

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

First Sun of every month 10:00 – 16:00
Observatory Community Centre, cnr Station, Lower Main & Drake Sts, Observatory
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