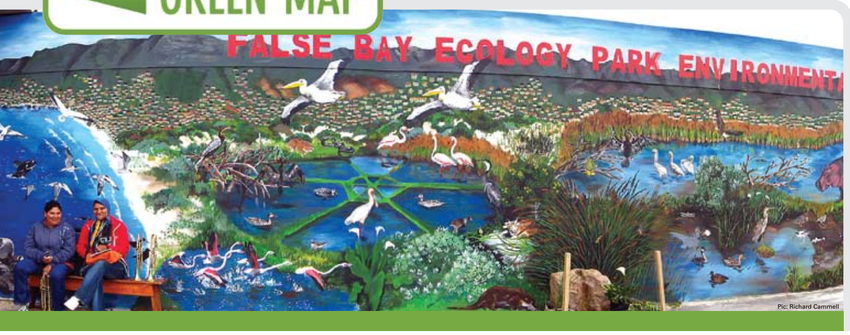
www.capetowngreenmap.co.za

CAPE TOWN GREEN MAP



Pic: Richard Cammell

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

1ST EDITION

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

THIS CITY WORKS FOR YOU

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

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

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

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

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

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

Visit **www.greenmap.org** for more information.

GREEN MAP

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

CAPE TOWN TOURISM
www.capetown.travel

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

A&C maps
Publishers of special interest maps

Host City Green Goal Contributor
sappi
Sponsor of SAPPI Triple Green paper, an environmentally-friendly paper stock made from chlorine-free sugar cane fibre, to support sustainable afforestation in SA.

urban sprout
journey to sustainable living
www.urbansprout.co.za

THE GREAT GREEN OUTDOORS

As one of the few cities in the world with a national park and two world Heritage Sites (TMNP and Robben Island) contained within its boundaries, Cape Town is surrounded by incredible outdoor options. The 'Mother City' is also situated in an international "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.

TABLE MOUNTAIN NATIONAL PARK (TMNP)

T 021 701 8692 www.sanparks.org

01 Table Mountain (TMNP)

Arguably one of the most well-known mountains in Africa, This is a mountain of many moods and offers walkers and hikers a range of routes that vary from strolls to rigorous hikes. If you want the views without the climb, catch a state-of-the-art revolving cable car to the top.

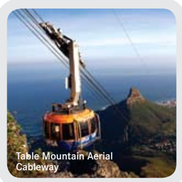


Table Mountain Aerial Cableway

02 Table Mountain Aerial Cableway

The Cableway takes you to the summit of Table Mountain in less than 10 minutes. The cable car's rotating floor ensures that all visitors get a 360° aerial view of Cape Town.

Lower Station, Tafelberg Rd, Cape Town
T 021 424 0015
E info@tablemountain.net
www.tablemountain.net
Opening hours vary – visit the website

03 Lions Head (TMNP)

A short but popular hike that offers 360 degree views of the Atlantic seaboard, the city and Table Mountain.

04 Signal Hill (TMNP)

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

05 Kirstenbosch National Botanical Garden (SANBI)

World-renowned for the beauty and diversity of the Cape flora and for its setting against the eastern slopes of Table Mountain. Kirstenbosch grows only indigenous South African plants. The estate covers 528 hectares and supports a diverse fynbos flora and natural forest. The cultivated garden (36 hectares) displays collections of South African plants, particularly those from the winter rainfall region of the country.

365 days a year
08h00 - 19h00 (Sept – Mar);
08h00 - 18h00 (April – Aug)
Rhodes Drive, Newlands
T 021 799 8783
E info@sanbi.org
www.sanbi.org

06 Tokai Arboretum (TMNP)

Established in 1886, the purpose was to test which trees from other parts of the world would grow well in this location. Walk or ride your mountain bike in the adjacent plantations of this peaceful setting, or use it as the starting point for a longer hike.

Left off Tokai Rd at the Tokai Manor House

07 Silvermine (TMNP)

Silvermine offers some of the best hikes in the Park with beautiful fynbos landscapes. There are two sections with formal parking.

Gate One: Coming from Cape Town turn right off Ou Kaapse Weg (M64).
Gate Two: Pass Gate One and a few hundred metres on, turn left.

08 Boulders (TMNP)

World famous for its thriving colony of African Penguins and magnificent wind-sheltered, safe beaches. It is one of the few sites where this vulnerable bird can be observed at close range in a protected natural environment.

M4, Main Rd, Simonstown
T 021 786 2329
E boulders@sanparks.org

09 Cape of Good Hope

One of the top tourist destinations in South Africa that includes the famous Cape Point. A haven for outdoor enthusiasts against the spectacular backdrop of the mountains and coastline of the most south western point in Africa. (The Buffelsfontain Visitor Centre is an idyllic, fully equipped Conference facility for up to 24 individuals.)

CITY NATURE RESERVES

Cape Town has one of the highest densities of threatened species in any metropolitan area on earth. The City's 24 Nature Reserves are conserving endangered and 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 a complete list and details of the City's nature reserves you can download the booklet at www.capetown.gov.za/environment

10 Rondevlei Nature Reserve

Established as a bird sanctuary, with a museum, an auditorium, a network of footpaths, viewing towers, and several bird hides.

07h30–17h00 weekdays;
07h30–19h00 (Sat & Sun, Dec–Feb)
T 021 706 2404
E rondevleinaturereserve@capetown.gov.za
www.rondevlei.co.za

11 Zandvlei Estuary Nature Reserve

Zandvlei is the only functioning estuary on the False Bay coast, and supports a variety of indigenous fish.

Coniston Ave, Marina Da Gama
07h30–16h00 (weekdays);
Western Shore open daily 06:30 - 18:00
T 021 701 7542
E zandvlei.naturereserve@capetown.gov.za

12 Zeekoevlei Nature Reserve

The largest natural inland water body in the city. The vlei is a popular picnicking, sailing and fishing spot.

Zeekoevlei Rd, Pelican Park
07h30–19h30 (summer)
07h30–18h00 (winter)
T 021 706 2404
E zeekoevleinature.reserve@capetown.gov.za

13 Mamre Nature Garden

Rich in biodiversity and with an interesting cultural history. More than 234 plant species. Small mammals can also be found as well as a host of birds, reptiles and amphibians.

Main Rd, Mamre. By prior arrangement only
T 021 576 0514
E charlene.liedeman@capetown.gov.za

14 Witzands Aquifer Conservation Area

The conservation area protects the Atlantis Aquifer, the main water supply for Atlantis, Mamre and Pella.

07h00–19h00 (with pre-arranged permits)
Dassenberg Dr, Atlantis
T 021 577 5000/2/3/4
E witsands.reserve@capetown.gov.za

15 Blaauwberg Conservation Area

Enjoy a spectacular view down fynbos slopes across the city to 7km of rocky, sandy coastline, the ocean and beyond. The only viewpoint in the world from which you can see two proclaimed World Heritage Sites –Table Mountain and Robben Island.

Otto du Plessis Dr, Bloubergstrand
Coastal section: sunrise to sunset daily;
Eerstesteen braai and picnic facility:
08h00–19h00 (Nov-Apr),
08h00–17h00 (May–Oct)
T 021 554 0957
E bca@capetown.gov.za
www.bca.org.za

16 Rietvlei Wetland Reserve

A large wetland in the floodplain of the Diep River between Milnerton and Table View with a variety of habitats. A birders' paradise offering two bird hides and views of the southern water body and large seasonal pan.

Grey Ave, Table View
07h30–17h00 (daily)
T 021 557 5509
E rietvlei.wetlandreserve@capetown.gov.za
www.friendsofrietvlei.co.za

17 Intaka Island

A majestic 16ha wetlands and bird sanctuary. A unique example of conservation and private property development co-existing in harmony.

6 Park Lane, Century City
08h00–17h30, 7 days a week
T 021 5526889 E alan@ccpoa.co.za
www.intaka.co.za

18 Tygerberg Nature Reserve

One of the last remnants of the highly threatened Swartland shale renosterveld vegetation. The diversity of species found includes some 50 different mammals, 125 bird species, 35 different reptiles, 8 types of frogs and 33 different butterfly species. Magnificent views.

Main gate: Totius St, Welgemoed.
Secondary gate: Meyboom St, Plattekloof
09h00–16h00 (weekdays), 09h00–18h00 (weekends and public holidays)
T 021 913 5695
E tygerberg.naturereserve@capetown.gov.za

19 Durbanville Nature Reserve

This 6-hectare reserve is where critically endangered Swartland shale renosterveld and Cape Flats sand fynbos meet. Indigenous garden and an education centre.

Racecourse Rd, Durbanville
07h30–16h00 weekdays only
T 021 970 3097
E durbanville.naturereserve@capetown.gov.za

20 Helderberg Nature Reserve

The reserve extends up the Helderberg Mountain to a height of 1137m. Favourites with children are tame bontebok and large leopard tortoises. Museum, a shop and an indigenous nursery.

Verster Ave, Somerset West
07h30–17h30 (May–Oct) ; 07h30–19h00 (Nov-April)
T 021 851 6982
E helderbergnature.reserve@capetown.gov.za

21 Kogelberg Nature Reserve

The R44 mountain drive from Gordon's Bay to the Bot River mouth, is one of the most scenic coastal routes and skirts the large Kogelberg Nature Reserve. With 1 600 plant species the reserve has more per unit area than anywhere else in the world. Hike along the Steenbras River Gorge (max. 50 people per day. Permit required), passed pools to the Steenbras Dam.

Gordon's Bay – 8km along the R44
07h30–16h00 (weekdays)
T 021 856 4975
E kogelberg.naturereserve@capetown.gov.za

BLUE FLAG BEACHES

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

- Bikini Beach
- Big Bay, Bloubergstrand
- Camps Bay
- Clifton 4th Beach
- Mnandi
- Muizenberg Beach
- Strandfontein

SHARK SPOTTER PROGRAMME:

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

From Oct: extended to 7pm*
From Sept school holidays: 10am to 6pm on all weekends, school holidays and public holidays*
- Monwabisi beach
- Mnandi beach
- Blue Waters beach
- Clovelly Corner

From Dec :
Glencairn Beach: Daily 10am to 7pm

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

The Company's Garden

PARKS & GARDENS

22 The Company's Garden

A green jewel in the heart of a bustling metropolis that is the remaining half of a fresh produce garden planted in the 1650s by the region's first settlers. Interested visitors can go on a self-guided walk through the Garden with the aid of a brochure.

Queen Victoria St, Cape Town
Summer: 07h00–19h00
Winter: 07h00–18h00
T 021 400 2521

23 Arderne Gardens

This picturesque park contains one of the richest collections of exotic trees and shrubs in South Africa. A cherished venue for wedding photographs.

Main Rd, Claremont. Daily 08h00–16h30
T 021 689 8102/3

24 Maynardville Park

A sustainable and dignified civic park of local and metropolitan significance that provides recreational and cultural opportunities to all. The open-air theatre hosts summer productions.

Summer: 08h00–19h00
Winter: 08h00–18h00
Cnr of Church and Wolfe Sts, Wynberg
T 021 762 9180/1/2

25 Wynberg Park

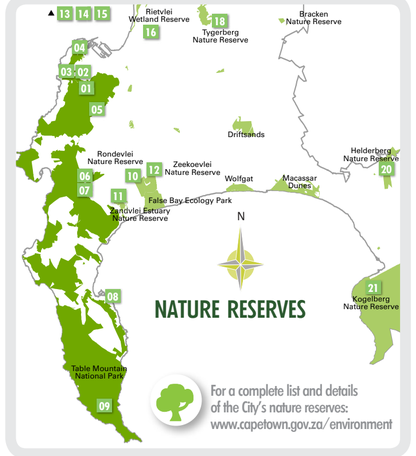
Over 22 hectares of sloping ground and where the spring of the Krakeelwater River begins. Higher up the slopes of the park, visitors can see vestiges of the silvertree, which were once prevalent in the area.

Cnr of Klaasens and Trovato Link Rds, Wynberg
Summer: 08h00–19h00
Winter: 08h00–18h00

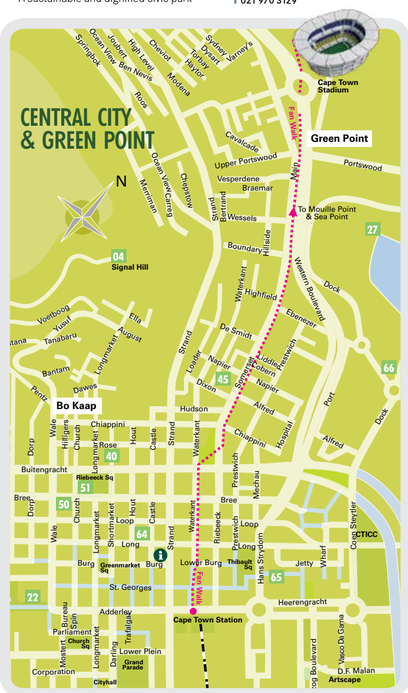
26 Durbanville Rose Garden

A 3.5 hectare garden including 500 varietals and 4 500 rose bushes.

Durban Rd, Durbanville
Daily sunrise to sunset
T 021 970 3129



Rondevlei Nature Reserve



VISIT

27 Two Oceans Aquarium and Environmental Education Centre

A popular attraction whose aim is to foster a love, respect and understanding of the oceans for their future well being. Hands on activities for school groups in two discovery centres.

Dock Rd, V&A Waterfront
T 021 418 3823
E education@aquarium.co.za
www.aquarium.co.za

28 Oude Molen Eco Village

A working sustainable eco-village has at least six organic vegetable growers, the Millstone Farmstall and Cafe, a food garden for the children of Maitland Garden village, bee hives, horses and art studios, wood furniture, metals workshops and more.

Alexandra Rd, Pinelands
T 021 448 6419
E info@oudemolen.org

29 EcoExhibit

Looking to reduce your carbon footprint? Start at EcoExhibit. It is a free and extensive exhibition of the country's leading suppliers of sustainable living technology. EcoExhibit's mission is to promote sustainable living by bringing green into the mainstream.

Belmont Rd, Belmont Square, Rondebosch
T 021 685 3040
E rayne@ecoexhibit.co.za
www.ecoexhibit.co.za

30 Josephine Mill

The Josephine Mill initially operated during the mid 1800s. The Cape Town Historical Society has completely restored this precious Cape icon to full operation, and the fine iron waterwheel once again supplies freshly milled, stone ground flour. Restaurant and deli on the edge of the Liesbeek River. Monthly Green Drinks meet up venue

13 Boundary Rd, Newlands
T 021 686 4939 E mill@josephinemill.co.za
www.josephinemill.co.za

31 Ariston Organic Garden Project

Passionate organic gardener Brigid Jackson transformed barren land into a garden that supplies surrounding homes with organic vegetables. Garden talks educate on various aspects of elemental organic gardening.

Dunluce Ave, Claremont
E aristonorganic@gmail.com
www.aristonorganicgardenproject.blogspot.com

32 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 supply the Ethical Co-op, and others, with organic vegetables and run an organic box delivery scheme – the Harvest of Hope.

Owango Cresent (Cnr New Eisleben Rd and Lansdowne Rd) Philippi
T 021 371 1653 E info@abalimi.org.za
www.abalimi.org.za

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 · Museum · Child-friendly · Cultural Performance · Eco Information · Environmental Education · Green Building · Eco-Products · Organic/Local Food · Ecotourism Resource · Community Garden · Wheelchair Friendly · Farmers/Local Market · Healthy Dining · Social Enterprise · Eco Agriculture · Green Store · Fairtrade · Recycle · Re use

EVENTS

Find out about green events like these and others at **www.capetowngreenmap.co.za/calendar**

- **Green Drinks** - regular monthly meets
- **Cape Town Talent Exchange** - occasional markets
- **Hout Bay Green Faire** - 28 Nov 2009
- **Natural & Organic Products Exhibition** 19 - 21 Feb 2010
- **Design Indaba Conference & Expo** 24 - 28 Feb 2010
- **Freewheeling -** The Future-thinking Festival - 19 - 22 Mar 2010

33 Soil for Life

NGO teaching people to grow their own food on the premise of healthy soil, healthy plants, and healthy people. Home and community food gardens are designed to maximise production in small spaces, to conserve water and to make use of all available resources.
Stables Lane, off Brounger Rd, Constantia
T 021 794 4982
E info@soilforlife.co.za
www.soilforlife.co.za

34 Planet Kids

Play and activity centre for all children – including children with disabilities. Hosts birthday parties and provides educational services e.g. school holiday arts & crafts. They are eco-friendly. Containers for sold beverages (glass, cans, plastic bottles) are recycled, collected and dropped off at a recycling centre. They also offer organic lemonade "LemoNice".
Open every day 10am to 6pm
3 Wherry Rd, Muizenberg
T 021 788 3070
E andy@planetkids.co.za
www.planetkids.co.za

35 Living Green Sustainable Farm

On 3 acres, Sam and Cindy Adams aim for self-reliance. They have chickens, ducks, horses, worms and a large vegetable garden, plus some solar power and rainwater harvesting in operation. Living Green, an eco-consultancy, is also run from the farm.
Open to volunteers and enthusiasts every Saturday from 9am-4pm. Call in advance.
1 Dassenheuwel Ave, Noordhoek
T 021 789 2392
E info@startlivinggreen.co.za
www.startlivinggreen.co.za

36 The Green Building and sustainable.co.za

Built as a commercial office building for Sustainable Energy Africa and other organisations such as sustainable.co.za whose aim is to make it easy for the average person or household to improve their environmental 'footprint' through the provision of eco-friendly products and online information.
The Green Building, 9b Bell Crescent Close, Westlake Business Estate
T 021 701 2028
E info@sustainable.co.za
www.sustainable.co.za

37 Imhoff Farm

An authentic old Cape farmstead - enjoy great food and unique shops. The Café serves delicious New Cape style food and only the freshest farm ingredients are used, organic or free range wherever possible. Ilithalomsa, which transform waste plastics into crafts, and Kommetjie Environmental Awareness Group are based here.
M65 (Kommetjie Rd), Imhoff's Gift, Kommetjie
T 021 783 4545
E info@imhofffarm.co.za
www.imhofffarm.co.za

SHOPPING

40 Streetwires

Creates and markets contemporary African wire and bead craft, blending First World resources with traditional Third World craft skills. This enables over 100 formerly unemployed people to channel their natural creative energies into a vibrant art form.
77 Shortmarket St, City Centre
T 021 426 2475
E info@streetwires.co.za
www.streetwires.co.za

41 Wellness Warehouse

A retail concept combining all aspects of healthy living together under one roof. The store combines a WellSpa, a Well Café, a pharmacy and a WellClinic and includes organic and local products.
50 Kloof St, Gardens; Shop F8 Cavendish Connect, Cnr Dreyer & Main Rd, Claremont
T 021 464 5142
E info@wellnesswarehouse.com
www.wellnesswarehouse.com

42 African Home

A range of home décor and contemporary kitchenware products based on African aesthetic and artistic traditional workmanship. creating work for disadvantaged communities with high levels of unemployment.
41 Caledon St (cnr Canterbury) District Six
T 021 551 1052
E claudette@africanhome.co.za
www.africanhome.co.za

43 Give it Bag

Handcrafted bags made of recycled transport bags that were used to import rice, beans, sugar etc. 50% of profit goes directly into supporting less fortunate people. Produced locally to support the economy and to create local employment.
Unit 04, Canterbury Studios, 35 Wesley St, Cape Town
T 021 465 9852
E capetown@give-it-bag.com
www.give-it-bag.com

38 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.
T 021 571 8600 **E** info@camphill.org.za
www.camphillwestcoast.org.za

39 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 021 809 1188 **E** cheetah@intekom.co.za
www.cheetah.co.za

44 210 on Long

A synthesis of Long Street style and sustainable retail. Tenants include U & Me, Hemporium, Gravy Clothing, Think Shoes, Never on a Sunday and Ny Lon on the fashion front, and a "Young Designers Market" on Sat. Tutti Fruity offer organic smoothies, Afro Hair are a salon offering organic hair products and Jellyfish are a collaboration of local craft and designs. Baobab Books is second-hand book nirvana and Galleria Gibello's African photographs are printed on handmade recycled paper, framed in recycled wood.
210 Long St, City Centre
T 021 481 1820
E Stacey@210onlong.co.za
www.210onlong.co.za

45 TheGreen Shop

The Green Shop sells solar lanterns, lights and panels, eco torches, shower timers, eco-friendly cleaning products, products made from recycled material, eco kids toys and more.
Shop 30, Piazza Level, Cape Quarter, Somerset Rd, Green Point
T 021 419 9605
www.thegreenshop.co.za

46 Montebello Design Centre

Situated in historic farm buildings there are approximately 20 art & craft production, teaching and design studios, two craft shops, a restaurant, organic deli & garden nursery. Visit the centre in the peaceful, tree-filled grounds for a unique experience.
Mon to Fri 09h00 – 17h00 Sat & Sun 09h00 – 15h00
31 Newlands Ave, Newlands
T 021 685 6445

47 Hemporium Shop

Hemp, many believe, is the only known renewable natural resource that can meet nearly all our requirements to move back to a healthier, greener planet. 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 tony@hemporium.com
www.hemporium.com
ALSO 210 on Long Mall **T** 021 481 1853

48 T Bag Designs

A range of creative cards to notebooks, decoupage boxes, candles, mirrors, coasters, placemats, wrapping paper and more, which are unique. An inviting workshop doubles up as a gift shop where tourists drop in for a 'cuppa'
Units 3 & 4 Kronendal Bus Park, Main Rd Hout Bay
Open Mon-Fri 9am–5pm
T 021 790 0887
E info@tbagdesigns.co.za

49 Heart Sponsor Store

High quality goods sourced directly from the manufacturers are sold at affordable prices to generate profits for worthy causes. Customers and sponsors receive regular feedback enabling them to see their money in action.
32A, Sonneike Shopping Centre, Cnr Amandel and Bottelary Rd, Kuilsriver
T 021 442 9600 **E** info@heartglobal.org.za
www.heartglobal.org.za

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.

BOX-DELIVERY SCHEMES

Ethical co-op
T 021 706 7734
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
T 021 510 7709
E info@ganics.co.za
www.quensh.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

51 &Union

&Union serves artisinal, naturally brewed beers accompanied by locally produced, organic sausages and cheese.
110 Bree St, Cape Town
T 021 422 2770
E pigandbeer@andunion.com
www.andunion.com

52 Soaring Free Superfoods

Educating people about the healing power of raw, living foods and superfoods as well as demonstrating how to prepare these foods in interesting and delicious ways. Importers of high quality organic superfoods and they run stalls at markets. Visit them at their shop or online.
44 Almond St, Newlands
T 0861 000 976
www.superfoods.co.za

53 Wild Trading Store

They offer seasonal organic boxes filled with a great selection of organic fruit and vegetables.
Open: Wed 15h00 -18h00;
Fri 10h00 – 14h00; Sat 09h00 – 13h30.
34 Salisbury St, Cnr Fairview Ave, Woodstock
T 021 448 8109
E tara@wildorganics.co.za
www.wildorganics.co.za

54 Millstone Farmstall & Cafe

Eco-friendly farmstall and café, situated alongside a riding school, in the shadow of an old farmhouse at the Oude Molen Eco Village. Enjoy a lazy breakfast or lunchtime with freshly squeezed juices, wholesome meals and snacks that use organic produce from adjacent gardens, home-baked bread and a place for children to play.
Alexandra Rd, Pinelands
T 021 448 6419
E info@oudemolen.org

57 Kwalapa Organic Wholefoods Centre

Kwalapa is a beautiful space aiming to inspire. Delicious organic food in the deli, environmentally friendly products, fresh organic fruit, veggies, natural oils and sauces, all from local farmers, a library of books, DVD's & brochures in the eco-pod all contribute to an organic lifestyle.
08h30 - 16h45 Mon – Sat; Closed Sun
Montebello Design Centre, 31 Newlands Ave, Newlands
T 021 687 9314
E info@kwalapa.com

58 Organics Alive

Organic food shop, selling full range of groceries. Organic vegetarian buffet Tuesdays to Fridays and breakfasts too. Owner, Penny, is always around for some herb tea and a chat! Sunday night gigs - keep your ears and eyes open for when!
42 Palmer Rd, Muizenberg
T 021 788 6012
E ducabruzzi@webmail.co.za

59 Organic Living

Organic Living follows a pledge to create healthy and tasty food wherever possible as well as to cater for food intolerance with delicious alternatives. A health shop that also brings you fresh organic vegetables, organic alternatives, and healthy, eco friendly lifestyle products.
Shop 27B, Constantia Village Shopping Centre
T 021 794 1888
E bruce@organicliving.co.za
www.organicliving.co.za

60 Creeds

Health shop with products that are all 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

61 Organic Zone

Organic Zone Box Scheme has opened an organic fruit and vegetable shop so you can buy organic fruit and vegetables or order a seasonal fruit and vegetable box. An increased selection of grocery items complement their fresh produce.
Lakeside Centre, Main Rd, Lakeside
T 021 788 3133
E info@organiczone.co.za
www.organiczone.co.za

62 Greengate Wholefood Deli

An epicurean market and café that specializes in fresh and organic foods. They pay close attention to additives etc when stocking products in the shop. Their daily menu includes meat and vegetarian dishes, salads, quiches, cakes and desserts, which can be ordered for groups of up to 20.
De Wet Square, Cnr Church & Bird Str, Stellenbosch
T 021 886 6111
E ingrid@greengate.co.za

55 Quensh Organic Deli

An organic restaurant and store that runs a box delivery scheme. Recycling service for newspapers, magazines and office paper, for their box-scheme clients. Blackboard menus change de-pending on what is fresh and available.
7h30 - 15h00
42 Lower Main Rd, Observatory
T 021 447 0714 **E** info@creeds.co.za
www.quensh.co.za

56 Komati Foods

A destination store of choice. Products include nuts, chocolates, carobs, yoghurt, candy, seeds, dried fruit, glace fruits, organic foods and muesli. All nuts are purchased raw and roasted on the premises
78 Lower Main Road, Observatory
T 021 448 2130
E info@komatifoods.co.za
www.komatifoods.co.za

GOOD FOOD

50 Bird's Boutique Café

Bird's uses as much organic and local produce as they can when producing their iconic breakfasts and lunches. Bird song accompanies your meals, served on long trestle tables. Organic veggie box collection every Wednesday from orders made the previous Friday. Restaurant leftovers go to local street vendors of the Big Issue and they are involved in a 'kitchen club' in Khayelitsha, where they teach healthy recipes to students.
127 Bree St, Cape Town
T 021 426 2534

ONLINE RESOURCES

Find out more about green and sustainable lifestyle choices at www.capetowngreenmap.co.za/go-green

Other local information resources:
www.urbansprout.co.za
www.enviropaedia.co.za
www.greenworks.co.za
www.project90x2030.org.za
www.capetown.gov.za

SLEEP WELL

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

63 Mount Nelson Hotel

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

64 Daddy Long Legs Art Hotel

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

65 Hollow on the Square Hotel

They have made extensive use of green materials like bamboo, cork as well as other local products.
9 Tulbagh Square, Hans Strijdom Ave, Cape Town
T 021 421 5140
E reservations@hollowonthesquare.co.za
www.hollowonthesquare.co.za

66 Cape Grace Hotel

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

67 The Backpack & Africa Travel Center

A luxury backpackers, straddling the line between hostel and hotel. They have helped to build a crèche in a local informal settlement, financed by selling a cultural tour to the townships.
74 New Church St, Cape Town
T 021 423 4530
E backpack@backpackers.co.za
www.backpackers.co.za

68 Nu Rock Inn

Nu Rock Inn is the ideal playground for any sport enthusiast visiting the Mother City for either business or pleasure. Registered with Greenstay SA - level Responsible.
68 Regent Rd, Sea Point, Cape Town
T 021 433 1140
E info@nurockinn.co.za
www.nurockinn.co.za

69 Greenways Hotel and Ashton's Restaurant

A Cape Dutch manor house originally named for its botanical surrounds, there is a deep commitment by owner Susanne Faussner-Ringer to greening of the non-botanical variety. They are pursuing accreditation under the independent Green Leaf Environmental Standard to satisfy the most critical of eco-conscious travellers.
1 Torquay Ave, Bishopscourt
T 021 761 1792
E reservations@greenways.co.za
www.greenways.co.za

70 Vineyard Hotel and Spa

Over 200 years of history within its walls. This deluxe hotel is situated in six acres of landscaped parkland on the banks of the Liesbeeck River. Winner of the 2006 Imvelo Award for 'Best Economic Impact' and a finalist in the category 'Best Social Responsibility Programme' in 2006.
Colinton Rd (off Protea Rd), Newlands
T 021 657 4500
E hotel@vineyard.co.za
www.vineyard.co.za

72 Leopardstone Hill

Spend time in nature in absolute comfort in two guest cottages – Stone Mountain Cottage and Pebble Beach Cottage. A secluded indigenous property against the Noodhoek hills, overlooking the amphitheatre towards the Atlantic Ocean. Active conservation drive to save the critically endangered Western Leopard Toad.
6 Seascape Rd, Noodhoek.
T 082 771 6232
E relax@leopardstone.co.za
www.leopardstone.co.za

73 De Noordhoek Hotel

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

74 Living Art Farm

The 1.5 ha small holding, surrounded by mountains, demonstrates the possibilities of a organic farming in a relatively small space. A small workshop venue can accommodate groups of 10 – 15 people.
T 021 789 2494
www.livingartfarm.co.za

75 Colona Castle Boutique Hotel

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

76 Spier

Art, culture, wine, food, nature and conservation – these are the pillars of the Spier experiences and all are manifest on the estate. In the Spier hotel the focus us on sustainability and locally made and environmentally friendly products have been used wherever possible.
310 Lynedoch Rd, Stellenbosch
T 021 809 1100
E info@spier.co.za
www.spier.co.za

77 Africa Lodge

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

78 2 Oceans Apartments

Two tastefully decorated self catering apartments with large sparkling and solar heated pool. Each single room apartment is perfect for two people but can accommodate a family of four. Eco-friendly initiatives abound.
11 Dhow Street Sun Valley, Cape Town
T 021 785 5760 / 082 428 0148
www.kapstadt-apartment.de

GOOD TO KNOW

The Green Cab

South Africa's first cost-effective, aggressively green transport solution. A share-ride initiative utilising Liquefied Petroleum Gas. This low-carbon option provides visitors with an effective opportunity to offset their carbon emissions in the fight against global warming.
T 0861thegreencab
E info@thegreencab.co.za
www.thegreencab.co.za

Cyclecabs

Non-motorised (pedal-powered) transport for tourists and locals in Central Cape Town and surrounds. The Company is supported by the St Patrick's Trust, Men on the Side of the Road, Bicycling Empowerment Network and Rikkis, and is dedicated to employment generation and promotion of entrepreneurs.
T 0861 745 547 / 082 3695885
www.cyclecabs.co.za

TOURS

Cape Birding Route/ Cape Town Pelagics/ Birding Africa

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

Adventure Without Limits: Masiphumelele bicycle township tours

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

Green Mountain Eco Route

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

WASTE & RECYCLING

CITY OF CAPE TOWN DROP OFF POINTS

E wastewise.user@capetown.gov.za

Adam Tas (Belhar)
Athlone
Atlantis
Delft
Fifth Ave (Parow)
Gordon's Bay
Hout Bay
Killarney
Kommetjie
Ladies Mile
Macassar
Morningstar
Ravensmead
Retreat
Schaapkraal
Simon's Town
Tygerdal
Welgelegen
Woodstock
Wynberg

PRIVATE/OTHER DROP OFF POINTS

- Camps Bay Primary School
- EnviroGlass Bottle Bank
- Wellness Warehouse Recycling Centre at Jan van Riebeeck Junior School
- Oasis Recycling
- Selected Engen Garages in partnership with Woolworths
- Selected BP Garages in partnership with Pick n Pay

MORE RECYCLING INFO

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

ORGANIC/LOCAL MARKETS

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

De Waterkant Market
Sat 09h00 – 14h00
Cnr Waterkant & de Smit Sts, de Waterkant
E info@trianglesquare.co.za
T 082 990 5292

Neighbourgoods Market
Sat 09h00 - 14h00
373 – 375 Albert Rd, The Old Biscuit Mill, Woodstock T 021 448 1438
E info@neighbourgoodsmarket.co.za
www.neighbourgoodsmarket.co.za

Holistic Lifestyle Fair
First Sun of every month 10h00 - 16h00
Cnr Station, Lower Main & Drake Sts Observatory
T 021 788 8088 / 083 332 9785
E soulgrow@mweb.co.za
www.samarketmaven.wordpress.com

Rondebosch Village Market
Sat 07h30 – 12h00
Andrews Rd, Rondebosch
T 021 696 5749 / 072 222 6410
www.capemarkets.co.za

Miele Food Garden Organic Market
Fri o9h00 – 13h00
Shop 2, Montebello Design Centre, 31 Newlands Ave, Newlands
T 021 686 2026
www.mielie.com

Menngos Slow Food Community Market
Lansdowne Methodist Church, 1 Prince Arthur Rd, Lansdowne
T 021 761 2373
E menngos@mweb.co.za
www.menngos.org.za

Plumstead Organic Market
Sat 10h00 – midday-ish (closed over the Christmas period)
Timour Hall Rd, Plumstead
T Roger 082 569 9894
www.capemarkets.co.za

Constantia Waldorf Organic & Biodynamic Market
Fri 11h00 - 15h00. (Not on public holidays or during school holidays.)
Spaanschemat River Rd, Constantia
T 082 215 0764 / 082 569 9894
www.capemarkets.co.za/constantia-waldorf-organic-market

Porter Estate Produce Market
Sat 9h00 – 13h00
Chrysalis Academy Grounds, Tokai
T 082 823 4121
E office@pepmarket.co.za
www.pepmarket.co.za

Earth Fair Market
Sat 9h00 – 14h30
Wed 14h00 – 18h00
South Palms Centre, Main Rd, Tokai
T 084 220 3856
E jacqui@earthfairmarket.co.za
www.earthfairmarket.co.za

Fresh Etc Market
3rd Sun of every month 09h00 - 14h00
Bay Community Centre, Main Rd Kalk Bay (opposite Dalebrook beach)
T 021 788 8088 / 083 3329785
E soulgrow@mweb.co.za
www.samarketmaven.wordpress.com

Triangle Square Market
Satu 09h00 -14h00
Triangle Square Building, Main Rd, Fish Hoek
T 082 990 5292
E brian@trianglesquare.co.za
www.trianglesquare.co.za

Hout Bay Organic Market
Thurs 9h00 -13h00
The Health Path, 41 Victoria Ave, Hout Bay
T 021 790 5231
www.capemarkets.co.za

The Century City Natural Goods Market
1st Sun of the month
09h00 – 15h00
Park Lane, Central Park, Century City
T 021 531 2173
E naturalgoodsmarket@gmail.com

Willowbridge Slow Market
Sat 09h00 - 14h00
Carl Cronje Drive, Tygervalley
T Paula 072 512 5608
E slowfood@slowmarket.co.za
www.slowmarket.co.za

Stellenbosch Fresh Goods Market
Sat 09h00 -14h00
Oude Libertas Estate, Stellenbosch
E slowfood@slowmarket.co.za
www.slowmarket.co.za

Stellenbosch Organic Farmer's Market
Sat 08h00 – 16h00
Tweefontein Farm, Technopark
T 021 880 1039
E stellenbosch@waldorfschool.org.za
www.waldorfschool.org.za