

WETLANDS AND RIVERS

Table Bay Nature Reserve (160 ha, 27 plant species)
Reserve has a classic view of Table Mountain and is a popular boating and birding site and stands vegetation. Environmental Education Centre.
Near the SANCCOB Coastal Bird Rehabilitation Centre.
Tel 021 444 0333, Grey Avenue, Tableview E: TableBayNatureReserve@cape.gov.za

Zoavelei Wetlands (140 ha, 47 plant species)
A programme by Nature Design Education is near the Zoavelei Wetlands at the Paradise Island Industrial Centre. Tel 021 444 0333
E: TableBayNatureReserve@cape.gov.za

Raapenberg Bird Sanctuary (80 plant species)
Raapenberg lies between the Back River and Liesbeek River and has the associated Reserve. The Bird Sanctuary is a natural area next to an outdoor sporting complex. Tel 021 444 0344, Liesbeek Parkway

False Bay Nature Reserve - Rondevlei Section (270 ha, 246 plant species)
A wetland and Strandveld and Sand Fynbos vegetation where rare and endangered plants are nurtured. Hippo and many birds can be viewed from lakes, towers and boats. Day and overnight. Environmental Education Programme and Bird Museum are available.
Tel 021 444 0333, Rondevlei Road, Port of Cape Town E: FalseBayNatureReserve@cape.gov.za

False Bay Nature Reserve - Zeekovlei Section (344 ha)
This is a popular picnic, sailing and fishing spot. Pelicans, Kingfishers and many other birds can be seen. Environmental Education Programme and Bird Museum are available.
Tel 021 444 0333, Zeekovlei Road, Port of Cape Town E: FalseBayNatureReserve@cape.gov.za

Zandvlei Estuary Nature Reserve (70 ha, 70 plant species)
This estuary is bordered by Fynbos and other birds. Windmills, a museum and picnic area with a viewing platform. A nursery where juvenile marine fish, crabs and molluscs are reared. Environmental Education Centre – look in advance for live reptile display. Tel 021 444 0333, Convent Avenue, Seewijk E: ZandvleiNatureReserve@cape.gov.za

Edith Stephens Nature Reserve (40 ha, 60 plant species)
A seasonal wetland with birds, and protecting a rare primitive fern. There is a Working for Wildlife nursery and urban ecological garden and a medicinal garden where children learn how to propagate plants. Environmental Education Centre and Primary Science Programme for teacher training. Tel 021 444 0333, Lonsdale Road, Philippi E: EdithStephensNatureReserve@cape.gov.za

Uitkamp Wetland (31 ha, 76 plant species)
A small wetland in a Renosterveld region with full nature reserve status. Tel 021 444 0333, Moorlab Road, P. Balmville E: UitkampWetland@cape.gov.za

Loarens River Protected Natural Environments (23 km)
The Loarens River runs from the mountains above Somerset West through historic farmlands and the towns of Somerset West and Strand. This is a green belt providing recreational opportunities in an urban environment. It is a beautiful area to explore. Tel 021 444 0333, E: LoarensRiverProtectedNaturalEnvironments@cape.gov.za

Dick Dent Bird Sanctuary
This bird sanctuary was an old waste water treatment works near the estuary of the Loarens River and has many coastal and wading birds. There is a trail and bird hide. Tel 021 444 0344, Broadway Street, Strand E: HeiderbergNatureReserve@cape.gov.za

Historically a lot of the Cape Flats was wetland, but most of it has disappeared under urban development, leaving only the conserved areas. These permanent wetlands are popular recreational areas for boating and attract many water birds. Wetlands provide a natural filter where silt settles out of water and excess fertilisers are removed by plants such as reeds growing around the edges and floating water lilies. Wetlands are vulnerable to pollution and eutrophication as a result of runoff from the surrounding areas. This can lead to low oxygen levels that kill fish and plant life. Toxic blue green algae can multiply making the water temporarily unsafe for recreational use. The control of the invasive Water Hyacinth is an ongoing problem. In estuaries, where the fresh river water mixes with the ocean, salt marshes line the shores and wading birds probe for food on the mud banks that are exposed at low tide.



STRANDVELD

Dunes that overlook the bays of Cape Town have sparkling, fine, white sand clothed in Strandveld vegetation that bursts into flower in spring. This calcareous, coastal sand is alkaline (high pH) and rich in phosphorus and calcium. Beneath the sand is a layer of limestone precipitated over long periods of low rainfall when the soil dries out. In places such as Wolfgat, the limestone is exposed as cliffs. In the last 30 years more than half of the Strandveld has been lost to urbanisation and resorts. Only about 14% is conserved. Fire is not common in Strandveld because the fleshy leaves are not flammable.

Blaauwberg Nature Reserve (over 1000 ha, 550 plant species, 17 mammals including whales and dolphins, 140 bird species, 27 reptile species, 1 amphibian species)
A magnificent setting with white beaches and Table Mountain in the distance. A huge exciting display of spring flowers representing three vegetation types: Strandveld, Renosterveld and Sand Fynbos. A popular surfing and wind surfing spot.
Tel 021 444 0333, Otter du Plooi Drive, Blaauwberg E: BlaauwbergNatureReserve@cape.gov.za

Wolfgat Nature Reserve (240 ha, 154 plant species)
The Cape Flats Dune Strandveld vegetation on the False Bay coastal dunes alongside Badeni Power Dam is particularly beautiful in spring. Help Gulls nest on the cliffs. A panoramic view of the entire False Bay can be seen from the cliffs. Outdoor Environmental Education. E: WolfgatNatureReserve@cape.gov.za

Macassar Dunes Conservation Area (17 ha, 152 plant species)
Coastal dunes supporting Strandveld (dune thickets) provide a pleasant walk that links to the False Bay Beach. Outdoor Environmental Education. Summer only at the Beach. Resort where life guards are present during the season.
Tel 021 444 0333, Baden Powell Drive, Mitchell's Plain E: MacassarDunes@cape.gov.za

OTHER RESERVES
● Kommertjie Slangkop Dunes
● Kogelberg Nature Reserve (Eskom)
An extensive stretch of coastal Strandveld is protected where a variety of small bush and other wildlife find refuge.
E: WitzandshoofNatureReserve@cape.gov.za



Cape Town Nature Reserves



FYNBOS ON THE LOWLANDS

Sand Fynbos is a heath-like vegetation growing on deep acid sands of the coastal plain. It occurs on the Cape Flats and to the north along the West Coast. This habitat is low in nutrients but supports an amazing variety of plants, many endemic, that have adapted to the harsh conditions of summer drought and winter rain. The dry fynbos burns easily but is adapted to survive fires. The seeds and bulbs are even stimulated by smoke to germinate. In fact controlled burns are part of the management plan. Less than 1% of Sand Fynbos on the Cape Flats is conserved. Many of the 208 threatened species in the Cape Town lowlands are from Cape Flats Sand Fynbos. Most of the remaining Sand Fynbos is found on roadside verges, commons and gardens.

Mammie Nature Garden (approx. 200 ha, diverse plant species)
A small beautiful patch of rich Mammie Sand Fynbos vegetation alive with butterflies and other insects, provides an oasis amid dense urban development. The nature garden is a valuable community asset to the people of Mammie.
Contact: Mammie Nature Garden, Main Road, Mammie Tel 021 444 0333 E: WitzandshoofNatureReserve@cape.gov.za

Rondebosch Common (40 ha, 207 plant species)
Local residents and a friends group have compiled a book of all the flowers found on Rondebosch Common. This valuable block of land was donated to the City of Cape Town to protect the Critically Endangered Sand Fynbos and its seasonal wetland. Tel 021 444 0333, Park Road

Kenilworth Racecourse (7 ha, 15 plant species)
The centre of the racecourse has become one of the best protected examples of Cape Flats Sand Fynbos. It conserves many endangered plant species and the endangered Mammie Frog. Email: kenilworth@cape.gov.za Tel 021 770 1843, Racecourse Road, Kenilworth E: kenilworth@cape.gov.za

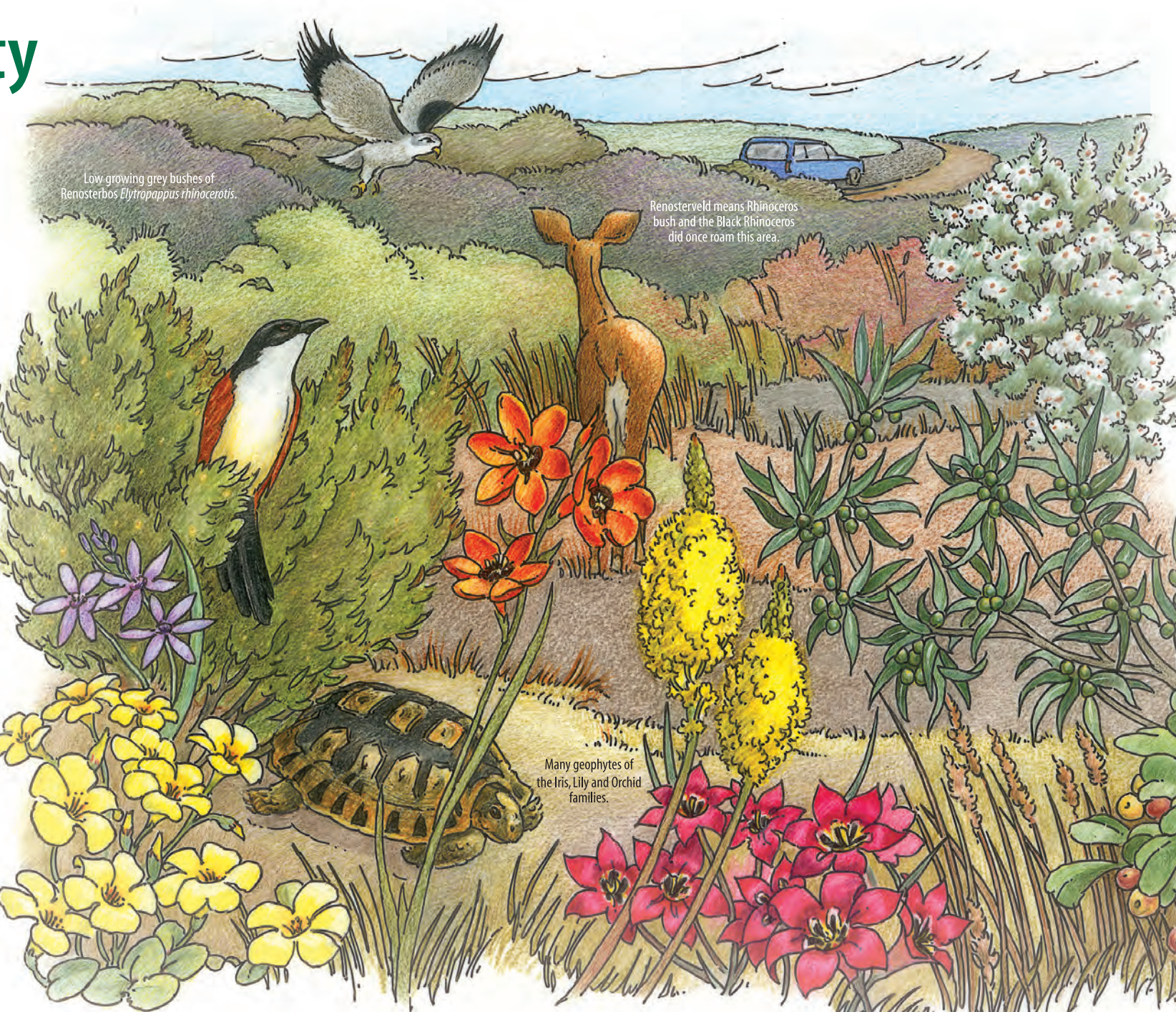
Harmony Flats Provincial Nature Reserve (7 ha, 15 plant species)
This small plot of Critically Endangered Lowland Mammie Fynbos burns into flower in spring providing a wild garden for residents to enjoy and protect. It was once the home of the prehistoric Tortoise. Tel 021 444 0333, Jervess Road, Strand E: HarmonyFlatsNatureReserve@cape.gov.za

OTHER RESERVES
● Symphony Way
● Driftsands (Cape Nature)
● Cape Flats (UWC)
● Platteklomp (Eskom) (the scrubland beneath the powerlines)
● Rondebosch East Common
● Tokai State Forest
● Meadowridge Common



RENOSTERVELD

Renosterveld vegetation types are among the most threatened in the world with less than 3% conserved. Renosterveld grows on clay soils that are fairly rich in nutrients, formed from the weathering of Malmesbury Shale and Cape Granite rocks and where there is moderate winter rainfall between 250 and 600 mm annually. Originally Renosterveld was rich in palatable grasses, Rooigras, *Themeda triandra* and supported herds of game and livestock. Today most of the rich soils are transformed into wheat, fruit and wine farms or urban development or are overgrazed, leaving the unpalatable Renosterbos as the dominant plant.



Tygerberg Nature Reserve (300 ha, 407 plant species)
This reserve provides an opportunity to take picnic and bird watch and one of the last remnants of the Critically Endangered Sandveld Shale Renosterveld vegetation. The views are spectacular. Environmental Education and a Reserve centre are available.
Torus Street, Welgemoed Tel 021 444 0371 E: TygerbergNatureReserve@cape.gov.za

Durbanville Nature Reserve (4 ha, 187 plant species)
Situated next to the racetrack is a small patch of the transition zone between Renosterveld and Sand Fynbos that has been preserved. It provides a picnic site and a garden for meetings and Environmental Education. Durbanville Tel 021 444 0333 E: DurbanvilleNatureReserve@cape.gov.za

Bracken Nature Reserve (37 ha, 165 plant species)
Bracken Nature Reserve is nestled in Sandveld Granite Renosterveld, where one can picnic, watch birds in flower, a wheelchair-friendly trail through a wealth of beautiful flowering bulbs in spring. Environmental Education. 1 Bracken Street, Bracken Tel 021 444 0330 E: BrackenNatureReserve@cape.gov.za



FYNBOS ON THE MOUNTAINS

The Kogelberg and Helderberg ranges and Table Mountain National Park are clothed with Sandstone Fynbos types. These are the best preserved of all the vegetation types. Granite and Shale Fynbos vegetation types on the lower mountain slopes are generally poorly conserved. On the mountains the protea flora is especially dominant with many shrub and small tree-sized proteas, cuscushions and sunshine proteas. The name fynbos means fine bush and many plants have small leaves adapted to reduce water loss during the hot dry, windy summer. Examples are ericas and brunias. Cape reeds, known as restios, with small scale-leaves are a feature of the fynbos. Geophytes are plentiful.



Helderberg Nature Reserve (407 ha, 192 plant species)
The Helderberg Nature Reserve is situated on the slopes of the Helderberg Mountain near Somerset West overlooking False Bay. There are hiking trails, picnic facilities, interpretive centre, tea-room and an Environmental Education Centre. Tel 021 444 0333, Helderberg Tel 021 444 0344

Silverboomkloof Natural Heritage Site (4 ha, 23 plant species)
A picturesque kloof set aside to protect in forest of Silver Trees, *Leucadendron* vegetation. No table facilities.
Van Gogh Street, Somerset West Tel 021 444 0344 E: HelderbergNatureReserve@cape.gov.za

Kogelberg Nature Reserve (130 ha, over 700 plant species)
Nestled above the eastern slopes of Table Bay, the Kogelberg Nature Reserve offers one the opportunity to take a trail and picnic in the heart of the fynbos. Camping facilities are available at Kogelberg Camp Site. 9 km from Gordon's Bay. Year called in the "Cape Nature Nature Reserve" Tel 021 444 0333, 844 past Gordon's Bay Tel 021 444 0330 E: KogelbergNatureReserve@cape.gov.za

OTHER RESERVES
● Table Mountain National Park

