USE THE CAPE TOWN GREEN MAP TO MAKE GREENER Lifestyle choices & experience the mother city's WEALTH OF SUSTAINABLE RESOURCES





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 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 maps and powered online by the Open Green Map

mapping platform. System, Inc. 2009. All rights reserved. Green Map® is With unique global icons and adaptable tools, Green Map System has engaged over 600 communities a registered trademark and used with permission. 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.

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



Host City Green Goal Contributor sappi Sponsor of SAPPI Triple Green paper, a

from chlorine-free sugar cane fibre, to suppor sustainable afforestation in SA.

entally-friendly paper stock made





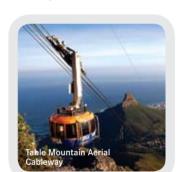
THE GREAT GREEN OUTDOORS

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

1 Table Mountain (TMNP) ●外◆天

Arguably one of the most wellknown 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.



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 **■** 021 424 0015 E info@tablemountain.net www.tablemountain.net Opening hours vary - visit the website

● 州天

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

04 Signal Hill (TMNP)

學 幣 射 ◆ It is from here that the noon day gun

marks 12:00 in Cape Town. **05** Kirstenbosch National

Botanical Garden (SANBI) 器外外大き

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

of South African plants, particularly

those from the winter rainfall region

(36 hectares) displays collections

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

O6 Tokai Arboretum (TMNP)

中外为天杨

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

lvermine (TMNP)

中外 外天杨

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 and also plays an important role hundred metres on, turn left in underpinning a healthy and

Boulders (TMNP)

中州をあ 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 M4. Main Rd. Simonstown

T 021 786 2329 E boulders@sanparks.org

09 Cape of Good Hope **₱ \$ \$ \$ \$ \$**

the most south western point in

Africa. (The Buffelsfontain Visitor

Centre is an idyllic, fully equipped

Conference facility for up to 24

several bird hides. 07h30-17h00 weekdays 07h30-19h00 (Sat & Sun, Dec-Feb) T 021 400 9593 One of the top tourist destinations in South Africa that includes the famous Cape Point. A haven www.rondevlei.co.za for outdoor enthusiasts against 11 Zandvlei Estuary Nature the spectacular backdrop of the mountains and coastline of

Reserve

T 021 701 7542

Eco-tour/Nature Walk Rird and Wildlife Watching

学外 外天 !! 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

sustainable urban environment.

For a complete list and details of

download the booklet at www.

capetown.gov.za/environment

●公文 ※ 力 ド 点

Established as a bird sanctuary, with

a museum, an auditorium, a network

of footpaths, viewing towers, and

the City's nature reserves you can

12 Zeekoevlei Nature Reserve **CITY NATURE RESERVES**

Peninsula

学科 外天! Cape Town has one of the The largest natural inland water highest densities of threatened body in the city. The vlei is a popular species in any metropolitan picnicking, sailing and fishing spot. area on earth. The City's 24 Zeekoevlei Rd, Pelican Park 07h30-19h30 (summer) Nature Reserves are conserving 07h30-18h00 (winter) endangered and critically T 021 706 2404 endangered ecosystems. This gov.za globally important biodiversity

Cape of Good Hope

CITY OF CAPE TOWN

Melkbosstrand

Table Bay

Waterfront

Clifton Camps Bay City Centre

Southern Suburbs

Atlantic Seaboard

Duiker Island

Blaauwberg Coast

Northern Suburbs

Cape Flats

Strandfonte

Millers Point

Cape Point

Seal Island

a

False Bay

Use WWF's South African Sustainable

Seafood Initiative (SASSI) FishMS service

to find which fish species make for the

08h00-17h00 (May-Oct)

E bca@capetown.gov.za

P & W X

Grey Ave, Table View

07h30-17h00 (daily)

www.friendsofrietylei.co.za

T 021 557 5509

₩ 6 小三

6 Park Lane, Century City

www.intaka.co.za

8h00-17h30, 7 days a week

●外 外天◆ |

One of the last remnants of the

highly threatened Swartland shale

renosterveld vegetation. The diversity

different mammals, 125 bird species,

35 different reptiles, 8 types of frogs

Secondary gate: Meyboom St, Plattekloof

09h00-16h00 (weekdays), 09h00-18h00

E tygerberg.naturereserve@capetown.gov.za

Child-friendly

and 33 different butterfly species.

Main gate: Totius St, Welgemoed

veekends and public holidays)

Magnificent views.

T 021 913 5695

of species found includes some 50

16 Rietvlei Wetland Reserve

A large wetland in the floodplain of

Table View with a variety of habitats.

A birders' paradise offering two bird

E rietvlei.wetlandreserve@capetown.gov.za

sanctuary. A unique example of

conservation and private property

T 021 5526889 E alanl@ccpoa.co.za

development co-existing in harmony.

ygerberg Nature Reserve

body and large seasonal pan.

the Diep River between Milnerton and

T 021 554 0957

www.bca.org.za

greenest seafood choices. SMS the name of

the fish you wish to guery to 079 499 8795

13 Mamre Nature Garden is a valuable part of our heritage

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 Main Rd, Mamre. By prior arrangement only

E charlene.liedeman@capetown.gov.za

T 021 576 0514

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; 19 Durbanville Nature Eerstesteen braai and picnic facility:

Firgrove

Strand

Helderberg

Rooiels Bay

For more information on the

City's Parks and Gardens visit

www.capetown.gov.za/en/parks



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

hides and views of the southern water 20 Helderberg Nature Reserve

学科 外天 🚩

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.

07h30-17h30 (May-Oct); 07h30-19h00 (Nov-April) E helderbergnature.reserve@capetown.gov.za

21 Kogelberg Nature Reserve **学**科 外天

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@capetow

Organic/Local Food

Community Garden

Wheelchair Friendly

Farmers/Local Market

Social Enterprise

Recycle



22 The Company's Garden

BLUE FLAG BEACHES

For more info on the

Beach Initiative go to

Big Bay, Bloubergstrand

www.blueflag.org

Bikini Beach

Camps Bay

International Blue Flag

₩ **9**1 6

metropolis that is the remaining half Interested visitors can go on a selfthe aid of a brochure. Queen Victoria St, Cape Town Summer: 07h00-19h00 Winter: 07h00-18h00

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.

T 021 689 8102/3

24 Maynardville Park **?**} % 😌

A sustainable and dignified civic park

CENTRAL CITY

Во Каар

& GREEN POINT

Daily sunrise to sunset



26 Durbanville Rose Garden

Green Point

of local and metropolitan significance

Over 22 hectares of sloping ground and

where the spring of the Krakeelwater

River begins. Higher up the slopes of

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



1 d & 💆 🧗

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

Dock Rd. V&A Waterfrom T 021 418 3823 www.aquarium.co.za

28 Oude Molen Eco Village

16 € € € **1**

A working sustainable eco-village has at least six organic vegetable 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, T 021 685 3040

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

restored this precious Cape icon

to full operation, and the fine iron

T 021 686 4939 € mill@josephinemill.co.za www.josephinemill.co.za 31 Ariston Organic Garden

Project



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. ar is to norganic garden project. blog spot.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. Cwango Cresent (Cnr New Eisleben Rd and Lansdowne Rd) Philippi T 021 371 1653 E info@abalimi.org.za

E rayne@ecoexhibit.co.za www.abalimi.org.za www.ecoexhibit.co.za

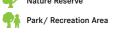
Green Store

Healthy Dining

Eco Agriculture









KEY Nature Culture And Society Sustainable Living



individuals.)







Wildlife Centre



Scenic Vista

Cultural Performance

Eco Information

Environmental Education

to 6pm on all weekends, school holidays and public holidays Monwabisi beach

From Oct: extended to 7pm* From Sept school holidays: 10am

 Mnandi beach · Blue Waters beach

Clovelly Corner

From Dec: Glencairn Beach: Daily 10am to



Mnandi Muizenberg Beach

SHARK SPOTTER

Muizenberg corne

St James beach

Noordhoek (The Hoek

Fish Hoek

7 days a week 8am to 6pm

PROGRAMME

Strandfontei



PARKS & GARDENS

that provides recreational and cultural opportunities to all. The open-air A green jewel in the heart of a bustling theatre hosts summer productions. Summer: 08h00-19h00 Winter: 08h00-18h00 of a fresh produce garden planted in Cnr of Church and Wolfe Sts, Wynberg the 1650s by the region's first settlers. 25 Wynberg Park guided walk through the Garden with **9**4 **%**

T 021 400 2521

₩ 9 6

Main Rd, Claremont. Daily 08h00-16h30

Durban Rd, Durbanville



NATURE RESERVES

For a complete list and details

of the City's nature reserves:

www.capetown.gov.za/environment

EVENTS

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

- Green Drinks regular
- Cape Town Talent Exchange - occasional
- Hout Bay Green Faire
- 28 Nov 2009 Natural & Organic
 Products Exhibition
- 19 21 Feb 2010 Design Indaba
- 24 28 Feb 2010 Freewheeling - The 19 - 22 Mar 2010

Conference & Expo

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

34 Planet Kids

www.soilforlife.co.za

⊕-**⊕**-**△**

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

35 Living Green Sustainable Farm

E andy@planetkids.co.za

www.planetkids.co.za

T 021 788 3070

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 ecoconsultancy, is also run from the

Open to volunteers and enthusiasts every Saturday from 9am-4pm. Call in advance T 021 789 2392 E info@startlivinggreen.co.za www.startlivinggreen.co.za

36 The Green Building and sustainable.co.za

for Sustainable Energy Africa

121 Built as a commercial office building

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

T 021 701 2028 E info@sustainable.co.za www.sustainable.co.za

37 Imhoff Farm



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

38 Camphill Village

A

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

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 secondhand 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 **■** Stacey@210onlong.co.za www.210onlong.co.za

45 TheGreen Shop

eco kids toys and more

Somerset Rd, Green Point

www.thegreenshop.co.za

T 021 419 9605

09h00 - 15h00

T 021 685 6445

T 021 797 8233

E tony@hemporium.com

Ø 🥥

The Green Shop sells solar lanterns,

lights and panels, eco torches, shower

timers, eco-friendly cleaning products,

products made from recycled material,

Shop 30, Piazza Level, Cape Quarter

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

Hemp, many believe, is the only known

renewable natural resource that can

meet nearly all our requirements to

planet. Products include a variety of

ALSO 210 on Long mall T 021 481 1853

GOOD TO KNOW

The Big Issue Magazine

clothing, oils, baggage, rope and tons

more - showing the versatility of hemp.

move back to a healthier, greener

114 Constantia Main Rd, Wynberg

grounds for a unique experience.

Mon to Fri 09h00 - 17h00 Sat & Sun

31 Newlands Ave, Newland

47 Hemporium Shop

A synthesis of Long Street style and

ow Food CSA

48 T Bag Designs

A range of creative cards to notebooks,

decoupage boxes, candles, mirrors,

coasters, placemats, wrapping paper

workshop doubles up as a gift shop

Units 3 & 4 Kronendal Bus Park, Main Rd

prices to generate profits for worthy

T 021 442 9600 E info@heartglobal.org.za

GOOD FOOD

Bird's uses as much organic and

producing their iconic breakfasts

vour meals, served on long trestle

the previous Friday. Restaurant

in a 'kitchen club' in Khayelitsha,

127 Bree St, Cape Town

T 021 426 2534

and lunches. Bird song accompanies

tables. Organic veggie box collection

every Wednesday from orders made

leftovers go to local street vendors

of the Big Issue and they are involved

where they teach healthy recipes to

local produce as they can when

50 Bird's Boutique Café

where tourists drop in for a 'cuppa'

Open Mon-Fri 9am-5pm

49 Heart Sponsor Store

their money in action.

and Bottelary Rd, Kuilsriver

www.heartglobal.org.za

T 021 790 0887

43 A

and more, which are unique. An inviting

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

Wellness Warehouse

Ø 🚓 -**©**-

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 Drever & Main Rd, Claremont E info@wellnesswarehouse.com www.wellnesswarehouse.com

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

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 Unit 04, Canterbury Studios, 35 Wesley St,

www.give-it-bag.com



T 0861 000 976 www.superfoods.co.za

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. E tara@wildorganics.co.za www.wildorganics.co.za

54 Millstone Farmstall & Cafe

E info@tbagdesigns.co.za

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 High quality goods sourced directly from breakfast or lunchtime with freshly the manufacturers are sold at affordable squeezed juices, wholesome meals and snacks that use organic produce causes. Customers and sponsors receive from adjacent gardens, home-baked regular feedback enabling them to see bread and a place for children to play. Alexandra Rd, Pinelands 32A, Soneike Shopping Centre, Cnr Amandel T 021 448 6419 Einfo@oudemolen.org

55 Quensh Organic Deli

An organic restaurant and store that

service for newspapers, magazines

and office paper, for their box-scheme

clients. Blackboard menus change de-

pending on what is fresh and available.

42 Lower Main Rd, Observatory

A destination store of choice.

and roasted on the premises

78 Lower Main Road, Observatory

Products include nuts, chocolates

carobs, yoghurt, candy, seeds, dried

fruit, glace fruits, organic foods and

muesli. All nuts are purchased raw

T 021 447 0714 Einfo@creeds.co.za

runs a box delivery scheme. Recycling

7h30 - 15h00

www.quensh.co.za

56 Komati Foods

T 021 448 2130

www.komatifoods.co.za

-0-

57 Kwalapa Organic Wholefoods Centre

- O- O

&Union serves artisinal, naturally brewed beers accompanied by locally produced, organic sausages and 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

markets. Visit them at their shop or 44 Almond St, Newlands

Wild Trading Store -0-10

34 Salisbury St, Cnr Fairview Ave, Woodstock

lifestyle products. T 021 794 1888 E bruce@organicliving.co.za www.organicliving.co.za

60 Creeds

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

Organic Zone Box Scheme has opened an organic fruit and vegetable shop so you can buy organic fruit

SLEEP WELL

and vegetables or order a seasonal

akeside Centre, Main Rd, Lakesid

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

cakes and desserts, which can be

De Wet Square, Cnr Church & Bird Str,

ordered for groups of up to 20.

shop. Their daily menu includes meat

and vegetarian dishes, salads, quiches.

their fresh produce.

info@organiczone.co.za

www.organiczone.co.za

T 021 788 3133

- O-

T 021 886 6111

fruit and vegetable box. An increased

selection of grocery items complement

All establishments listed have policies relating to waste reduc-

tion, energy efficiency, water and biodiversity conservation and subscribe to Responsible Tourism guidelines.

63 Mount Nelson Hotel

accreditation from the Heritage

each month - contact Cheryl.

T 021 483 1000 / 021 483 1948

E reservations@mountnelson.co.za

6 Orange St, Cape Towr

www.mountnelson.co.za

Environmental Programme. Tours of

the worm farm on the last Friday of

Travel Center The hotel is an urban sanctuary with a romantic heritage. Their eco measures have led to their receiving

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

www.backpackers.co.za

9,

pleasure. Registered with Greenstay 68 Regent Rd, Sea Point, Cape Town T 021 433 1140

69 Greenways Hotel and

named for its botanical surrounds, there is a deep commitment by owner Susanne Faussner-Ringer to greening

12 Leopardstone Hill

T 082 771 6232

E relax@leopardstone.co.za

73 De Noordhoek Hotel

The first hotel in Cape Town to

employ solar heating for its hot water

www.leopardstone.co.za

Spend time in nature in absolute

71 Cobhouse

8-0-1

Cape Town.

Selfbuilt cob house is now up and

running as the first organic B&B in

T 021 788 6613 E simric 1@gmail.com

13 Watson Rd, Muizenberg

www.cobhouse.blogspot.com

West Quay Rd. V&A Waterfront

67 The Backpack & Africa

www.capegrace.com

66 Cape Grace Hotel

industry.

Luxurious 5-star accommodation

demonstrating that Fair Trade in

T 021 410 7100 E info@capegrace.com

Tourism South Africa principles can be

implemented at all levels of the tourism

A luxury backpackers, straddling the

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

65 Hollow on the Square Hotel

They have made extensive use of green

materials like bamboo, cork as well as

9 Tulbagh Square, Hans Strijdom Ave,

www.hollowonthesquare.co.za

E reservations@hollowonthesquare.co.za

134 Long St, Cape Town

www.daddylonglegs.co.za

other local products.

T 021 421 5140

T 021 422 3074

E backpack@backpackers.co.za

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

Ashton's Restaurant

Plumstead Organic Market Christmas period) T Roger 082 569 9894

Organic & Biodynamic Market or during school holidays.) Spaanschemat River Rd, Constantia

Porter Estate Produce Market Sat 9h00 - 13h00

are pursuing accreditation under the

eco-conscious travellers

T 021 761 1792

T 021 657 4500

E hotel@vineyard.co.za

www.vineyard.co.za

4 8%

www.greenways.co.za

1 Torquay Ave, Bishopscourt

E reservations@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

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Colinton Rd (off Protea Rd), Newlands

independent Green Leaf Environmental

Standard to satisfy the most critical of

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

Noordhoek Farm Village, cnr Chapmans Peak Dr & Village Ln, Noordhoek T 021 789 2760 F 086 609 2760 www.denoordhoek.co.za

74 Living Art Farm

8 6 -

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 2 10

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

76 Spier

GOOD TO KNOW

The Green Cab

South Africa's first cost-

ffective, aggressively

hare-ride initiative utilising

iquefied Petroleum Gas. T

ow-carbon option provides

arbon emissions in the figh

visitors with an effective

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Cyclecabs

info@thegreencab.co.za

Ion-motorised (pedal-

ourists and locals in Centra

Cape Town and surrounds

by the St Patrick's Trust,

Bicycling Empowerment

Network and Rikkis, and is

dedicated to employment

generation and promotion o

T 0861 745 547 / 082 3695885

www.cyclecabs.co.za

he Company is supported

len on the Side of the Road

hotel the focus us on sustainability

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

and locally made and environmentally

friendly products have been used

wherever possible.

T 021 809 1100

E info@spier.co.za

www.spier.co.za

310 Lynedoch Rd. Stellenbosch

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

60

天贞见

Three sister companies that promote bird research and conservation by offering specialist bird watching tours and birdfinding 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

TOURS

Cape Birding Route / Cape Town Pelagics/ Birding Africa

drop off facilities. capetowngreenmap. co.za/recycling

activities, accommodation,

participating producer, promoting responsible eco-friendly tourism. T 021 844 0975

www.greenmountain.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

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 Einfo@trianglesquare.co.za

Neighbourgoods Market 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 T 021 788 8088 / 083 332 9785 E soulgrow@mweb.co.za www.samarketmaven.wordpress.com

Rondebosch Village Market Sat 07h30 - 12h00 Andrews Rd. Rondebosc T 021 696 5749 / 072 222 6410

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

Menngos Slow Food Community Market Lansdowne Methodist Church. 1 Prince Arthur Rd, Lansdowne T 021 761 2373

www.mielie.com

Timour Hall Rd, Plumstead www.capemarkets.co.za Constantia Waldorf

Fri 11h00 - 15h00. (Not on public holidays T 082 215 0764 / 082 569 9894 waldorf-organic-market

E menngos@mweb.co.za

Sat 10h00 - midday-ish (closed over the

Chrysalis Academy Grounds, Tokai

Earth Fair Market Sat 9h00 - 14h30 Wed 14h00 - 18h00 T 084 220 3856

> 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

Satu 09h00 -14h00 Triangle Square Building, Main Rd

www.trianglesquare.co.za Thurs 9h00 - 13h00

www.capemarkets.co.za The Century City Natural Goods Market 1st Sun of the month

E naturalgoodsmarket@gmail.com Willowbridge Slow Market Sat 09h00 - 14h00 Carl Cronje Drive, Tygervalley

Market Sat 09h00 -14h00 www.slowmarket.co.za

Stellenbosch Fresh Goods Oude Libertas Estate, Stellenbosch E slowfood@slowmarket.co.za





Macassar Morningsta Ravensmea Retreat ifth Ave Schaapkraa

Gordon's Bay Hout Bay illarney

PRIVATE/OTHER **DROP OFF POINTS**

- EnviroGlass Bottle Bank Wellness Warehouse Recycling Centre at Jan
- van Riebeeck Junior Oasis Recycling
- in partnership with Woolworths Selected BP Garages in

MORE RECYCLING

services, visit www.





restaurants, events and wedding or conference venues. It exposes visitors to both the wine and the biodiversity experience of each

online information. The Green Building, 9b Bell Crescent Close, Westlake Business Estate

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

Give it Bag Handcrafted bags made of recycled

local employment T 021 465 9852 E capetown@give-it-bag.com

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 evelopment 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.

SCHEMES

BOX-DELIVERY

51 &Union

in the eco-pod all contribute to an organic lifestyle. 08h30 - 16h45 Mon - Sat: Closed Sun Montebello Design Centre, 31 Newlands T 021 687 9314 E info@kwalapa.con 58 Organics Alive

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

superfoods and they run stalls at

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

E ducabruzzi@webmail.co.za 59 Organic Living

T 021 788 6012

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 Shop 27B, Constantia Village Shopping

Health shop with products that

61 Organic Zone

ONLINE RESOURCES Find out more about gree 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.z

68 Nu Rock Inn Nu Rock Inn is the ideal playground for any sport enthusiast visiting the Mother City for either business or SA - level Responsible

E info@nurockinn.co.za www.nurockinn.co.za

₫ ₩ A Cape Dutch manor house originally

T 082 823 4121

South Palms Centre, Main Rd, Toka E jacqui@earthfairmarket.co.za www.earthfairmarket.co.za

E office@pepmarket.co.za

www.pepmarket.co.za

Triangle Square Market

Hout Bay Organic Market The Health Path, 41 Victoria Ave, Hout Ba T 021 790 5231

T 082 990 5292

E brian@trianglesquare.co.za

09h00 - 15h00 Park Lane, Central Park, Century City T 021 531 2173

T Paula 072 512 5608

www.slowmarket.co.za

E slowfood@slowmarket.co.za



WASTE &

DROP OFF POINTS

Simon's Tov Tygerdal Welgelegei Woodstoc

Camps Bay Primary

Selected Engen Garages

partnership with Pick n Pay

 For a downloadable man of City of Cape Town's details of the City's Think Twice recycling collection programme and private recycling

