

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.

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.

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.

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

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.

TABLE MOUNTAIN NATIONAL PARK (TMNP)

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.

only indigenous South African plants. The estate covers 528 hectares and supports a diverse fynbos flora and natural forest.

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.

07 Silvermine (TMNP)

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

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.

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.

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.



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.

For a complete list and details of the City's nature reserves you can download the booklet at www.capetown.gov.za/en/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.

11 Zandvlei Estuary Nature Reserve

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

12 Zeekoevlei Nature Reserve

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

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.

14 Witands Aquifer Conservation Area

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

15 Blaauwberg Conservation Area

Enjoy a spectacular view down fynbos slopes across the city to 7km of rocky, sandy coastline, the ocean and beyond.

Use WWF's South African Sustainable Seafood Initiative (SASSI) FishMS service to find which fish species make for the greenest seafood choices.

For more information on the City's Parks and Gardens visit www.capetown.gov.za/en/parks

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
Stellenfontein

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

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

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



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.

of local and metropolitan significance that provides recreational and cultural opportunities to all.

25 Wynberg Park

Over 22 hectares of sloping ground and where the spring of the Krakeelwater River begins.

23 Arderne Gardens

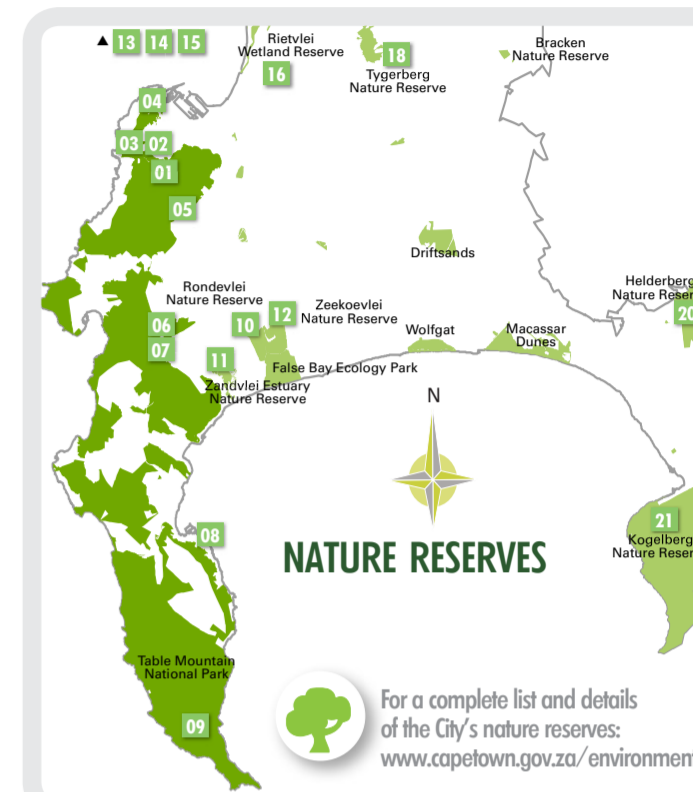
This picturesque park contains one of the richest collections of exotic trees and shrubs in South Africa.

26 Durbanville Rose Garden

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

24 Maynardville Park

A sustainable and dignified civic park



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.

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.

28 Oude Molen Eco Village

A working sustainable eco-village has at least six organic vegetable growers, the Millstone Farmstand and Cafe, a food garden for the children of Maitland Garden village.

31 Ariston Organic Garden Project

Passionate organic gardener Brigid Jackson transformed barren land into a garden that supplies surrounding homes with organic vegetables.

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.

32 Abalimi Bezekhaya

They help to initiate and maintain permanent organic food growing and nature conservation projects as the basis for sustainable lifestyles.

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 Brongers 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 cold 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. Ithlathomsa, 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

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, and 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

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 tar@wildorganics.co.za www.wildorganics.co.za

Janics
T 021 510 7709 E info@janics.co.za www.janics.co.za

Harvest of Hope
T 021 371 1653 E harvestofhope@abalimi.org.za www.harvestofhope.org.za

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

51 & Union

& Union serves artisanal, 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 - 13h00.
34 Salsbury St, Cnr Fairview Ave, Woodstock T 021 448 8109 E tar@wildorganics.co.za www.wildorganics.co.za

54 Millstone Farmstall & Café



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 depending on what is fresh and available.
7h30 - 15h00
42 Lower Main Rd, Observatory T 021 447 9714 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, glucose 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

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 ducabuzzi@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

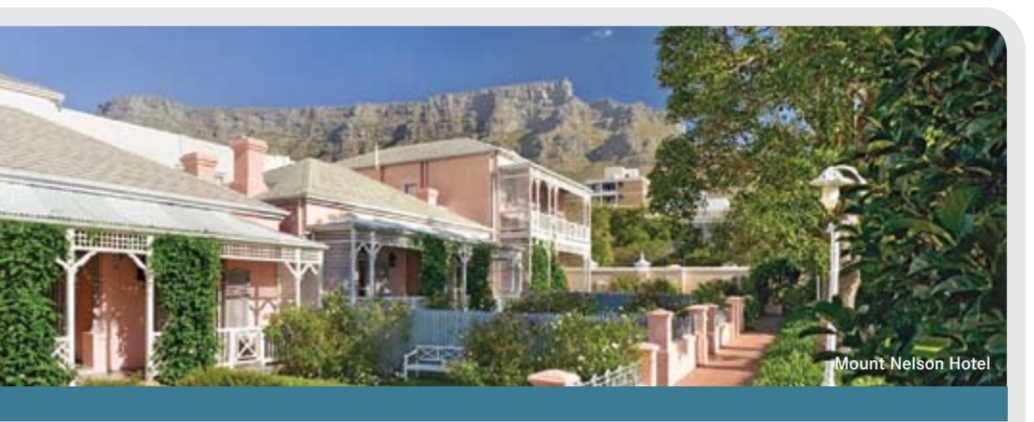
61 Organic Zone

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



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 Centre

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 Fausner-Ringer to greening of the non-botanical variety. They

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9 Tulbagh Square, Hans Strijdom Ave, Cape Town T 021 421 5140 E reservations@hollowonthesquare.co.za www.hollowonthesquare.co.za



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74 New Church St, Cape Town T 021 423 4530 E backpack@backpackers.co.za www.backpackers.co.za

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68 Regent Rd, Sea Point, Cape Town T 021 433 1140 E info@nurockinn.co.za www.nurockinn.co.za

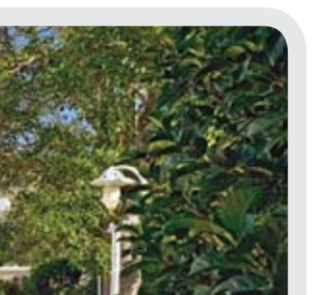
69 Greenways Hotel and Ashton's Restaurant

A Cape Dutch manor house originally named for its botanical surrounds, there is a deep commitment by owner Susanne Fausner-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 Liesbeek 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



71 Cobhouse

Selfbuilt cob house is now up and running as the first organic B&B in Cape Town.
13 Watson Rd, Muizenberg T 021 788 6613 E simirc1@gmail.com www.cobhouse.blogspot.com



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

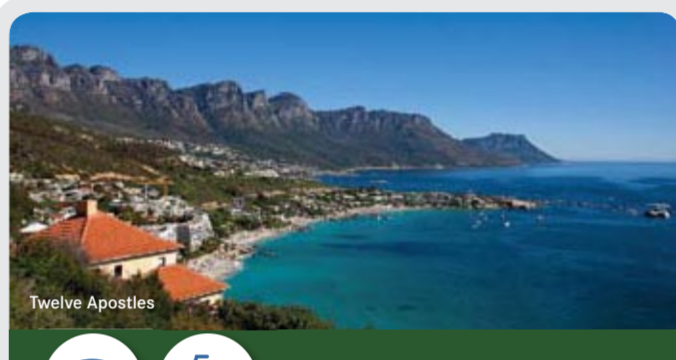
The 1.5 ha small holding, surrounded by mountains, demonstrates the possibilities of a organic farming in a relatively small space. A small workshop venue can accommodate groups of 10 - 15 people.
T 021 789 2494 www.livingartfarm.co.za

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@link.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



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 0861 thegreencab 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

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

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 Dhoo Street Sun Valley, Cape Town T 021 785 5760 / 082 428 0148 www.kapstadt-apartment.de



WASTE & RECYCLING

CITY OF CAPE TOWN DROP OFF POINTS

E wastewise.user@capetown.gov.za

Adam Tas (Belhar) Athlone Atlantis 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

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



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

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

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 'coppa' 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, Soneike Shopping Centre, Cnr Amandel and Bottelary Rd, Kuilsriver T 021 442 9600 E info@heartglobal.org.za www.heartglobal.org.za

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

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

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

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**



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 shop 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

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 depending on what is fresh and available.
7h30 - 15h00
42 Lower Main Rd, Observatory T 021 447 9714 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, glucose 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

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

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

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

Miele Food Garden Organic Market
Fri 09h00 - 13h00
Shop 2, Montebello Design Centre, 31 Newlands Ave, Newlands T 021 686 2026 www.miele.com

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 soulgrouw@mweb.co.za www.samarcketmaven.wordpress.com

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

Constantia Waldorf Organic & Biodynamic Market
Fri 11h00 - 15h00. (Not on public holidays or during school holidays.)
Spaanschermat 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 E menggos@mweb.co.za www.menggos.org.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 soulgrouw@mweb.co.za