

# BEST OF BLAAUWBERG COAST

## ▶ SNAP!

There it is, the postcard view of Table Mountain. It's worth the trip to Blaauberg just to capture a magical sunset and one of the best vistas there is.

## ▶ LEARN TO FLY

If you enjoy getting your feet wet, there's no better place than Big Bay to learn the exhilarating sport of kite surfing. It's one of the top spots in the world, and a few happy hours can be spent watching the brave tackle the waves.

## ▶ LIFE'S A BEACH

You don't have to be an adrenaline junkie to love the beaches along this coastline. Despite the long stretches of white sand for walking and making sandcastles, and the crashing waves for paddling, these lovely beaches aren't usually crowded.

## ▶ PUT ON YOUR WALKING SHOES

With its windswept dunes, this area of the Cape is one of the best to go hiking or meet some of our local feathered friends, from sand-dwellers to the comical penguins rehabilitated at the SANCCOB sanctuary. The sandy soil also makes for some interesting vegetation. Ask Visitor Information to point you in the direction of some lovely walks in one of the many conservation areas.

## ▶ TUCK IN

While you're admiring the beauty of Table Bay, fill your tummy at one of the many restaurants along the beachfront, or head inland to discover a few suburban gems. Watch the seabirds wheeling over the ocean while you tuck into breakfast, or admire the twinkling lights of Cape Town over a sundowner cocktail and dinner.

## ▶ GO WEST

The Blaauberg coast is the gateway to the famous West Coast, a string of fishing villages that will whisk you away to another time in quaint streets and cute little eateries. Ideally, take a few days to meander up the coast. If it's spring time, you'll be treated to a rainbow carpet of vivid spring flowers.

## ▶ GET OFF THE BEATEN TRACK

The hamlet of Mamre is worth a visit for the slice of the past you'll find there. This old mission station gives you a window into village life on the Cape coast.

To book any of the experiences on this map or get more information, please contact Cape Town Tourism call centre on 021 487 6800



## LEARN TO FLY



West Coast Ranch



## GO WEST

21 Witzands Conservation Area



Bloubergstrand

## SNAP

## BLAAUWBERG COAST

### YSTERPLAAT

- 1 Ysterplaat Airforce Base

### MILNERTON

- 2 Milnerton Flea Market
- 3 Lagoon Beach
- 4 Woodbridge Island
- 5 Milnerton Lighthouse
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- 7 Milnerton Golf Club
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### MELKBOSSTRAND

- 17 Atlantic Beach Golf Club
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### MAMRE

- 19 The Mamre Moravian Mission Station

### ATLANTIS

- 20 Camphill Village

### WITZANDS CONSERVATION AREA

- 21 Witzands Conservation Area

- i Visitor Information Centre
- P Police Station
- H Hospital



West Coast

## OFF THE BEATEN TRACK

### SENSIBLE SAFETY TIPS

- ▶ Avoid carrying large sums of cash, cameras or other valuables in plain sight, and never leave belongings unattended.
  - ▶ Heed the advice of Cape Town Tourism Visitor Centre staff or locals on where to go after dark. Try not to walk alone, and take special precautions at lonely lookout points. At night, park in a secure, well-lit area.
  - ▶ Do not allow strangers to assist you in any way at ATMs.
  - ▶ Do not give money to street children and beggars. If you wish to do good, rather give food or donate your change to a registered charity.
  - ▶ Keep photocopies of all valuable documents in a safe place.
  - ▶ Report any safety incident at the following numbers:  
**All emergencies: Mobile phone – 112 / Landline – 107**  
**South African Police Service (SAPS) – 10111**  
**Cape Town Tourism – 021 487 6800.**
- Cape Town Tourism, in partnership with Protection and Emergency Services, runs a successful Visitor Support Programme to assist you further, should you be involved in an incident.



SANCCOB 11

## TAKE A WALK

# BLAAUWBERG COAST

Ysterplaat · Milnerton  
Woodbridge Island · Table View  
Bloubergstrand  
Sunset Beach · West Beach  
Melkbosstrand  
Mamre · Atlantis



Book your experience at 021 487 6800 or [www.capetown.travel](http://www.capetown.travel)

## LIVE IT! LOVE IT!

### BE A RESPONSIBLE TRAVELLER

#### 10 tips to be responsible in our communities

- 1 Research the culture of the area you intend to visit before arriving at your destination.
- 2 Talk to locals, make use of local tour guides and stay in accommodation establishments that are invested in the local community.
- 3 Learn some of the language – a simple greeting and thank you in the language of our people will see you embraced as a guest and not only a visitor.
- 4 Respect the dignity and privacy of others – please ask permission before you take a photo.
- 5 Rather than giving money to beggars and street children, make an effort to donate to a local charity that supports community projects.
- 6 Purchase souvenirs directly from community markets and handicrafters so that the money goes directly to local businesses.
- 7 Take your tastebuds on a journey by experiencing local and regional cuisine. This will give you insight to the culture of the area and you will support the local economy.
- 8 Practise safe and responsible sex and be vigilant about child prostitution.
- 9 Question establishments where children of school-going age are working.
- 10 Bargaining for goods may not always be appropriate, but if the price is negotiable, pay a price that is fair for the seller and maker.

#### 10 tips to be responsible towards our environment

- 1 Please use water as efficiently as possible. Drink tap water. South Africa's tap water quality is ranked as third best in the world. Do not leave your towels in your hotel room to be washed unless necessary. Try to use biodegradable shampoos and soaps.
- 2 Take care not to start a fire with your cigarette butts or matches.
- 3 Please use electricity as efficiently as possible. Switch off the lights, electric fan, air conditioner and television when you are not in your room.
- 4 Do not approach or feed baboons. They are wild and potentially dangerous.
- 5 Do not take natural keepsakes like shells and indigenous flowers when spending time in nature.
- 6 When driving or hiking, stick to marked paths and roads.
- 7 Make sure the seafood you want to buy and eat is not on the list of endangered species. SMS the name of the fish to +27 (0)79 499 8795 and you will receive an answer within seconds.
- 8 Dispose of rubbish carefully, recycle where possible and reuse your beverage bottles and shopping bags.
- 9 Make use of public transport when possible or take a walking tour.
- 10 Holiday closer to home or offset your carbon footprint by planting a tree or buying local produce – support some of the great local organic markets in Cape Town.

## BREAKFAST

### BLAAUWBERG

Blaauwberg, also known as 'Blouberg' literally means 'blue mountain', and it is from here you can see the iconic picture-postcard view of Table Mountain across Table Bay. This coastline boasts some of the finest kite surfing and wind surfing in the world, as well as immense natural beauty, and, of course, fine restaurants where you can enjoy local produce and seafood while watching the wind whip across the waves.

### ADVENTURE SPORTS

The Blaauwberg coastal area offers a host of outdoor activities to please even the most adventurous visitor. On the sea and in the water there is, of course, kite surfing and wind surfing, as well as kayaking and surf skiing, waterskiing, diving, snorkelling, sailing, surfing and even shark cage diving. If you're a landlubber, check out the 4x4 trails; abseiling; mountain and rock climbing; cycling paths and mountain bike trails; quad biking – you name it, and Visitor Information can help you do it.

### YSTERPLAAT



If you're into flying, then this suburb might just be of interest.

## RACING



Killarney 12

### 1

#### YSTERPLAAT AIR FORCE BASE

Members of the public can visit the South African Air Force Museum branch at Ysterplaat to learn more about aviation in South Africa. There is also a bi-annual aerospace show. Oryx and Alouette III helicopters are operated from the base and often assist in firefighting and search and rescue operations. They also lend support to the South African Antarctic Programme.

08h00-15h30 weekdays;  
08h00-12h30 Sat  
Koeberg Road, Ysterplaat  
021 508 6576  
[www.af.mil.za](http://www.af.mil.za)

### MILNERTON

The suburb of Milnerton, with its lagoon, beach and golf course, is the perfect spot for some well-earned rest and recreation. The beaches, on the Atlantic Ocean seaboard, are great for long walks and watching the sun sink behind Table Mountain, and there are some great beachfront restaurants to kick back in.

### 2

#### MILNERTON FLEA MARKET

This is the ultimate flea market, so get there early to find oddities, fun antiques, unique kitsch and the occasional treasure.

07h00-17h00 Sat & Sun  
Otto du Plessis, Milnerton  
021 521 1080

### 3

#### LAGOON BEACH

The complex at Lagoon Beach has restaurants that spill out onto the beach, all with that great Table Mountain view. Watch the sun go down while sipping a cocktail or having dinner and finish off the evening with a stroll along the sand.

Lagoon Gate Drive, Milnerton  
021 528 2000

### 4

#### WOODBIDGE ISLAND

Situated on a narrow peninsula of land between the beach and the Rietvlei Lagoon, this residential area boasts some lovely walks and good bird watching, especially from the many jetties around the island. The lagoon is also suitable for canoeing, and is spanned by the oldest wooden bridge in South Africa.

### 9

#### RIETVLEI NATURE AREA

This wetland area is perfect for viewing a diverse range of bird species, including large flocks of flamingo and pelican. You can also canoe and waterski on the lagoon.

Grey Avenue, off Pentz Drive, Tableview  
021 557 5509

### 5

#### MILNERTON LIGHTHOUSE

Milnerton has a fascinating marine history and this 21m lighthouse has protected ships since 1960. This stretch of coastline is said to have more shipwrecks than any other in South Africa – over 150 ships over the past few hundred years. There are no tours of the lighthouse.

Woodbridge Island, Milnerton Lagoon  
021 521 1080

### 6

#### THE MILNERTON PLAYHOUSE

Members stage popular am-dram productions several times a year, as well as hosting visiting performers and productions.

87 Pienaar Road, Milnerton  
021 555 3180

### 7



#### MILNERTON GOLF CLUB

This 18-hole 72-par course is surrounded by natural beauty, bordering the Rietvlei river. The high winds in summer can provide an additional challenge.

Bridge Road, Milnerton  
021 554 1047  
[www.milnertongolf.co.za](http://www.milnertongolf.co.za)

### 8

#### THE PADDOCKS

Do some shopping, have a meal or grab a cup of coffee at The Paddocks, a handy local shopping centre.

Cnr Racecourse Road & Grand National Boulevard  
021 552 9147  
[www.thepaddocks.co.za](http://www.thepaddocks.co.za)

### TABLE VIEW

Table View is named after its fabulous view of Table Mountain. This suburb snakes along the coast, encompassing beautiful lagoons for boating and bird watching. There are also some great spots for enjoying a meal or a drink overlooking the crashing Atlantic waves.

### SUNSET BEACH AND WEST BEACH



This stretch of coastline, with its beaches meandering virtually uninterrupted as far as the eye can see, boasts some great restaurants, convenient shopping and plenty of places to stay. It's one of the fastest growing urban areas in Cape Town and was one of the first places to acquire the handy Bus Rapid Transit System.

### 10

#### BAYSIDE MALL

There are masses of shops, restaurants and the cinema complex to keep you occupied at this popular mall.

Cnr Blaauwberg & West Coast roads, Table View  
021 557 4350  
[www.baysidecentre.com](http://www.baysidecentre.com)

### 11

#### SANCCOB

SANCCOB (the South African Foundation for the Conservation of Coastal Birds) is dedicated to the conservation and rehabilitation of sea birds. It's an interesting and informative place to visit for the whole family. Tours must be booked in advance.

22 Pentz Drive, Tableview  
021 557 6155  
[www.sanccob.co.za](http://www.sanccob.co.za)

## BEACHES

### BLOUBERGSTRAND

The main beach here is perfect for long walks along the white sand, all the while admiring that incredible view of Table Mountain with historic Robben Island in the foreground. Several restaurants and watering holes take advantage of the unique setting and majestic outlook. It's a very popular destination with surfers. The whole area falls in a marine nature reserve to protect the once-abundant fish and seafood found here.

### 13

#### ONS HUISIE

Literally 'our little house', this historic building now houses a restaurant. It was built in the nineteenth century and is a national monument. It retains its old-world fishing village charm and is a landmark along the seafont.

Corner of Generaal Janssens Road & Stadler Road, Bloubergstrand  
021 554 1553  
[onshuisie@seascapcollection.co.za](mailto:onshuisie@seascapcollection.co.za)  
[www.seascapcollection.co.za](http://www.seascapcollection.co.za)

### 14

#### BLUE PETER HOTEL

A real Cape Town institution, the Blue Peter has three restaurants, including a thriving pub that's a local favourite to watch the sun set over a few cold beers at the end of a long day out on the water.

Popham Street, Bloubergstrand  
021 554 1956  
[www.bluepeter.co.za](http://www.bluepeter.co.za)

### 15

#### BIG BAY

The water may be chilly here, thanks to the Benguela current, but when the winds are favourable, kite surfers and windsurfers flock to Big Bay to ride the legendary waves. Big Bay also hosts highly rated surfing competitions every year.

Otto du Plessis Drive, Bloubergstrand

### 16

#### BLAAUWBERG CONSERVATION AREA

Visit the education centre to learn more about the unique local vegetation, comprising Cape Flats sand fynbos, Cape Flats dune strandveld and Swartland shale renosterveld. The area includes the site of the historic Battle of Blaauwberg (1806) during which the British defeated the defending Dutch forces and eventually took control of the Cape Colony.

Eerstesteent Resort,  
Otto du Plessis Drive, Blouberg  
021 554 0957  
[www.bca.org.za](http://www.bca.org.za)

### MELKBOSSTRAND

This is the first village you come across when driving north from Cape Town along the beautiful West Coast. The 7km white sand beach is perfect for long walks and watching for whales. It's also a great destination for keen surfers, swimming, crayfishing, kitesurfing and chilling out watching the sunset. 'Melkbos' refers to the many milkwood trees that grow on the dunes.

### 17

#### ATLANTIC BEACH GOLF CLUB

This five-star course is set in a nature reserve with breathtaking views of Table Mountain, Robben Island and the Atlantic.

1 Fairway Drive, Atlantic Beach Golf Estate, Melkbosstrand  
021 553 2223  
[enquiries@atlanticbeach.co.za](mailto:enquiries@atlanticbeach.co.za)  
[www.atlanticbeachgolfclub.co.za](http://www.atlanticbeachgolfclub.co.za)

### 18

#### KOEBERG NATURE RESERVE

Situated near the Koeberg Nuclear Power Station in Melkbosstrand, the visitors' centre here provides interesting information on the power station as well as route guides for the two walking trails in the reserve, where visitors can view a range of fauna and flora.

Situated off the R27, Melkbosstrand  
021 553 2466

### MAMRE

The quaint village of Mamre is one of the most picturesque and historic places on the Cape coast. It was first settled in 1701, and, at the beginning of the nineteenth century, became a Moravian mission station, the buildings of which remain today. Mamre is also famous for its Wild Flower Show, which takes place each spring when the West Coast bursts into full bloom.

### 19

#### THE MAMRE MORAVIAN MISSION STATION

This national monument features a Long House formerly used as a barracks by the VOC, as well as a water mill and the old Mamre Moravian Church.

R307 between Darling and Atlantis  
021 576 1117

### Bloubergstrand



For this map in detail refer to the Cape Town Map or visit <http://www.capetown.travel/guide/maps/>

- 1 City Centre
- 2 Atlantic Seaboard
- 3 Peninsula
- 4 Southern Suburbs
- 5 Cape Flats
- 6 Helderberg
- 7 Northern Suburbs
- 8 Blaauwberg

## DETAILED MAP OVERLEAF

### map 8 of 8

Collect them all including the Cape Town map.



### TAKE A DRIVE

The Blaauwberg Coast is the gateway to the villages of the lovely West Coast. Historically home to fishing communities, there are plenty of places to stop and admire the view, eat some fresh seafood right on the beach or take a bed for the night in a whitewashed cottage. Highlights include the picturesque village of Paternoster, the lagoon at Langebaan and the West Coast National Park. The West Coast is also famous for bursting into vibrant colour every spring when the wild flowers put on a spectacular show (August-October).



## WIND SURFING

15 Big Bay



## KITE SURFING