

BEST OF HELDERBERG

FIND MAGIC IN A GLASS

The Helderberg is the gateway to the Cape's world-famous Winelands. You don't have to be a connoisseur to enjoy sipping your way through the tasting menus at some famous wineries.

TAKE LUNCH

You can't visit the vineyards without stopping for a lazy meal at one of the many acclaimed restaurants in the Helderberg.

HAVE THE CAPE AT YOUR FEET

Sir Lowry's Pass will take you to the quaint villages of the fertile Elgin Valley and the Overberg, but perhaps its best feature is the utterly breathtaking views from the top: you can see as far as Table Mountain, right over the blue waters of False Bay.

WALK ON THE BEACH

Gordon's Bay and Strand might not be as trendy as Clifton or Camps Bay, but these lovely sandy stretches are perfect for families and lined with spots to grab some fresh fish and chips or a creamy soft-serve ice cream.

GET YOUR BLOOD PUMPING

Don't just marvel at the scenery – get amongst it with some serious extreme sports, or with one of many hikes and biking trails, from gentle to strenuous.

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

WALK ON THE BEACH



HELDERBERG

MACASSAR

- 1 Macassar Dunes Nature Reserve
- 2 The Kramat of Sheikh Yusuf of Bantam

SOMERSET WEST

- 3 Somerset Mall
- 4 Country Craft Market
- 5 The Helderberg Lifestyle Market
- 6 The Dick Dent Bird Sanctuary
- 7 Silverboomkloof Natural Heritage Site
- 8 Spook Hill
- 9 The Playhouse
- 10 Helderberg Nature Reserve

HELDERBERG WINE ROUTE

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- Visitor Information Centre
- Police Station
- Hospital

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.

TEE OFF

Erinvale Golf Club

GET YOUR BLOOD PUMPING

Helderberg Wine Route

MAGIC IN A GLASS

CAPE AT YOUR FEET



Strand 14

0 1 2 3 4 km © 2010 infestation

HELDERBERG

Macassar • Somerset West
Strand • Gordon's Bay
Lwandle • Sir Lowry's Pass



Book your experience at 021 487 6800 or 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 handcrafters 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.

MACASSAR

An old fishing community, Macassar still looks to the sea for much of its livelihood. The open beaches are unprotected from the famous Cape winds, so it's a good spot for kite and wind surfers. It's also popular with anglers who fish off the rocks.

1 MACASSAR DUNES NATURE RESERVE

This is one of the biodiversity hotspots in the Cape, and is one of the only places where the rare kelp gull comes to nest. These are the highest dunes in the Peninsula, as many others were flattened during the apartheid years to make way for new settlements. Visitors should, as always, exercise caution in isolated areas.

Baden Powell Drive, Macassar

2 THE KRAMAT OF SHEIKH YUSUF OF BANTAM

This is one of the holiest places for Muslims in South Africa. Sheikh Yusuf is said to be the father of Islam in this country and the kramat that is his final resting place is of great significance. He was exiled by the Dutch in 1694 to the farm Zandvliet, where he provided refuge for fugitive slaves and gained many followers among the local fishermen. This site can be visited by appointment only.

021 857 0567

TEE OFF IN THE HELDERBERG

If golf is your first love, you've come to the right place. The Helderberg is well known for its superb clubs, and the lovely climate most of the year provides an additional drawcard for those keen for a walk on the greens. In Somerset West, the Erinvale Golf Club (Lourensford Road) boasts a course designed by Gary Player, while the Somerset West Country Club (Rue de Jacqueline) has a parkland-type course and a fine 19th hole. Head to the Strand Golf Club (Beach Road) to enjoy sparkling water features and a stunning backdrop of the Helderberg Mountains.

SOMERSET WEST

Bordered by farmlands, vineyards and golf greens the scenic suburb of Somerset West lies at the foot of the Helderberg mountains. Thanks to its magnificent setting, it's home to the highest concentration of millionaires in the country. The town was established in 1822 and named after the then-governor, Lord Charles Somerset. Somerset West is heaven for gourmands – there are many award-winning restaurants in the area, so come hungry.

3 Somerset West Visitor Information Centre

Southeys Vines, 186 Main Road
021 840 1400
somersetwest@capetown.travel

4 COUNTRY CRAFT MARKET

Catch this well-known market on Saturday mornings and pick up some lovely handcrafted items. There are over 200 stalls, all manned by the crafters themselves.

Last Sat of month: 09h00 - 13h00
Closed: June-Aug
Southeys Vines, 186 Main Road, Somerset West
021 852 6608
www.countrycraftmarket.org

5 THE HELDERBERG LIFESTYLE MARKET

There's something for everyone here, from the discerning shopper to the bargain hunter. There are many stalls selling everything from jewellery and clothing to woodwork, preserves, plants, shrubs and bonsai. Open in summer only.

09h00 - 13h00 Sat
Southeys Vines, 186 Main Road, Somerset West
021 855 4881



Helderberg Wine Route

SPECTACULAR VIEWS



Sir Lowry's Pass 21

6 THE DICK DENT BIRD SANCTUARY

The sanctuary is located in a natural wetland along the Lourens River populated with waterfowl, migrant waders and Ethiopian snipe, perfect for keen bird watchers.

Broadway Boulevard, Somerset West
021 852 3883



7 SILWERBOOMKLOOF NATURAL HERITAGE SITE

Walk among groves of indigenous silver trees at this lovely small reserve. Keep your eyes peeled for the numerous species of birds that live and breed here.

Van Gogh Road, Somerset West
021 851 6982

8 SPOOK HILL

Experience the 'ghost' at this local legend of a spot about 250m from Straightaway Head Hotel. Put your car in neutral and it'll appear to drive up the hill by itself. Spooky indeed...

Parel Valley Road, Somerset West

9 THE PLAYHOUSE

The theatre was opened in May 1973 by the Hottentots Holland Dramatic Society. It regularly puts on musicals, reviews and live shows.

Lourensford Road and Swalle Street, Somerset West
021 852 5182

10 HELDERBERG NATURE RESERVE

This is one of the area's main attractions, famous for its proteas and superb birdlife. There are also small animals such as bontebok and duiker. Go on a hike or just relax with a picnic. There's an indigenous nursery and numerous guided walks when you can learn more about the flora and fauna, birds or medicinal plants.

07h30 - 19h00 (Nov); 07h30 - 20h00 (Dec-Feb); 07h30 - 19h00 (Mar-Apr); 07h30 - 17h30 (May-Oct)
Verster Road, off Lourensford Road, Somerset West
021 851 4060
www.helderbergnaturereserve.co.za

11 VERGELEGEN WINE ESTATE

Vergelegen Wine Estate has won many awards for its wine, but that's not the only attraction here. The gardens of this venerable estate are of special interest: the five camphor trees in front of the homestead were planted by the original owner, Willem Adriaan van der Stel, at the beginning of the eighteenth century. The oldest oak tree in the country is also here, as well as an ancient mulberry tree. Explore the grounds, taste the fine wines or dine in the restaurant.

Lourensford Road, Somerset West
021 847 1334
www.vergelegen.co.za

12 LOURENSFORD ESTATE

Founded in 1700, Lourensford was once part of Vergelegen before Van der Stel, the original owner, was shipped off back to the Netherlands in disgrace. They are well known for their unusual wine tastings, including one that pairs different cultivars with chocolate. What's not to love? The estate also offers fly fishing.

Lourensford Road, Somerset West
021 847 2300
www.lourensford.co.za

13 MORGENSTER WINE ESTATE

Although they specialise in red wines, Morgenster is also becoming increasingly famous for their olives and olive oil – even the Italians have handed them awards.

Vergelegen Avenue, off Lourensford Road
www.morgenster.co.za

HELDERBERG WINE ROUTE

There are some fantastic vineyards just waiting to be explored along the Helderberg wine route. You're also just a hop and a skip from the famous wine-producing areas of Stellenbosch, Franschhoek and beyond, so you really are spoilt for choice when it comes to a glass of the good stuff. There are over twenty estates on the route; we've highlighted just a few.

021 886 4310
www.wineroute.co.za

14 BEACHES

Strand's beaches are known as some of the best and safest on the Peninsula. The main attraction is 'the strand' – 5km of beautiful white, sandy beach, popular for hobie cat sailing, surfing, kite surfing and windsurfing. Melkbaai beach is ideal for swimming, sunbathing and walking, while Mostert Bay (near the municipal swimming pool) has shallow rocks that offer many fishing opportunities.

15 STRAND WATERWORLD

Here you'll find a waterslide, speed slide and lots more to amuse the kids.

Beach Road, Strand
021 854 4702

16 HARMONY FLATS NATURE RESERVE

Visit Harmony Flats to see some interesting species of birds and animals, as well as tortoises.

Open sunrise-sunset
11th Street, Strand
021 851 6982
harmonyflatsnr@capetown.gov.za

17 BIKINI BEACH

One of the most popular places in Gordon's Bay is Bikini beach – it may not be big, but its sheltered position means it's great even when the wind is howling. It has international Blue Flag status.

18 MAIN BEACH

This stretch of beach is a popular water-sports venue, and is linked to Bikini beach by a footpath and a road.

19 KOGELBAY BEACH

Is a must for the best surfing experience and has the only braai (barbecue) area on the Helderberg coast. The more adventurous can try their hand at paragliding and hang-gliding here.

Clarence Drive

20 LWANDLE MIGRANT LABOUR MUSEUM

This museum pays tribute to the thousands of migrant labourers who suffered in the apartheid years. The system required the labourers to leave their families behind in the rural 'homelands' to work in the cities in poor conditions. The museum is situated in an original hostel and arranges interesting township walks. The first and only museum in a Western Cape township, it has been named as the Museum of the Year for 2009 by the Western Cape Department of Cultural Affairs and Sport

Vulindlela Street, Lwandle
021 845 6119
lwandlemus@tiscali.co.za
www.lwandle.com

21 SIR LOWRY'S PASS

Early colonial pioneers used Sir Lowry's pass to cross the mountains – explore the Wagon Wheel Trail to see the rutted evidence of their wheels passing. Today visitors can still enjoy the breathtaking vistas of the greater Cape Town area from the top of the pass. The viewpoint at the top is also sometimes used as a launch spot for paragliders.

22 CLARENCE DRIVE

Take the R44, also known as Clarence Drive, from Gordon's Bay towards the picturesque town of Betty's Bay. It's considered one of the most spectacular drives in the world, with magnificent sea views coupled with dramatic mountains covered in pristine indigenous vegetation. Between June and December, it's also a great place to watch for whales.

23 STEENBRAS RIVER

Not far from Gordon's Bay on the scenic R44 is the Steenbras River, a great place for hiking and watersports, including kloofing or canyoning. The Steenbras River Gorge Trail starts at the river mouth; it's moderate to difficult but you'll be rewarded with pools to cool off in. Call ahead to the Sunbird Guest Lodge to organise permits.

R44 from Gordon's Bay to Betty's Bay
021 856 1740

STRAND

The village of Mostert's Bay was founded by fishermen 300 years ago. In 1937, it was named Strand – Afrikaans for 'beach'. Famous for its long beachfront, it's SA's own touch of the French Riviera. When you're done with sun and sand, wander down Halfway Road to browse the many antique and collectible stores, or simply along the jetty to watch the gulls.

1 Strand Visitor Information Centre

Beach Road
021 853 1688
strand@capetown.travel

2 GORDON'S BAY

Situated at the base of the Hottentots Holland mountains on the False Bay coast, the pretty village of Gordon's Bay is a relaxing holiday spot. There are lovely beaches, a quaint beachfront and a reputation for some of the best sunsets in the world. Above the town is the SA Naval College, so look out for the boys in white.

Gordon's Bay offers a variety of ocean activities including swimming, diving and surfing the waves of Kogelbay. Stroll along the harbour wall and watch the yachts moor in the marina, or take a cruise from the harbour or Harbour Island. The road between Gordon's Bay and the village of Rooi Els is also a great place to watch for whales from June to December.

3 KOGELBERG NATURE RESERVE

Kogelberg Biosphere Reserve is sometimes called the heart of the Cape floral kingdom because of its wonderful fynbos. Situated in the Hottentots Holland mountains, it's remarkably unspoilt and is a great place for a day out hiking.

R44, Kleinmond, 8km from Gordon's Bay
021 856 4975
www.capenature.org

4 THINGS TO DO

The Helderberg area is packed with activities, from adrenaline sports like canyoning to sedate hot air ballooning. Try your hand at abseiling, paragliding or hang-gliding in the spectacular mountains. After good rains, there is also thrilling white-water activity. There are fantastic hikes as well. The historic Wagon Wheel Trail takes you through the Gantouw Pass, while the Boland Hiking Trail is a network of paths offering hikes lasting between two and five days.

5 CONTACT VISITOR INFORMATION FOR MORE INFO ON ALL OF THESE OPTIONS.

6 DETAILED MAP OVERLEAF

7 HARBOUR

Gordon's Bay Harbour

8 STRAND

Strand

9 WINE TASTING

Wine Tasting



HIKING



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

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

14 Strand

