

**LEGEND**  
NP National Park  
NR Nature Reserve  
MR Marine Reserve  
WA Wilderness Area

## WELLINGTON

Spend a few days hiking between the wineries that surround this quiet and pretty town. Also take the chance to drive along the Bainskloof Pass, one of the country's most spectacular mountain roads.

## !KHWATSEN

The San are the original people of the Western Cape – learn about them at this education and culture centre, where you can take guided walks and nature drives.

## INTAKA ISLAND

This 16-hectare wetland reserve in the middle of the Century City development is home to over 200 species of indigenous plants and 120 bird species.

## OUDEKRAAL

A postcard-perfect view of Lion's Head and the Twelve Apostles is framed from this secluded beach, protected by giant boulders, off the road between Camps Bay and Hout Bay.

## SILVERMINE NATURE RESERVE

Threaded through with hiking and mountain biking trails, this southern section of Table Mountain National Park harbours a reservoir with tannin-stained waters, around which is a wheelchair-accessible boardwalk.

## LYNEDOCH ECOVILLAGE

Near Stellenbosch, drop by this tiny village that challenges the notion that sustainable development and ecological building is too expensive. There's a cafe and simple accommodation here too.

## MCGREGOR

Kick back in this peaceful town, which is the base for one end of the 14km hike along the Boesmanskloof Trail, a gorgeous route leading to the twee village of Greyton.

## KNYSNA'S RASTAFARIANS

Judah Square is a Rastafari community situated in a small valley in Khayaletu South, a suburb of Knysna. To understand more about this group's culture, take a tour here with Brother Zebulon.

## ROBERG NATURE & MARINE RESERVE

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Jutting 4km into the ocean, this rugged peninsula makes for spectacular and physically challenging hiking. Alternatively, take a boat trip out to view the local colony of Cape fur seals.

## DE HOOP NATURE RESERVE

Covering areas of both sea and fynbos-blanketed land, you'll find this reserve is both a breeding ground for southern right whales as well as a haven for endangered Cape mountain zebras and bonteboks.

