

CAPE ST FRANCIS NATURE RESERVE

Introduction

Cape St Francis nature reserve is situated on the scenic Cape south coast. It lies between Cape St Francis and St Francis Bay.

The nature reserve covers an area of about 120 hectares with a coastline of 3km. The nature reserve includes a sandy beach, a rustic rocky point and beautiful sand dunes with a spectacular view over St Francis Bay.

Vegetation

Coastal dune fynbos and coastal dune thicket are the main types of vegetation. The coastal dune thickets (milkwoods and candlewoods) occur in the valleys between the dunes. The fynbos is characterised by *Passerina* and *Metalasia* species.

Animals

Look out for bushbuck, grysbok, common duiker, bushpig, porcupine, vervet monkey, caracal, yellow and grey mongoose, and otters. You can sometimes see the rare African black oystercatcher and occasionally an endangered Jackass penguin. Bottlenose and common dolphins are often seen offshore, and from August to December, southern right whales may be spotted.

Recreation

The reserve has a network of short trails. Hikers can start either from the St Francis Bay or Cape St Francis side.

- 1. Sandy Beach to the Point (5km. 2-3 hours)**
From Cape St Francis to the far point and back.
- 2. Circular Route (5km. 2-3 hours)**
From the entrance at St Francis Bay or Cape St Francis via the beacon viewpoint to the rocky coast and far point and back along the southern shore.
- 3. Cape St Francis to St Francis Bay (1km. 30min-1 hour)**
From the entrances either on the St Francis Bay or Cape St Francis side to the other side. This trail also links the two villages.

Fishing is permitted along the coast according to the bag limits.
Dogs may be walked on leashes.
No animals may be disturbed or any plants removed.
No fires are allowed.

Enquiries

Friends of the St Francis Nature Areas, PO Box 295, St Francis Bay, 6312
Tel: (042) 2980073

