

# to do in St Francis

**Community Garden:** Also at the bottom of Harbour Road is the most delightful indigenous garden. The community garden has an impressive range of indigenous vegetation, well worth a visit to enjoy the seasonal flowers and shrubs. See the lovely Spring flowers now.

**Two Harbours Walk:** From the community garden one can take a delightful walk to the Port and back. The meandering route takes you through indigenous bush and along the coastline with beautiful views. There are resting places along the way.

**Visit Port St Francis:** Walk right to the harbour entrance along the wall and see the gulls and gannets... visit the new Sustainable Seas Sea centre and learn about sharks and other marine animals, or take in the bustling fishing industry and the chokka boats in port.

**Irma Booyesen Flora Reserve:** The Reserve lies within 200m of the Cape St. Francis Resort. A walk through the reserve is a must-do for all lovers of fynbos. Maps and plant guides are available at the Resort's reception office.

**Kromme River Estuary walks.** Access is from Shore Road. At low tide the estuary offers beautiful, firm and clean sand, which allows for an extended walk out to the river. Long or short walk, depends upon how long you wish to spend on the sand bank. Wide variety of water birds and waders to enjoy.

**Look-Out Point:** Drive down St Francis Drive towards the Port, pass the turnoff to the Harbour and a little bit further on there is a pathway on the left to a look-out point. A short paved path leads up to a view spot with benches. Ideal for a picnic. Amazing views stretch from the Seal Point Lighthouse to the Great Winterhoek mountains.

**Port St Francis to Cape St Francis walk.** Start at the Port. Walk over the road leading into the harbour and through

road leading into the harbour and through the gap in the wall on the right to the sea. This path follows the coastline. You will walk across Boulder Bay and into the Cape St Francis Nature Reserve. Pass by magnificent sand dunes and steep rocky outcrops. Look out for the endangered African Black Oystercatchers, you are sure to see them as there are a number of pairs in this area. Dolphins and otter may be spotted so keep an eye out for them. During June/ July and Nov/Dec you may be in for a whale treat. Seals also may be spotted sunning themselves on the rocks along the way. It takes at least half an hour each way walking briskly. It is possible to walk on from Cape St Francis Point all the way to the lighthouse but it takes an additional one hour, one way.

**Sand River outings.** A lovely outing for the dogs is to walk up the Sand River to see the sand river crystal pools, see lots of birds, strange insects and lots of frogs plus other fauna. This walk is strenuous but a unique experience. The Oyster Bay dune-field into which the Sand River flows is one of the finest examples in the world of a by-pass headland dune system. This phenomenon occurs when wind-blown sand crosses behind a headland. It is estimated that the sand takes some 3000 years to travel from Oyster Bay to St Francis Bay. The walk takes you about eight hours one way, but few ever go so far because the spectacular dunes and the utter remoteness of the terrain is apparent and can be enjoyed almost from the beginning. In the dune-field are a number of ancient middens, dating back centuries, and possibly even millennia, which are of great archaeological value. Artefacts, bones and other remains are by law to be left undisturbed. Finds include late Stone Age pottery shards and early Stone Age hand axes and hammer stones approximately 175,000 to 1.2 million years old. Fossilized bones—



eland or buffalo and that of a rhinoceros have been uncovered. Hundreds of Khoisan burial sites at least 2000 years old have been found. After the rains when the river stops flowing a number of pools of water remain which attract wildlife and birds. Bush buck, duiker, bushpig and mongooses (or more likely) their tracks may be spotted. The walk starts at the Sand River causeway which is situated about half way between the traffic circle and the Kromme River Bridge.

And last but not least here are some other things to do:  
 \* Visit Nomvula's Knitters and buy homemade knitted goods and clothing. Situated off Tarragona Road behind Bayview Boating.  
 \* Visit the Morning Market on Saturday mornings next to the tennis courts in St Francis Bay and buy delicious home

made goodies and bric-a-brac.

\* Sign up with local cycle shop and riding club at Custom Bikes. Join in on their outings and rides — both road and off-road and the new Tim's Trails (see p23)

\* Wild side trail walking and running. Get a list of trails from the Tourism Centre.  
 \* Golf — at the Links or St Francis Bay Golf Club; squash or tennis at the courts.  
 \* Hire boats or gondolas or canoes and go fishing or just cruise the lovely St Francis waterways.



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BOOKINGS ESSENTIAL:

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