

South Africa - Best of the Cape

Naturetrek Tour Report

20 -27 September 2008



On top of Table Mountain by Mariana Delport



Caracal by Keith White



Mimetes cucullatus - Common Pagoda by Mariana Delport



Arum Lily Reed Frogs asleep in Arum Lilies by Mariana Delport

Report compiled by Mariana Delport

Image of Rooikat with kind permission of Keith White



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Day 1

Saturday 20th September

Afton Grove

The guests arrived safely, and after the vehicles were packed we set off for Afton Grove Guest House in Noordhoek, where we were met by the friendly owner, Chris Spengler. After a welcoming tea the group agreed that we should make use of the good weather and go up Table Mountain as rain was forecast for later in the week. Although the sun was shining there was a chilly wind blowing. This was even colder on top of Table Mountain! The visibility was so unbelievably clear and we could see the snow-capped mountains in the distance. It had snowed lightly on top of Table Mountain yesterday, which is a rare occasion, but no sign of the snow could be seen today.

As we walked out of the upper cable station we saw Red-winged Starlings and Speckled Pigeons. Two Rock Hyraxes were lazily lying on the rocks, enjoying the last warmth of the afternoon sun. We admired the views and looked at the fynbos. A little distance on we saw a Familiar Chat. It was clear why its name is Familiar Chat. It sat very obligingly only about 3 meters from us, and was not bothered by our presence at all. No Orange-breasted Sunbirds were seen, probably as a result of the chilly wind.

One vehicle drove down to the Waterfront to exchange foreign currency while the others went back to the guest house. On the way back we saw several birds, notably Hadedda Ibis, Helmeted Guineafowl and Black-headed Heron. Tired after the long flight and admiring of the views, birds and flowers, we had dinner and retired to our rooms.

Daily Total: 25

Bird of the day: Southern Double-collared Sunbird

Day 2

Sunday 21st September

Afton Grove

Our first stop of the day was at Fish Hoek where we watched Southern Right Whales, Common Dolphins and Cape Fur Seals playing in the waves close to the coast line.

The initial excitement soon waned as we got stuck in the early morning traffic, but we persevered and finally got to the Milnerton Lagoon. Here we saw Spotted Thick-knee, Common Greenshank, Levallant Cisticola, Lesser Swamp Warbler and a beautiful Darter in breeding plumage. A little further we stopped at a pond where we had our packed breakfast while looking at Greater Crested Grebe, Little Grebe, White-backed Ducks, Cape Shoveller, Yellow-billed Duck, Water Thick-knee and Red Bishops in the reeds, in full breeding plumage.

After a comfort stop and tea/coffee at a roadside farm stall we headed for the West Coast NP. En Route we saw a Yellow-billed Kite harassing a Black Harrier. We also saw several Black-shouldered Kites, either hovering or perched on telephone poles. A short distance into the park we saw a Caracal lying in the shade of a bush next to the road. After a long while it got up and stretched before walking away lazily. I was very excited about this sighting - my second in a week in the same area - as one rarely sees Caracal during the day. They are actually nocturnal animals.

On the way to the Postberg section of the park we stopped several times for interesting sightings, which varied between butterflies, insects, flowers, animals and even a Puff Adder, very well camouflaged as it was lying curled up in a rock crevice. The Bat-eared Foxes enchanted everybody, and so were the Bontebok with babies. We also saw several Black Girdled Lizards basking in the sun. By the time that we got to the Geelbek Manor house it was half past 3, well beyond lunch time. Fortunately we had the remains of our excellent packed breakfast to sustain us through the day. Lunch consisted of coffee or tea with carrot cake, apple tart or cheese cake.

By that time we haven't seen the Southern Black Korhaan yet, and Tony jokingly said that he was going to claim half his money back if he doesn't see the Korhaan. Our time was running out, but we decided to drive down the dirt track towards Abraham's Kraal in the hope of finding one. After a thorough search we found Steenbok, which we haven't seen yet. As a last resort Mariana played the call of the SB Korhaan to determine if there was any response. Shortly after, one called, and finally we located one some 100 metres from us in an open patch... the scopes came out and everybody had excellent views of this stunning bird!

Tired after a long day, we arrived at our guest house, just in time for another delicious dinner.

Daily Total: 91

Birds of the day: Southern Black Korhaan, Martial Eagle, Black Harrier

Day 3

Monday 22nd September

Afton Grove

Kim accompanied Tony, Mike, Jean and Keith to Simon's Town, where they went on board the vessel to take them on a pelagic trip. Mariana conferred with the rest of the group to determine where they wanted to be taken to. They asked to be taken to Stellenbosch for some sight-seeing, and afterwards to the Paarl Mountain Nature Reserve and the Bird Sanctuary. We visited Oom Samie se Winkel (Uncle Sam's Shop), where everybody enjoyed the look and feel (and smell) of an old-fashioned shop with a lot of atmosphere. From there we took a scenic route to the Paarl Mountain Nature Reserve, a beautiful half-natural cultivated wild flower garden. Numerous Malachite, Southern Double-collared and Orange-breasted Sunbirds were seen.

The flowers were beautiful, with several heads of South Africa's National Flower, the King Protea (*Protea cynneroides*), other Protea species and numerous Erica species present. After some search we also found a single young male Cape Sugarbird on top of a Protea shrub. Sadly, there was no sign of the sought-after Protea Seed-eater. Other birds seen included several Fiscal Flycatchers, Cape Canaries, Black Saw-wing, African Goshawk, Jackal Buzzard and a pale form Booted Eagle.

The time sped past, and we headed back to the town, where we bought sandwiches, salads and soft drinks for a rather belated lunch, which we had on the way to the Bird Sanctuary. The adjacent informal settlement had as a result a large outflow of birds, but good sightings were had of Hartlaub's, Kelp and Grey-headed Gull. The latter is not seen too often in the Western Cape. We also had excellent sightings of Cape and Red-billed Teal, Cape Shoveller, Yellow-billed Duck, White-faced Duck and a pair of Purple Swamphen with a very young, entirely black chick which one of the parents was feeding the roots of the bull-rushes. We also sat in amazement, looking at a very active Heronry, with Grey and Black-headed Herons, Cattle Egret, African Spoonbill, Reed Cormorant and African Darters breeding. It was a hype of activity. We also had brief glimpses of Malachite Kingfisher flitting past.

Too soon the day was over, and we had to set off on our 2 hours' drive back to Noordhoek. There we learnt that the pelagic trip was not as successful as they would have wished. There was very little wind and as a result not that many birds were on the wing. They could also not locate a trawler. Furthermore, Tony got seasick, and the boat eventually returned earlier than scheduled.

Daily Total: 102

Birds of the day: Pintado Petrel, Shy Albatross, Purple Swamphen

Day 4

Tuesday 23rd September

Afton Grove

A rainy day greeted us as we set off to the Boulders Penguin Colony at Simon's Town. The African Penguins were as enchanting as ever, and amused everybody with their funny way of walking. There were many juveniles, some in their initial brown woolly coats and others in their "blues" (the sub-adult stage when they have moulted from brown fluffy feathers into a blue-grey coat.) No sign of their "tuxedo suits" as yet! We also learnt the alarming news that their numbers are once again dropping due to a shortage of food close enough for the adults to feed the young chicks.

Then on to the Cape of Good Hope Nature Reserve, which has been incorporated into the Table Mountain National Park. Shortly after entering the park we turned right onto a tarred road that leads to Olifantsbos (Elephant's Bush) on the Western side of the Peninsula. The section on our left was burnt in April 2007, and numerous young seedlings were emerging between otherwise very sparse vegetation. This is a very good example of how Fynbos recovers after fires. Fynbos has a fire-driven eco-system, which means that it needs fires to regenerate – either by re-sprouting or by re-seeding. Fynbos (the mostly fine leaved shrubs that dominate the mountains of the Western Cape) is so precious that it is contained in a World Heritage Site and has the honour of being an entire Plant Kingdom (one of only 6) of the world.

Our first stop was for a small and rare Gladiolus flower (*Gladiolus bonaspei*), its bright orange flower contrasting beautifully against the black skeletons of Proteas after the recent fire in the area. This plant is endemic to the Cape Peninsula. Patricia was down on her hunches photographing the flower when the next bout of rain came down. She had to hurry back into the vehicle. For the next half-an-hour we took pictures of many more flowering plants from the shelter of the vehicle, sometimes even running out to get a close-up before hurrying back into the vehicle. The rain could not dampen our spirits, and despite the weather we managed to see Cape Sugarbird, Southern Double-collared, Malachite and Orange-breasted Sunbirds.

Down by the small sandy bay of Olifantsbos we watched lots of Kelp and Hartlaub's Gulls feeding on insects on the kelp that had been washed ashore. Cape Wagtails, Sacred Ibis and African Black Oystercatchers were also participating in the feast. A hearty lunch was enjoyed at the Two Oceans restaurant at Cape Point. Red-winged Starlings amazed us with their antics, grabbing bits of sandwiches from unsuspecting visitors' hands and even from their mouths! Cape and House Sparrows and Cape Buntings scavenged for food morsels on the ground, while a shy Southern Boubou briefly showed himself before disappearing in a shrub again.

The next stop was the Cape of Good Hope, the south-westernmost tip of Africa. On the way we saw a small herd of Eland walking down the hillside towards the Cape. We watched hundreds of Cape Cormorants sitting on the rocks while Cape Gannets could be seen flying over and diving into the ocean beyond. Then it was time to go back to Afton Grove.

We drove back via Kommetjie (meaning small bowl, an appropriate name for the small bowl-shaped beach). Just before we left the last corner of the park we searched for some animals, and found Red Hartebeest, Bontebok, a few more Eland and a very shy Cape Grysbok. Mariana stopped at Kommetjie to enable her passengers (Tony, Brian and Patricia) to scan the rocks for Swift and Common Terns. The wind was quite fierce and made scanning with the spotting scope very tricky, so we gave up on the marine cormorants and drove back to our guest house.

Daily Total: 51

Birds of the day: Cape Sugarbird, African Black Oystercatcher

Day 5

Wednesday 24th September

Afton Grove

After a hearty breakfast we set off to the Kirstenbosch Botanical Gardens. The weather was still overcast and rainy from time to time, but that could not dampen our spirits. The rain on the fynbos in the gardens and on the slopes of Table Mountain enhanced the herbaceous fragrance that greets you when you walk into the gardens. One of our first birds of note was the Spotted Eagle Owl, sitting half asleep in his usual winter spot, a tall, sparsely leaved Wild Olive tree (*Olea europea*, ssp *africana*). A good view of a Black Sparrowhawk was also had. A number of early arrivals of African Black Swift, White-rumped Swift, Alpine Swift and Greater Striped Swallow surprised us. The illusive Sombre Greenbul and Cape Batis showed themselves well after some effort to locate them in the densely leaved trees. The smart Cape Batis was everybody's favourite bird of the gardens, although the Orange-breasted and Southern Double-collared Sunbirds gave the Batis a good go. Cape Francolins, Helmeted Guinea-fowl, Egyptian Geese and Hadedda Ibis were seen on the extensive and well kept lawns.

The birds were not the only attraction of the gardens. Spring is the best time to see beautiful Protea's, Erica's and other Fynbos flowers, and many pictures were taken.

After a lovely lunch we left for the Rondevlei Bird Sanctuary. The reed bed islands in the middle of the ponds were a hype of activity as Sacred Ibis, Reed and White-breasted Cormorant, Cattle Egret, African Spoonbill and Grey and Purple Herons were flying to and fro, carrying nesting material. Some were already feeding chicks. Majestic Great White Pelicans also flew over, but did not give away where they might be breeding. They usually breed on the off-shore islands. The water birds are not the only attractions. The natural vegetation surrounding the ponds attracts a host of "bush birds", such as Cape Bulbul, Cape Turtle Dove, Laughing Dove, Cape White-eye and Common Waxbill. The beautiful thumb-nail sized Arum Lily Reed Frogs caused great excitement. Rarely a single Arum Lilly flower was missed to check if they were occupied by one or more of these small frogs. The little frogs sit inside the flowers, waiting for a delicacy in the form of an insect would visit. We even saw a wild Orchid (*Satyrium odorum*) while searching for the frogs! The botanical name indicates that it is a sweet-smelling orchid.

Our last stop for the day was the Strandfontein Waste Water Treatment Works. What a fantastic place to see lots of birds, and such a variety! Hundreds of Cape Teals, Little Grebes, Black-necked Grebes, Red-knobbed Coots, a few Great Crested Grebes, White-backed Duck and a good number of Maccoa Ducks were swimming, diving and feeding on the first pond. The next pond had hundreds of Cape Shoveler, and the next pond more than a thousand Greater Flamingo and an equal number of Pied Avocet. Black-crowned Night-Heron flew over. In further ponds we also saw Glossy Ibis, Yellow-billed Duck, Red-billed Teal and Southern Pochard. An African Marsh-Harrier searched the reed beds for a last food item before retiring for the night. A Small Grey Mongoose was also looking for food before going to sleep. Reluctantly we left for our guest house, and like the waterfowl and mongoose, a good meal before retiring to bed.

Daily Total: 91

Birds of the day: Kitzitz's Plover, Cape Batis, Southern Masked Weaver, Black Crake

Day 6

Thursday 25th September

Windsor Hotel

After breakfast we had to say goodbye to the friendly staff of Afton Grove. This guest house is definitely a great retreat for birdwatchers. We drove via Baden Powell Drive along the False Bay coast, only deviating away from the coast for about 15 km through Somerset West. From Gordon's Bay we hugged the spectacular rugged coastline via Clarence Drive to Rooiels. Here we stopped for a short walk past beautiful Fynbos in search of Cape Rockjumper. Our search was not in vain. We had excellent sightings of Cape Rockjumper (a very sought-after Fynbos endemic), Cape Rock Thrush, Orange-breasted Sunbirds, Cape Sugarbird, Ground Woodpecker, Rock Kestrel, Grey-backed Cisticola, Neddicky and Yellow Bishop.

Botanising was equally good, with Cape Sugarbush (*Protea repens*) attracting Cape Sugarbird while the sunbirds frequented the Erica's (*Erica plukenetii* and a green form of *Erica mammosa*). Several smaller flowering Erica's were also seen, only a few of the 760 species of Erica recorded in South Africa! An unfamiliar Protea attracted our attention – a woolly white *Spatalla curvifolia*.

Different species of Everlasting flowers were also seen, the most beautiful being the Red Everlasting (*Phaenocoma prolifera*). The common name Everlasting refers to the papery flowers that keep their colour and form for many years without needing to stand in water. They are used in dry flower arrangements and are exported for that purpose.

Our next stop is Stoney Point, a far less “touristy” spot to see African Penguins and all 4 marine Cormorant species. This penguin colony is one of only 3 land based colonies of this vulnerable species. Apart from these birds we also saw Kitlitz’s Plover, African Black Oystercatcher and Cape Wagtail. Rock Hyraxes and a brown form of Cape Girdled Lizard were basking in the sun.

By now we were hungry and we went straight for the brand new restaurant that had opened a week before in the Harold Porter Botanical Gardens in Betty’s Bay. The food was good, and the staff went out of their way to make a good impression. After lunch we took a walk in the gardens. The setting between mountain and sea makes this garden one of the most beautiful of the 9 National Botanical Gardens in South Africa. Various habitats were either contained naturally or created over the years of development of the gardens. A forest walk takes one along a stream to a waterfall, which was in full flood after the good rains. The water is a strange clear brown colour, caused by the roots and branches of fynbos lying in the water. Fynbos flourish in acidic soil. Water running over the acidic soil also becomes slightly acidic, and this reacts with the tannins in the Fynbos, causing the tea-like appearance. Sombre Greenbul called as if they were following us, but the dense canopies of the trees prevented us from seeing them. Olive Thrush, African Dusky Flycatcher, Karoo Prinia, Cape Batis, Southern Boubou, Common and Sweet Waxbills and Cape Robin-Chat were far more obliging in showing themselves. Back in the main part of the garden we decided to try to locate Victorin’s Warbler. They are easy to hear but not so easy to locate. We were very fortunate to see them, although it needed a lot of patience to view these illusive but stunning birds.

We continued our journey to Hermanus and upon arrival discovered that Hermanus was packed with visitors for the annual Whale Festival, and the most well-known restaurants were already fully booked for dinner. The receptionist at the Windsor Hotel, where we checked in, was very helpful in finding alternative restaurants for our two nights’ stay. After checking in everybody could spend some free time before we were to have dinner. The more energetic amongst us decided to go for a walk to spot whales. Hermanus is known for being the best land-based spot to watch Southern Right Whales. These massive animals weigh in at up to 50 tons, with an average adult length of 16 meters.

A phone call earlier in the afternoon confirmed that the Shark Cage Diving trip scheduled for some members of the group the following day had to be cancelled as a result of the stormy weather in the bay. Tony was very disappointed but the other 3 seemed to be relieved after they had heard what our plans were for the rest of the group. Fortunately we could enjoy the evening eating out at a good Italian restaurant within walking distance from the hotel, without rushing back to the hotel to get up extra-ordinarily early to catch the shark boat.

Daily Total: 65

Birds of the day: Sweet Waxbill, Victorin’s Warbler, Cape Rock Thrush, Cape Rockjumper

Day 7

Friday 26th September

Windsor Hotel

An early morning walk before breakfast, in the brisk wind and threatening rain, got the early birds wide awake for another day's birding. After breakfast we left, this time inland into the wheat lands of the Overberg. On the way we turned off to the "suburb" of Onrus to look for plovers on the beach. A good number of Swift, Common and Sandwich Terns were congregated on the rocks. Only one pair of White-fronted Plovers, as well as Sanderling, Common Whimbrel, African Black Oystercatcher and a Sub Antarctic Skua were found. About 20 km from Hermanus towards Caledon we turned right onto the Karweiderskraal Road. A few kilometres further we stopped near a farm dam, just off the road. A good number of Egyptian Geese, Hadeda and Sacred Ibis, Helmeted Guineafowl and a Black-headed Heron were busying themselves on the green pastures, while a Grey Heron was anxiously waiting for a frog or small fish to grab from the dam. A few meters further along the road, in dense stands of alien Australian Flowering Gums, Cape Weavers, Malachite Sunbirds and Fork-tailed Drongo's were flitting in and out of the trees after nectar and insects, while Cape Turtle-Doves and Red-eyed Doves competed from the tree tops with their calls. Alpine, African Black and White-rumped Swifts were doing magnificent aerial displays.

We cruised on along this road, stopping frequently for birds. A Southern Grey-headed Sparrow, a regional rarity, was found. Birding was excellent, and the tension built up to see the Blue Cranes. A few kilometres further we found the first Denham's Bustard. A few more followed, the males displaying their white chest feathers by puffing them out while cocking their necks and heads backwards. Quite a weird, but spectacular performance! After about 10 kilometres we turned right onto a gravel road winding between farms before it meets the N2 high-way which leads to the eastern and north-eastern parts of the country. Then we saw the Blue Cranes, South Africa's National bird. There were at least a hundred of these magnificent birds, some doing their elegant courtship dancing while others were congregated at the shed where a stud of Black Angus cattle received supplementary food. This is a huge attraction to the Blue Cranes, and one of the reasons why farmers had poisoned these birds until a number of years ago. One of the local farmers started a Crane Working Group, with the objective of protecting these birds. A major task was to convince farmers not to put out poisoned wheat. The attitude of the whole community was turned around, resulting in an increase from only ± 600 birds about 20 years ago to $\pm 12\,000$ at the moment.

After about 5 km and many more stops for birds like Grey-backed Cisticola, Cape Longclaw, Karoo Prinia, Fiscal Flycatcher, African Pipit, Large-billed and Red-capped Larks, Cape Crow, Capped Wheatear, African Stonechat, Yellow-billed Kite, Jackal Buzzard and Black Harrier we reached a gorge with a river running through. From the higher banks we observed Giant Kingfisher while lower down towards the low bridge surrounded by reed beds, we saw dozens of Red Bishops and fewer Yellow Bishops, the males in their stunning breeding colours. Several Southern Masked Weaver males, with their black faces contrasting with the rich yellow plumage, were feverishly building nests, hoping that the females will be impressed with their efforts. A male weaver can build up to 10 nests before a female approves a nest. If she does not approve of the nest, he demolishes the nest entirely before starting a new nest. Males are polygynous, and can have up to 5 females. A single male can built between 10 and 52 nests per season.

By now everybody was hungry, and we set off for the Dassiesfontein Farm stall in an authentic farm house with a thatched roof and a chimney from where the smoke from a coal stove was churning up.

Several fragrances met us as we got out of the vehicles, the smell of freshly baked bread probably the most welcoming at the moment. Indoors the smell of wholesome traditional South African cuisine mixed with spices, rolled tobacco and salty dried fish (called Bokkoms) met us. We sat down at scrubbed wooden tables and ordered bowls of thick, warm homemade soup or typical South African stews, served with thick slices of freshly baked bread and homemade jam and cheese. While waiting for the food some of us went exploring the interesting articles that were up for sale. These varied between enamel plates and mugs, old kitchen utensils, dried fruit, homemade jam, rusks, tea, coffee, flour, dairy products, cast iron stoves, antiques, to leather ware (shoes and belts) and metal work.

After such filling meals and a lot of browsing in the most interesting “shop” we had to return to Hermanus. Kim and her passengers took the tar road back, and were very excited to see an African Fish Eagle on their way. Mariana, Keith, Tony, Patricia and Brian returned via the same gravel road to do more birding en route. Birds seen include a huge swarm of Pin-tailed Whydah’s with lots of males, their tails varying in length. Also seen were African Marsh Harrier, African Harrier-Hawk and White-faced Duck.

A wonderful day’s birding was finished off with a good dinner at The Barefoot Cook, a restaurant in an art gallery where the cook cum artist really was barefoot!

Daily Total: 98

Birds of the day: Blue Crane, Giant Kingfisher, Cape Longclaw, African Fish Eagle, Denham’s Bustard

Day 8

Saturday 27th September

Departure

This morning we had to say good-bye to the whales, and some early risers actually braved the cold wind to do just that. After breakfast everybody was packed and ready to go. Jane, Keith and Tony wanted to do a Township Tour in Cape Town and Patricia and Brian decided to go with Mariana to the Tygerberg Nature Reserve in the Northern Suburbs of Cape Town while waiting for the other three to return from the Township Tour. Mike, Jean and Anne wanted to go with Kim to the Paarl Mountain Nature Reserve and Bird Sanctuary, so they left there via Stellenbosch. We agreed to meet at the drop-off zone at the Cape Town International Airport at 16h30 to enable everybody to say good-bye.

Andile, the Township Tourist Guide, met Jane, Keith and Tony at the Clock Tower building in the V&A Waterfront and whisked them off on a Township Tour. Mariana left with Brian and Patricia for a relaxed walk in the Tygerberg Nature Reserve. This reserve protects one of the largest remaining patches of Renosterveld, a highly threatened vegetation type in the Cape Floristic Region. The dominant plant here is the Renosterbos (Rhino Bush), a very dull looking pioneer plant that grows in dense clumps in grassland in the Western Cape. When the Governor, Simon van der Stel, went inland with his expedition to explore where the copper came from (that the Khoi people were wearing as jewellery), he was allegedly stormed by a Black Rhino. Just imagine what a fright these poor Europeans must have had! After being scared out of their wits by the Rhino, every clump of Renosterbos looked like a Rhino!

We were not planning to do much birdwatching but one couldn't help seeing some of our feathered friends. A pair of Jackal Buzzard was circling above us, their youngster watching them from a nearby tree. A short walk further we noticed a number of White-rumped Swifts and Greater Striped Swallows hawking insects. Suddenly a Rufous-chested Sparrowhawk swooped in and grabbed one of the Swifts. The Sparrowhawk then flew into one of the trees and we could see feathers tumbling down as he was plucking and eating the poor Swift. Other interesting sightings were White-backed Mousebird, White-throated Canary, Karoo Scrub-Robin (the closest to the City Centre that one can see them), Bar-throated Apalis and Bokmakierie.

Too soon our time in the Nature Reserve was over and we had to leave to meet the rest of our group in the Waterfront. They enjoyed their Township Tour.

We left for the Cape Town International Airport where we met Kim, Mike Jean and Anne for the return flight back to the UK. As we said goodbye I noticed the last bird of the trip, the pest Indian House Crow, also flying past!

Daily Total: 38

Bird of the day: Rufous-chested Sparrowhawk

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Species Lists

Birds (H = heard only E = endemic NE = near endemic)

	Common name	Scientific name	September							
			20	21	22	23	24	25	26	27
1	Common Ostrich	<i>Struthio camelus</i>		✓		✓				
2	African Penguin (E)	<i>Spheniscus demersus</i>			✓	✓		✓		
3	Great Crested Grebe	<i>Podiceps cristatus</i>		✓	✓		✓			
4	Black-necked Grebe	<i>Podiceps nigricollis</i>			✓		✓			
5	Little Grebe	<i>Tachybaptus ruficollis</i>		✓	✓		✓			
6	Shy Albatross	<i>Thalassarche cauta</i>			✓					
7	Black-Browed Albatross	<i>Thalassarche melanophris</i>			✓					
8	Pintado Petrel	<i>Daption capense</i>			✓					
9	White-Chinned Petrel	<i>Procellaria aequinoctialis</i>			✓					
10	Sooty Shearwater	<i>Puffinus griseus</i>			✓					
11	Wilson's Storm-Petrel	<i>Oceanites oceanicus</i>			✓					
12	Great White Pelican	<i>Pelecanus onocrotalus</i>		✓	✓		✓	✓	✓	
13	Cape Gannet (E)	<i>Morus capensis</i>			✓	✓		✓	✓	
14	White-breasted Cormorant	<i>Phalacrocorax lucidus</i>		✓	✓	✓	✓	✓	✓	
15	Cape Cormorant (E)	<i>Phalacrocorax capensis</i>		✓	✓	✓	✓	✓	✓	
16	Bank Cormorant (E)	<i>Phalacrocorax neglectus</i>			✓			✓		
17	Reed Cormorant	<i>Phalacrocorax africanus</i>		✓	✓		✓		✓	
18	Crowned Cormorant (E)	<i>Phalacrocorax coronatus</i>			✓			✓		
19	African Darter	<i>Anhinga rufa</i>		✓	✓		✓	✓	✓	
20	Grey Heron	<i>Ardea cinerea</i>		✓	✓	✓	✓	✓	✓	
21	Black-headed Heron	<i>Ardea melanocephala</i>	✓	✓	✓	✓	✓		✓	
22	Purple Heron	<i>Ardea purpurea</i>			✓		✓			
23	Little Egret	<i>Egretta garzetta</i>		✓			✓	✓		
24	Yellow-billed Egret	<i>Egretta intermedia</i>					✓		✓	
25	Cattle Egret	<i>Bubulcus ibis</i>	✓	✓	✓	✓	✓	✓	✓	
26	Black-crowned Night-Heron	<i>Nycticorax nycticorax</i>			✓		✓			
27	African Sacred Ibis	<i>Threskiornis aethiopicus</i>	✓	✓	✓	✓	✓	✓	✓	
28	Glossy Ibis	<i>Plegadis falcinellus</i>		✓			✓			
29	Hadedda Ibis	<i>Bostrychia hagedash</i>	✓	✓	✓	✓	✓	✓	✓	
30	African Spoonbill	<i>Platalea alba</i>		✓	✓		✓			
31	Greater Flamingo	<i>Phoenicopterus ruber</i>					✓			
32	White-faced Duck	<i>Dendrocygna bicolor</i>			✓				✓	
33	White-backed Duck	<i>Thalassornis leuconotus</i>		✓			✓			
34	Egyptian Goose	<i>Alopochen aegyptiacus</i>	✓	✓	✓	✓	✓	✓	✓	✓
35	Yellow-billed Duck	<i>Anas undulata</i>		✓	✓		✓		✓	
36	Mallard	<i>Anas platyrhynchos</i>		✓			✓		✓	
37	Cape Teal	<i>Anas capensis</i>			✓		✓			
38	Red-billed Teal	<i>Anas erythrorhyncha</i>		✓	✓		✓		✓	
39	Cape Shoveler (E)	<i>Anas smithii</i>		✓	✓		✓		✓	
40	Southern Pochard	<i>Netta erythrophthalma</i>			✓		✓			
41	Spur-winged Goose	<i>Plectropterus gambensis</i>		✓		✓		✓	✓	
42	Maccoa Duck	<i>Oxyura maccoa</i>			✓		✓			
43	Yellow-billed Kite	<i>Milvus aegyptius</i>		✓	✓				✓	✓
44	Black-shouldered Kite	<i>Elanus caeruleus</i>		✓	✓		✓		✓	
45	Booted Eagle	<i>Hieraaetus pennatus</i>			✓					
46	Martial Eagle	<i>Polemaetus bellicosus</i>		✓						
47	African Fish Eagle	<i>Haliaeetus vocifer</i>							✓	

	Common name	Scientific name	September							
			20	21	22	23	24	25	26	27
48	Steppe Buzzard	<i>Buteo buteo</i>					✓			
49	Forest Buzzard (E)	<i>Buteo trizonatus</i>				✓	✓			
50	Jackal Buzzard (E)	<i>Buteo rufofuscus</i>	✓		✓				✓	✓
51	Rufous-chested Sparrowhawk	<i>Accipiter rufiventris</i>								✓
52	Black Sparrowhawk	<i>Accipiter melanoleucus</i>					✓			
53	African Goshawk	<i>Accipiter tachiro</i>		✓	✓				✓	
54	African Marsh-Harrier	<i>Circus ranivorus</i>	✓				✓		✓	
55	Black Harrier (E)	<i>Circus maurus</i>		✓					✓	
56	African Harrier-Hawk	<i>Polyboroides typus</i>							✓	
57	Rock Kestrel	<i>Falco rupicolis</i>	✓	✓	✓	✓	✓	✓	✓	
58	Grey-winged Francolin (E)	<i>Scleroptila africanus</i>		✓						
59	Cape Francolin (E)	<i>Pternistes capensis</i>		✓	✓	✓	✓	✓	✓	✓
60	Helmeted Guineafowl	<i>Numida meleagris</i>	✓	✓	✓	✓	✓	✓	✓	✓
61	Blue Crane (E)	<i>Anthropoides paradiseus</i>							✓	
62	Black Crake	<i>Amaurornis flavirostris</i>					✓			
63	African Purple Swamphen	<i>Porphyrio madagascariensis</i>			✓		✓			
64	Common Moorhen	<i>Gallinula chloropus</i>		✓	✓		✓		✓	
65	Red-knobbed Coot	<i>Fulica cristata</i>		✓	✓		✓		✓	
66	Denham's Bustard	<i>Neotis denhami</i>							✓	
67	Southern Black Korhaan (E)	<i>Eupodotis afra</i>		✓						
68	African Black Oystercatcher (E)	<i>Haematopus moquini</i>			✓	✓	✓	✓	✓	
69	White-fronted Plover	<i>Charadrius marginatus</i>							✓	
70	Kittlitz's Plover	<i>Charadrius pecuarius</i>					✓	✓	✓	
71	Three-banded Plover	<i>Charadrius tricollaris</i>			✓		✓		✓	
72	Crowned Lapwing	<i>Vanellus coronatus</i>		✓	✓	✓			✓	
73	Blacksmith Lapwing	<i>Vanellus armatus</i>	✓	✓	✓	✓	✓	✓	✓	
74	Common Greenshank	<i>Tringa nebularia</i>		✓			✓			
75	Curlew Sandpiper	<i>Calidris ferruginea</i>					✓			
76	Sanderling	<i>Calidris alba</i>							✓	
77	Eurasian Curlew	<i>Numenius arquata</i>				✓				
78	Common Whimbrel	<i>Numenius phaeopus</i>							✓	
79	Pied Avocet	<i>Recurvirostra avosetta</i>				✓	✓			
80	Black-winged Stilt	<i>Himantopus himantopus</i>		✓	✓		✓			
81	Spotted Thick-knee	<i>Burhinus capensis</i>	✓	✓		✓				
82	Water Thick-Knee	<i>Burhinus vermiculatus</i>		✓	H		✓			
83	Subantarctic Skua	<i>Catharacta antarctica</i>			✓				✓	
84	Cape Gull	<i>Larus vetula</i>		✓	✓	✓	✓	✓	✓	✓
85	Grey-headed Gull	<i>Larus cirrocephalus</i>			✓					
86	Hartlaub's Gull (E)	<i>Larus hartlaubii</i>	✓	✓	✓	✓	✓	✓	✓	✓
87	Swift Tern	<i>Sterna bergii</i>			✓	✓			✓	
88	Sandwich Tern	<i>Sterna sandvicensis</i>							✓	
89	Common Tern	<i>Sterna hirundo</i>			✓	✓			✓	
90	Arctic Tern	<i>Sterna paradisaea</i>			✓					
91	Rock Dove	<i>Columba livia</i>	✓	✓	✓	✓	✓	✓	✓	✓
92	Speckled Pigeon	<i>Columba guinea</i>	✓	✓	✓	✓	✓	✓	✓	✓
93	Red-eyed Dove	<i>Streptopelia semitorquata</i>	✓	✓	✓	✓	✓	✓	✓	✓
94	Cape Turtle-Dove	<i>Streptopelia capicola</i>			✓		✓	✓	✓	✓
95	Laughing Dove	<i>Streptopelia senegalensis</i>	✓	✓		✓	✓		✓	✓
96	Red-chested Cuckoo	<i>Cuculus solitarius</i>			H					
97	Klaas's Cuckoo	<i>Chrysococcyx klaas</i>						H		
98	Spotted Eagle-Owl	<i>Bubo africanus</i>					✓			

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			20	21	22	23	24	25	26	27
99	African Black Swift	<i>Apus barbatus</i>		✓			✓	✓	✓	
100	White-rumped Swift	<i>Apus caffer</i>		✓			✓		✓	✓
101	Little Swift	<i>Apus affinis</i>		✓			✓			
102	Alpine Swift	<i>Apus melba</i>		✓	✓		✓	✓	✓	
103	Speckled Mousebird	<i>Colius striatus</i>		✓						
104	White-backed Mousebird (E)	<i>Colius colius</i>		✓						✓
105	Red-faced Mousebird	<i>Urocolius indicus</i>		✓						
106	Pied Kingfisher	<i>Ceryle rudis</i>		✓					✓	
107	Giant Kingfisher	<i>Ceryle maxima</i>							✓	
108	Malachite Kingfisher	<i>Alcedo cristata</i>			✓					
109	African Hoopoe	<i>Upupa africana</i>		✓				H		
110	Ground Woodpecker (E)	<i>Geocolaptes olivaceus</i>						✓		
111	Karoo Lark (E)	<i>Certhilauda albescens</i>		✓						
112	Red-capped Lark	<i>Calandrella cinerea</i>							✓	
113	Large-billed Lark (E)	<i>Galerida magnirostris</i>							✓	
114	Barn Swallow	<i>Hirundu rustica</i>					✓			
115	White-throated Swallow	<i>Hirundo albigularis</i>		✓	✓		✓	✓	✓	
116	Greater Striped Swallow (E)	<i>Hirundo cucullata</i>			✓		✓	✓	✓	✓
117	Rock Martin	<i>Hirundo fuligula</i>		✓	✓	✓		✓	✓	
118	Brown-throated Martin	<i>Riparia paludicola</i>					✓		✓	
119	Banded Martin	<i>Riparia cincta</i>		✓						
120	Black Saw-wing	<i>Psalidoprocne holomelas</i>			✓				✓	
121	Fork-tailed Drongo	<i>Dicrurus adsimilis</i>							✓	
122	Cape Crow	<i>Corvus capensis</i>							✓	
123	Pied Crow	<i>Corvus albus</i>	✓	✓	✓	✓	✓	✓	✓	✓
124	House Crow	<i>Corvus splendens</i>	✓							✓
125	White-necked Raven	<i>Corvus albicollis</i>	✓	✓	✓	✓	✓	✓	✓	
126	Cape Bulbul (E)	<i>Pycnonotus capensis</i>		✓	✓	✓	✓	✓	✓	✓
127	Sombre Greenbul	<i>Andropadus importunus</i>					✓	H	H	
128	Olive Thrush	<i>Turdus olivaceus</i>		✓			✓	✓		
129	Cape Rock-Thrush (E)	<i>Monticola rupestris</i>						✓		
130	Capped Wheatear	<i>Oenanthe pileata</i>							✓	
131	Familiar Chat	<i>Cercomela familiaris</i>	✓		✓	✓		✓	✓	
132	African Stonechat	<i>Saxicola torquata</i>							✓	
133	Cape Robin-Chat	<i>Cossypha caffra</i>		✓	✓		✓	✓	✓	✓
134	Cape Rock-Jumper (E)	<i>Chaetops frenatus</i>						✓		
135	Karoo Scrub-Robin (E)	<i>Erythropygia coryphoeus</i>		✓	✓					✓
136	Chestnut-vented Tit-babbler (NE)	<i>Parisoma subcaeruleum</i>		✓						
137	Lesser Swamp-Warbler	<i>Acrocephalus gracilirostris</i>		✓	✓		H		H	
138	Little Rush-Warbler	<i>Bradypterus baboecala</i>			✓		✓		H	
139	Victorin's Warbler (E)	<i>Bradypterus victorini</i>						✓		
140	Bar-throated Apalis	<i>Apalis thoracica</i>		✓	✓					✓
141	Cape Grassbird (E)	<i>Sphenoeacus afer</i>			✓					
142	Grey-backed Cisticola (NE)	<i>Cisticola subruficapillus</i>		✓	✓			✓	✓	✓
143	Levaillant's Cisticola	<i>Cisticola tinniens</i>		✓	✓		✓		✓	
144	Neddicky	<i>Cisticola fulvicapillus</i>						✓		
145	Karoo Prinia (E)	<i>Prinia maculosa</i>		✓	✓	✓	✓	✓	✓	✓
146	African Dusky Flycatcher	<i>Muscicapa adusta</i>			✓		✓	✓		
147	Fiscal Flycatcher (E)	<i>Sigelus silens</i>			✓			✓	✓	✓
148	Cape Batis (E)	<i>Batis capensis</i>					✓	✓		
149	Cape Wagtail	<i>Motacilla capensis</i>		✓	✓	✓	✓	✓	✓	

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			20	21	22	23	24	25	26	27
150	African Pipit	<i>Anthus cinnamomeus</i>					✓		✓	
151	Cape Longclaw (E)	<i>Macronyx capensis</i>							✓	
152	Common Fiscal	<i>Lanius collaris</i>		✓	✓			✓	✓	✓
153	Southern Boubou (E)	<i>Laniarius ferrugineus</i>			✓	✓	H	✓		
154	Bokmakierie (E)	<i>Telophorus zeylonus</i>		✓						✓
155	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓	✓	✓	✓
156	Pied Starling (E)	<i>Spreo bicolor</i>		✓					✓	
157	Wattled Starling	<i>Creatophora cinerea</i>		✓						
158	Red-winged Starling	<i>Onychognathus morio</i>	✓		✓	✓	✓	✓		✓
159	Cape Sugarbird (E)	<i>Promerops cafer</i>			✓	✓		✓		
160	Malachite Sunbird	<i>Nectarinia famosa</i>		✓	✓	✓		✓	✓	✓
161	Orange-breasted Sunbird (E)	<i>Nectarinia violacea</i>			✓	✓	✓	✓		
162	Southern Double-collared Sunbird (E)	<i>Nectarinia chalybea</i>	✓	✓	✓	✓	✓	✓		✓
163	Cape White-eye (E)	<i>Zosterops pallidus</i>	✓	H	✓	✓	✓	✓	✓	✓
164	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓		✓	✓	✓
165	Cape Sparrow (NE)	<i>Passer melanurus</i>		✓	✓		✓		✓	✓
166	Southern Grey-headed Sparrow	<i>Passer diffusus</i>							✓	
167	Cape Weaver (E)	<i>Ploceus capensis</i>		✓	✓		✓	✓	✓	✓
168	Southern Masked-Weaver	<i>Ploceus velatus</i>		✓	✓		✓	✓		✓
169	Southern Red Bishop	<i>Euplectes orix</i>		✓	✓		✓		✓	
170	Yellow Bishop	<i>Euplectes capensis</i>		✓	✓			✓	✓	
171	Common Waxbill	<i>Estrilda astrild</i>		✓	✓	✓	✓	✓	✓	
172	Swee Waxbill (E)	<i>Estrilda melanotis</i>						✓		
173	Pin-tailed Whydah	<i>Vidua macroura</i>			✓				✓	
174	Common Chaffinch	<i>Fringilla coelebs</i>	H			✓				
175	Cape Canary	<i>Serinus canicollis</i>			✓	✓	✓	✓	✓	✓
176	Brimstone Canary	<i>Serinus sulphuratus</i>		✓		✓			✓	
177	Yellow Canary (NE)	<i>Serinus flaviventris</i>		✓	✓				✓	
178	White-throated Canary (NE)	<i>Serinus albogularis</i>		✓						✓
179	Cape Bunting (NE)	<i>Emberiza capensis</i>		✓		✓	✓		✓	

Mammals

1	Baboon, Chacma	<i>Papio ursinus</i>				✓		✓		
2	Bontebok	<i>Damaliscus dorcas dorcas</i>	✓	✓		✓				
3	Caracal	<i>Felis caracal</i>		✓						
4	Dassie, Rock (Hyrax)	<i>Procavia capensis</i>	✓					✓	✓	
5	Dolphin, Common	<i>Delphinus delphis</i>		✓						
6	Eland	<i>Taurotragus oryx</i>		✓		✓				
7	Grysbok, Cape	<i>Raphicerus melanotis</i>				✓				
8	Hartebeest, Red	<i>Alcelaphus buselaphus</i>				✓				
9	Molerat, Dune (Cape)	<i>Bathyergus suillus</i>		✓						
10	Mongoose, Small Grey	<i>Galerella pulverulenta</i>		✓	✓		✓	✓		
11	Mongoose, Yellow	<i>Cynictis penicillata</i>		✓						
12	Mouse, Striped	<i>Rhabdomys pumilio</i>					✓		✓	
13	Rhebok, Grey	<i>Palea capreolus</i>							✓	
14	Seal, Cape Fur	<i>Arctocephalus pusillus</i>		✓	✓	✓				
15	Springbok	<i>Antidorcas marsupialis</i>		✓						
16	Squirrel, Grey	<i>Sciurus carolinensis</i>					✓			
17	Steenbok	<i>Raphicerus campestris</i>		✓						
18	Whale, Humpback	<i>Magaptera novaeangliae</i>				✓				
19	Whale, Southern Right	<i>Balaena glacialis</i>		✓	✓	✓		✓	✓	

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			20	21	22	23	24	25	26	27
20	Zebra, Cape Mountain	<i>Equus zebra zebra</i>		✓						
21	Wildebeest, Black		✓							
22	Wildebeest, Blue			✓						
23	Fox, Bat-eared			✓						
24	Giraffe			✓						
25	Oryx			✓						

Reptiles and amphibians

Adder, Puff	<i>Bitis arietans</i>
Frog, Arum Lilly Reed	<i>Hyperolius horstocki</i>
Frog, Cape River	<i>Afrana fuscigula</i>
Lizard, Black Girdled	<i>Cordylus niger</i>
Tortoise, Angulate	<i>Chersina angulata</i>

Fish

Mako Shark	<i>Isurus oxyrinchus</i>
Yellow-fin Tuna	<i>Thunnus albacares</i>
Yellowtail (Cob)	<i>Seriola lalandi</i>

Butterflies & moths

Boland Brown	<i>Melampias huebneri</i>
Cabbage White	<i>Pieris brassicae</i>
Cape Brown	<i>Cassionympha detecta</i>
Cape Lappet Moth (caterpillar)	<i>Eutricha capensis</i>
Geometridae Moth (Keith White)	<i>Geometridae family</i>
Owlet Moth (Keith White)	<i>Noctuidae Family</i>
Painted Lady	<i>Vanessa cardui</i>

Dragonflies & other insects

Carpenter Bee	<i>Xylocopa caffra</i>
Nomad (Keith White's Dragonfly)	<i>Sympetrum fonscolombii</i>
Red-veined Dropwing (Dragonfly)	<i>Trithemis arteriosa</i>

Plants

Scientific Name	Common Name	Common Usage
<i>Rhus glauca</i>	Blue kuni-bush	Suitable for stabilising coastal dunes.
<i>Widderingtonia nodiflora</i>	Mountain cypress	The wood had been used in the construction of huts.
<i>Olea europaea subsp. Africana</i>	Wild olive	Wood used for furniture and ornaments. Leaves and bark used in traditional medicine.
<i>Podocarpus falcatus</i>	Outeniqua yellowwood	Very popular wood for furniture. Tallest indigenous forest tree in SA (up to 60 m).
<i>Podocarpus latifolius</i>	Real yellowwood	Wood was used as ceiling and floor boards in Cape Dutch homesteads. SA's National Tree.
<i>Sideroxylon inerme</i>	White Milkwood	Bark and root used medicinally. Three specimens have been declared national monuments.
<i>Briza maxima</i>	Large quaking grass	

Scientific Name	Common Name	Common Usage
<i>Prionium serratum</i>	Palm rush	The leaves were used in the manufacture of straw hats, worn by slaves in early Cape Town.
<i>Schizaea pectinata</i>	Cock's comb fern	
<i>Thamnochortus insignis</i>	Dekriet (Thatching reed)	Thatching; brooms
<i>Elegia capensis</i>	Fonteinriet (Fountain reed)	
<i>Staberoha cernua</i>	Restio	
<i>Aponogeton distachyos</i>	Waterblommetjie (Water flower)	Waterblommetjiedie (flowers and seed-heads used in a traditional Cape mutton stew)
<i>Zantedeschia aethiopica</i>	Arum Lilly	Funeral and bridal flowers
<i>Bulbine frutescens</i>	Bulbine	Leaf sap used for skin rashes, eczema and as an antiseptic and emollient.
<i>Trachyandra hirsutiflora</i>	Veldkool (Veld cabbage)	The flowers and leaves of some species of <i>Trachyandra</i> had been used as a vegetable in stews.
<i>Aloe plicatilis</i>	Fan leaved Aloe	
<i>Lachenalia mutabilis</i>	Bontviooltjie (Pied violin)	
<i>Ornithogalum flaccidum</i> (<i>Albuca flaccida</i>)	Slime Lilly	
<i>Ornithogalum canadense</i>	Wittamarak	
<i>Ornithogalum thyrsoides</i>	Chincherinchee	
<i>Spiloxene capensis</i>	Peacock flower	
<i>Wachendorfia paniculata</i>	Rooikanol (Butterfly Lilly)	
<i>Aristea spiralis</i>	Aristea	
<i>Moraea flaccida</i>	Large tulip	
<i>Moraea neglecta</i>		
<i>Moraea papilionacea</i>		
<i>Ferraria crispa</i>	Spider Lily	The corms were boiled and eaten by the early Cape people.
<i>Watsonia marginata</i>	Watsonia	
<i>Watsonia tabularis</i>	Table Mountain Watsonia	
<i>Watsonia coccinea</i>	Dwarf Pink Watsonia	
<i>Watsonia meriana</i>	Waspypie (Wax pipes)	
<i>Watsonia stokoei</i>	Watsonia	
<i>Romulea rosea</i>	Frutang	The small fleshy fruits are eaten by children (including myself - Mariana).
<i>Geissorhiza aspera</i>	Sysie (Satin flower)	
<i>Babiana ambigua</i>	Bobbejaantjie	The corms were boiled and eaten by the early Cape people.
<i>Chasmanthe floribunda</i>	Cobra Lilly	
<i>Gladiolus bonaspei</i>	Vlamme (Flames)	
<i>Corycium orobanchoides</i>	Monkshood Orchid	
<i>Satyrium coriifolium</i>	Rooitrewwa	
<i>Euphorbia burmannii</i>	Soetmelkbos (Sweet Milkbush)	
<i>Euphorbia caput-medusae</i>	Medusa's Head	
<i>Euphorbia mauritanica</i>	Yellow Milkbush	
<i>Cotyledon orbiculata</i>	Pig's Ears	Various medicinal uses, amongst others the warmed leaf juice can be used as drops for tooth- and earache.
<i>Crassula fascicularis</i>	Ruiksissie	
<i>Drosera trinervia</i>	Sundew	
<i>Drosera cistiflora</i>	Snotrosie	
<i>Heliophila digitata</i>	Blue Flax	

Scientific Name	Common Name	Common Usage
<i>Roepera flexuosa</i> (<i>Zygophyllum flexuosum</i>)	Maerbos / Twinleaf	
<i>Pelargonium capitatum</i>	Coastal Pelargonium	Essential oils harvested for perfume.
<i>Pelargonium cucullatum</i>	Wild Malva	A traditional remedy for chest ailments and coughs.
<i>Pelargonium fulgidum</i>	Red Pelargonium	The leaves are snacked on as a wild food.
<i>Pelargonium myrrhifolium</i> var <i>coriandrifolium</i>		
<i>Adenandra villosa</i>	China Flower	All members of the Citrus family have fragrant oil glands. Some have medicinal properties,
<i>Adenandra uniflora</i>	China Flower	others are used to make perfume. A common local use is to rub a piece of twig with
<i>Agathosma imbricata</i>	Sand Buchu	leaves between your hands before washing your hands, to remove the smell of e.g. fish or other
<i>Agathosma thymifolia</i>	Limestone Buchu	hard to remove smells.
<i>Oxalis obtusa</i>	Yellow-eyed Sorrel	
<i>Oxalis purpurea</i>	Grand Duchess Sorrel	
<i>Limonium perigrinum</i>	Sea Lavender	
<i>Erica caffra</i>	Water Heath	
<i>Erica plukenetii</i>	Hangertjie	
<i>Erica coccinea</i>		
<i>Erica abietina</i>	Red heath	
<i>Erica versicolor</i>		
<i>Erica imbricata</i>		
<i>Erica perspicua</i>	Prince-of-Wales heath	
<i>Penaea mucronata</i>	Penaea	
<i>Gnidia tomentosa</i>	Saffron bush	Yellow flowers had been used as a source of dye for leather.
<i>Struthiola striata</i>	Roemanaggie	
<i>Lachnaea densiflora</i>	Mountain carnation	
<i>Protea nitida</i>	Waboom (Waggon Tree)	Wood used for firewood, wagon parts, household utensils and furniture, the bark for tanning leather and the leaves to make ink in the late 19th century.
<i>Protea cynaroides</i>	King Protea	South Africa's National flower.
<i>Protea repens</i>	Sugarbush	The nectar was once collected and boiled into a syrup. The syrup was used as a base for cooldrinks and as a cough syrup.
<i>Leucadendron strobilinum</i>	Peninsula Conebush	
<i>Leucadendron argenteum</i>	Silver Tree	
<i>Leucadendron salignum</i>	Sunshine Bush	
<i>Mimetes cucullatus</i>	Pagoda Bush	
<i>Leucospermum hypophyllocarpodendron</i>	Snake-stem pincussion	
<i>Leucospermum conocarpodendron</i>	Kreupelhout (Cripple-wood)	
<i>Serruria glomerata</i>	Cluster Spiderhead	
<i>Spatalla curvifolia</i>	Fuzzybuds	
<i>Lobostemon fruticosus</i>	Agtdaegeneesbossie (8 days healing bush)	Pulped fresh leaves, fried in sweet oil is an old Cape remedy to heal wounds, sores, ulcers, burns and ringworms.
<i>Melianthus elongatus</i>	Honey Flower	A decoction of the leaves is applied topically to bleeding haemorrhoids.

Scientific Name	Common Name	Common Usage
<i>Polygala myrtifolia</i>	September Bush	
<i>Lessertia frutescens</i>	Cancer Bush	The leaves are widely used as a tea to boost the immune system, and as a tonic.
<i>Aspalathus capensis</i>	Cape Gorse	
<i>Indigofera procumbens</i>	Lewertjie	
<i>Indigofera glomerata</i>		
<i>Xiphotheca fruticosa</i>	Silver Pea	
<i>Podalyria calyptrata</i>	Water Pea	
<i>Tetragonia fruticosa</i>	Sea Coral	
<i>Carpobrotus acinaciformis</i>	Elandsvy / Sour Fig	The astringent leave juice is used for various skin conditions, as well as insect bites and Bluebottle stings. The leaves can be chewn as a substitute for water, and as a remedy for a sore throat and infections. The fleshy fruits are eaten as a delicacy or cooked into a jam.
<i>Carpobrotus edulis</i>	Hottentot's Fig	
<i>Carpobrotus quadrifidus</i>	Sour Fig	
<i>Dorotheanthus bellidiformis</i>	Bokbaaivygie	
<i>Grielum grandiflorum</i>	Desert Primrose	The fleshy root is eaten fresh as a source of moisture. Studies have also indicated that the root has a high protein content, and is therefore also nutritious.
<i>Grielum humifusum</i>	Desert Primrose	
<i>Berzelia lanuginosa</i>	Vleiknoppiesbos	
<i>Staavia radiata</i>	Altydbos (Always bush)	
<i>Petalacte coronata</i>	Wild Everlasting	
<i>Phaenocoma prolifera</i>	False Everlasting	
<i>Metalasia muricata</i>	Blombos	
<i>Cullumia squarrosa</i>	Snake Thistle	
<i>Gazania krebsiana</i>	Gazania	
<i>Arctotis hirsuta</i>	Gousblom	
<i>Arctotis aspera</i>	Taaigousblom (Tough daisy)	
<i>Arctotis calendula</i>	Cape Weed	
<i>Senecio arenarius</i>	Hongerblom (Hungry flower)	
<i>Eriocephalus africanus</i>	Kapokbossie / Wild Rosemary	Brandy-based infusions of Wild Rosemary were used traditionally as a diuretic, but today the plant is an important source of aromatic essential oils for perfumes. Also used as a cosmetic in hair products and skin lotions.
<i>Dimorphoteca fruticosa</i>	Rankbietou	
<i>Foveolina tenella</i>	Lazy Daisy	
<i>Osmitopsis asteriscoides</i>	Swamp Daisy	A brandy ticture of the leaves is a traditional remedy for chest and stomach complaints. Also used as a tonic and antiseptic.
<i>Felicia fruticosa</i>	Wild Aster	
<i>Stilbe vestita</i>	Stilbe	
<i>Salvia africana-lutea</i>	Strandsalie / Coastal wild sage	Infusions are used for colds, 'flu and bronchitis, and also for abdominal cramps and indigestion.
<i>Salvia africana-caerulea</i>	Blue sage	
<i>Ballota africana</i>	Horehound	Infusions or tinctures of the leaves were used medicinally as a sedative.