



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Spring Walk at Table Bay Nature Reserve: Milnerton Racecourse Section

MRC will be hosting its annual Spring Walk on 3 & 4 October 2020.

Come and join the guided spring walk for a relaxing and educational visit through the beautiful MRC.

MRC is one of the City of Cape Town's core biodiversity sites and it comprises of 19.2ha of the Critically Endangered Cape Flats Sand Fynbos. It is home to an approximate 232 recorded plants, 94 bird species, 14 mammals, 14 insects, 8 reptiles and 4 amphibians.

When: 3 & 4 October 2020

Where: Table Bay Nature Reserve: Milnerton Racecourse Section, corner Grand National Blvd and Coral Grove Road

Time: 3 October 2020: 12:00 – 14:00; 4 October 2020: 14:00 – 16:00

Age: This walk is suitable for ages 8+

Dress code: Closed comfortable walking shoes and sun hat

Bring: Drinking water, sunscreen and lunch. Participants are welcome to enjoy the aesthetic beauty of the Reserve, after the guided walk, over a picnic for lunch.

Cost: Free

RSVP: A maximum of 20 people will be taken on the guided walk and it is important for attendees to book their spot before attending via e-mail.

Email: Ntombikayise.Lolwane@capetown.gov.za

PLEASE NOTE: Regrettably no pets allowed.

Important: All participants will be screened for Covid-19 before the guided walk starts: Temperature checks will be conducted; participants will be required to answer a Covid-19 questionnaire; sanitizer will be provided on site for those who do not have.

Covid-19 regulations will be strictly adhered to.

For information about the City's nature reserves and nature areas, visit www.capetown.gov.za/naturereserves