

## THE BOULDERS

Nestled in a sheltered cove between Simon's Town and Cape Point, **Boulders** has become world famous for its thriving colony of **African Penguins** and magnificent wind sheltered, safe beaches.

Although set in the **midst of a residential area**, it is one of the few sites where this vulnerable bird (*Spheniscus demersus*) can be observed at close range, wandering freely in a protected natural environment.

From just two breeding pairs in 1982, the penguin colony has grown to about 3 000 in recent years. This is partly due to the reduction in commercial pelagic trawling in False Bay, which has increased the supply of **pilchards and anchovy**, which form part of the penguins' diet. Boulders forms part of the **Table Mountain National Park (TMNP)**,



which incorporates Table Mountain and the Peninsula mountain chain from Signal Hill to Cape Point.

Bordered mainly by **indigenous bush** above the high-water mark on the one side, and the clear waters of False Bay on the other, the area comprises a number of small sheltered bays, partially enclosed by granite boulders.

The most popular recreational spot is **Boulders Beach**, but the penguins are best viewed from Foxy Beach, where newly-constructed boardwalks take visitors to within a few metres of the birds.

The area is managed in terms of the **National Parks Act 57 of 1976** and visitors are kindly requested to respect the sensitivity of the nesting and moulting birds. Equally important for the existence of this protected natural area in the midst of an urban environment, is the maintenance of **respect for the rights and privacy of the residents in the area.**

## MAIN ATTRACTIONS

- Elevated boardwalks provide excellent opportunities for viewing penguins and whales
- Panoramic views of False Bay and Noah's Ark
- Forest walks and rest points
- Sheltered sandy beaches ideal for picnics and sunbathing
- Safe, clear bays for bathing (water temperatures are those of the Indian Ocean although False Bay is actually part of the Atlantic Ocean)
- Information service provided by volunteers and staff.



## CODE OF BEHAVIOUR

### Please do

- Avoid penguin nesting areas.
- Report injured animals to the Table Mountain National Park staff.
- Respect the privacy of local residents.
- Obey traffic signage.

### Please don't

- Light fires, gas stoves or "skottel braais".
- Harass penguins.
- Park in front of residents' driveways.
- Leave personal belongings unattended.
- Litter
- Remove any plants or other material.

**Dogs are excluded from the beaches and are only allowed on Willis Walk if on a leash.**

### Tides

Some beaches may be inaccessible during high tide. Please check tide tables before visiting Boulders.