

FRIENDS' GROUPS & AFFILIATES IN THE WESTERN CAPE

1	FRIENDS OF HELDERBERG	Helderberg Nature Reserve, Cape Town, 7135	helderbergfriends@telkomsa.net	021 852 5239						
2	FRIENDS OF KENILWORTH RACECOURSE	Kenilworth Racecourse, Rosmead Avenue, Kenilworth, 7760	akahle@iafrica.com	021 700 1843						
3	FRIENDS OF LIONS HEAD & SIGNAL HILL (FLASH)	Signal Hill/Lions Head CT	friendslionshead@gmail.com	021 439 7786						
4	FRIENDS OF MEADOWRIDGE COMMON	9 School Side, Meadowridge, Cape Town, 7806	maharg@netactive.co.za	021 715 9206						
5	FRIENDS OF MONTAGU ECO-CLUB	Montagu-Ashton Tourism, 24 Bath Street, Montagu, 6720	marwil2@absamail.co.za							
6	FRIENDS OF RONDEBOSCH COMMON	Rondebosch Common, Rondebosch, 7700	eastman@mweb.co.za	021 685 3451						
7	FRIENDS OF SILVERMINE NATURE AREA	Silvermine Reservoir, Tokai, Cape Town, 7945	safaris01@iafrica.com	021 715 3953						
8	FRIENDS OF STELLENBOSCH MOUNTAIN	Eden Forest, 41 Beethoven Rd, Stellenbosch, 7600	egggers@physics.sun.ac.za	021 880 0757						
9	FRIENDS OF THE CAPE OF GOOD HOPE	Cape Point Natural Park, Cape Peninsula, Simon's Town, 7995	izzard.kelly@gmail.com	021 712 6004						
10	FRIENDS OF THE LIESBEEK	Liesbeek River, Cape Town	secretary@fol.org.za	082 963 5757						
11	FRIENDS OF TOKAI PARK	1995 Orpen Rd, Outside, Cape Town, 7945	T.Rebelo@sanbi.org.za	021 7127975						
12	FRIENDS OF ZEEKOEVLEI & RONDEVLEI	False Bay Nature Reserve (Perth Rd & Fishermens Walk, Zeekoei Vlei, CT)	deecrans@netactive.co.za	021 705 2509						
13	GARDEN ROUTE BOTANIC GARDEN TRUST	Garden Route Botanical Garden, 49 Caledon Street, George 6529	scherb@pixie.co.za	044 8741558						
14	HELDERBERG ECO-RANGERS	Helderberg Nature Reserve, Cape Town, 7135	wendy@ecorangers.co.za	021 855 1509						
15	PARKSCAPE	Tokai Park (1995 Orpen Rd, Outside, Cape Town, 7945)	dbg@tenet.ac.za	021 763 7144						
16	FRIENDS OF JACK MULLER PARK	Jack Muller Park, Frans Conradie Dr, Cape Town, 7530	wimpie.els1@gmail.com	021 487 7220						
17	SUN VALLEY ECO WATCH	Corsair Way, 7975	kargray@telkomsa.net	021 785 5811						
18	FRIENDS OF BLAAUWBERG CONSERVATION AREA	Eerste Steen Resort, Otto du Plessis Dr, Bloubergstrand, Cape Town, 7441	chair@bca.org.za	021 557 0740						
19	FRIENDS OF BRACKEN NATURE RESERVE	2 Reservoir Street, Brackenfell, 7560	verismofinserve@telkomsa.net	082 438 1797						
20	FRIENDS OF KENWYN NATURE PARK	Eyespot Open Space, Chukker Road, Kenwyn, 7779	galexander@live.co.za	079 825 0099						
21	FRIENDS OF RIETVLEI	Table Bay Nature Reserve, Milnerton, 7435	pat@friendsofrietvlei.co.za	021 550 1096						
22	FRIENDS OF THE MONTAGU NATURE GARDENS	40 Van Riebeeck St, Montagu, 6720	simmo@jts.co.za	023 614 2612						
23	FRIENDS OF TYGERBERG HILLS	Tygerberg Nature Reserve (1 Totius St, Welgemoed, Cape Town, 7530)	danesterhuyse@gmail.com	021 975 5660						
24	H.O.P.E FRIENDS GROUPS	Hillside Highway Road, Fishhoek, 7974	saltwater@mweb.co.za	021 786 4232						
25	KIRSTENHOF COMMUNITY PARKS	57 Summer Place, Kirstenhof, 7945	mandyjeppe@yahoo.com	021 701 2761						
26	WHALE COAST CONSERVATION	Whale Coast Conservation, R43, Vermont, 7201	robfryer.wcc@gmail.com	028 316 2527						
27	FRIENDS OF PAARDEVLEI DAM		elmarie1962@telkomsa.net	082 462 0858						
A	EDEN (GEORGE-SEDFIELD)	Garden Route Botanical Gardens - 49 Caledon St, Camphersdrift,George	wessageorge@isat.co.za	044 873 4203						
B	HOTTENTOTS HOLLAND HEAD QUARTERS	Somerset West	hausmeister@mweb.co.za	072 335 9301						
C	KNYSNA-PLETT HEAD QUARTERS	Between Knysna and Plett	stebar@barkly.co.za	044 382 4474						
D	WESTERN CAPE REGIONAL COMMITTEE HQ	31 The Sanctuary, Kirstenhof, 7945	admin@wessa.co.za	021 701 1397						

