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Main Beach - 066.247.2700
www.jbaywaterpark.co.za

Jeffreys Bay

ADVERTISER

2024
Edition
1



Enquiries 065 368 8133

Jeffreys Bay

Jeffreys Bay is named after Captain Jeffrey who sailed his cargo ship around the coast of South Africa in the 1840s. Unfortunately due to an epidemic of scurvy he and his crew were forced to land his ship on the beach. Captain Jeffrey built the first house in Jeffreys Bay and erected it in 1850, a double story mansion which he named the "White House".

The first trading station became active in 1868 which started to lure people to the town and since then it has seen huge growth. The beautiful beaches combined with the best right hand surf breaks in the world has placed Jeffreys Bay on the world map.





"The White House 1850"

Jeffreys Bay is one of the best surfing destinations and is renowned for its beautiful beaches and surfing waves with many different surf breaks. Surfing spots include Kitchen Window, Magnatubes, Super Tubes, Point and Albatross. The waves at Supertubes can reach in excess of 10 - 12 feet, one of the best right wave breaks on the planet.



The light house on mail beach



Jeffreys Bay's beaches are known for good angling. Fish species caught here: Cob, leerfish, Garrick, Grunter, White Steenbras, Blacktail, Musselcracker, Baardman, Red Steenbras, Poenskop, Roman, Dageraad, Elf, various shark species and Rays.



ACTIVITIES

PARK RUN

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! The event takes place at Global Leadership Academy, Outeniqua Drive, Fountains Estate, Jeffrey's Bay every Saturday at 8am.

SNORKELING

Experience what lies beneath at ocean around the Storms River Mouth. Snorkel across the ocean's surface, marvelling at the spectacular marine life from above, chasing fish over the reefs and spotting sun rays on the ocean bed.

The coastline along the Tsitsikamma National Park is a conservation area and remains untouched. All the marine life is protected and means that you will not only see more but get much closer too.

This splendid sea safari is enjoyed all year round and is an ideal adventure for the whole family.

KITE BOARDING

The only beaches you can probably kitesurf are Kitchen Windows, Magna Tubes and Paradise beach. It is not recommended you try kite Super Tubes... for many reasons! Forget the gentle tubing hotdog waves you saw in Endless Summer if you're thinking of kiting them. Best on the east wind as it's cross shore, unfortunately blowing against the swell direction. On a West wind it's very gusty and off-shore, although there are some spots that the wind is clean.

SURFING THE GREAT SPOTS

The swells improve in winter months. Options for a great day in the surf is Boneyards which is next to Supers. Point is situated east of Supertubes, waves here are a tad smaller than those at Boneyards and Supers however you can expect a much longer ride than Boneyards and Supertubes.

BIKING

The 3 Rivers Trails complex, centered on the village of Thornhill, is located midway between Port Elizabeth and Jeffrey's Bay on the East Coast of South Africa and incorporates the Crossways, Bluegums and Sunnyside Farm trails, as well as the J-Bay Bike Park, the Longmore Forest and Woodridge College.

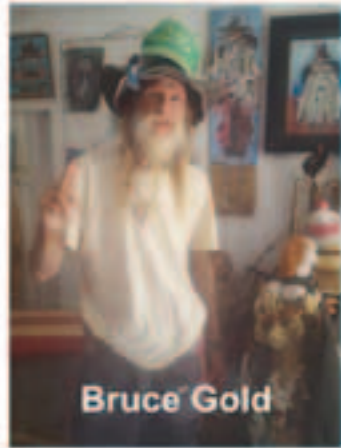
With more than 200kms of trails and more than 65km of singletrack in the 3Rivers Trails complex you'll have plenty of riding to choose from. Be prepared for some of the best trails in South Africa.

FISHING

Jeffrey's Bay is without doubt one of the finest shore angling destinations in Southern Africa! Our fish rich waters produce a multitude of species all year round. The characteristics of our local coastline also makes it possible to fish in most sea and weather conditions.

CLUBS

Squash, Tennis, Golf and Bowls, paddling



Bruce Gold



The Last of the Great Surfing Hippies



Bruce grew up in the Swartkops River at Red House, I went to Red House School and in Port Elizabeth's Hurbert Hurd School, I went to Woodridge for 2 years including 1 year at Union High before we returning to Durban. My national service was completed in the Police Force for 3 years, looking for submarines in Zululand and never found any.

I first came surfing here in 1968 when the tar road started at the beach hotel now seashells accommodation. I would return every year in the winter and stay as long as possible and return to durban and drive taxis night shift and surf the mornings...early 70s found i could survive in jeffreys on the oysters and shells and stitching and glueing for John Ross and Anthony Van Den Heuvel ... shoemakers! I was a barman at the beach hotel and at the Cape St Francis Hotel in cape St Francis when seal point was still seal point...who knows why they built the Cape St Francis Lighthouse at Seal Point....maybe they got lost on their ox waggons.

Asking Bruce what keeps his fitness, he said I went surfing yesterday, healthy mind frame, physically and a zest for life he brags his 77th revolution around the sun and anticipates many more. Healthy body and healthy mind he equates to eating plenty raw foods "What you Eat Today walks and Talks Tomorrow" he says. Bruce prefers to ride his bicycle; it helps his fitness for his surfing. Bruce cooks minimal foods, he believes in eating once a day, eat only at the time your body is really hungry and fasting for as long as one can before eating.

"BE NICE" and you will probably find others will be nice back to you!

EXPLORE

Beauty of Nature



Jeffreys Bay is a wonderful tourist and holiday destination in South Africa and offers plenty of activities and things to do. It is known to be one of the top surf destinations in the world, it's beautiful landscape also lends itself to some great walking and hiking trails in and around the area. From multi-day hikes to easy walking trails the whole family can enjoy. Here is a guide to experiencing Jeffreys Bay brilliant nature walks on foot.

Walks & Hikes



Noorsekloof Nature Reserve (Level – Easy) Distance - 3km

The Noorsekloof Nature Reserve covers 28-hectares of land with a **3km trail running route** alongside a stream where you can see more than 50 species of birds including the Knysna Woodpecker, Knysna Loerie and paradise flycatchers, as well as some small buck. The reserve is named after the abundance of Noorsboom trees, or giant Euphorbia Triangularus in the area. The trail is free and starts at the entrance to Koof in Eland Street, and ends in Dogwood Circle.

Kabeljous Trail – 2km from Jeffreys Bay (Level – Easy) Distance - 3-7 km

The **Kabeljous Nature Reserve** is a 180-hectare reserve that includes parts of the Kabeljous River and estuary, as well as extensive wetlands, valleys, forest and 2.5 km of beautiful coastline with vegetated sand dunes. **A picnic area** is available at the Estuary.

You can access the trail off the R102 as well as starting on the south side of the estuary, where you can park beside the picnic sites and then walk along the banks towards the ocean.

Enjoy plenty of **bird sightings**, with more than 100 bird species in the area, and thousands of red-knobbed coots that nest in these waters. Once on the main path, you'll walk through the coastal thicket with the opportunity to spot bushbuck, duiker, and grysbok. The view from the lookout over the coastline and surrounding bush is simply stunning. When heading down the dunes of the beach be sure to watch out for the nests of **African black oystercatchers**.

Tortoise Trail – 5km from Jeffreys Bay (Level – Easy, Suitable for children) Distance 1 km

The Tortoise Trail is situated in the **Seekoeirivier Nature Reserve**, which lies between the coastal villages of Aston Bay and Paradise Beach, just south of Jeffreys Bay. The reserve is a beautiful place to walk with many trees to observe include gharrie, boerboon, milkwood, sage wood, bitou and aloes. The Tortoise Trail follows a track beginning at the office down to the bird hide on the riverbanks, where more than 120 bird species have been identified, including the Cape dabchick and majestic fish eagle. In ideal conditions, you can see **large flocks of flamingoes** in the shallow waters. Keep your eyes peeled for blue duiker, bushbuck, tortoise, mongoose, and grysbok as you walk along the path.

Overnight Trails

The **Chokka Trail (Level – Advanced) Distance 62 km, 4 Days - 3 Nights**

Oyster Bay, St Francis Bay and Cape St Francis.

For the adventurous at heart, an **overnight hiking trail** will refresh the body and mind. The most well known is the **Chokka Trail**, a 62km slackpacking trail which starts at St Francis Bay, a 30-minute drive from Jeffreys Bay.

The trail is a combination of quaint fishing villages and a stunning unspoiled part of the Eastern Cape brimming with fynbos, wetlands, sand dunes and a rugged coastline. You only carry a lunch pack whilst your luggage is transported to your next overnight stay, which is in comfortable and fully catered guesthouses or resorts.



Black Oyster Catcher

What to do in and around St Francis Bay

St Francis Bay Adventures



St Francis Bay Adventures canal and river cruises. we can take large or small groups on our 3 beautiful barges

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A Short drive from Jeffreys Bay



Seekoeriver Valley
 Jeffreys Bay

Tel: 042 293 2251

Nyala - Buffalo - Giraffe - Waterbuck - Springbuck - Common & White Blesbuck - Eland - Red Hartebeest - Common & Black Impala - Zebra - Duiker - Rhino - Reedbuck



Interesting Rhino Facts

The Sumatran rhino is the closest relative to an extinct species of rhino. Woolly rhinos are ancient rhino species known to have lived in the ice age around 2.4 million years ago.
 Rhinos can swim. Yes it's a fact that all species of rhino are actually capable of swimming.
 Despite their size rhinos are speed machines that can run over 60 km per hour. A group of rhino is called a crash!
 After elephants rhinos are the second largest land mammals on Earth. Rhinos have poor vision it is said that a rhino cannot see a motionless human standing 30 metres away from it.
 They have interesting and hilarious ways of communicating. They mainly use honking, sneezing and popping as means of communication. A relaxed rhino will honk, an angry rhino will snort, growl or make trumpet like noise, a scared rhino will scream and a rhino wanting to warn others of danger will sneeze loudly. There are five species of rhino. The greater one - horned rhino the Javan rhino, the sumatran rhino and the black and white rhino.



The History Of Golf

Golf originated from a game played on the eastern coast of Scotland, in an area close to the royal capital of Edinburgh. In those early days players would attempt to hit a pebble over sand dunes and around tracks using a bent stick or club. During the 15th century, Scotland prepared to defend itself, yet again, against an invasion by the 'Auld Enemy'. The nation's enthusiastic pursuit of golf however, led many to neglect their military training, so much so that the Scottish parliament of King James II banned the sport in 1457.

Although people largely ignored the ban, it was only in 1502 that the game gained the royal seal of approval when King James IV of Scotland (1473 -1513) became the world's first golfing monarch.

The popularity of the game quickly spread throughout 16th century Europe thanks to this royal endorsement. King Charles IV brought the game to England and Mary Queen of Scots introduced the game to France when she studied there; the term 'caddie' derives from the name for her French military aides, known as cadets.

One of the premier golf courses of the day was at Leith near Edinburgh which hosted the first international golf match in 1682, when the Duke of York and George Patterson representing Scotland, beat two English noblemen.

The game of golf officially became a sport when the Gentlemen Golfers of Leith formed the first club in 1744 and set up an annual competition with silverware prizes. The rules for this new competition were drafted by Duncan Forbes.

Rules that even now sound so familiar to many;

... 'If your ball comes among water, or any watery filth, you are at liberty to take out your ball and bringing it behind the hazard and teeing it, you may play it with any club and allow your adversary a stroke for so getting out your ball.' The first reference to golf at its now recognised historic home town of St Andrews, was in 1552. It was not until 1754 however that the St Andrews Society of Golfers was formed to compete in its own annual competition using Leith's rules.

The first ever 18-hole course was constructed at St Andrews in 1764, establishing the now recognised standard for the game. King William IV honoured the club with the title 'Royal & Ancient' in 1834, with that recognition and its fine course the Royal and Ancient Golf Club of St Andrews was established as the world's premier golf club.

At this time golfers were using hand-crafted wooden clubs usually made from beech wood with shafts of ash or hazel, and balls were made from compressed feathers wrapped in a stitched horse hide.

During the 19th century as the might of the British Empire expanded to encompass the globe, so golf followed closely behind. The first golf club formed outside Scotland was the Royal Blackheath (near London) in 1766. The first golf club outside Britain was the Bangalore, India (1820). Others quickly followed included the Royal Curragh, Ireland (1856), the Adelaide (1870), Royal Montreal (1873), Cape Town (1885), St Andrew's of New York (1888) and Royal Hong Kong (1889).

The Industrial Revolution of the Victorian era brought with it many changes. The birth of the railways allowed ordinary people to explore outside of their towns and cities for the first time, and as a consequence golf clubs began to appear all over the countryside. Mass production methods were adopted to manufacture the clubs and balls, making the game more affordable to the average person. The game's popularity exploded!



The First 18 hole course
St Andrews 1754



Hand-crafted wooden clubs usually made from
beech wood with shafts of ash or hazel



Mary Queen of Scots
introduced the game to France



Balls were made from
compressed feathers wrapped in
a stitched horse hide



King James IV of Scotland
The world's first golfing monarch
(1473 - 1513)

JEFFREYS BAY GOLF CLUB

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Ranked 82 out of 100 top golf courses in SA. Please leave us a review :
<https://satop100courses.com/course/st-francis-bay/>

Animals to Keep a look out for in the Seekoei Nature Reserve

Bush Buck



Caracal



Common Duiker



Vervet Monkey



Cape Otter



Grysbok



Bushpig



Porcupine



Tortoise



Yellow Mongoose



Chokka Boats and the Source of Calamari

The South African squid fishery is based on a single species, *Loligo reynaudii*, locally referred to as chokka and also known as squid, calamari or white gold.

Fishing boats out in Algoa Bay and St Francis Bay are regular sights to residents and visitors of Port Elizabeth, Jeffrey's Bay and St Francis. These boats can often be seen taking shelter in the bays when bad weather is forecasted and at night it looks like a town out on the water with all the bright lights out there. The majority of these boats are chokka boats with the region being home to the South African chokka industry.

The squid (or chokka) industry started in the early 1980's with boats landing fresh chokka in Plettenberg Bay and Port Elizabeth and later in St Francis Bay. The export market developed very quickly.



Squid Facts

Calamari is not a type of fish but a culinary term for squid.

The word calamari comes from Italian.

Calamari is a good source of protein, vitamin C and iron.

Researchers have established that giant squid can live to about 5 to 6 years old. Most squid live shorter lives some as short as six months most about a year.



Whales and Dolphins of the East and Western Cape



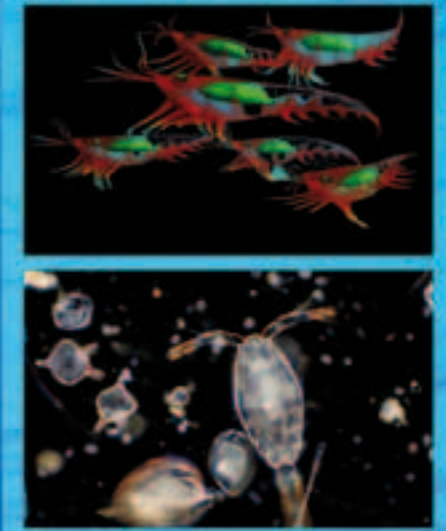
BRYDES WHALE Life span + - 50 - 70 yrs, 15m long, diet, krill, copepods, red crabs, shrimp and small fish like mackerel, pilchards and sardines



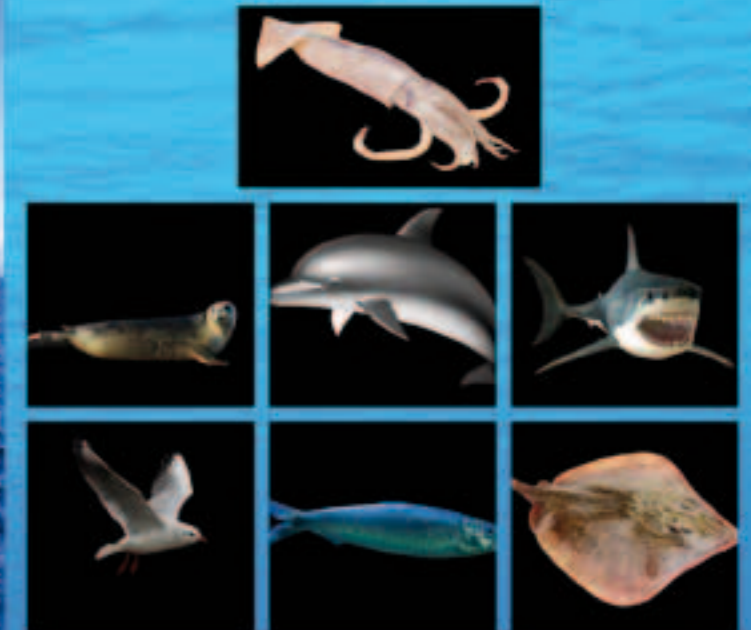
INDIAN BOTTLENOSE DOLPHIN Life span 30 - 50 yrs, 2.6m long diet, fish, squid, crabs and shrimp



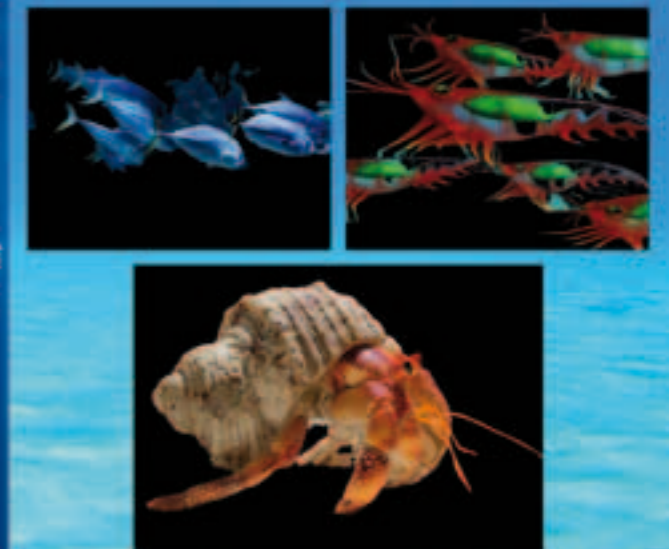
LONG-BEAKED COMMON DOLPHIN Life span + - 40 yrs, 2.5m long, diet, anchovies, sardines and other schooling fish



WHALE SHARK Life span 80 yrs, 43 - 56 feet long, diet, plankton and krill



KILLER WHALE Life span 50 - 100 yrs, 25 feet long, diet, fish, squid, sharks, seals dolphins, rays, seabirds etc



HUMPBACK WHALE Life span for 45 - 50 yrs, 18m long, diet, shrimp, crustaceans (Krill) and small fishes

JBay Surf Village



BEST SHOPPING IN TOWN

1 Da Gama Rod - Jeffreys Bay

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FOR ENQUIRE ALL 042 2933438



JBay Surf Village

A Unique Experience



This cluster of surf shops and factory stores has been entertaining visitors since the 80's. The JBay Surf Village is an international melting pot of surf and skate culture, home decor, yummy restaurants and pamper spots. A short walk from blue-flag status, Dolphin Beach, it's an outdoor shopping mall the whole family will want to visit, time and again.



LEARN TO SURF IN JEFFREYS BAY WITH SALTED SURF!

Want to learn to surf in Jeffreys Bay? Whether you've never set foot on a surfboard or you're on your way to becoming a pro surfer. Salted Surf School has experienced surf instructors that can help anyone experience the thrill of surfing.



VILLAGE MARKET

Keep an eye out for this festive pop-up market. Featuring live music, organic food produce, leather goods, handmade jewellery, art and much more, it's a great place to spend a Saturday morning. Be part of the community.



SPA

Mom gets to enjoy her time here too! With manicures, pedicures, massages and more beauty therapy options, you could spend the whole day here. Perhaps hubby is having a surf... why not indulge yourself a little?



LIVE MUSIC

Whether it's the Saturday market or one of the restaurants in our block, every once in a while we're blessed with some jams. Keep in touch with what's happening by checking our Facebook page, better yet, sign up to our newsletter, and we'll keep you updated.



KIDS PLAY AREA

Your old school playground, where kids just know how to have fun! See-saw, wendy-house, slide, balancing games etc. Adult supervision required.



SKATE PARK

For kids of all ages (and that means you're welcome Dad), this skate park probably has the best view EVER! Half-pipe and some fun rails. Please be safe, wear helmets and padding.



COFFEE TASTING

Infod Coffee Society and Roastery keep things interesting with fresh coffee affairs. Tastings, coffee art competitions and more. If there's something new happening in the coffee world they'll be the first to know, and happy to share with you. We also think that eating scrumptious food is a great activity.



POTTERY CLASSES

Enjoy a creative adventure by designing your very own Wonki Ware plate. Artists of all ages and abilities enjoy choosing from our selection of fun ceramics items and getting crafty with paints and brushes. You can enjoy our healthy menu items while you paint.



SHOPPING

So much to choose from! Gifts, home decor, clothing, surfboards and surf accessories. Completely spoiled for choice, you'll find almost everything you could need near the beach here. Factory shops too!

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shop 14

Cell: 078 064 5562



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Walmer

Cell: 079 309 2842



SURFBOARD AND WETSUIT RENTALS AVAILABLE.

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Did you know that In-Step is a family owned business? Andy started out making shoes for the surfers on the beaches of Jeffreys Bay. He would trace the leather to the shape of their feet individually, cut it out and sew them up by hand! Still today, our customers will say that our shoes feel like they were made for their feet!



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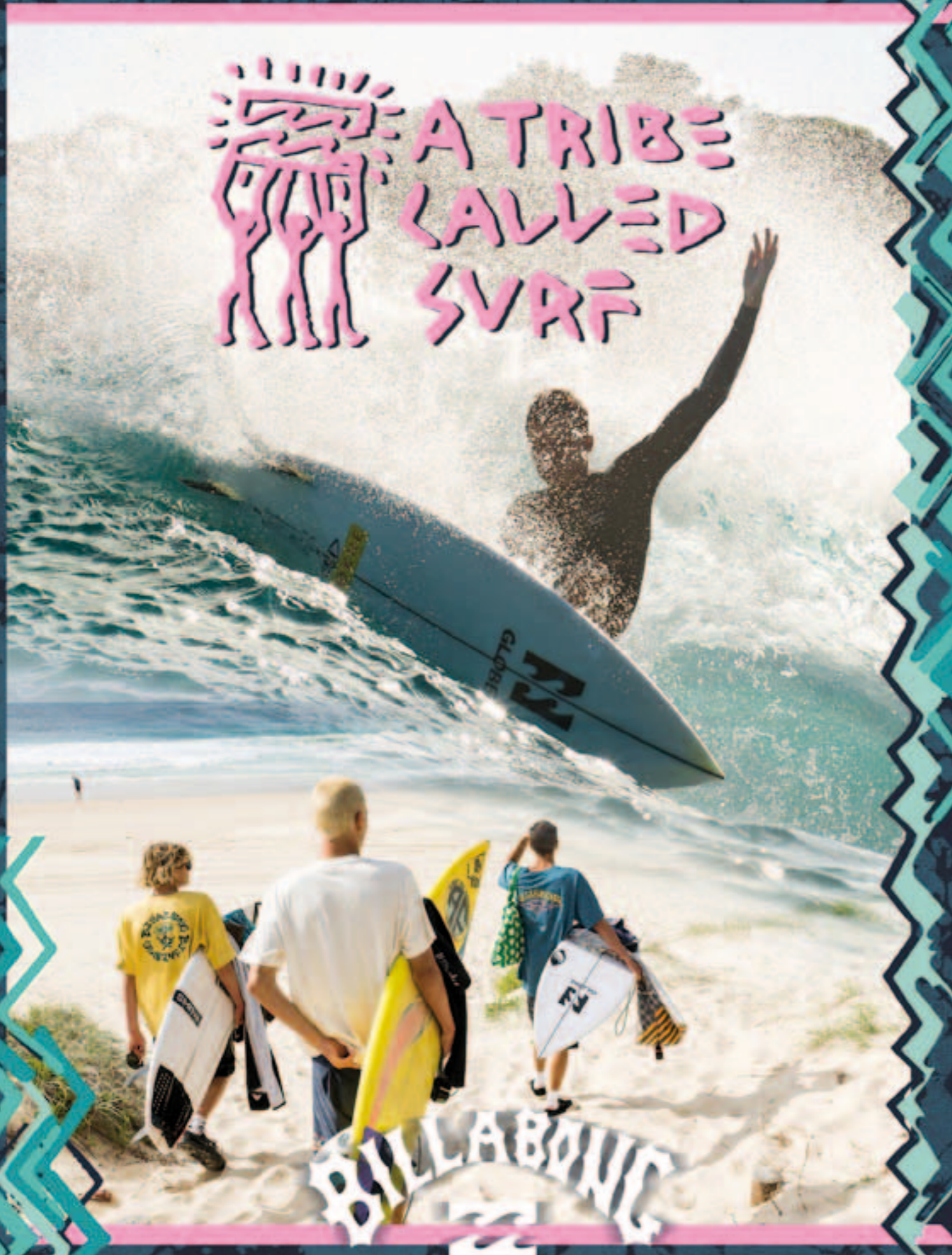
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CONTACT

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DELICIOUS

Foods



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Nina's
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Die Kos Pot

Explore a diverse culinary landscape in our seaside town, where a variety of restaurants cater to all tastes and preferences.

Fountains Mall

Wimpy
Mc Donalds

Indulge in the finest local wines at charming vineyard-inspired establishments, savor the freshness of locally sourced produce at farm-to-table eateries, and delight in the aroma of freshly baked goods from our artisanal bakeries.

Seafood enthusiasts can relish succulent prawns at waterfront restaurants, while those on the go can opt for mouthwatering takeaways.

The Village

Unwind
Infood
Die Vis Wyf

For coffee connoisseurs, a dedicated roastery ensures a rich and aromatic brew.

Spice up your evenings with the flavors of a local curry or enjoy a slice of perfection at pizzerias featuring wood-fired delights. Complete your culinary journey with a taste of locally brewed beer at cozy pubs, embracing the essence of our vibrant seaside community.

Jeffreys Bay

The Greek
The Mexican
Brewhaha
Tasy Table
Spur
Kitchen Windows

Kabeljous

The Wild Fig

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JEFFREYS BAY, SOUTH AFRICA

THE WILD FIG FARM RESTAURANT is located in the Northern part of Jeffreys Bay. The restaurant offers a full menu, ranging from breakfast to lunch and dinners..... kiddies meals, succulent ribs, burgers, steaks, fish and a superb range of pizzas and much more.

We offer seating outside on the patio / deck and inside. The beautiful fig trees provide a shaded area for children to play and our deck is perfect for relaxation and soaking up the morning sun and the clean fresh farm air. In winter we strike up a fire to keep the cockies warm .

We would love for you to visit us and enjoy the surroundings, the company and the food which is all prepared with love, care and attention. So come on over and visit us, sit back and relax as we take good care of you.

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!Welcome to Tasty Table Cafe

Tasty Table Cafe is a Family run Cafe with an incredible view of the Blue Flag

Main Beach of Jeffreys Bay, also known as Dolphin beach.... for good reason. We are known for our Specialty Coffees, Burgers, Seafood and Freshly baked Treats!

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.Please note that we are not open on Sundays.



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Enjoy every moment



Fountains Mall

Natures wonders

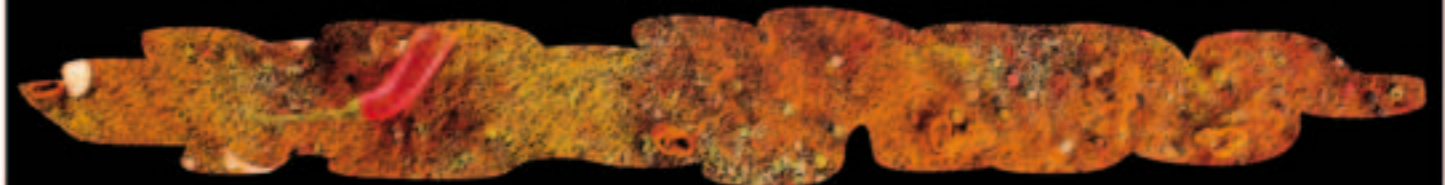
A HEALTHY WAY TO START YOUR DAY



- Cinnamon Powder:** Cinnamon has various health benefits. It's known for its antioxidant properties and may help regulate blood sugar levels, reduce inflammation, and fight bacterial and fungal infections. Some studies suggest it could potentially improve heart health and aid in managing certain neurodegenerative conditions.
- Cayenne Pepper:** Cayenne pepper contains capsaicin, which gives it its heat. It's believed to have pain-relieving properties and may help with digestion, weight loss, and reducing appetite. Additionally, it's thought to have anti-inflammatory and antioxidant effects.
- Ground Ginger:** Ginger is known for its anti-inflammatory and antioxidant properties. It's commonly used to aid digestion, reduce nausea, and relieve motion sickness. Some studies suggest it may also help with reducing muscle pain and soreness.
- Turmeric Powder:** Turmeric contains curcumin, a compound with potent anti-inflammatory and antioxidant effects. It's believed to have various health benefits, including potentially reducing joint pain, improving brain health, aiding in digestive issues, and supporting heart health.

METHOD

Add 1/4 teaspoon of each ingredient into a cup, add 100ml boiling water in order to activate the turmeric powder, allow to cool down before drinking



Freeze Time and capture your memories with Quality Photobooks, Coffee Table-Books

Upgrade Your Establishment with Elegance or Showcase Your Business Catalogue with Pristine Coffee Table Books!

Paladin Marketing
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This Book was designed by Paladin Marketing

Richard 065 3688 8133

CREATING LIGHT AND LOVE

Photography & Videography

RICHARD
065 368 8133

BODY STRESS RELEASE

Unlocking tension - Restoring self-healing



BODY STRESS RELEASE
Unlocking tension - Restoring self-healing

Body Stress Release is a gentle and noninvasive health technique, concerned with looking for and releasing lines of tension in the body, which opens up the communication between body and brain so that the body can heal itself.

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We love our town! Jeffreys Bay one of the best and most famous surfing destinations in the world. Our town has grown from a sleepy little fishing village into one of the fastest expanding urban areas in the country. We are proud to be a part of this developing community.

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Good Reasons to Live and Invest in Jeffreys Bay

Wonderful river, canals and sea: the 14km long Kromme river is very peaceful for most of the year, the water quality is good, and it is host to paddling and swimming races. In addition, the Geelhout tributary is navigable for a further 4km, winding and narrow, a very special place. The canals are the best in the country and the sea boasts great surfing, fishing, boating, diving and much more.

1. Supportive community.
2. Young families moving into town.
3. Good quality of life ... and good quality sea water and air, no traffic jams, no robots, no air or sea pollution.
4. Good municipality, energetic councilor: Kouga is ranked the best municipality in the East Cape, and in the top ten in South Africa.
5. Sporting mecca, many sports clubs: running, paddling, cycling, swimming, squash, bowls, golf x 2, gyms, indoor pools, fishing, surfing, windsurfing, kiteboarding, soccer, tennis, walking trails, beach walks ...
6. Nature areas around town, beach walks, wildside walks, coastal walks to Oyster Bay and JBay, and the amazing dune fields.
7. Strong civil society, excellent volunteers at Rotary, Property Owners Association, Ward Council, Kromme Enviro Trust, Animal Rescue, NSRI.
8. Good retail and hospitality facilities, many excellent restaurants.
9. St Francis is large for a vibrant community, Oyster Bay is really too small to support much activity.
10. Low crime rate and safe we are fortunate to have low crime, with almost all non-violent.
11. A peaceful quiet town. Many events (sporting and other) are on offer every few weeks, the town remains peaceful unless you seek out the action.
12. Good doctors & alternative healing, we have various doctors to choose from, two dentists, two physios, many alternative healing practitioners, optometrist, biokineticists with many more options in Humansdorp and Jeffreys Bay.
13. Port and fishing industry, the centre of South Africa's calamari industry is right here at our Port, creating employment, and tasty delights with a few of our restaurants.
14. Opportunities for new businesses, strong boat, yacht and home building and allied trades, with opportunities to establish new growth sectors.
15. Strong property demand, the demand for property in St Francis has increased dramatically within the past 2 years.