

WELCOMES YOU

and relaxing visit



WHAT TO SEE AND DO:

- Bird Watching
- Self-Guided trails
- Breeding heronry (award winning)
- 212 indigenous plant species
- 120 bird species
- 7 different habitats
- 45 minute nature trail (2km)
- Environmental Education Centre

WE ALSO OFFER:

- Guided group tours
- Boat tours
- Birds hides
- Viewing platforms
- School tours / Educational programs
- Venue Hire
- Educational Gardens

INTAKA ISLAND ENVIRONMENTAL EDUCATION CENTRE

This multi-functional Eco-Centre, accommodates groups of up to 75 at a time and includes an assembly area, educational activity centre, conference facilities, reception, catering and ablution facilities. Aside from meeting the Enviro-Educational needs, the centre also showcases sustainable living best practices which optimise energy and natural resource efficiencies.

THESE INCLUDE:

- BIODIGESTER:** Digests organic material producing methane, creating heat which can be used to power household appliances.
- GREY WATER:** Grey Water is harvested from our basins and used to flush toilets.
- RAIN WATER HARVESTING:** Keeps our Grey Water tanks filled at all times, minimising our use of potable water.
- BLACK WATER TREATMENT:** Cleans our faecal waste water back to its 'Grey Water' state. This water is then used for irrigation.
- EARTHWORM FARM:** Earthworms provide us with a fertile compost, which they produce from feasting on left-over food waste.
- COMPOSTERS:** Organic material is decomposed by the micro-organisms and used as a nutrient-rich compost.
- POLYWOOD AMPHITHEATRE:** Polywood is manufactured from recycled plastics that otherwise would be sent to landfill.
- WASTE RECYCLING:** Waste is collected and transported to a sorting facility.
- SOLAR PANEL:** Our solar panels capture the energy produced by the sun to power our beautiful Eco-Centre.
- WIND TURBINE:** A vertical wind turbine harnesses the energy created by the wind and converts it to electricity.
- BIO-MASS:** Wooden pellets used in our fireplace are a biofuel manufactured from compound sawdust and wood waste.



Intaka Island

INTAKA ISLAND

Enjoy an interesting

Intaka Island, a 16 hectare multipurpose nature area, is home to 212 species of indigenous plants and 120 bird species. Our self guided trail allows visitors to view the natural and educational assets of Intaka Island, which has been awarded conservation status by Cape Nature. Intaka Island offers you a place of solace, to take a stroll, get in touch with nature and get away from the hustle and bustle of everyday life.



THE HISTORY OF INTAKA ISLAND:

When development of Century City began in 1996, the 250 hectare area was largely covered by invasive alien vegetation and degraded wetlands. A number of water birds used these wetlands and the surrounding flooded vegetation as a breeding site. In the environmental impact assessment (EIA) which preceded development, it was recommended that a multi-purpose nature area be created in the centre of Century City. The Century City property developer decided to do this, both as a contribution to conservation and to create an attractive and functional wetland for the Century City community. Intaka Island is the result and it represents a uniquely successful union of conservation and property development.

THE AIMS OF INTAKA ISLAND ARE TO:

- Conserve a rare type of wetland and Fynbos habitat
- Provide a natural sanctuary for birds
- Preserve the breeding heronries of water birds
- Naturally filter & purify the water of the Century City canals
- Support vital research, conservation & Enviro-Educational programs



+27 21 552 6889 +27 83 321 9197 info@intaka.co.za www.intaka.co.za



Cover photograph: Riaan Visser. Additional images: Intaka Island archives, Allan Holland, Michel Dei-Cont, Steve Williams

Wetlands

STATION 1: Water Purification

This spreader is the start of the natural process of cleaning Century City's canal water by flowing through the four specific cells of the constructed wetland. This canal water is pumped via the spreader, and flows into Cells 1 & 2 which are filled with reeds, then into Cell 3 which is a deep, open water area and finally Cell 4 which is a shallow, flooded meadow. This is an example of conserving and recycling water by constructing a natural filter and purifier.



STATION 2: Reed Beds

The reeds planted in Cells 1 and 2 slow down the flow of water, allowing suspended particles to settle. The reeds also absorb large amounts of phosphate, and essential nutrients for plant growth. By performing these two functions, the reeds play a major role in polishing the water and establishing a healthy wetland system.

STATION 3: Educational Garden

The garden consists of a display of local indigenous plants which are grouped into 'Medicinal Plants', 'Cape Flats Sand Fynbos' and 'Sustainable Landscaping Plants'. Each section has an information story board and all the individual plants, which include a number of threatened species, have small identification display signs which include their common names and a short description.



STATION 4: Bird Mountain

Bird Mountain overlooks the large expanse of deep open water of Cell 3 which is aerated by wind. Bacteria that break down nitrogen based compounds flourish in this oxygenated water. This results in the nitrogen either being absorbed by plants, or being released as a harmless gas.

Intaka Island Scenic Trails

A network of paths has been laid out to allow visitors to view the natural assets of Intaka Island and experience nature at its best.



STATION 5: Heronry

The large wooded, man-made islands are part of a unique artificial heronry designed and developed at Intaka. The islands are attractive to colonial breeders because they offer natural-looking nesting space in an environment that is safe from predators and humans.



STATION 6: Flooded Meadows

The shallow water of Cell 4 allows for further aeration of the water and removal of residual phosphates as well as nitrates by the dense vegetation. From here, the clean water re-enters the canal system. This habitat is ideal for the wading species of birds.

STATION 7: Weaver Nests

The two main types of weaver birds that are found on Intaka Island are the Cape Weaver and the Masked Weaver. Both of these birds construct hanging, woven nests, which are similar in appearance. A third species, the Red Bishop, also makes a woven nest, but its nest is oval in shape and attached firmly to one or two reeds.



STATION 8: Wetland Habitat

Bio-haven floating islands are made of densely woven recycled plastic. These plantable Islands not only mimic nature's natural processes in cleansing wetlands but are 100 times more effective than natural reed beds in removing nutrients.

Ephemeral Pans

STATION 9: The Seasonal Pans

From here one can see the entire eastern half of Intaka Island, which was left largely undisturbed by the development of Century City. These Seasonal Pans and Cape Flats Sand Fynbos are representative of how most of The Cape Flats looked 200 years ago. These Pans fill up with water in winter and then slowly dry up during summer, resulting in accumulation of salt on the floor of the Pans.



STATION 10: Zonation of Vegetation

Within the Seasonal Pan area of Intaka Island, we can identify four distinct vegetation zones, the first zone being the lower-lying areas of the salt marsh which have the highest concentrations of salt and are dominated by a plant commonly known as 'Saltwort'. In the slightly raised slopes, we find grasses and herbs. On the higher edges of the Pans we find a zone which consists of a reedy/grassy area dominated by perennials. The final zone is the terrestrial area which is dominated by tall shrubs and other fully terrestrial plant species.



STATION 11: Cape Flats Sand Fynbos & Strandveld

Cape Flats Sand Fynbos and Strandveld vegetations grow in a challenging environment of deep, well drained and nutrient-poor sandy soils, strong winds and summer drought. The word Fynbos derives from the Dutch 'Fijnbosch', basically meaning 'fine-leaved'. The fynbos plants of the acidic sand flats are evergreen with smallish leathery, sometimes hairy leaves. Others are reed-like, with long, smooth stems; and other succulents store water in their leaves. Strandveld is similar, but is a taller vegetation found on the local alkaline dunes.