



BOOSTING RAIL TOURISM IN THE CAPE WINELANDS



Paarl Station in the Drakenstein Municipality is a key station along Metrorail's proposed rail tourism route to the Cape Winelands. Metrorail tested the market for such a route during last month's Women's Day trip, which included visits to several establishments.



HAVE YOUR SAY
 Look out for more information on this initiative in an upcoming issue of *Myline*. We would also love to hear from you. Send us your favourite destinations in the Cape Winelands to myline@mikatekmedia.co.za.

Metrorail's rail tourism department is exploring opportunities to extend its rail tourism offering further north to include the Cape Winelands. **Mandisa Nduli**

however, with the Drakenstein Municipality being a key stakeholder, the establishments we are considering for this new route include the KWV Wine Emporium and Rhebokskloof Wine Estate," says Daphne Kayster, Metrorail's marketing and promotions manager.

The rail operator has partnered with the Drakenstein Municipality to introduce a new rail tourism route on the Northern Line. The proposed expansion will benefit Metrorail, commuters and the economy of the Drakenstein area.

WINELANDS HOSPITALITY

Tourism is one of the biggest drivers of economic growth, especially in the Drakenstein Municipality. Bringing more tourists to the area will boost the local economy.

Metrorail's more affordable mode of transport will enable commuters to access the region's tourism gems, such as the Cape Winelands.

Cheryl Phillips, senior manager of the municipality's economic growth and tourism department, says they are looking forward to welcoming rail tourists to the Cape Winelands.

AFFORDABLE ACCESS

Although it's still early days, the rail tourism route will include a variety of attractions in the area.

"We really know how to host tourists and are very hospitable people. When tourists travel to the region they will experience such beauty; not only the natural beauty, but the people, too," says Cheryl.

"The project is still in its exploratory phase;

SIPUHLISA UKHENKETHO NGOLOLIWE

Isebe lezokhenketho ngololiwe kwaMetrorail lujongene namathuba okwandisa uhambo ngololiwe kumacala asemantla kweli leNtshona Koloni ukuquka neCape Winelands.

Olulwandiso luzakuba yingeniso kwabakwa Metrorail, abakhweli kunye nesimo sezimali kwicala lase Drakenstein.

Ukufikeleleka kokuhamba kukaloliwe luzakwenza ukuba abakhweli

bakaloliwe bakwazi ukuya kwiindawo apho bangafunda ngcono ngezokhenketho, ezondawo ziquka iCape Winelands. Nangona kusekutsha, ukuhamba ngololiwe kuza kubalithuba lokwazi lukhulu ngokhenketho.

Ukwazi ngcono ngeliphulo, funda kwiphepha iMyLine kwiveki ezayo. Singathanda ukuva iizimvo zakho. Sithumelele iindawo ozithandayo zokhenketho kwiCape Winelands ku myline@mikatekmedia.co.za.



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter to receive instant updates.



Visit our blog on capetowntrains.freeblog.site.

INFRASTRUCTURE

FIXING SLEEPERS AT BELLVILLE STATION

Thanks to swift problem-solving by Metrorail’s infrastructure department, temporary work has begun at Bellville Station to ensure that the trains once again arrive and depart from platform 11. **Mandisa Nduli**



Metrorail has introduced speed restrictions at platform 11 on Bellville Station, which will continue until it replaces the sleepers damaged in a recent derailment incident.

Metrorail employees have created a solution to ensure that platform 11 users at Bellville Station are not affected by further delays and cancellations. Several railway sleepers were damaged in a recent train derailment incident, which subsequently prevented trains from stopping at the platform.

“The platform is operational under a speed restriction. This will remain until the completion of the works in about six months’ time,” says Raymond Maseko, Metrorail’s engineering services manager.

SLEEPERS NEEDED

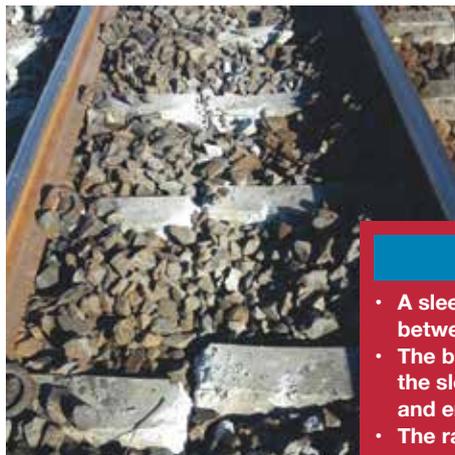
Raymond explains that sleepers have a critical function in ensuring a safe rail operation.

“The sleepers are used to distribute the train load to the ballast. They are also used to ensure that the rail gauge (distance between the two rails) is maintained, normally at 1 067mm,” says Raymond.

Without the sleepers, the train gauge can widen and this may lead to derailment of the train.

NEXT STEPS

Although temporary measures have been made to continue services, Metrorail has begun the procurement process of the concrete sleepers. However, due to sleepers being manufactured in Johannesburg, this process will take at least five months to complete, he adds.



Safety is our concern

SAFETY CORNER

Be aware of your surroundings and the people around you. Stay in well-lit and protected areas where security officers are present.

EMERGENCY NUMBERS

PROTECTION SERVICES

021 449 4336

CLAIMS OFFICE

021 449 2041/3645

TRANSPORT INFO NUMBER

0800 65 64 63

RAILWAY POLICE

STOCK ROAD

021 370 1005

CAPE TOWN

021 443 4325

BELLVILLE

021 941 6800

RETREAT

021 710 5129

24-HOUR OPERATIONAL ROOM

021 443 4309 /10

DID YOU KNOW?

- A sleeper is the rectangular concrete support between the rails.
- The ballast is the bed of stones usually found under the sleepers. These help keep the vegetation down and ensure water drainage in the case of rain.
- The rail gauge is the distance between the two rails.

METRO MATTERS

TRAVEL IN STYLE

Metrorail's business express service on the northern line offers commuters an affordable yet luxurious journey into town.

Metrorail's business express service (BES) from Huguenot and Strand stations guarantees commuters a comfortable, stress-free and enjoyable journey.

Supervisors, hosts and security personnel are on board each trip to ensure commuters' safe and comfortable travel, and to answer queries about the service.

HUGUENOT TO CAPE TOWN

The morning express train leaves Huguenot Station at 6.25am and arrives in Cape

Town at 7.35am. The train only stops at Paarl, Kraaifontein, Brackenfell, Stikland and Mutual stations. The afternoon express train leaves Cape Town at 5.05pm and arrives in Huguenot at 6.14pm. A weekly ticket ranges from R330 to R500, while a monthly ticket costs between R835 and R1 290.

GOOD TO KNOW

- The BES is available only on weekdays.
- No standing is allowed in carriages.
- Weekly and daily tickets are only available to regular BES commuters.
- Bookings are essential to secure a seat.

STRAND TO CAPE TOWN

The morning express train leaves Strand Station at 6.25am and arrives in Cape Town at 7.30am.

The train only stops at Somerset, Firgrove, Eerste River, Kuils River and Mutual stations.

The afternoon express train leaves Cape Town at 5pm and arrives in Strand at 6.12pm.

A weekly ticket ranges from R330 to R500, while a monthly ticket costs between R835 and R1 290.

COMMUNICATION

Manfred Williams of Metrorail Western Cape's BES says the rail operator makes use of social media platforms to inform commuters of any service changes.

"Commuters are notified via WhatsApp when there are any service disruptions that may affect the BES. During major service disruptions, we try to arrange alternative transport to minimise delays."

SERVICE BENEFITS

- Guaranteed seating.
- Dedicated, fenced-off parking at all stopping stations on the Strand route.
- Free coffee (one cup per trip).
- Free morning newspaper (English or Afrikaans).
- Security officials at each carriage door.
- Laptop workstations with power points (no internet connection).

GET IN TOUCH

For more information and bookings, email m.williams@prasa.com or mrune@metrorail.co.za; or call 021 449 2927 / 2276 / 6038 or 060 546 5111.



BE TRAIN SMART

DON'T BECOME JUST ANOTHER STATISTIC

Your safety matters. Train rules are there for your safety.



SPECIAL PROJECTS

HEALTHY LIVING

Western Cape on Wellness (WOW) has yet again turned the spotlight on health risks for seniors during a recent event at Cape Town Station. **Jaye-Dee Jansen**

Western Cape on Wellness (WOW) has been running for over 18 months, in aid of helping people to maintain a healthy lifestyle. Metrorail has been involved in the initiative since inception. The recent event at Cape Town Station afforded the elderly the opportunity to participate in mild exercises led by physiotherapists. They also received advice on diabetes.

The seniors welcomed the information on following a nutritious diet, reducing their salt intake and monitoring their blood sugar levels.

"This was my first time attending a WOW event. I really enjoyed the exercises and the dieting advice we received," says Belhar resident Theena Lucas, 69.

HELPING THE ELDERLY

Frederick Marais, programme manager of WOW explains that WOW

Seniors is a health and wellness event that promotes healthy lifestyles among the elderly in partnership with Metrorail and PRASA.

"All the factors that we're addressing today are a part of the causes of chronic conditions," he adds. Other stakeholders include various representatives from the Western Cape Department of Health, and the Heart and Stroke Foundation.

With just over 60 seniors from Area North in attendance, the event was helpful and informative.

"The particular focus for this event is on diabetes because it is common among our seniors," says Daphne Kayster, Metrorail's marketing and promotions manager.

"Every second month we focus on this to make sure that our seniors know what to cut out of their diet," she adds.



Metrorail and the Western Cape on Wellness initiative hosted more than 60 pensioners from Area North at a special event at Cape Town Station. The programme included mild exercises and health talks.



Daphne Kayster, Metrorail's marketing and promotions manager (far right) supported the seniors and joined in the day's activities.



HAVE YOUR SAY

We caught up with seniors at the recent event. Here's what they had to say.



THEENA LUCAS, 69, BELHAR
"The advice on our diets was really helpful. I know that I should not be eating too much salt, but because it makes the food a little tastier, I tend to want to use it more."



ERNESTINE GONGXEKA, 81, LANGA
"I enjoyed today very much because of the fun exercises. It helped me. The diet advice, too, because I've been naughty when it comes to what I eat. I've been eating things that I shouldn't. I eat a lot of sweets and chocolates; I'm very fond of them, but because I'm diabetic, I shouldn't have too much of it."



MAVIS ZONDANI, 63, LANGA
"I enjoyed all the exercises because I'm a very active person, and I exercise every day at my place. Whether it's working in the garden or cleaning, I'm always active and that's why I'm so fresh!"



PASQUALINA HO-KIM, 65, ELSIES RIVER
"The information I got here today was something I've been looking for. What I enjoyed the most was the camaraderie and everyone who's here. The trainers are very good. I've learnt a lot in a short time."

TRAVEL

TRAVEL SMART THROUGH EUROPE

Packing for an international trip can be daunting. Meghan Horne in Metrorail's marketing and communications department shares a few of her top tips for packing smart.

1. WATCH YOUR WEIGHT

Check the weight limitations of the trains and airline carriers you will be travelling with. Many charge extra if you are over the limit, which could add up when converting between rands and euros.

2. WHEEL IT

Pick a bag with wheels. It will be much easier to travel with a roller bag than to lug a heavy bag about. Invest in a good lock for the zips, too, just in case.

3. MAKE A LIST

To ensure you don't forget any important items like your toothbrush or underwear, make a list of all the essentials you need and tick them off as you pack.

4. RECHARGE

Make sure you have an international adaptor for all your electronic devices. Don't rely on your hotel to provide these.

5. ROLL UP

You'll be able to squeeze more clothing into your bag by rolling them instead of folding them. It doesn't crease your shirts either.

6. TRAVEL LIGHT

Instead of packing in large bottles of shampoo and body wash, purchase a travel kit at a Dis-Chem or Clicks and decant your liquids and creams into these. Pack just enough to last for your trip. It saves space.

7. USE A CASH CARD

A top tip to consider is to load your currency onto a cash card instead of travelling with a lot of cash. Most establishments accept these cards and you are able to use them to draw cash from ATMs.

Pickpocketing is common in Europe, too. If you're taking cash, don't travel with it all. Budget for each day and store the rest in the safe in your hotel room. Also consider

packing a moon bag to wrap around your waist to store your cash.

8. PACK FOR THE WEATHER

Do a quick weather search on the Internet during the time you're travelling and pack accordingly. Always travel with a poncho in your bag instead of a heavy raincoat. These fold up into the size of your palm and are ideal if you get caught in the rain while sightseeing.

9. DON'T FORGET YOUR DOCUMENTS

Make sure you have all your travel documents, including your passport. Keep the original documents in the hotel safe when you get to your destination and travel with copies. You can also store copies in the cloud, such as Dropbox, in case of emergency.

10. MAKE MEMORIES

Lastly, don't forget to pack your camera to capture the memories!

BE
TRAIN
SMART

ALWAYS
EXPECT A TRAIN

FASHION

JIMMY'S YORK YARD



Athlone-born musician Jimmy Nevis has opened a second pop-up store, this time at the V&A Waterfront, offering you the latest in fashion trends and apparel. **Jaye-Dee Jansen**

Jimmy Nevis is making his mark in the music and fashion industries. He launched his second pop-up store last week.

Following the success of his first York Yard store at Canal Walk in July, multitalented singer Jimmy Nevis has set up yet another pop-up experience at the V&A Waterfront that will be open for business from 2 to 16 September.

BRINGING EVERYONE TO THE YARD

York Yard is a South African commercial clothing brand built around collaboration, youth and storytelling. It uses fashion and design to showcase young local designers, their work and the power of collaboration, inspiring everyone to wear their story.

"I've been working on starting York Yard for the past two and a half years; it is something that has developed so beautifully and organically into a great collaborative and fashion concept that really showcases the best of South African talent," says the Heartboxing singer.

In this spirit of collaboration, the store not only sports York Yard originals, but various other local brands as well. You can expect to see designs by Kim Gush, West and Josh Myburgh.

CHANGING THINGS UP

Why the change from music to fashion? "I consider myself as someone who will own many houses someday," says Nevis, "the same with my businesses. Music is my passion but I have many other passions. I'm not a fashion designer but I have a lot of love and respect for the fashion industry. I wanted to be a part of it, not just by wearing the clothes, I wanted to do more."

FUTURE FORWARD

As an avid supporter of all that is local fashion, the artist wears many hats already. So, where to from here for the entrepreneur?

"The next step will be to collaborate with new designers each season, create more pop-up store activations, as well as delve into e-commerce; very exciting times ahead," adds Nevis.

York Yard will be launching an online store this spring.



Get service updates via SMS



Register for Metrorail's free SMS service to receive updates on train delays and cancellations. You can register immediately by calling the Transport Information Centre on 0800 65 64 63 or complete the form below and submit it at your nearest train station.

Personal details

Name:

.....

Surname:

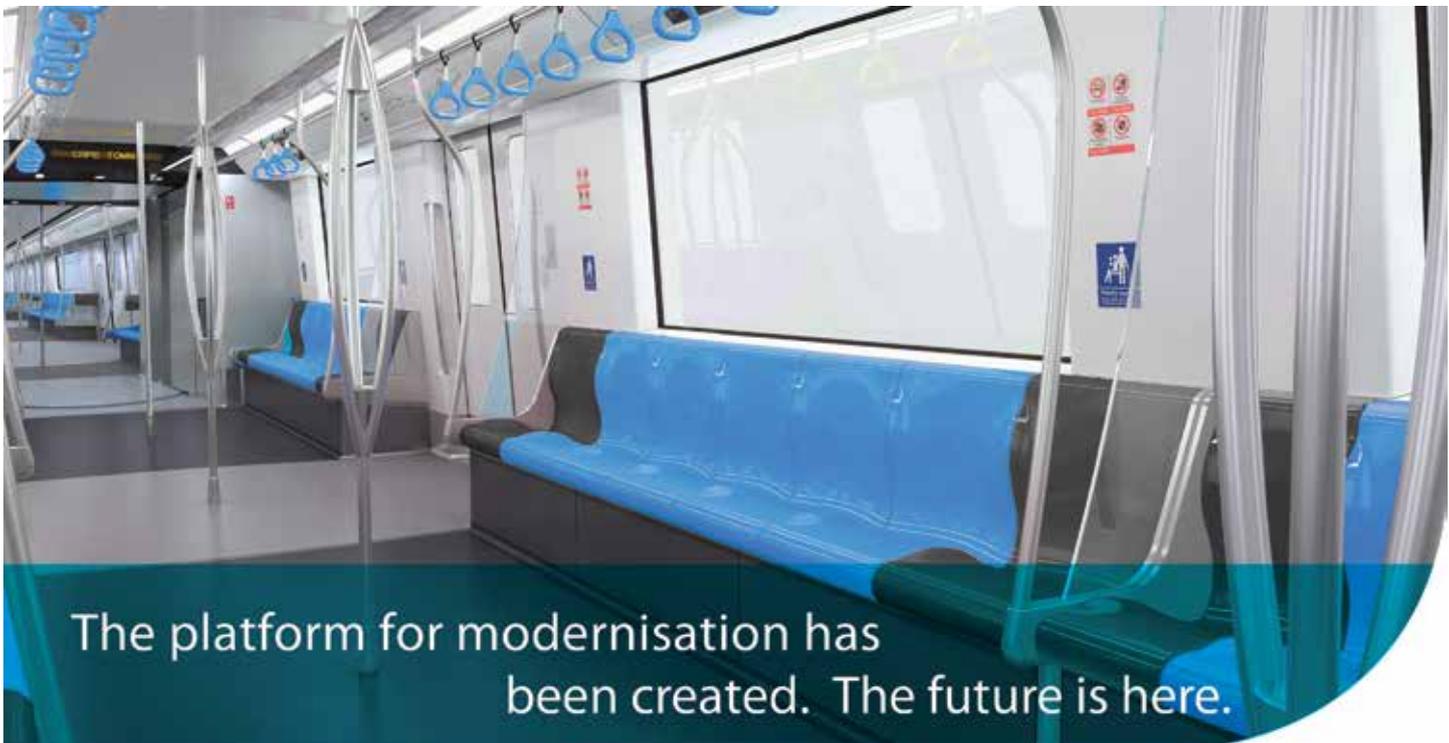
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Cellphone number:

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Select the route you travel on and wish to receive updates for.

- 1. Bellville via Esplanade and Lavistown
- 2. Bellville via Monte Vista
- 3. Cape Flats
- 4. Kapteynsklip
- 5. Khayelitsha
- 6. Malmesbury via Bellville
- 7. Muldersvlei via Stellenbosch
- 8. Southern Suburbs
- 9. Strand
- 10. Wellington via Kraaifontein
- 11. Worcester via Bellville



The platform for modernisation has been created. The future is here.

True to our vision of creating the backbone of public transport, we at PRASA are working tirelessly to improve the whole train travel experience for our people. The construction of modern stations using state-of-the-art architecture, the introduction of swift-operating turnstiles for the ease of passenger flow and the upgrading of security systems are but a few of the many visible changes that we're implementing across 134 of our stations nationwide. This is big change that will take time to complete, but we're proud to say that the platform has been set. Change is happening right now.

PRASA. CHANGE HAS BEGUN. THE FUTURE IS HERE.

MAINTENANCE PROGRAMME 7 TO 13 SEPTEMBER 2017



SOUTH: CAPE TOWN – SIMON'S TOWN AND CAPE FLATS

7 – 13 Sept 2017	Cape Town – Maitland – Hazendal	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
7 – 13 Sept 2017	Cape Town – Woodstock	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
7 – 13 Sept 2017	Cape Town – Mowbray	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
7 September 2017	Claremont – Wynberg	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
11 – 13 September 2017	Claremont - Rondebosch	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
7 – 13 Sept 2017	Koeberg - Salt River	08:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

PERFORMANCE

AM ON TIME

76.1%

PM ON TIME

87.6%

CANCELLED (AM + PM)

24.8%



NORTH: CAPE TOWN – MONTE VISTA – BELLVILLE – WELLINGTON – STELLENBOSCH – STRAND

7 – 13 Sept 2017	Maitland – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
8 Sept 2017	Bellville – Kuils River	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
10 Sept 2017	Tygerberg – Bellville	09:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
10 Sept 2017	Kuils River – Blackheath	08:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

AM ON TIME

63.9%

PM ON TIME

66.9%



CENTRAL: CAPE TOWN – KAPTEINSKLIP – KHAYELITSHA – CHRIS HANI – SAREPTA

7 – 13 Sept 2017	Philippi Station	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
7 – 13 Sept 2017	Langa – Mutual	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
7 – 13 Sept 2017	Philippi – Nyanga	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
7 – 13 Sept 2017	Bonteheuwel – Netreg	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
10 Sept 2017	Nyanga – Heideveld	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.

CANCELLED (AM + PM)

9.1%

AM ON TIME

18.6%

PM ON TIME

14%

While we try our utmost to do maintenance during off-peak to minimise possible delays, connecting trains may be subjected to delays on all service lines. Your safety is our concern. We apologise for any inconvenience inadvertently caused. Performance reflects week of 23 to 29 August 2017.

In case you missed it

Here are the contact details for Metrorail's customer service area managers in your areas.

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Herschel Smith
078 142 5033 / hsmith@metrorail.co.za

AREA SOUTH
Herdia Wicomb
082 420 3352 / hwicomb@metrorail.co.za

AREA CENTRAL
Cyril Bauer
083 351 2715 / cbauer@metrorail.co.za

AREA NORTH
Luleka Ndzuza
082 376 0252 / lndzuza@metrorail.co.za

CANCELLED (AM + PM)

41.9%



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