



---

Visitors Guide

# CHURCH COTTAGE

No.58, Churchhaven



## Table of Contents

Welcome .....	3
House Rules .....	5
About the house .....	6
Arrival & Departure times.....	6
Keys.....	6
Late night gate disc .....	6
Toilets/sewage – septic tank system .....	6
Water .....	7
Kitchen appliances .....	9
Braai.....	10
Pizza oven.....	10
Cleaners & dishwasher .....	11
Garbage .....	11
Fly control.....	12
Stock box /Housekeeper’s box.....	12
Outdoor cushions .....	12
Electricity .....	12
Solar batteries .....	12
WIFI .....	13
TV’s, DSTV & DVD Player .....	13
Books.....	14
Fishing .....	14
Snakes / snake bites .....	14
Hot tips.....	16
Emergency Numbers .....	18
Hospitals nearby.....	18
Useful numbers .....	18
West Coast National Park .....	18
Points of Interest.....	19

## Welcome

Welcome to **Church Cottage** on the banks of a unique lagoon in the West Coast National Park.

We invite you to relax, kick off your shoes and stroll with sandpipers and seagulls along the tide-patterned beaches. Then enjoy something special on the veranda as a flock of flamingo's wheel overhead, caught- pink-winged - by the setting sun. It's a privilege to be here, living in harmony with our fellow park dwellers: the eland, ostrich, tortoise, buck, mice, caracal, prolific birdlife and even the snakes.

**Church Cottage** has been designed and furnished for comfort as well as authentic West Coast ambience. Enjoy these to the full and bear in mind that part of your experience is about low environmental impact and a return to the simple pleasures. The cottage has no Mains water or Eskom power. Out here in the wilderness, systems are completely off the grid and need to be handled with tender care and not tampered with as help is a long way off.

The hamlet of Stofbergfontein is a place for rest, relaxation and lapping up the sounds of the distant sea and the call of birds. It is not a place for loud music, parties or fast cars, and we ask you to respect this, as well as the privacy of our permanent residents – the Lagooners.

### Please be aware of the following:

- Church cottage is off the grid – all power & water is supplied through solar
- Gas geysers = hot water
- Solar power supply oven (gas & grill oven)
- Toilet's flush into a French drain which gets pumped out on a regular basis by a sewerage company
- All rubbish will be removed by cleaners
- Ash from your braai gets worked into compost as it is high in phosphates

### On arrival:

- Switch water supply on – found on DB board in the scullary
- Switch oven on to fire up gas – found on the wall next to the oven
- When using the fireplace, switch fan on to help draw smoke into the chimney – found in the fireplace on the right-hand side

### Important things to know:

- Use electricity wisely – try not to leave lights on and charge tablets and cellphones during the day when the PV system is generating highest power from the sun
- Try not to have all appliances on at once – the toaster, oven and fridge uses most of the electricity
- The PV system pumps water into the house, if something goes wrong, it could be because too many devices are being used and draining the system, leaving you without power and running water to the toilets
- This is a waterwise-dry area – please use water sparingly and only flush toilets when absolutely necessary. There will be a R500 charge if the toilet gets blocked from large amounts of toilet paper and/or sanitary pads
- Please ensure all guests are aware to not use large amounts of toilet paper
- Brown paper bags are provided for sanitary pads

### Emergency supplies:

- In case of an emergency, please contact Elmarie Leonard on 072 698 6343
- The cottage is supplied with candles and gas bottles with burners if power goes off
- There is an outside tank with water for emergencies if you run out of water

## House Rules

- No Pets
- No smoking in the house
- No quad bikes/motor bikes/motorized boats
- No parties, loud music or noise
- No domestic workers unless approved
- Save water and conserve electricity
- No foreign matter flushed down toilets
- Guests must abide by Stofbergfontein Home Owners Rules at all times, a copy of which is in the manual and in the cottage
- On leaving the cottage all lights must be turned off
- All outside cushions must be brought inside at night, in bad weather and when you depart
- No bed-linen may be taken outside and used on the verandah
- Bathroom towels may not be taken to the beach – please use the beach towels provided in the beach basket

## About the house

### Arrival & Departure times

Arrival time from 14:00 and departure time strictly 10:00, unless otherwise arranged to ensure enough time to clean the cottage before the next guests arrive.

Please take note of the reserve opening times:

- 1 April to 31 August from 07h00 to 17h30
- 1 September to 31 March from 07h00 to 18h30.

### Keys

You will be informed where to collect the keys to the cottage. Please remember to return the keys on departure for the next guest.

### Late night gate disc

There is a late-night gate disc situated on the set of keys to exit the park for emergencies only. Should it be lost or misplaced, please call Elmarie. If this disc is lost or not returned, there is a replacement fee of R150.

### Toilets/sewage – septic tank system

The toilets work on a delicate biodegradable system, so please do not flush any foreign objects or substances other than toilet paper down the toilet.

Given the water limits, please flush sparingly and make sure the flush plate springs back up to avoid water running continuously through the toilet and overtaxing the entire water system (one running toilet can use up your entire supply of water in a weekend). After the waste is broken down to a safe level, the water is used to water the garden via a manual pump.

## Bath oils

Avoid using bath oils or anything that is heavily scented as these items can poison the plants in the garden.

## Cooking oils, grease, etc.

The sewerage system cannot handle cooking oil so please do not pour or wash fats and oils down the kitchen sink as the oil blocks the system. Decant excess oils to a takeaway bottle and wash very fatty pots in the sink outside the kitchen door.

## Water

A semi-arid climate and low winter rainfall make water an extremely scarce resource on the West Coast. So be comfortable, but not opulent in your usage and please don't waste.

## Drinking Water

We recommend you do not drink the water from the taps. Therefore bottled water is advised and, if you haven't brought it with you, is available on sale from Geelbek Restaurant (084 406 7434) or Langebaan. If you do drink the water from the taps you will find it salty but otherwise fairly harmless. As a further backup, there is a white tank at the back of the house to the left that collects rain water, this can be used, but this should be boiled first!

## Water Pressure Pump

The water is pumped through the house using a pressure pump which is located in the outside basement below the stairs, through the doors and to the left of the green water tanks. The plug which powers the pump is labeled and must be on in order to have water in the house. **On arrival the switch marked 'OUT BLDG' on the DB board in the scullery behind the door, must be pushed up.** This ensures that water is supplied to the house.

## Hot Water

The geyser settings in the bathrooms should not be tampered with. The geysers are in stand-by waiting for a hot water tap to be opened. Within a few seconds of opening the hot water tap, the geyser will kick on showing the current temperature of the water (the middle picture). The small indicator at the bottom left side of the screen is the battery level indicator. If the battery is low, please write a note in the maintenance manual. If the geyser battery stops working, call Elmarie on 072 698 6343.

Please Note: the geysers will not turn on while the toilet tank is filling.

## What to do if the water runs out

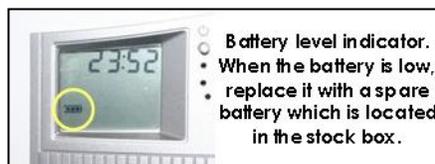
Water is pumped from the well into the green tanks in the basement at the bottom of the stairs off the back door. Keys for the door to these are situated in the gas geyser cupboard in the scullery left of the sink. If these are full your water pressure will be adequate. If the water runs low (your water pressure will decrease noticeably), check the water level in the basement water tanks. (The first tank is marked to make it easy to read. Water levels in all tanks are the same.) If there is water in the tanks but no water pressure, make sure the switch for the pressure pump is turned on. If the pump is turned on and the water pressure is still low, call Elmarie for further directions.



Normal reading while geyser is not in use.



Normal geyser reading while geyser is in use.



## Kitchen appliances

The stove and oven unit operates on gas and has an electric igniter. Make sure the plug point above the stove is on. The braai is located on the veranda. You may also braai in the open hearth inside. Please DO NOT braai food in the fireplace!

### Stove directions

1. To light the hobs, depress the appropriate gas knob and turn it to the left.
2. While the knob is depressed, you will hear rapid clicks and then the gas ring should light automatically. Continue holding in the gas knob for 2-3 seconds after it is alight.
3. Once the hob is lit, regulate the flame by rotating the gas knob.
4. To turn the hob off, turn the knob to the off position.

### Oven directions

1. To use the oven for baking, turn the oven knob counter- clockwise. While depressing the knob, the oven ignites and you will hear a quiet “whoosh”. Continue depressing the gas knob for another 2-3 seconds. Once the oven is operating, you can set the desired temperature.
2. To use the oven for grilling, turn the grilling knob (=) counter-clockwise to the desired temperature between 1 and 12.
3. To turn the oven off, turn the knob to the off position.

### Refrigerator

The refrigerator is electric and should be left on at all times. The refrigerator doesn't use much electricity, so don't worry about it draining the batteries completely.

### Nespresso Coffee Machine

1. Fill the water tank at least halfway
2. Turn the Nespresso machine on
3. Place a cup of the proper size below the coffee outlet
4. Open the capsule container
5. Slide your Nespresso pod in the machine and secure the lid

6. Press the button, selecting the correct cup size
7. Eject the used capsule by lifting the lever

### Nespresso Milk Frother

1. Press for hot and hold down for cold to enjoy either a perfectly heated cappuccino or a refreshing iced coffee
2. 120ml milk froth capacity, enough to prepare two Cappuccinos or one Latte
3. 240ml hot milk capacity

HOW TO CLEAN – place the jug directly under running water using a non-abrasive cloth making sure that the underside of the milk frother is dry. **Please be sure to wash the frother after each use.**

### Braai

Braai wood and wood for the inside fire and braai is provided and should be in plentiful supply. Extra wood is located under the braai on the veranda. However, if supplies run out, please call Elmarie on 072 698 6343 and pay for the wood immediately upon receipt.

### Pizza oven

1. Open the door of the pizza oven and the chimney smoke control vent
2. Place some kindling in the center of the oven
3. Carefully light the firelighter and leave the match placed by it, still in the center of the kindling
4. Add a few more logs
5. Wait as the pizza dome turns black
6. Continue to add more logs, using suitable tools and gloves to stoke the flames
7. Allow the temperature to continue to increase
8. Close the oven's smoke control
9. Move the fire embers to the side
10. Check for embers still burning
11. Place food inside – a good wood fired oven should stay hot for at least 2 hours

## Cleaners & dishwasher

It is not necessary to clean the house before departing but please do your own dishwashing as you go along. A dishwasher has been provided for your convenience. It is recommended that the dishwasher is used only once a day. Dirty dishes not only get more difficult to clean with age and mildew quickly on the West Coast, they also attract mice that come looking for an easy food source.

Please ensure that your departure is timeous as the cleaners are under pressure to prepare the house for the next guests arriving within a couple of hours and need your co-operation in order to ensure that people arrive to a beautiful clean home.

If you would like cleaners to come at any time during your stay, please contact Elmarie and pay the cleaners directly.

## Garbage

There are two bins provided for you in the scullery and preparation area. One is placed near the sink for food leftovers after a meal and the other is near the butchers block. Please use the yellow/white bin bags in the stock box. It is advisable to keep emptying these bins regularly as they fill up to keep the flies at bay.

There are three large bins outside. One next to the back door, one on the patio near the braai and one in the drying yard. Please use the black bin bags for these bins. When you leave please tie up your full bags and leave them in the large bins outside – this is very important as the cleaners do not come until Tuesday/Wednesday and any food left around attracts the mice.

The cleaners will take the garbage to the dumping point in the reserve when they clean the house. If you need to empty your large bin, there is a small wooden hut on the way to Stofbergfontein on the left hand side of the road. Open the door, put your black bags inside, and secure the door against animals before departing. Please do not leave bags of trash outside if they do not fit in the black bins: the animals will quickly rip them open and raid the trash. The worst culprits are the francolins, not the mice!

## Fly control

Please cover/store all food promptly and do not let any food lie around to attract flies, mice, or birds. The **housekeepers box** contains fly rolls for your use.

## Stock box /Housekeeper's box

There is a stock box in the kitchen under the preparation table. The stock box contains a flashlight, candles, matches, garbage bags, spare batteries, and spare bulbs

## Outdoor cushions

All outdoor cushions must be brought indoors and left in the sitting room, during bad weather – and when you leave. Please remember. If you don't take care of them, they will be left outside until cleaners come and they are expensive to replace!

## Electricity

Electricity is provided by solar panels and is therefore limited, particularly in overcast weather. Power is intended for activating the pumps (to raise water pressure, supply hot water, and empty the sewerage tanks). We invite you to recapture the ambience of yesteryear with the romance of candles and paraffin lamps. Save the lights for food preparation and a bit of bedtime reading. We would ask parents to oversee the use of bedroom lights by children and ensure that lights are not left on when rooms are empty or during the day. Please make someone responsible for doing a room check when you leave.

It is advisable to not use blow-dryers, toasters, electric kettles, coffee-machines or other electric appliances. Although they are provided in the house – not using them will ensure that you have sufficient power during your stay. Also please limit the use of TV's, video player, cell phone chargers and laptops.

## Solar batteries

The solar batteries are stored in the outside basement below the stairs to the left.

Once completely depleted, the batteries take a long time to build up a new charge, so avoid this if possible. Without power, the pump which feeds water from the cellar tanks cannot operate resulting in no running water and no electricity. If the batteries are completely depleted, sunlight will be required to recharge them. If it is cloudy, the solar panels may not receive enough light to charge the batteries and you may end up being stuck without electricity until the weather clears.

If you have any problems or queries regarding the batteries or solar panels, please contact Elmarie.

## WIFI

The WIFI password will be shared with you. Our properties provide limited internet connection for casual use, to top up please use this number 073 422 8074 (MTN). Please note that the internet in the area is very unstable.

## TV's, DSTV & DVD Player

### TV's

There are two TV's for your viewing pleasure. These are located in the lounge and in the loft. To switch on, push the power button. The TV should automatically be tuned in to the correct channel. If this is not the case, push the source button and arrow down/up to TV or HDMI and select. Parents should oversee the use of these and remember to switch off when not watching!

### DSTV

DSTV is available with an extensive bouquet of channels! To get a listing of the channels available push the arrow down on the remote. Arrow up and down to select the desired channel – once found push 'ok' and select the highlighted channel. Dual view is available and has been set up for 'TV1' in the lounge and 'TV2' in the loft.

## DVD Player

This is located in the loft. To switch on, push the power button and this should automatically tune in to the correct channel. If this is not the case, push the source button and arrow down to HDMI-CEC and select.

## Books

Owners have kindly donated/loaned books and magazines and these may be found on the bookshelf in the main bedroom. Please handle them with care and do not remove them. All donations kindly received especially bird books and games.

## Fishing

Fishing is only permitted in Zone 'A' of the lagoon, we are situated in Zone 'B'. Please familiarize yourself with the restrictions covering the various lagoon zones. . Shellfish may be had in the area, including catching your own crayfish at Kreeftebaai on the seaside of Postberg (not accessible without contacts though).

## Fresh fish

The local fisherman catch harders on most days, weather and tide permitting. They seem happy to part with a few fresh harders for very cheap and are delicious on the braai. Either meet the fisherman down at the beach or ask for Mr Lloyd at the first house near the boats.

## Snakes / snake bites

Cape cobras, puff adders, boomslang and other venomous snakes are your fellow citizens in Stofbergfontein and the rest of the park. Particularly dangerous are puff adders which lie lazily in sunny spots and can easily be stepped on. A family doctor has advised that administering anti-serum outside of hospital is extremely dangerous because of the risk of anaphylactic shock which is more likely to be fatal than the snake bite. Suggested course of action for a snake bite: (No liability can be taken for this advice!)

1. Immobilize the patient immediately; if possible, get a description of the snake for identification purposes.
2. Strap/bind the entire limb;
3. Get the patient to a major hospital with good ICU unit (Red Cross recommended for children) as fast as possible – by helicopter if available (Tel: 082-911)
4. Phone the hospital ahead so that they can be prepared with the correct anti-serum.

If there is a snake which needs to be removed, please call Elmarie rather than killing it.

## Hot tips

1. **To avoid running out of water** - ensure toilet handles are up after flushing so the water will stop running through the toilet bowl. Adults please assist kids with this. Baths should be shallow; wallowing is allowed in the lagoon. Keep showers brief. Stagger bathing between evenings and mornings. Close taps fully. Ensure no taps are left running. Fill a basin for washing up and limit dishwashing to three times a day or once a day in the dishwasher.
2. **The fireplaces** may need a bit of careful handling to get them going, but once you've mastered them it's well worth it – especially during the winter! **Kindling and firelighters are very important.** Gather small dry sticks for kindling and get the fire/heat going as fast as possible. Once heat is generated the fire will draw – this avoids smoking. Smoking into the room is often eliminated by opening a window or door to provide a through draft. Wet wood makes it very difficult so dry wood out before using.
3. **Wet Wood** is difficult to burn so keep a rotating system going. Keep a spare pile of wood inside the fireplace on either side of the grate while you are burning your fire, use this wood when your fire needs replenishing and for the stove burners. Keep the rotation going by adding wood from outside to the pile, this ensures that the wood is dry before using it throughout the house.
4. **Hot Water tip #1:** Make sure your hot tap is turned on to full. Wait for the hot water to come through before adding cold. If the water goes cold during your shower turn the water off and start again.
5. **Hot Water tip #2:** The pressure pumps are not strong enough to pump water to all outlets at the same time resulting in cold showers and no pressure if two people use the system at the same time. Use a rota system for showering and bathing. Don't take a bath or shower at the same time as someone else – unless you're both in the same bathtub or shower! Do not do the washing up in the kitchen sink while someone is showering or bathing. **Hot water will not turn on if the toilet is filling up.**
6. **Bedcovers and Scatter Cushions** – please treat these as you would your own as they are expensive to replace and lovely to have. Please take cushions in off the verandah at night and in bad weather. Please do not store cushions in the basement as they will

go moldy. All the bedrooms have cupboards/shelves in which to store spare scatter cushions while you are on holiday so if you find them a nuisance or have small children, we recommend storing them in the cupboards for the duration of your stay. Please do not leave them on the floor or take bed linen outside. There are cushions for the verandah.

**7. Verandah Furniture** – Please bring cushions and soft furnishings in at night and when you leave.

**8. Mice** – are plentiful and we welcome them but would like to keep them outside so please make sure you do not leave open food or dirty dishes around at night or when you depart. Cushions make lovely beds for mice so keep scatter cushions, blankets and duvets off the floor.

**9. Laundry baskets** are provided – please don't forget to take your clothes out of them when you leave. If you would like to place dirty house linen or towels inside them the cleaners will take care of them.

**10. Candles & paraffin lamps** – are a lovely way to light the house at night and you will need them. Please take care when moving candles around and be aware that wax drips. Special care should be taken when children are involved, and it is not recommended to use candles in the attics or children's bedrooms without adult supervision. Blow candles out at night and when you leave the room. There are red hurricane lanterns outside - these make beautiful night lights on the verandah so please take full advantage of them. Please make sure they are extinguished before you go to bed.

**11. The Housekeepers Box – (stock box)** has a compliment of extra supplies which are for your use. Please be careful with your use of the torches as batteries are expensive and ensure that they are left in the box when you leave.

**12. Toilets** - Please take special care when using the loos. Only toilet paper and natural substances should be flushed down the loo.

## Emergency Numbers

Any emergency:	082-911
Ambulance	10177
NSRI (at Mykonos)	082-911 021-449-3500
WEST COAST NP (a/h)	022-772-2144 (security gate)

## Hospitals nearby

Christiaan Barnard	021-423-4835
Panorama Medi Clinic	021-930-4180
Red Cross Childrens'	021-658-5111
Tygerberg Poison info	021-931-6129

## Useful numbers

Elmarie Leonard	072 698 6343
West Coast National Park	022 772 2144
Weather	082 162
Geelbek Restaurant	022 772 2134

## West Coast National Park

### Gate Opening Times:

1 April to 30 September	07h00 – 18h30
1 October to 31 March	06h30 – 19h30

### Postberg:

August/September	09h00 – 17h00
------------------	---------------

## Points of Interest

You have to venture deep into the **West Coast National Park** to even reach this village, which lies beside a quiet lagoon surrounded by pristine white-sand beaches. Most of the cottages here don't have electricity or running water, and the village doesn't show up on most maps. It even makes nearby Kraalbaai look "too touristy". The area around the lagoon is populated by ostriches and flamingos, and the occasional whale or dolphin can be sighted from shore.

**Don't miss:** The West Coast is a beautiful stretch of coastline that offers plenty of opportunities to spot whales. There are numerous small, coastal towns along this stretch that are havens of fishing, hiking and adventure sports. During the spring flower season, they are also covered in carpets of Namaqualand wildflowers that are an attraction in their own right. Try Langebaan, Paternoster, Lambert's Bay or Yzerfontein for a unique whale-watching experience away from the crowds.

**Fun fact:** A set of fossilized female footprints were discovered on the shore of the Langebaan Lagoon in 1995. They are believed to be 117 000 years old, making them the oldest known footprints belonging to an anatomically modern human. They are referred to as "Eve's footprints", which is appropriate since the West Coast National Park feels like it could well be the Garden of Eden.

**Where to eat:** the ocean, of course! Catch some fish and stick them on the fire, just like our hunter-gatherer ancestors used to do. There are a few options in nearby

<https://www.tripadvisor.co.za/Restaurants-g930812>

[Langebaan Saldanha Bay Municipality Western Cape.html](https://www.tripadvisor.co.za/Restaurants-g930812-Langebaan_Saldanha_Bay_Municipality_Western_Cape.html)

[https://www.sanparks.org/parks/west\\_coast/tourism/restaurant.php](https://www.sanparks.org/parks/west_coast/tourism/restaurant.php)

Distance from Cape Town: 1.5 hours

**Also See:**

Cape West Coast Beaches	Cape West Biosphere Reserve
Cape West Coast Biosphere Trails	Postberg Flower Reserve
West Coast National Park	Whale Watching in the Cape West Coast

<https://www.sa-venues.com/destinations/westerncape/churchhaven/attractions/>