

Pretoria

Province: Gauteng Province

Population: 2.2 Million

Weather (June/July): The dry winters in Pretoria are characterized by warm days averaging 20°C and cool nights averaging 5°C.

Geography: Pretoria lies in the north eastern part of the South Africa and is situated between rocky ridges. The city rests between the tropical savannah (Bushveld) and the Highveld plateau.

Altitude: 1214m

Closest Airport:

O.R. Tambo International

The closest airport to Pretoria is Johannesburg's O.R. Tambo International, which is 60kms away.

Help desk Tel: 011 921 6262

Flight information Tel: 086 72 77 888

Website: www.airports.co.za

Email: webmaster@acsa.co.za

Tourist information:

Gauteng Tourism Authority

Address: No.1 Central Place, Corner of Henry Nxumalo and Jeppe Streets, Newtown

Tel: 011 639 1600

Website: www.gauteng.net

Taxi Services

There are reputable metered taxi companies in Pretoria and these are safe and convenient to use.

SA Cabs

Tel: 08611 72222

Website: www.pretoriataxi.co.za

Safe Cabs

Tel: 0861 66 55 66

Rikkis Taxis

Tel: 012 325 8072

Email: info@rikkis.co.za

Website: www.rikkis.co.za

Emergency Services

Any Emergency (Public service): 107 (not from mobile phones)

Any Emergency (Public service): 112 (only from mobile phones)

Ambulance (Public service): 10177

Automobile Association Emergency Rescue: 0800 01 01 01

Automobile Association Medical Rescue: 0800 033 007

Flying Squad – Police: 10111
Netcare Emergency response (Private service): 082 911

Hospitals

Faerie Glen Hospital

Address: Corner of Atterbury & Oberon Ave, Faerie Glen
Tel: 021 348 8811
Email: johanna.mbatha@afrox.boc.com

Little Company of Mary Hospital

Address: 50 George Storrar Drive , Groenkloof
Tel: 012 424 3600
Email: James.Wiegand@lifehealthcare.co.za
Website: www.lifehealthcare.co.za

Netcare Jakaranda Hospital

Address: 213 Middelberg Street, Muckleneuk
Tel: 012 421 6700
Website: www.netcare.co.za

Netcare Pretoria East Hospital

Address: Corner of Garsfontein & Netcare Roads, Moreleta Park
Tel: 021 422 2300
Website: www.netcare.co.za

Zuid Afrikaans Hospital

Address: 255 Bourke Street, Muckleneuk, Pretoria
Tel: 012 343 0300 or Emergency Unit 012 343 5482
Website: www.zah.co.za

Bars

Co.Fi

A trendy, upmarket spot for cocktails, global cuisine and people watching.
Address: Shop 1, Lakeside, Building A, Centurion Mall
Tel: 012 346 0749
Website: www.cofi.co.za

Just Cuban

An excellent cigar bar that offers traditional Cuban cuisine and cocktails in a stylishly relaxed atmosphere.
Address: 129 Duxbury Road, Hatfield
Tel: 012 346 1395
Website: www.cubancafe.co.za

Fashion TV Dining Lounge

This is a super elegant place featuring an array of restaurant areas and bars, as well as a stylish café-style deck.
Address: Cnr Middel and Dey Streets, Brooklyn

Website: www.ftvbrooklyn.co.za

Foundry Fly Lounge

Trendy, relaxed cocktail bar and chill-out lounge with rock music.

Address: Cnr Hans Strijdom and Witbank Highway

Tel: 082 827 8989

Website: www.foundryfly.co.za

Clubs & Nightlife

Café Barcelona

Musical performances from young artists in a friendly, intimate atmosphere.

Address: Elardus Park Centre, Barard Street, Centurion

Tel: 012 345 3602

Club Recess

A multi-level cocktail lounge, bar and nightclub with impressive light and sound. Frequented by a student crowd.

Address: Southlake Centre, Cnr Lenchen Street North and South Street, Centurion

Tel: 012 663 7862

Restaurants

Cuisine R150+ per person

Informal R80 – R150 per person

Al Amin **Cuisine** **Informal**

This restaurant serves Pakistani-style food with a flair of its own.

Address: 217 Jewel Street, Laudium

Tel: 012 374 6753

Café 41 **Cuisine** **Informal**

Fabulous Mediterranean and Moroccan in- and outdoor eatery with a welcoming, cosmopolitan atmosphere.

Address: Eastwood Village Shopping Centre, cnr Eastwood and Pretoria St, Arcadia

Tel: 012 342 8914

Cynthia's **Cuisine**

Three dynamic, young restaurateurs have taken an establishment that's stood the test of time and breathed new life into it, adding a dash of international panache.

Address: Maroelana Centre, Maroelana Street

Tel: 012 460 3220

Website: www.cynthias.co.za

Castello Di Monte Restaurant **Cuisine**

Dine under a ceiling reminiscent of the Sistine Chapel.

42 Aries Street, Waterkloof Ridge

Tel: 012 346 6984

Website: www.castello.co.za

Li-bel Informal

This neighbourhood café boasts an easy-going vibe and a tantalizing array of culinary delights, alongside a quirky selection of chutneys, Asian noodles in pretty packaging, signature jewellery pieces, ceramics, paintings and prints.

Address:

Cnr Jorissen and Johnston St, Sunnyside

Tel: 012 343 8277

Mosaic Restaurant Cuisine

Recently voted one of the top ten restaurants in South Africa, this restaurant has an Arabian/African feel. Mosaic Restaurant is slightly expensive, but you're guaranteed of a fabulous evening.

Address: The Orient Boutique Hotel, Francolin Conservation Area, Elandsfontein, Crocodile River Valley

Tel: 012 371 2902/3/4/5/6

Website: www.restaurantmosaic.com

The Performer Theatre Informal

Pretoria's exclusive sit-down dinner-theatre of choice, featuring both new and classic shows, and starring up-and-coming performance artists.

Address: Cnr Thomas Edison and 13th Streets, Greenlyn Village Centre, Menlo Park

Tel: 012 346 0801

Website: www.theperformer.co.za

Ritrovo Ristorante Cuisine Informal

This is a highly acclaimed contemporary Italian restaurant with panoramic views of Waterkloof Ridge.

Address: Waterkloof Heights Shopping Centre, 103 Club Avenue, Waterkloof Heights

Tel: 012 460 4367

Smoke Café and Grill Lounge Informal

Relaxed multi-level dining with classic interior finishes. Café specialities include the chicken schnitzel and espetada.

Address: Shop 21, Groenkloof Plaza, George Starrar Road, Groenkloof

Tel: 012 346 0916

Zemara Cuisine Informal

Tasty central African cuisine enjoyed in the company of the Congolese bling brigade. Rabbit, goat and tripe are specialities.

Address: Arcadia Park Galleries, Cnr Park and Wessels Streets, Arcadia

Tel: 012 344 1526

Activities/Attractions

Wonderboom Nature Reserve

Lying north of Pretoria and straddling the Magaliesberg mountains, the Wonderboom Nature Reserve is a stunning and tranquil 200-hectare reserve. Its massive wonderboom fig tree is over

1 000 years old, and legend has it that it grew this big because the chief of an indigenous tribe lies buried beneath its roots. There is also wildlife such small antelope and rock hyraxes, known as dassies.

Tel: 012 543 0918

Pretoria Art Museum

Address: Crnr Schoeman and Wessels Streets, Arcadia Park, Arcadia

Tel: 012 344 1807/8

Email: art.museum@tshwane.gov.za

Website: www.pretoriaartmuseum.co.za

Pretoria National Botanical Garden

The Pretoria garden displays unique indigenous plants in different natural habitats. It's a good place to spend a quiet day, great for small kids, and has a nice old-fashioned restaurant.

Address: 2 Cussonia Avenue, Brummeria, Pretoria

Tel: 012 843 5194

Email: pretoriagarden@sanbi.org

Website: www.sanbi.org

Sammy Marks Museum

One of South Africa's grandest colonial mansions, Zwartkoppies Hall, 23 km outside Pretoria, is now a fascinating museum that pays tribute to the genius of its original owner.

Address: Exit 11, on the N4 Witbank

Tel: 012 8036158

Email: smarks@nfi.co.za

Union Buildings

The Union Buildings, the administrative headquarters of the South African government, majestically overlook Pretoria from Meintjieskop hill. On the grounds are the Delville Wood War Memorial, a tribute to South African troops who died during the First World War, and statues of former South African prime ministers

Address: Church Street, City Centre

Tel: 012 300 5200

Voortrekker Monument

This is one of the top ten cultural historical attractions of its kind in South Africa. The Voortrekker Monument pays tribute to the Pioneer history of Southern Africa and the history of the Afrikaner.

Address: Eeufees Road, Groenkloof, Pretoria

Tel: 012 326 6770

Email: marketing@voortrekkermon.org.za

Website: www.voortrekkermon.org.za

Outdoor

Cycling

Bird watching

Hiking

Skating

Sailing

Canoeing

www.centcc.co.za
www.sabirding.co.za

Shopping Centre's & Markets

Hatfield Plaza

Address: 1122 Burnett Street, Hatfield
Tel: 012 362 5842
Website: www.hatfieldplaza.co.za

The Kolonnade Shopping Centre

Address: Zambezi Drive, Montana Park
Tel: 012 548 1903
Website: www.kolonnadecentre.co.za

Menlyn Park Shopping Centre

Address: Cnr Atterbury Road and Lois Avenue, Menlo Park
Tel: 012 348 8766
Website: www.menlynpark.co.za

Woodlands Boulevard

Address: Cn. Garstfontein Road and De Villebois Mareuil Drive, Pretoria East
Tel: 012 997 9460
Email: info@woodlandsboulevard.co.za
Website: www.woodlandsboulevard.co.za

Stadium

Loftus Versfeld
Kirkness Street
Capacity: 45 000

Unsafe Areas

Like most major cities, avoid walking around after dark. Don't venture into unknown areas and townships without a guide. Watch out for your possessions and don't leave valuables in your car. Contact the Gateng Tourism Bureau for a detailed list of unsafe areas.

Safety Tips

Avoid walking alone after dark. Stick to crowded areas and keep your belongings close and concealed. Rather take a taxi than walk through unlit areas. Don't exhibit mobile phones, cameras, cash or valuables in the open. Watch out for pick-pockets.

Street children and beggars may approach you for a hand out. Many social workers counsel against giving money to the children as it usually gets handed over to some older figure or is used for sniffing glue. If you wish to do good for these children, rather give them food.

When driving, keep car doors locked and be aware of loiterers standing around at traffic lights. You should also be aware of who is in the immediate vicinity when getting into or out of your vehicle in the parking lot at the supermarket or mall.

It's advisable not to leave bags, cameras, mobile phones etc lying around on car seats, thieves are known to break the windows, snatch valuables and disappear into the crowd.

Ensure that hired or borrowed vehicles are reliable, recent models that have been serviced recently. Make sure that you have sufficient fuel for your journey and avoid stopping unnecessarily on the highway.