CAPE TOWN AND OVERSTRAND, WESTERN CAPE · SOUTH AFRICA

Cape Peninsula and the Whale Coast

Penguins on the beach at Boulders, sugarbirds on the slopes of Table Mountain and southern right whales close to the cliffs at Hermanus in spring.

95 animals 21 mammals, 57 birds, 9 reptiles, 3 amphibians, 4 fish and 1 other sea life

Best time: Sept to Oct

Seen _____ of 95

ANIMAL DATE AND PLACE

01 Penguins and seabirds 14

- [ ] Penguin (African)
- [ ] Cape Cormorant
- [ ] Crowned Cormorant
- [ ] White-breasted Cormorant
- [ ] Bank Cormorant
- [ ] Kelp Gull
- [ ] Hartlaub's Gull
- [ ] Greater Crested Tern
- [ ] African Oystercatcher
- [ ] White-fronted Plover
- [ ] Cape Gannet
- [ ] Shy Albatross Rare
- [ ] Black-browed Albatross Rare
- [ ] White-chinned Petrel Rare

02 Whales, seals and dolphins 9

- [ ] Southern Right Whale
- [ ] Brown Fur Seal
- [ ] Humpback Whale
- [ ] Bryde's Whale
- [ ] Common Dolphin
- [ ] Dusky Dolphin
- [ ] Indo-Pacific Bottlenose Dolphin
- [ ] Heaviside's Dolphin Rare
- [ ] Orca Rare

ANIMAL DATE AND PLACE

03 Sea life 5

- [ ] Broadnose Sevengill Shark
- [ ] Pyjama Shark
- [ ] Puffadder Shyshark
- [ ] Common Octopus
- [ ] Great White Shark Rare

04 Land mammals 12

- [ ] Chacma Baboon
- [ ] Rock Hyrax
- [ ] Cape Grey Mongoose
- [ ] Bontebok
- [ ] Eland
- [ ] Red Hartebeest
- [ ] Mountain Zebra
- [ ] Cape Grysbok
- [ ] African Clawless Otter
- [ ] Marsh Mongoose Rare
- [ ] Caracal Rare
- [ ] Cape Porcupine Rare

05 Fynbos birds 34

- [ ] Cape Sugarbird
- [ ] Orange-breasted Sunbird
- [ ] Southern Double-collared Sunbird
- [ ] Malachite Sunbird
- [ ] Cape Bulbul
- [ ] Cape Robin-chat
- [ ] Cape White-eye
- [ ] Cape Spurfowl
- [ ] Ostrich

Tick them off in Wilder

05 Fynbos birds continued

ANIMAL	DATE AND PLACE
☐ Cape Siskin	
☐ Cape Canary	
☐ Cape Bunting	
☐ Karoo Prinia	
☐ Cape Grassbird	
☐ Bokmakierie	
☐ Southern Boubou	
☐ Fiscal Flycatcher	
☐ Cape Batis	
☐ Cape Rock Thrush	
☐ Red-winged Starling	
☐ Speckled Mousebird	
☐ Cape Weaver	
☐ Southern Red Bishop	
☐ Cape Sparrow	
☐ Cape Wagtail	
☐ Familiar Chat	
☐ African Stonechat	
☐ Olive Thrush	
☐ Hadada Ibis	
☐ Egyptian Goose	
☐ Helmeted Guineafowl	
☐ Speckled Pigeon	
☐ African Olive Pigeon	
☐ Blacksmith Lapwing	

06 Birds of prey 9

ANIMAL	DATE AND PLACE
☐ Rock Kestrel	
☐ Black-winged Kite	
☐ Jackal Buzzard	
☐ Peregrine Falcon	
☐ Black Sparrowhawk	
☐ African Harrier-Hawk	
☐ Booted Eagle	
☐ Spotted Eagle-Owl	
☐ Verreaux's Eagle Rare	

07 Reptiles and amphibians 12

☐ Angulate Tortoise	
☐ Southern Rock Agama	
☐ Cape Girdled Lizard	
☐ Cape Skink	
☐ Cape Dwarf Chameleon	
☐ Parrot-beaked Padloper Rare	
☐ Puff Adder Rare	
☐ Cape Cobra Rare	
☐ Boomslang Rare	
☐ Western Leopard Toad	
☐ Clicking Stream Frog	
☐ Arum Lily Frog	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 95

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Cape Peninsula passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.