

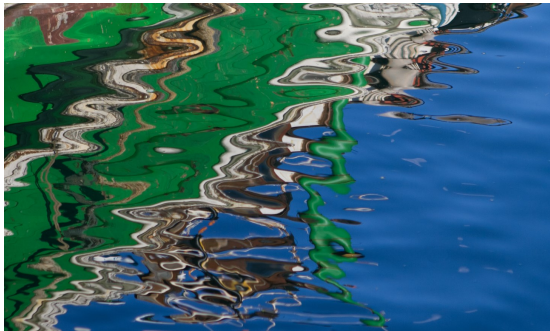
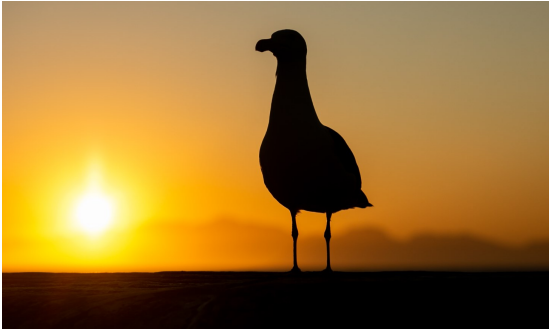
# Kalk Bay

A fishing village in  
False Bay, Cape Town



A photo eBook  
by Stephen Cruickshank





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Photography is my passion.  
Kalk Bay is my playground.

Put the two together and I am in my element.  
I hope you enjoy the delights of my eBook as much as  
I enjoyed the creation of it over the years.

*The reason for creating this eBook is two fold. Firstly, I have stunning images sitting on my hard drives and decided during lockdown that I wanted to share some with you. Secondly, I have done a lot of photo training over the years and have found the settings of a photo useful to other photographers, I wanted to share the settings of these photos. All photos were taken using either a Canon EOS 5D or 7D camera.*

Thank you for your interest.



**Online Photo Training**

**Incentive Travel Photography**

**Event Photography**



*I grew up across the road from Dalebrook tidal pool. My family and I now enjoy our early morning swim there to start the day. I take my camera along and a lot of the photos in this eBook have been taken during these early swim mornings.*

**1/6400 s, F/9, ISO 6400**



*I also do a lot of my photo training at Kalk Bay harbour. Early morning sunrise shoots. Each time I am there it is different, but the same. The sea is different, the light, the birds.*

**1/8000 s, F/7.1, ISO 320**



*'Early morning' means well before sunrise for photography.  
At the height of summer this may be as early at 4:30am.*

**1/2500 s, F/4.5, ISO 400**



*Dalebrook sunrises.  
My daughter and a friend enjoying the tranquillity, the stillness.*

**1/800 s, F17.1, ISO 800**



*Photography is all about light. Here the harbour and fishermen's flats are bathed in beautiful soft early morning light.*

**1/400 s, F/6.3, ISO 500**



*Photography is also about colours. The harbour has an abundance of colour and texture. A photographer's playground.*

**1/320 s, F1.10, ISO 100**



*The Kalk Bay boats don't head out to sea as much as in the days of my youth.  
These unique boats add interest to any photograph.*

**1/640 s, F/5, ISO 640**



*That's Little Pearl – the prettiest, best kept boat in the harbour.  
That wave in front is another playground of mine, Kalk Bay Reef. A popular surf break.*

**1/320 s, F/13, ISO 400**



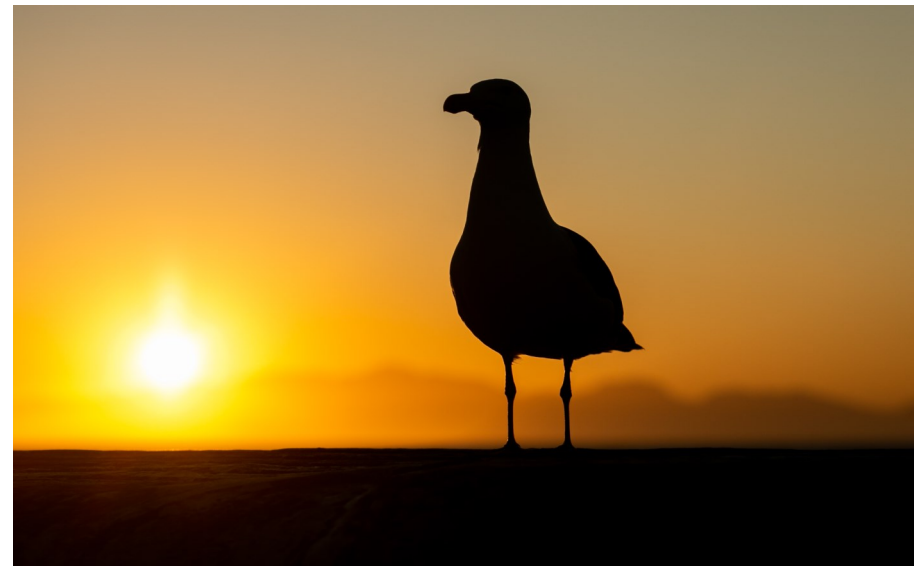
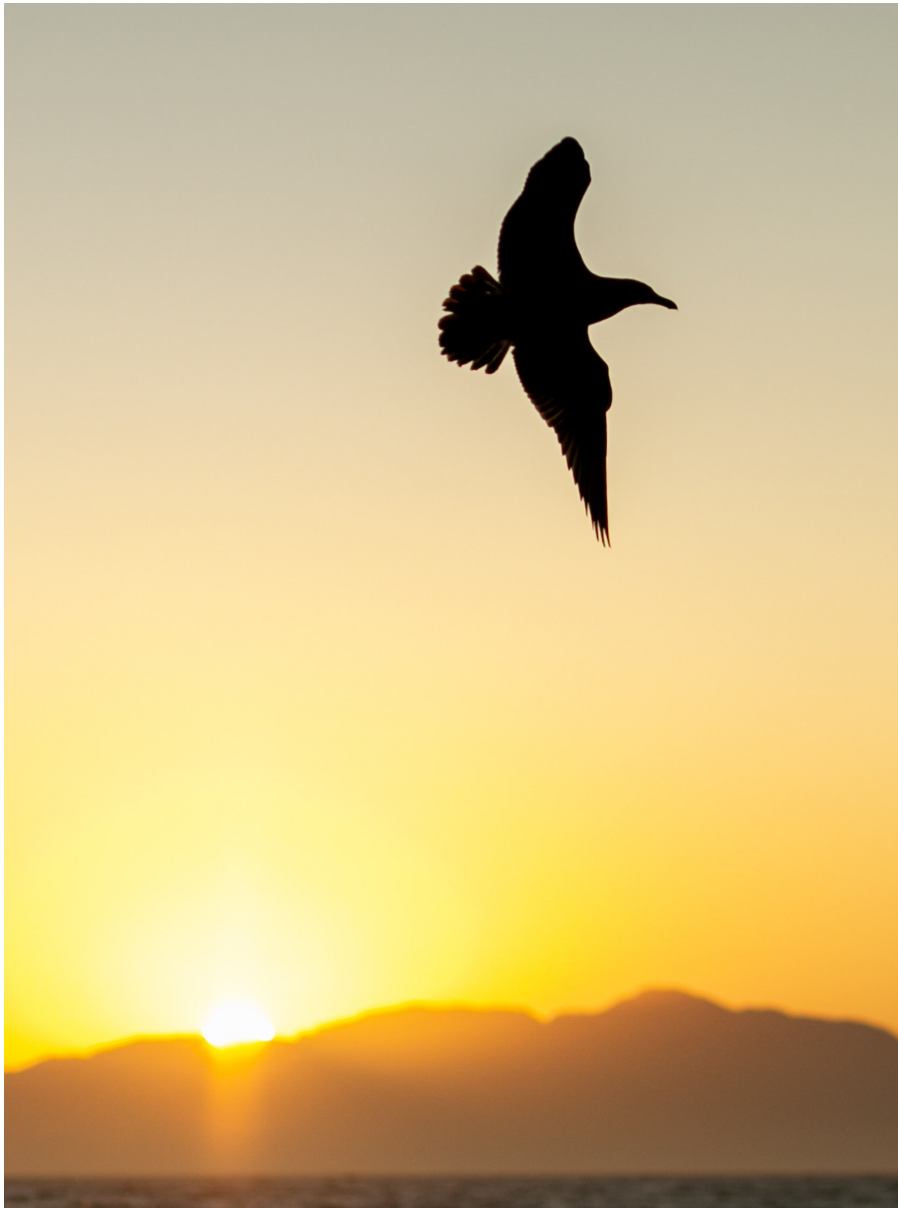
*This one was taken from Dalebrook beach. The dolphins were feeding just beyond the kelp line. A beautiful morning. I was very grateful I had my camera on hand.*

**1/2000 s, F/3.2, ISO 400**



*A late afternoon shot of one of the boats returning to the harbour on a calm day.*

**1/320 s, F/4, ISO 160**



*The seagulls gather in numbers on the harbour walls in the early morning. It's always a great challenge to try get a good photo of them. A large aperture allows for a fast shutter speed, thus freezing the motion of the bird.*

**(clockwise) 1/8000 s, F/2.5, ISO 320; 1/8000 s, F/3.5, ISO 160 1/8000 s, F/3.5, ISO 160**



*Every sunrise is pretty, some just more beautiful than others.*

**1/320 s, F/5.6, ISO 320**



*I have never seen so many sea birds in False Bay off the harbour as I did on this day.  
The bay was alive, as the fishermen say.*

**1/500 s, F/6.3, ISO 400**



1/1250 s, F/6.3, ISO 400



*And then there are the days filled with raw ocean energy. It's been years since we had a storm as big as this. I can spend the entire day at the harbour on such days.*

**1/320 s, F/11, ISO 200**



*The best restaurant view in Cape Town? Harbour House and Tiger's Milk  
getting a good wash on a rough day.*

**1/500 s, F/8, ISO 125**



*A front on view of the harbour on a stormy day.*

**1/2500 s, F/6.3, ISO 400**



*Rough seas churn up the sea foam and form weird and wonderful shapes  
when frozen in a photograph.*

**1/6400 s, F/6.3, ISO 400**



*This time, a view down the harbour wall. Whenever the waves are big like this I notice seagulls enjoying the updraft created when the waves hit the pier.*

**1/6400 s, F/6.3, ISO 6400**



*Energy. The top left image appeared on the frontpage of the local newspaper.*

**1/1250 s, F/4.5, ISO 100; 1/1000 s, F/6.3, ISO 200  
1/1250 s, F/4.5, ISO 100; 1/5000 s, F/3.5, ISO 5000**



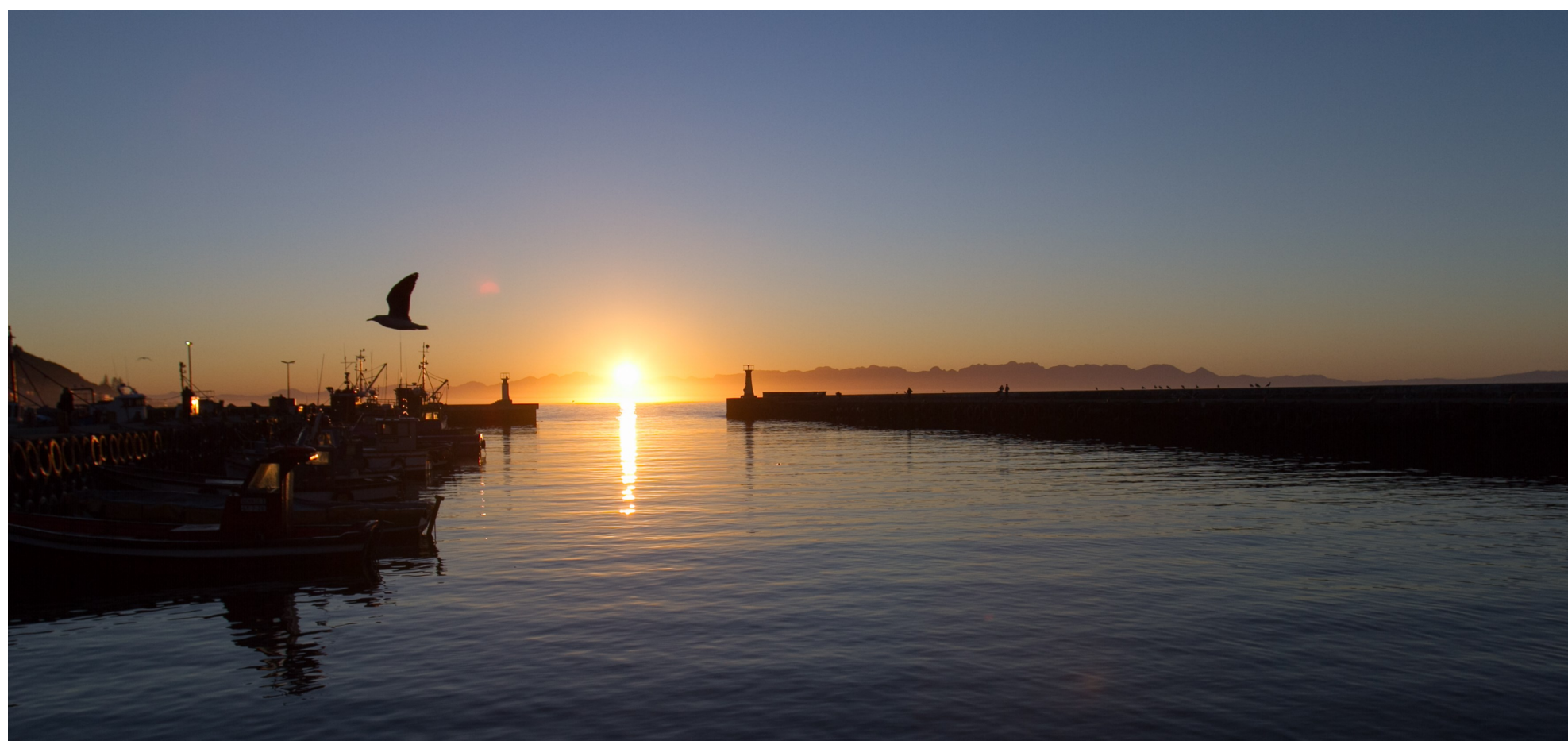
*This image was captured at 05h20 one summer's day. To get this view of Kalk Bay Village in the early morning it's best in summer when the sun rises more to the south. In winter, the sun would be shining directly into the camera lens. Dalebrook Pool is visible centre, right.*

**1/180 s, F/2, ISO 800**



*Candle power.  
Getting creative with the  
winter sun.*

**1/100 s, F/20, ISO 100**



*Captured in winter when the sun is about as far north as it goes.*

**1/1250 s, F/5, ISO 125**



*Sunrise training sessions allow me to capture the 'blue hour'. That time of day where we have some light in the sky to separate the mountains from an otherwise dark sky.*

**30s, F/6.3, ISO 100**



*Some hardy swimmers at Dalebrook swim throughout the year, no matter the weather. I captured this one of a storm moving in from the south, minutes before the rain hit us.*

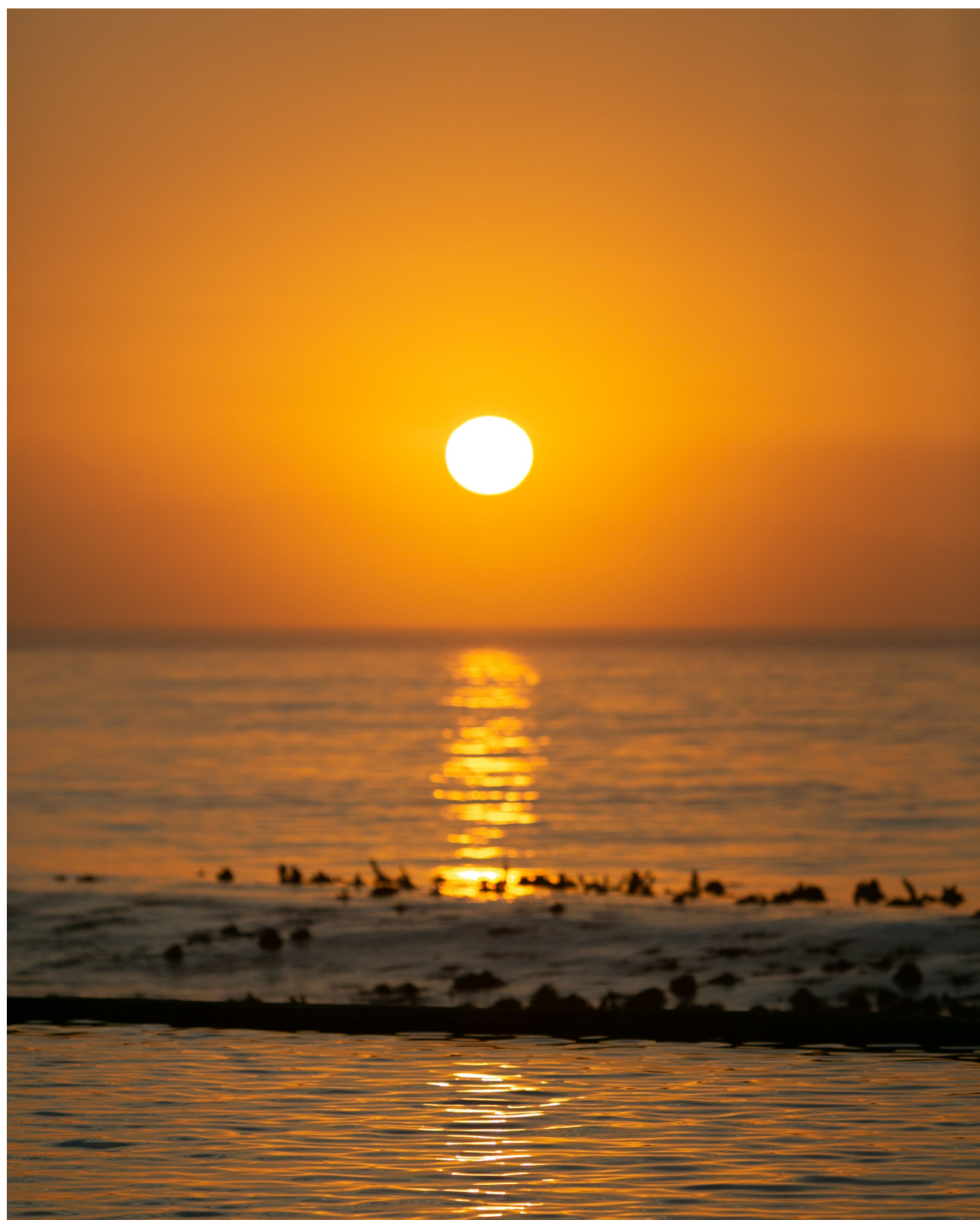
**1/250 s, F/6.3, ISO 640**



*From stormy days to absolute calm. It's difficult here to differentiate the pool, in the foreground, from the open sea.*

**1/1250 s, F/13, ISO 400**

*Sometimes Dalebrook is  
an infinity pool.*



**1/8000 s, F/3.5, ISO 200**



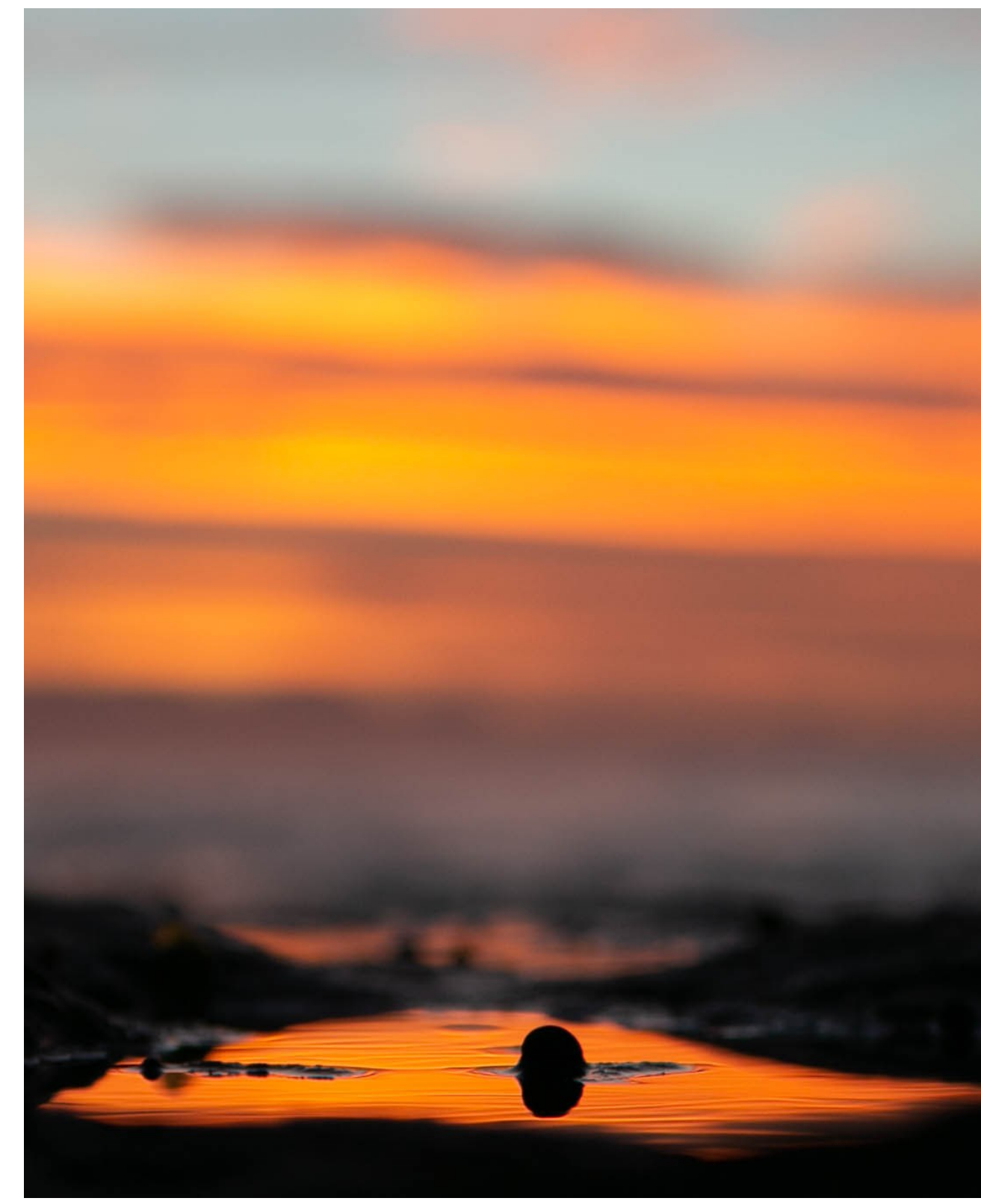
*One of the few boats still doing day trips out of Kalk Bay  
heads out into a beautifully still ocean.*

**1/400 s, F/5, ISO 400**



*Sunrises are made for silhouettes. I have underexposed my settings here to get the boat and the birds in silhouette against the rising sun.*

**1/1000 s, F/6.3, ISO 1000**

A photograph of a sunset over the ocean. The sky is filled with vibrant orange and yellow hues, transitioning to a pale blue at the top. The water in the foreground is dark, with a small, dark, circular object (a sea snail) resting on the surface. The snail is in sharp focus, while the background is heavily blurred, creating a shallow depth of field. The overall mood is serene and beautiful.

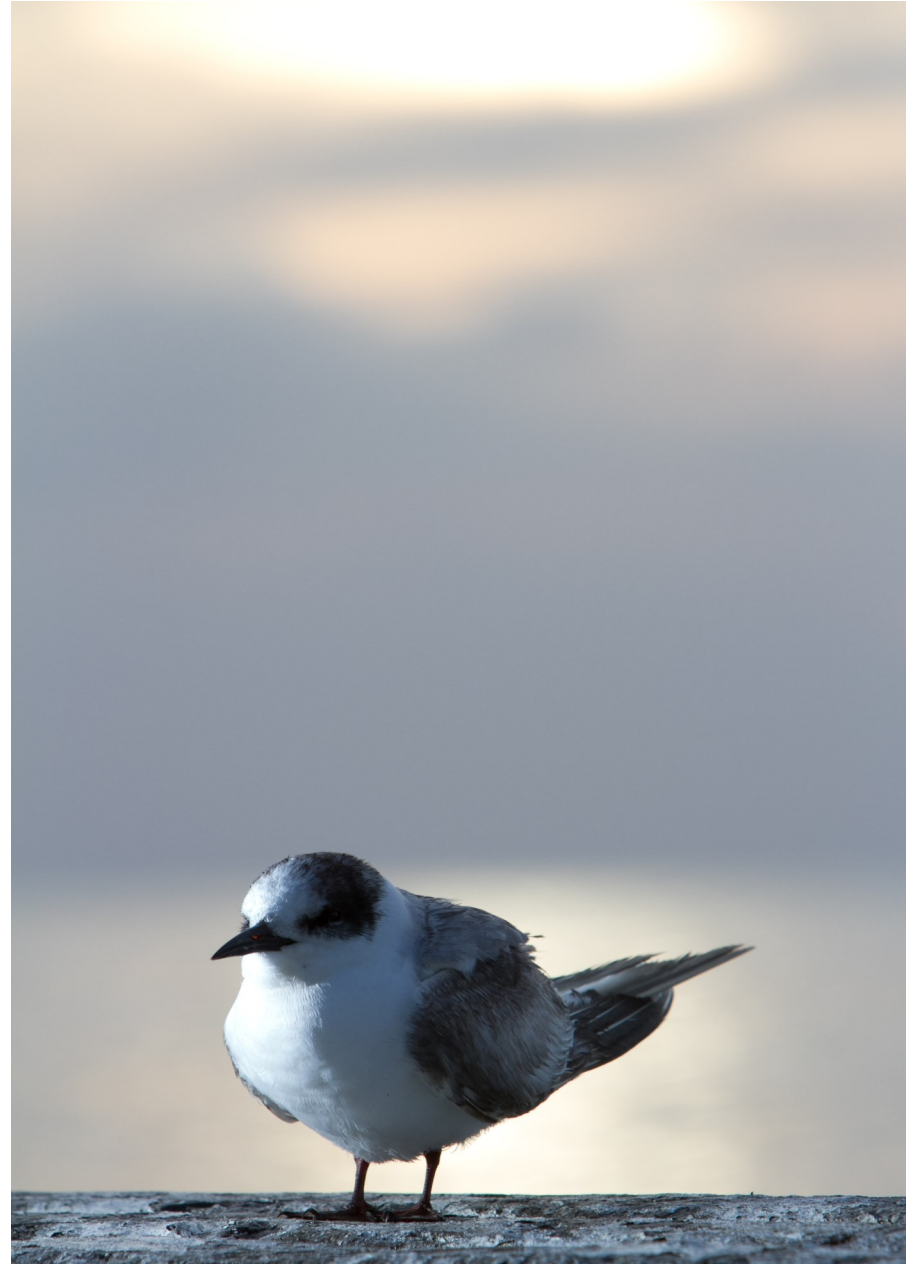
*A favorite lens of mine is the Canon EF 85mm prime lens. It has a maximum aperture of f1.8 allowing me to capture these beautiful short depth of field photos. That's a sea snail, periwinkle, in the foreground.*

**1/640 s, F/2.5, ISO 400**



*Waiting for the warmth of the morning sun.*

**1/250s, F/8, ISO 250**



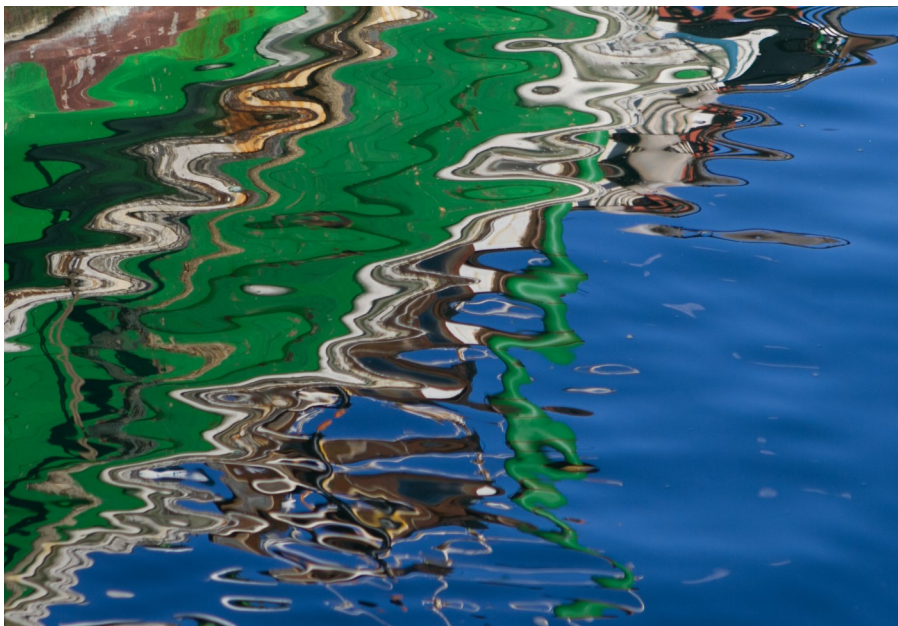
*I did some different photography with these ones. I used my off-camera flash to get some side lighting on the birds.*

**1/160 s, F/9, ISO 250; 1/250 s, F/8, ISO 250**  
**1/160 s, F/9, ISO 250**



*Getting down low for a different perspective.*

**1/80 s, F/8, ISO 125**



(clockwise from top left)  
1/1600 s, F/1.8, ISO 100  
1/250 s, F/3.5, ISO 400  
1/640 s, F/2.8, ISO 400  
1/800 s, F/3.5, ISO 320

*Oil paintings. I love using my 70–200mm telephoto lens to capture just the reflections of the boats. I can take multiple images of these and every one will be different.*



*I did a photoshoot of the tuna boat, Gary. The late afternoon sun provided beautiful soft, even light.*

**1/500 s, F/8, ISO 100**



*Again late afternoon sun and a light offshore breeze welcomes the Alma Lucie back after a day at sea.*

**1/640 s, F/8, ISO 100**



*Good swell, an offshore breeze and a passing rainbow – magic.*

**1/320 s, F/7.1, ISO 100**

*There is always something  
to see and photograph in  
the bay when visiting  
the harbour.*



**1/2500 s, F/4, ISO 100**



*There are times when the cloud formations and the light just lend themselves to black & white photography.*

**1/200 s, F/9, ISO 640**



*Here a long exposure of 30 seconds has created a smooth, silky effect on the sea.*

**30 s, F/13, ISO 200**



*A really big winter storm pushed big swell into False Bay. While watching the surf I noticed a guy standing on the outside pier of the harbour. A wave came over and he got a bit wet. Seeing another wave approaching, he decided to make a run for it...*



*The wave won. Landing up directly under the highest point of this massive wave, he got obliterated and swept into the harbour. Luckily he managed to get himself out, unharmed, but rather soggy.*

**1/320 s, F/9, ISO 160**

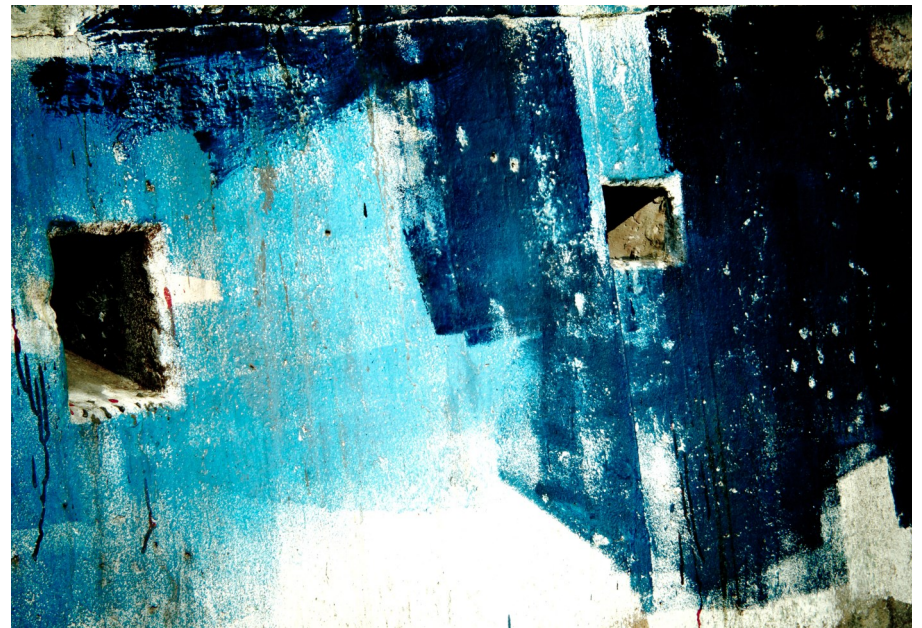


*Even old broken boats lend themselves to creative photo opportunities.*

**1/4000 s, F/2.5, ISO 320**



*Waiting on the quay side for buyers. A catch of the local delicacy fish known as snoek.*



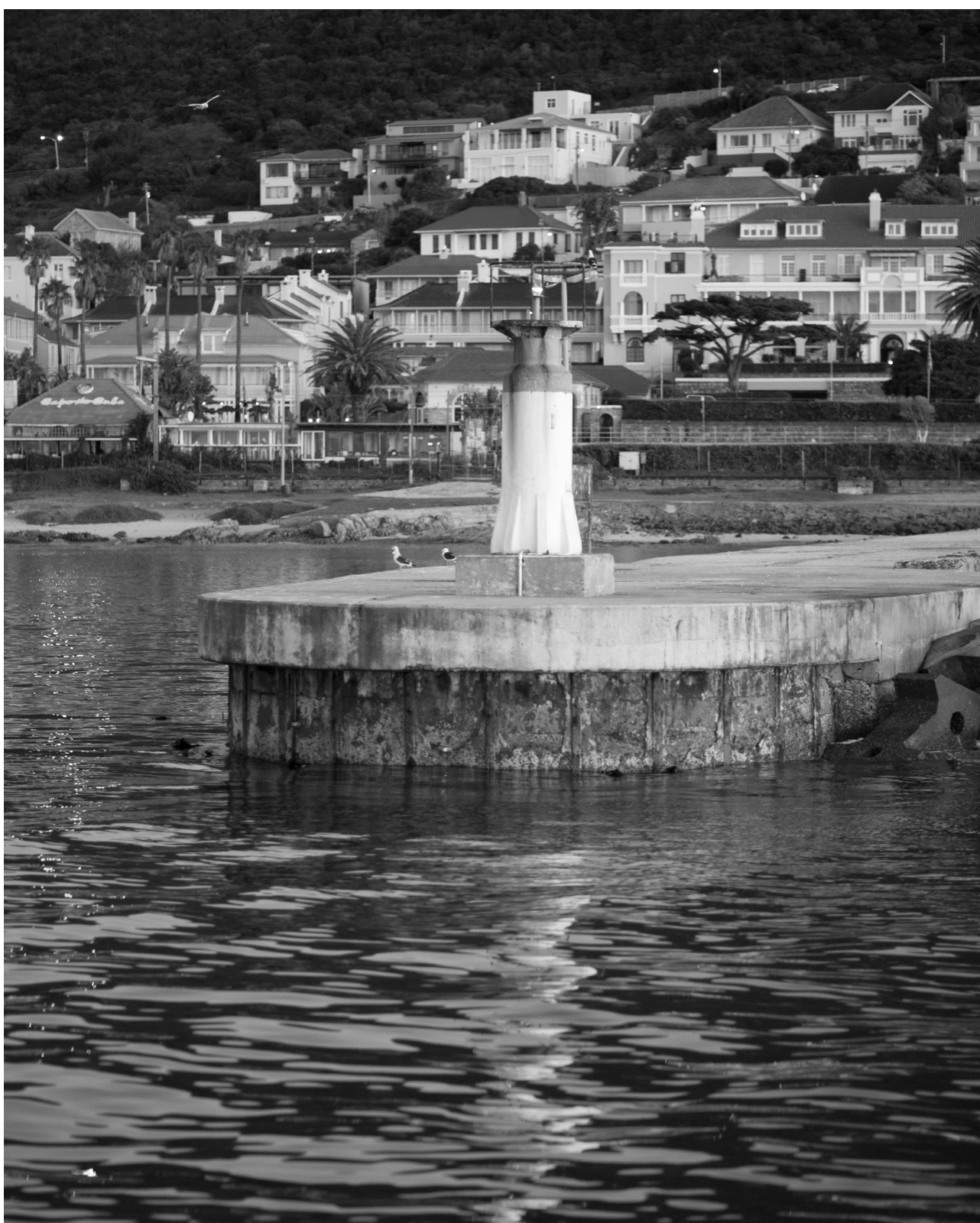
*Kalk Bay harbour textures.*

**(clockwise) 1/1000 s, F/7.1, ISO 1000; 1/100 s, F/6.3, ISO 160; 1/100 s, F/20, ISO 100**



*A fisherman safely on his boat with his catch of snoek drying in the sun, while large waves crash over the protective harbour wall behind him.*

**1/1600 s, F/5.6, ISO 200**



*The characteristic Kalk Bay  
Village as seen from the  
lighthouses.*

**1/6400 s, F/2.5, ISO 250**

*High tide at Dalebrook tidal  
pool washes over the  
walk way.*



**1/3200 s, F/7.1, ISO 500**

*At the height of summer  
the sun rises early over the  
distant Hottentots Holland  
mountains behind  
Gordon's Bay.*



**1/500 s, F/9, ISO 250**



*One of my early morning students setting up a shot of the harbour wall.*

**1/250 s, F/5.6, ISO 100**

# STEPHEN CRUICKSHANK

Having grown up in Kalk Bay, Stephen has a real affinity for this enchanted fishing village. A professional of more than 20 years, he has been taking photos since 1984. Stephen always has his camera with him, except when he is in the water enjoying the waves.

An internationally acclaimed photographer, Stephen has photographed famous people such as Shakira and our South African president, and has contributed images to many publications including *National Geographic*.

Stephen is a vastly experienced photo coach. He hosts one-to-one courses in Cape Town and has his own online photography school.

*Photo credit Olivia Anderson*



[www.stephenc.co.za](http://www.stephenc.co.za)



