

CITY

STYLE AND LIVING

FOOD FASHION TRAVEL

Escape to ...
South
Africa

7 SECRETS

to a Winter
Breakfast

*delicious ways to
spice up the table*

+ Global
Ice Festivals

A TOUCH of
Glamour
Holiday Looks
sure to Inspire

WINTER 2008/09

\$5.50 can

www.citystyleandliving.com



ON TOP OF THE WORLD (CLOCKWISE FROM TOP LEFT): A STUNNING VIEW OF CAPETOWN'S SKYLINE; ARCHITECTURAL DETAILS HAVE MANY INFLUENCES; THE AIRY WATERFRONT; A RIDE HIGH ABOVE AT CABLE MOUNTAIN



12 noon Ctd.: Give yourself time to wander around the Waterfront shops and listen to the live buskers. Then, check out the spectacular aquatic displays on at the renowned **Two Oceans Aquarium**. www.aquarium.co.za

2pm: From ocean to plate. It's time for a late lunch at the fabulous **Sevruga Restaurant**. Dine in style on decadent sushi platters and cocktails (half-price between 2pm and 5pm daily), whilst gazing at one of the most famous views in the world. www.sevruga.co.za

4pm: Duly sated, head around the mountain to one of Cape Town's most beautiful beaches: **Camps Bay**. Take a walk along the shoreline, and feel that fine white sand between your toes. Catch a few rays before dusting off and heading up to the popular and uber trendy **Cafe Caprice** for a cocktail top up and to experience one of our spectacular Cape Town sunsets. 37 Victoria Rd, Camps Bay. www.cafecaprice.co.za

8pm: Make your way back to the **City Bowl**, the heart of the city. Long Street is, well, a long street, filled with clubs, pubs and restaurants. It's here that you can wine, dine and party until the dawn. Find a table at the buzzing **Royale Eatery** and tuck into one of their thirty or so justly famous gourmet burgers. 273 Long St, City Bowl. Tel. 021-422 4536.

10pm: Wander a short way down Long St to **Zula**

Sound Bar for a taste of the local music scene. Grab a drink out on the balcony, and listen to live bands, whilst watching Long Street waking up below.

196 Long St, City Bowl. www.zulabar.co.za

11pm: Time to get dressed up and head for **Club Hemisphere**. Located on the 31st floor of an inner city building, this popular party spot is one of the highest clubs in the world. Grab a glass of bubbly, contemplate the city's night lights, and wish you never had to leave! 31st floor, Absa Centre, 2 Riebeeck Street. www.hemisphere.org.za



“ Board the rotating cable car and it's up, up and away, straight to the top in just a few minutes. ”



WELL-TRAVELED



It was a pivotal conversation in 2006 that convinced **Mital Shah** that her past experience as an investment banker in Hong Kong and New York, her five years as a fashion executive for designer Vera Wang and the loss of her mentor to AIDS had all woven together seamlessly to prepare her for *Well Souled South Africa*. The resulting 312-page coffee table book “bridges culture, style and giving back in distinct fashion. It is about a style of travel which thrives on spontaneity and emotion rather than an itinerary.”

I like to wake up in Cape Town. This is a morning city, breathtaking as it awakens.

The sun rises over the spectacular profile of Table Mountain. The morning rays bounce off the brightly-colored homes in Bo Kaap, the historical Malay quarter perched on Signal Hill above the city center. From the bakeries, like Manna on Kloof Street, comes the smell of freshly baked bread and morning coffee. On Saturday mornings, the Neighbourgoods Market at the Old Biscuit Mill in Woodstock comes ALIVE with fruits and vegetables and cheese and wine and people.

The deep, aubergine hue of the Capetonian grape skins is as sophisticated as the wine that is produced from them. The South African wine lands - Stellenbosch, Franschhoek, Constantia, Durbanville, Paarl and more - are a requisite experience for the palette, as is the award-winning cuisine (and corresponding hospitality) at the restaurants scattered across the wine estates.

Back in town, wander along the Victoria & Albert Waterfront with its boutiques, restaurants, outdoor festivals and magnificent, yacht-dotted harbor views. Tucked along this waterfront is the Cape Grace Hotel, perfect for an afternoon cup of tea in the library. There is a cozy, inviting feel about the Cape Grace - as though you have been there before.

Or wander up, through the colorful Bo Kaap streets toward the family run tea room at the top of Signal Hill. Up Clifton to a point where, looking down, you see only the bright blue water in all directions.

It is possible to feel, on a particularly windy day in Cape Town, that you will blow right off the mountain. The urgency to wind your way down, towards the water and safer ground, is interrupted as you come around the first bend and catch your first view of Camps Bay and beyond.

The vertical drop is spectacularly arresting.

The wind plays an integral role in the culture of Cape Town. It is a powerful force dictating Capetonian lifestyle, from kite-surfing to hair scarves to evening walks on the beach (or not). On a still day, I feel the possibilities are endless. But then the merciless South-Easterly blows, whipping across my face, and I can only pray for a hiding place that is far enough from its reach. Just for now. Just until it is still again.

- excerpt from *Well Souled South Africa* by Mital Shah

\$110.00 (US), 20% of sales are reinvested in AIDS-related social initiatives in South Africa www.wellsouled.com