

SIGNATURE

The Diners Club International Magazine

A WORLD IN ONE CITY

Exploring Shanghai

Giro del Karoo
in Italian Supercars

Designing Fashion's Future

The Business of
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from the MD



Welcome

Esh Naidoo
Managing Director

For over 70 years, Diners Club has been at the forefront of creating unforgettable experiences for a growing number of Diners Club members and celebrating a variety of cultures from around the globe.

With this edition of *Signature*, we explore the Chinese commercial capital in all its magnificence, highlighting the culture, food, beauty, and diversity of one of the world's most ancient societies.

Exploring further afield, the focus falls on one of Diners Club's favourite global cities to visit this year by placing New York City in the editorial spotlight.

Closer to home, we look at some of the most romantic getaways on the

African continent, that should be on your travel radar this season.

An eclectic mix of lifestyle products, services, and entertainment options round off this edition of *Signature*.

While we endeavour to showcase all the highlights that being a Diners Club member unlocks for those who already belong, we continually explore ways to unlock the massive potential of Diners Club in new markets and communities. This is not only vital to expanding the Diners Club experience to new customers, but is also a fundamental principle of the Diners Club philosophy, where diversity is celebrated, and distinction is prized.

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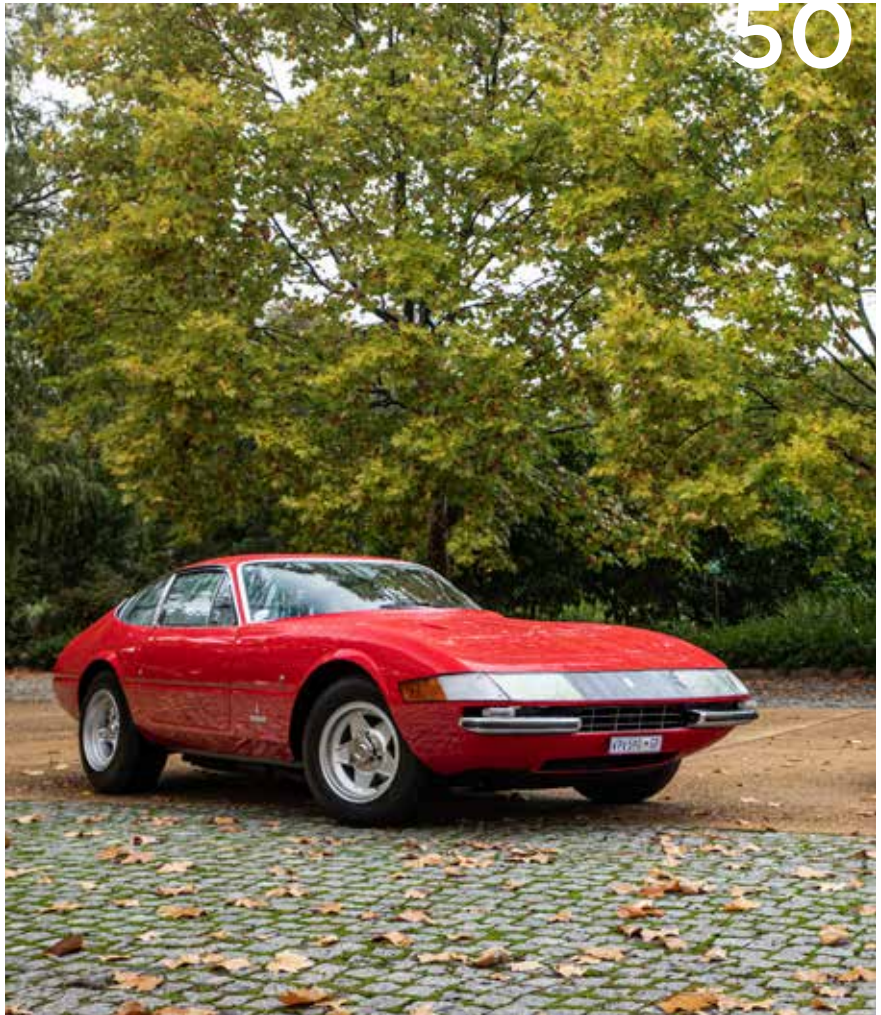
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in this ISSUE

DINERS CLUB

07 **Welcome /** Letter from the
Managing Director



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FIND SUPERIOR WELLNESS

The Plettenberg, part of the Liz McGrath Collection, has introduced a Royal Breakaway & Wellness package offering guests the opportunity for quality downtime in an idyllic setting. Situated along the Garden Route, Plettenberg Bay boasts a year-round temperate climate, pristine beaches and dense green forests culminating in the ultimate destination for focussing on health and wellness. A myriad of exhilarating outdoor activities is available in the area,

alongside pampering spa treatments and delicious, healthy food, and the warm hospitality and cosy comfort of this five-star hotel overlooking the ocean. The package includes luxurious accommodation and a bottle of wine on arrival, daily turndown, as well as a delicious breakfast the next morning, served in the privacy of your own room or in the Restaurant, and more.

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BEEN THERE DONE THAT

Exploring New York City

The New York experience is as diverse as its 8.8 million residents. When it comes to food, fashion, theatre, art, and music, the Big Apple has few rivals on the world stage.

Welcome to New York, the city that never sleeps. We've highlighted a few of our favourite spots in the bustling metropolis, all of which offer a fascinating route to exploring this ever-changing city.

THE ART SCENE

Gallery-hop Through Chelsea

Chelsea has long been an epicentre of the modern art world, with works by famed artists and rising talents around every corner. While exploring the neighbourhood's galleries, there are many places to break for lunch or dinner. The Chelsea Market is packed with appealing restaurants, including Cull & Pistol Oyster Bar, which serves an excellent Maine lobster roll.

Insider tip: Get there by strolling up the High Line, a former elevated railway turned green space, with Hudson River views and public art installations along the way.

Take in an Exhibition at the MOMA

If you have time for just one museum in New York, make it the MoMA, which houses one of the greatest art collections in the world. Unmissable works include Van Gogh's *Starry Night*, Picasso's *Les Femmes d'Alger (O. J. M.)*, and Chagall's *I and the Village*. A 2019 expansion vastly increased the gallery

space, so you'll need a solid plan of attack to make the most of your visit.

Insider tip: Plan your gallery-going around a meal at The Modern, a Michelin-starred restaurant overlooking the sculpture gardens.

BROOKLYN BOUND

Discover New York's Creative Soul in Williamsburg

Hop across the East River for a journey through Williamsburg, filled with cafés, indie boutiques, and stylish bars. While big-ticket sites are few, you can discover plenty of hidden gems in this trendsetting neighbourhood. Treat yourself to a mouthwatering dessert at Milk Bar Williamsburg, stroll through leafy McCarren Park, and end the day with Manhattan skyline views from the John V. Lindsay East River Park.

Insider tip: Plan to visit on a Saturday to catch Smorgasburg, an open-air food market with dozens of vendors set up in the Marsha P. Johnson State Park.

Enjoy Views of the Brooklyn Bridge

Thanks to its cobblestone streets and sweeping views of Lower Manhattan, Dumbo is one of Brooklyn's most photogenic districts. Its 19th-century waterfront warehouse has been converted into a shopping centre with a rooftop beer garden and one of New York's best food halls – the sprawling Time Out Market New York. Dumbo is



Williamsburg Bridge (by Zac Ong)



Little Island, Manhattan (by Yoav Aziz)

also the gateway to the Brooklyn Bridge Park, a favourite spot for picnickers, strollers, and cyclists.

Insider tip: Skip the traffic and packed subway cars by taking the NYC Ferry to Dumbo. It's a quick trip from Wall Street, and you can also continue up to Williamsburg.

DOWNTOWN DREAMING ***Get Lost in the West Village***

Filled with tiny parks and tree-lined streets leading past Federal-style townhouses, the West Village feels like a quiet hamlet in the middle of the city. While wandering around this iconic neighbourhood, visit Washington Square Park, an inviting green space surrounded by classic brownstones.

Insider tip: In the nearby Hudson River Park, you'll find Little Island, with gardens and an amphitheatre that opened to much acclaim in 2021.

Explore New York's Roots in the Tenement Museum

When European immigrants arrived in New York City in the late 19th Century, many settled in the Lower East Side. The Tenement Museum gives insight into the way people lived by taking visitors on guided tours through two historic tenement buildings. These meticulously researched tours focus on the lives of immigrants from Germany in the 1880s, Russia in the 1910s, and Italy in the 1930s.

Insider tip: The Lower East Side still has some top ethnic eateries, including Russ & Daughters Café, famous for its lox and bagels (127 Orchard St, New York).

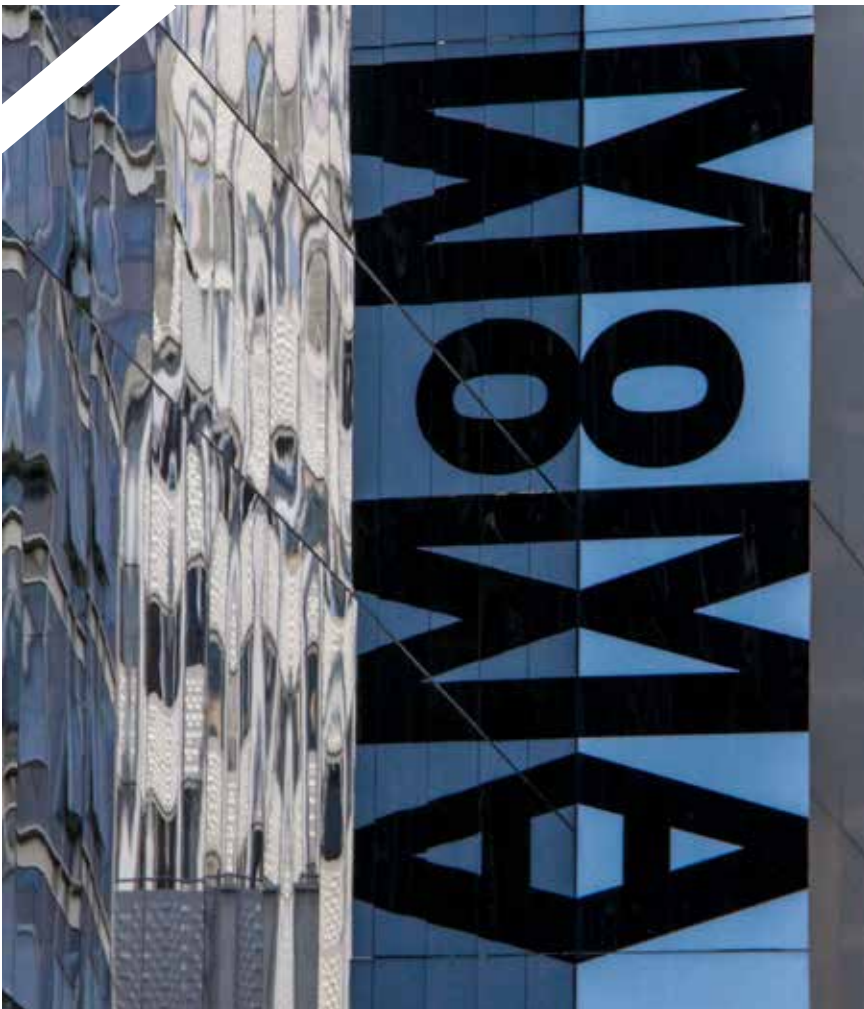
UPTOWN ADVENTURES ***Sip Champagne at Lincoln Center***

Spread across 16 acres in the Upper West Side, Lincoln Center showcases a stellar line-up of opera, symphonic



Chelsea (by Zach Inglis)

Inside the Lincoln Center (by Seth Hoffman)



productions, film screenings, and more. During the warmer months of July and August, you can catch outdoor events by the fountain. Don't miss a chance to see the New York City Ballet, which offers a mix of classic and cutting-edge performances.

Insider tip: For a pre-performance meal, the nearby *Masseria dei Vini* specialises in seafood and homemade pastas from the southern Italian region of Puglia.

Take the A Train to the Middle Ages

Located on a hill overlooking the Hudson River, The Met Cloisters feels like a world removed from the bustle of Midtown. The museum features an impressive collection of centuries-old treasures, including illuminated manuscripts, and vivid stained-glass panels.

Insider tip: Leave time to wander the Cloister Gardens, which contain plants used for medicine, food, and magic during the Middle Ages.

For more information, please visit www.dinersclub.com/travel. 

*by **diners club destinations**
/photography by **unsplash.com***

THE WORLD IN ONE CITY

From Fishing Village to Global Powerhouse

Shanghai, one of China's most vibrant and dynamic cities, is a fascinating destination that will captivate any traveller. This bustling metropolis boasts a rich history, a diverse culture, and a wide range of tourist attractions that will leave visitors spellbound. Earlier this year, we travelled to China's commercial capital and spent a few days exploring this most delightful metropolis.





There are many excellent reasons to visit Shanghai, and earlier this year, we had the opportunity to travel to the 2023 Shanghai Auto Show, to witness first-hand how China's powerhouse city has evolved from a sleepy fishing village to the commercial capital of the world's most populous nation.

Shanghai has a long and storied history dating back over 1,000 years. Originally a tiny fishing village on the Yangtze River, the city grew in importance during the Ming dynasty (1368-1644), becoming a major trading hub. It continued to thrive during the Qing dynasty (1644-1912) and became an important centre for

international trade in the late 19th and early 20th centuries.

During this period, Shanghai became a cosmopolitan city with a mix of European, Chinese, and other foreign influences. It was known as the "Paris of the East" and was home to a thriving arts scene, with theatres, dance halls, and music venues attracting artists and performers from around the world.

In recent years, Shanghai has once again, become a major centre for finance, trade, and culture, with a thriving art scene, modern architecture, and world-class museums and galleries.

MUST-VISIT HIGHLIGHTS

Shanghai has a wealth of tourist attractions that will keep visitors

entertained. Here are just a few of the highlights:

The Bund: One of Shanghai's most iconic landmarks, the Bund is a waterfront promenade that offers stunning views of the city's skyline. The area is lined with historic buildings that date back to Shanghai's colonial past, including the former British Consulate, the Shanghai Club, and the Customs House.

Yu Garden: This beautiful classical Chinese garden dates to the Ming dynasty and is a peaceful oasis in the heart of the city. The garden features traditional architecture, winding paths, and beautiful ponds and waterfalls.



Bar Rouge



Bund Museum (Photo by Siyuan Hu on Unsplash)





The Shanghai Tower. The tallest building in China and the third-tallest building in the world, the Shanghai Tower is an impressive feat of engineering. Visitors can take an elevator to the observation deck on the 118th floor for breathtaking city views.

Shanghai Museum: One of China's most important museums, the Shanghai Museum is home to a vast collection of Chinese art and artefacts. The museum's collection includes ancient bronzes, jade, ceramics, calligraphy, and painting.

Jin Mao Tower. Another impressive skyscraper, the Jin Mao Tower features a distinctive design that blends traditional Chinese architecture with modern technology. Visitors can take an elevator to the observation deck on the 88th floor for panoramic views of the city.

Xintiandi: This trendy pedestrianised area in the heart of Shanghai is home to some of the city's best restaurants, bars, and shops. The area's historic Shikumen buildings have been restored and converted into stylish boutiques and cafes.

Shanghai is a fascinating city with a rich history and many attractions that appeal to travellers of all ages and interests. From the iconic waterfront of the Bund to the peaceful gardens of Yu Garden, from the towering skyscrapers of the Shanghai Tower and Jin Mao Tower to the trendy shops and restaurants of Xintiandi, there is something for everyone in this vibrant metropolis. Whether you're interested in history and culture, or just taking in the sights and sounds of a bustling city, Shanghai is a destination that should not be missed. 📍

by **bernie hellberg jr**
/photography by **unsplash.com**



SEE HOW THEY RUN

The Scene is Set on the KZN South Coast for the Greatest Shoal on Earth

The temperatures are dropping, and the aloes are in full bloom along the KZN South Coast, which means one thing – the annual Sardine Run is on its way. Anglers, seine netters, divers, and spectators are already heading to the Paradise of the Zulu Kingdom in preparation for one of the planet’s biggest biomass migrations and the Greatest Shoal on Earth.



Not only does the KZN South Coast enjoy some of the country's best winter weather, we're also fortunate enough to offer front-row seats to the annual Sardine Run - an incredible spectacle to behold and one of our greatest natural phenomena," explained Phelisa Mangcu, CEO of South Coast Tourism & Investment Enterprise (SCTIE). "The past few years, we've experienced some of the best Sardine Runs, with a lot of shoal activity close to shore. We're optimistic that the 2023 Sardine Run will be just as spectacular for all our visitors and anglers."

The Sardine Run is a calendar highlight for local fishermen who haul in big catches to sell directly to the public, fisheries, and restaurants. Demetre Stamatis, one local seine



netter, said they'd already noted a lot of fish activity up the coast with pilot shoals passing Mazeppa Bay (Eastern Cape) and Hagga Hagga (Wild Coast), and there's a good chance the shoals will be arriving in the next few weeks.

Commenting on the importance of this migration for local anglers, Stamatis said: "On a commercial side, there are several netting licence holders that rely on the Sardine Run to supplement their income, and several of the buyers who need the supplementary income generated by the catch because, this time of year, they can't rely on fresh vegetables and fish. Some process the sardines for sale later in the year, which can be a cheap and viable resource."

Stamatis said it's difficult to determine a good number of nets per season because the more sardines that are caught, the lower the price they can be sold for: "The Sardine Run can go on for up to six weeks, and daily netting can be up to 15 nets a day – but this is the exception rather than a rule. There will be many days when only one or two nets are taken."

EXPERIENCE THE SARDINE RUN

From the golden shores to the ocean depths and the blue skies, there are many ways to take in the 'greatest shoal on earth' along the KZN South Coast. The region is home to 58 incredible beaches and boasts the highest number of Blue Flag Beaches in the province and the highest number of tidal pools. Visitors can enjoy this ocean spectacle from the shores, or take a hike to one of the many whale-viewing sites which offer great sightings of the Sardine Run and migrating humpback whales.

Several tourism operators are ready to take visitors on a close-up experience of the Sardine Run. Charter boats will head out to the action, where visitors can take in the spectacle from the boat, or even enjoy some snorkelling among the sardines, dolphins, and game fish.

The 'greatest shoal on earth' is also considered a bucket list experience for scuba divers and free divers who can experience the Sardine Run from world-renowned dive sites, Aliwal Shoal and Protea Banks – both Marine Protected Areas. Protea Banks is ideal for shark

sightings, while Aliwal Shoal is ideal for all levels of diving experience, with a series of caves, crevasses, and ridges that are home to a massive variety of marine life.

These sites also attract international film crews looking to capture this unique ocean experience for a global audience. Currently, Roland Mauz of African Dive Adventures – based at Shelly Beach – is working with a film crew from the Discovery Channel who is shooting for their annual *Shark Week* segment.

Visitors can also enjoy an aerial view of the KZN South Coast with a flip in a microlight, helicopter, or light aircraft. World of Wings in Umkomaas offers microlight flips for views of Aliwal Shoal, Scottburgh, and the lower South Coast, while the Margate-based Uvongo Airtrack Aviation offers scenic helicopter and aeroplane flights for a great view of the coastline.

Visit www.visitkznsouthcoast.co.za for more information. 

by **south coast tourism**



DISCOVER YOUR DREAM DESTINATION

A Guide to African Honeymoon Hotspots

If there is one holiday that you want to get right, it's your honeymoon. But with so many incredible destinations to choose from, how do you decide which country is best for a honeymoon?

While there are many romantic places around the world, very few can offer an unforgettable experience like an African honeymoon. With soft-sand beaches, expansive savannahs bursting with wildlife, and some of the most picturesque scenery on the planet, Africa has all the ingredients for a honeymoon you'll never forget. African honeymoon destinations are as diverse as the continent itself and can be experienced as stand-alone destinations or in combination with each other.

We chatted to Stephanie Aboujaoude, Senior Area Director, Marketing and Communications, Middle East & Africa of Radisson Hotel Group – a group rapidly expanding across Africa – for some ideas on where to honeymoon on this beautiful continent. Here are her suggestions.

MOROCCO

Made famous for its romantic charm in the 1942 film *Casablanca*, the beauty of this country extends beyond just the silver screen. Morocco offers newlyweds one of the most unique honeymoon experiences on earth. You will undoubtedly be spoiled for choice, from indulgent hammams to luxurious, hidden riads embellished with elaborate

design details, fine dining experiences in historic palaces, a sweeping coastline and mesmerising rolling deserts. With so much to offer, Morocco is a paradise of exploration that will inspire a couple's nomadic spirit.

"As the gateway from Europe to Africa – with a wealth of legendary cities, Saharan dunes, snow-capped mountains, Mediterranean sun, sea, unspoiled beaches, and ancient history – Morocco is a dream destination for newlyweds in search of an unforgettable, all-year-round adventure," Aboujaoude shares. "With hotels and resorts in Casablanca, Marrakech, Agadir/Taghazout Bay, Saïdia and Al Hoceima, we provide couples with an enchanting oasis across the country to explore all that Morocco has to offer, from surfing bliss and the ultimate resort retreat to the culturally rich urban getaway".

TANZANIA

The list of reasons for why Tanzania should top your honeymoon bucket list is endless. Home to the best and biggest parks in Africa, and some of the most varied and unique landscapes that you'll ever see, Tanzania makes for the perfect honeymoon safari destination. Tanzania is also the location of the famous Great Wildebeest Migration in the Serengeti National Park in Tanzania where over 1.5

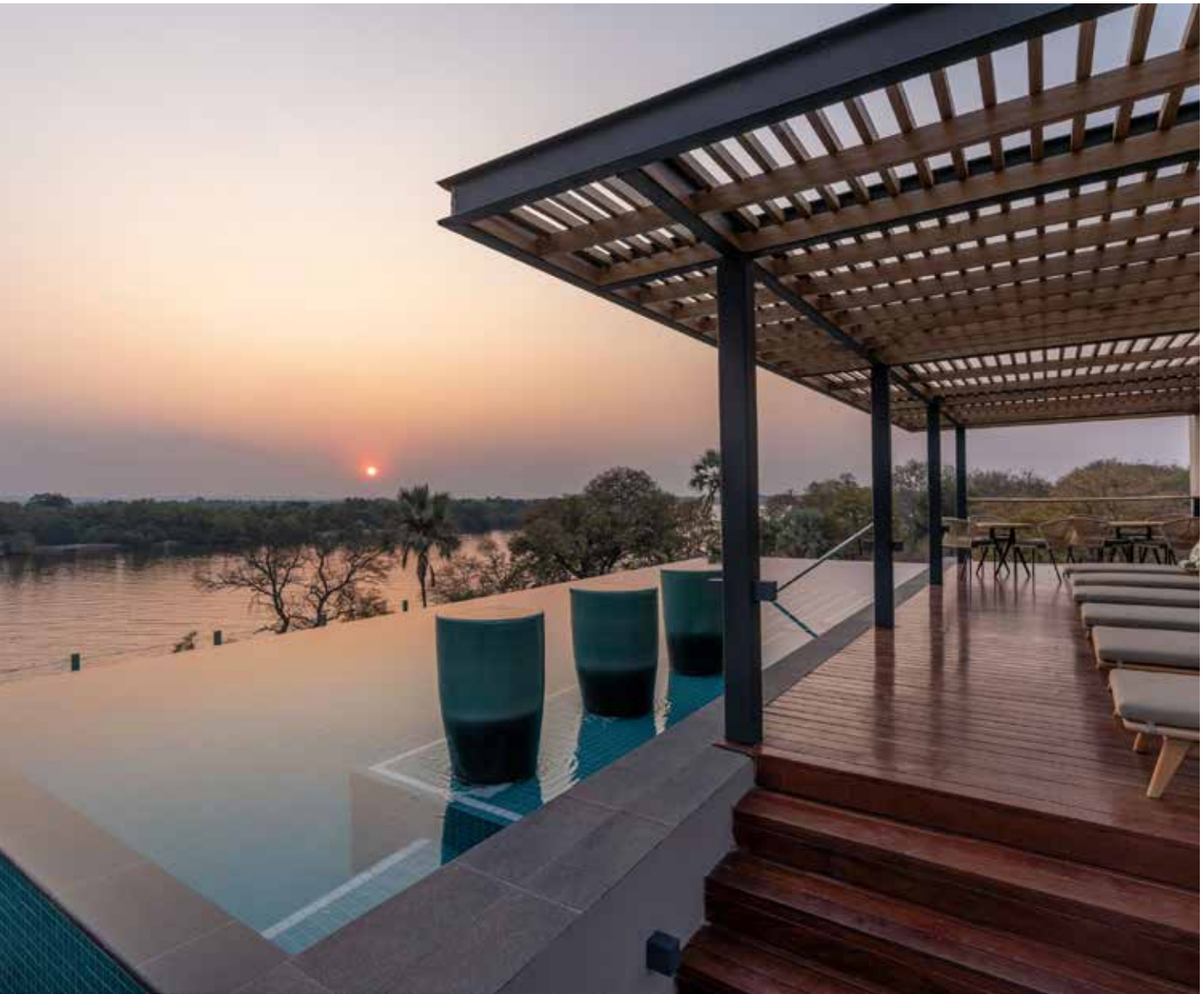




million wildebeests, zebras and gazelles brave the raging Mara River in search of fresh pasture every year. The Serengeti National Park holds the title of being a World Heritage Site. This is just one of the country's seven World Heritage Sites. Others include Ngorongoro Crater, Songa Mnara Island, Selous Mapumziko Lodge, Stone Town, Kilwa Kisiwani, and Mount Kilimanjaro National Park. World famous, Mount Kilimanjaro is the tallest mountain in Africa, the highest freestanding mountain in the world and home to almost every kind of ecological system there is – from cultivated land, to rainforest, alpine desert, and arctic summit – making it a magnificent sight to behold. And with Zanzibar within easy reach, Tanzania is the perfect 'bush-and-beach' African honeymoon destination. Zanzibar, consisting of four main islands, is a popular honeymoon destination for travellers who seek an idyllic mix of cultural exploration, water sports and white sand beaches. This paradisaical archipelago, located about 15 miles off the coast of Tanzania in East Africa, offers something for everyone.

ZAMBIA

Popularly referred to as, "the real Africa", Zambia is one of Africa's most beautiful countries. Apart from being voted as the safest country on the



continent to visit, Zambia boasts some of the most unspoilt and wild landscapes in Africa, an abundance of wildlife, culture, food and a myriad of intriguing attractions, which all make it an incredibly attractive destination for honeymooners. There are plenty of unique and wonderful things in Zambia, starting with termite hills, which have been reported to stand as tall as a small house. One of the highlights, of course, are the Victoria Falls. Known by the locals as Mosi-Oa-Tunya (the smoke that thunders), Victoria Falls, is one of the United Nations Educational, Scientific, and Cultural Organisation (UNESCO)

Seven Wonders Of The World with a rich archaeological history dating back over three million years. Many attractions in the area have taken inspiration from the Victoria Falls.

For example, the recently-launched Radisson Blu Mosi-oo-Tunya, Livingstone Resort, takes its name from the Falls by the locals and rests on the banks of the Zambezi River. The resort is ideally located close to the Falls, as well as to the town of Livingstone. This town is known as the tourist capital of Zambia and it offers incredible experiences for adrenaline junkies, romantics, and



explorers. There is even a steam train ride over Victoria Falls bridge that you can experience, making it any honeymooner's dream destination. For those wanting to honeymoon in the area, Radisson Blu Mosi-oa-Tunya, Livingstone Resort, offers couples with access to locally-inspired restaurants, soothing spa treatments and a romantic river cruise experience.

SOUTH AFRICA

If you and your partner want a little bit of everything then South Africa is for you. From seaside escapes to romantic winelands tours, remote mountains, bustling cities and authentic African safaris - a honeymoon in South Africa will give you a chance to explore everything. Newlyweds itching to spot all of the Big Five will want to put Kruger National

Park, an African safari destination with wild natural beauty and modern luxury, on their honeymoon itineraries. Johannesburg, South Africa's largest city, will top the list for couples who appreciate history and value activism. Once home to Nelson Mandela, couples honeymooning in Johannesburg can visit his former residence, which is now known as The Nelson Mandela National Museum. Those wanting a seaside escape can enjoy the waters of the Western Cape that will allow couples to enjoy both the Atlantic and Indian Ocean beaches, depending on where you are based, while the Cape Town CBD and the V&A Waterfront are bursting with chic restaurants for the foodie couples. The Western Cape is also known for its rich wine regions such as Constantia, Stellenbosch, the Helderberg

and more. If you're the type of couple that wants to explore South Africa's hidden gem, then the Eastern Cape is for you. With fewer tourists than its Western counterpart, the Eastern Cape is equally bursting with fun activities for newlyweds to enjoy. Brave the waves at Jeffrey's Bay or visit Addo Elephant National Park. Even better, take the road trip of a lifetime from the Western Cape to the Eastern Cape along the Garden Route. Meandering along a nearly 200 km stretch of coastline, honeymooners will observe lush forests and dramatic seaside cliffs during the ride. 📍

by *radisson hotel group*

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LIFESTYLE

VAN RYN'S 15YO IS WORLD'S BEST

Locally produced Van Ryn's 15-year-old potstill brandy has been awarded as the World's Best Wine Brandy at the 2023 World Brandy Awards announced in London. The World Brandy Awards, which sees the finest brandies enter from around the world, is presented by TheDrinksReport.com, and rewards the world's best spirits to global consumers and trade. Each entry is tasted blind and marked to an agreed and strictly

enforced scoring system reviewing the nose, palate, and finish, balance character, complexity, and quality of the brandy. The Van Ryn's 15-year-old brandy is fragrant with notes of cigar box, orange peel, and balanced oak. Dark chocolate, warm spice, integrated oak and fruit create a creamy and complex finish. Enjoy neat, on the rocks or as the base for a range of refreshing and innovative cocktails.



FEMINE RADIANCE UNLEASHED

Montblanc introduced its feminine fragrance line, Montblanc Signature in 2020, aiming to provide women with a new way to express their character. In 2023, the brand is launching a new scent, Signature Absolue, designed to help women effortlessly light up their universe. This sparkling and radiant scent opens with fruity mandarin, pear Williams, and pink pepper, revealing a bright and feminine tone. The heart of the fragrance blooms with luminous flowers like tuberose, frangipani, and ylang, providing delightful solar undertones. The fragrance's intensity comes from the gourmand tonka bean and woody cedarwood, rounded out by the sensuality of golden amber. With Signature Absolue, Montblanc gives the Montblanc woman a new way to express herself and leave an irresistible trail behind.

ART MEETS STYLE

Décor collective Wanderland believes that Africa is home to some of the best designers and artists in the world. As such, Wanderland Collective collaborates with South African artists to create beautiful, narrative-rich, luxury products, where art meets design in a beautiful explosion of colour and texture. Now, Wanderland Collective introduces artists Elzahn Nel and Lara Kruger who recently collaborated to create 'Karoo Night' - an inspiring range in the Wanderland Collection. Their Karoo Night velvet scatter cushion easily adds flair and elegance to your bedroom or lounge, inspired by the Karoo landscape. Designed and made by women, in South Africa, this luxurious printed velvet scatter cushion is soft to the touch and easy to clean. Available online from R1,190 (without inner). www.wanderland.co.za





TUMI

BUILT FOR THE JOURNEY

PRESENTS

LANDO NORRIS

McLAREN FORMULA 1 DRIVER

DEFINING FASHION'S FUTURE

Meet Four Design Indaba Emerging Creatives Defining the Future of Local Fashion

With their bold approaches to fashion, four up-and-coming designers caught the attention of Design Indaba Emerging Creatives curator Nene Mahlangu, and were chosen to be part of the 20-strong class of 2023.

The Design Indaba Emerging Creatives programme, that is supported by the Department of Sport, Arts and Culture, has been identifying budding South African talent for 18 years, elevating the careers of designers, artists, filmmakers, fashion designers, illustrators, and more. Alums of this elite programme have changed the face of fashion in South Africa and abroad, winning international awards and collaborating with major brands. Thebe Magugu, Thando Ntuli, Rich Mnisi, Laduma Ngxokolo, Crystal Birch, Fikile Sokhulu, and the late Nicholas Coutts are some of the designers who transitioned from Design Indaba Emerging Creatives to icons in their own right.

This year sees a new class of Design Indaba Emerging Creatives, with four fashion-forward creatives in the mix: Shamyra Moodley, Khumo Morojele, Nokhukhanya Zungu, and the duo of Rucita and Viveka Vassen.

SHAMYRA MOODLEY

An 'accidental designer', Shamyra Moodley began her professional life as an accountant. Now, having taken the leap from the corporate to the creative world, Moodley is designing items that are both kind to the planet and spark joy — each of her intricate designs is created from donated or reusable fabric.

With a passion for colours and textures, Moodley combines art and fashion to share her narrative about how she sees the world through the lenses of her African, Indian, and Irish heritage. In 2021, the Cape Town-based creative won the African Fashion International Fastrack Designer of the Year award, while 2022 saw Moodley chosen as the recipient of the Nicholas Coutts Award at the inaugural Twyg Sustainable Design Awards and debut her first collection at South African Menswear Week.

A challenge for Moodley, whose brand is named LaaniRaani, is upcycling

at the kind of scale that can move the industry: 'The combination of legislation, consumer education, the mindset of repurposing wasted fabric, and considered design with scale in mind can bring about an industry shift that benefits our planet and its people,' she says.

KHUMO MOROJELE

Another sustainably minded designer in the Design Indaba Emerging Creatives Class of 2023 is Khumo Morojele, a Johannesburg-based self-taught designer and creative director.

Morojele's mother, who ran her own boutique, introduced the young creative to thrifting, which led him to make upcycled pieces and share them with friends. 'I had to make do with what I had, which ties into sustainability,' he says. It is this foundation that he loves most about his relationship with fashion.

Inspired by the vibrant city of Johannesburg and the community of



young creatives of which he is a part — as well as by his love for fashion and clothing — Morojele is constantly experimenting with new and innovative approaches using sustainable methods.

The year 2022 was a landmark one for the designer, seeing him take part in the British Council-sponsored Design Futures Lab, the We Are Culture Standard Bank group exhibition, the We Are The Ones Nike

Air Force 1 anniversary exhibition, and a collaboration with French design school Casa93 for Paris Fashion Week.

NOKHUKHANYA ZUNGU

Fashion designer Nokukhanya Zungu founded Makhosazana, a proudly South African brand specialising in contemporary African women's wear, in 2021. The brand aims to showcase the beauty of African textiles, heritage,



and culture, with designs that combine modern silhouettes with traditional African fabrics.

A University of the Witwatersrand graduate majoring in international relations and psychology, the Pretoria-based creative ultimately found her true purpose in fashion — incorporating her love of African heritage, African textiles, and fashion into her craft.

Zungu's introduction to the South

African fashion industry came in 2018 when she interned at Ri.Ch Factory, an African contemporary and lifestyle brand founded by Rina Chunga Kutama. In 2022 she was handpicked to participate in the Fashion Lab Project powered by the South African Creative Industries Incubator, which led to a two-month mentorship programme with acclaimed fashion designer David Tlale. During this time, she was tasked

with creating a collection inspired by a South African icon and chose the legendary queen of South African pop Brenda Fassie.

RUCITA AND VIVEKA VASSEN

Rucita and Viveka are a sister design duo from Cape Town with a fashion and graphic design background. A shared love of creativity, craft, collaboration, and an eye for all things bold, vibrant, and offbeat led the pair to start their design studio, Ananta, during the lockdown in 2020.

After graduating from the Cape Peninsula University of Technology, Viveka worked at House of Monatic, where she gained industry experience in menswear brands, while Rucita joined her former lecturer's company Good Design, with her expertise lying in art direction, corporate brand identity and web design, as well as 3D application in packaging design and restaurant/interior branding.

During lockdown, the sisters realised their dream was to open a design studio

Khuno Morojele



Ananta Trimmuri Hanging Lights by Rucita & Viveka Vasen



that would not confine them to the respective boxes of 'fashion designer' and 'graphic designer', and instead enable them the freedom to design everything from clothing and bags to furniture and lighting.

Ananta is centred around collaboration: Rucita and Viveka work with craft communities to develop unique, functional art pieces — including their eye-catching handbags — while creating economic empowerment. They believe in a circular economy and aspire to create sustainable, ethical, and eco-conscious products.

These four designers are poised to make waves in the fashion industry locally and internationally, and we can't wait to see what they have in store for us in the coming seasons. 📌

by *scout pr*
/photography by *design indaba*

CHINA'S CULINARY CAPITAL

The Top 10 Dishes to Try in Shanghai

Dining in Delhi is a whirlwind tour of the flavours of India, from lavish fine dining to the subcontinent's most inventive street food.



The Shanghainese are known to have a sweet tooth, and more sugar is used in Shanghai's signature dishes than in any other part of China. Shanghai's neighbours also contribute to the diversity of the area's cuisine: Hangzhou, known for its West Lake carp; Zhejiang to the west, for its vinegar; and Shaoxing, for its warmed rice wine. Below is our list of the best dishes to try when you visit Shanghai.

1. XIAOLONGBAO OR SOUP DUMPLINGS

A Shanghai Classic - these soup dumplings should be your first meal in Shanghai. Delicate thin-skinned dumplings with pork, vegetable, shrimp or crab fillings, served in a delicious hot broth, offer an explosion of flavour.

Careful as these are served piping

hot in bamboo baskets, so allow the dumplings a few moments in the soy sauce and vinegar before enjoying.

2. STEAMED CRAB

Shanghai's famed steamed crab uses a particular type of crab found in rivers, and is usually consumed in late autumn and winter. The crabs are tied with ropes or strings, placed in bamboo containers, steamed, and served. Few other artificial ingredients are added to the dish, yet it tastes fantastic. Da Zha Xie is usually enjoyed with vinegar.

3. SMOKED FISH SLICES

Ideal for those who like highly spiced food, Shanghai's "smoked" fish slices (fresh fish marinated and spiced to taste like smoked fish) make a tasty dish. The fish is usually carp, and is prepared in a delicious smoky way. This is also called Shanghai Shun Yu. It has

a crispy outer skin, while the meat is beautifully cooked and tender.

4. BEGGAR'S CHICKEN

Beggar's Chicken originated during the Qing Dynasty (1644 - 1911) and calls for a stuffed and marinated chicken that is tightly sealed in layers of lotus leaves and then wrapped in wax paper. It is then slowly baked in low heat, taking up to six hours to prepare. This dish hails from Hangzhou.

This unique cooking technique produces tender, juicy, and aromatic chicken, with the original taste perfectly retained. The bones are easily removed after hours of baking, and the meat is bursting with flavour and fragrance.

5. PEKING DUCK

Beijing roast duck or Peking duck has the name Beijing attached, but it is also a Shanghai speciality. Shanghai has



many restaurants and food stalls that serve some of China's best Peking Duck. This dish is prepared so that the duck is brightly coloured, the skin crispy, and the meat tender. Taken together with a special paste, steamed scallions, and pancakes, it is very delicious.

6. BRAISED PORK

This classic Shanghai dish is sweet and caramelised pork belly cooked and served in brown sauce. The brown sauce is a mixture of Shaoxing sauce, light soy, dark soy sauce, and sugar. It is typically served with hard-boiled eggs. The meat will melt in your mouth.

7. FRIED PORK BUNS

Pan-fried pork buns, a local fried dim sum dish, have a history spanning over 100 years. The semi-fermented dough is fried in a wok, and water is sprayed on it several times during cooking.

Best eaten hot, the bottom of a pan-fried bun is golden and crispy, while the rest is white and soft. The stuffing of fresh meat with sesame or scallion is incredibly delicious.

8. SHANGHAI SNACKS

Shanghai boasts 1,800 snack houses and stalls serving various sorts of refreshments.

As an example, for breakfast, there are as many as 300 kinds of dumplings and pastries, including deep-fried twisted dough sticks, soy milk, glutinous rice balls, fried cakes with green onions, noodles with topping, dumplings in soup, steamed buns, fried dumplings, glutinous-rice cakes and dumplings, sweet pasty soups.

9. YELLOW CROAKER NOODLE SOUP

Croaker is a popular fish in Shanghai,

so naturally, the croaker fish soup with noodles is one of the most authentic local dishes you can try. This fish grows aplenty in the Yellow Sea and can be cooked in various ways. It is easy to prepare, and the meat is tender and juicy. The broth is creamy and delicious, from hours of boiling fish bones.

10. CHICKEN AND DUCK BLOOD SOUP

Yes, you guessed it. This Shanghai favourite is a soup (Jiya Xuetang) containing solidified blood as its main ingredient. The blood rather resembles dark red tofu and has very little taste. The broth is a very light or slightly salty clear chicken broth with spring onion added for flavour. The dish originates in Nanjing, but Shanghai has made it its own. 🍲



MAXIMISE STYLE ON A BUDGET

Tips for Affordable Home Decorating

Styling a home on a budget can be a challenging task. However, interior designer Deborah Tilbrook demonstrates that with creativity, resourcefulness, and careful planning, it is possible to create stunning and comfortable spaces without breaking the bank. Her insights and tips can be a valuable source of inspiration for anyone looking to spruce up their home without spending a fortune.



Deborah recently furnished and decorated a three-bedroom showhouse for Lalela Estate on the KwaZulu-Natal North Coast with a budget of R150,000. The new showhouse is located amongst significant greenery - with the grand Manor House visible in the background - which sets the perfect colour palette and base for Debbie to draw her base colour inspiration.

When designing a space on a budget, it is essential to determine the budget and be honest about what you can or cannot afford. For Deborah, starting the design scheme in the living room was important because it is the heart of the home. She purchased a couch as an anchor piece and focused on maintaining flow and ensuring that

spaces were not closed off. Space planning is essential to direct the functionality of a room, and identifying what already exists and working around that is crucial.

All the colours used throughout the house were inspired by the greens and yellows in nature. When designing for a larger audience, Deborah recommends using neutral tones that appeal to the majority of people. However, when working on a personal space, you can be more creative and use colours that appeal to you. Using texture to bring character into a space is essential to Deborah. She has used mustard cushions with a patterned texture that creates visual depth and dimension.

STAND OUT STYLE

When working on a limited budget,

you may have one standout feature, which will be your hero in the space. Overcrowding a room with only expensive items risks losing the standout element that demands your attention. Choosing something that will lead is essential, while everything else needs to echo the same style. Layering and using texture and colour in the cushions and curtains can help make the space feel like your own.

The eat-in kitchen is an example of a multipurpose space that's used often by both young and old. It can serve as a homework area for kids and a place to host dinner for family and friends. Deborah refurbished a second-hand kitchen table, sandblasting it and painting it a modern and industrial black colour. The chairs were also refurbished and painted black to match



the table. Deborah reupholstered the cushions with yellow fabric to make them stand out.

Designing and decorating a three-bedroom house can easily run upwards of R350,000. Yet, Deborah has struck the perfect balance of style and budget by repurposing furniture bought at second-hand furniture shops and using local artisans to manufacture custom pieces and repurpose furniture in a bid to support local suppliers.

In conclusion, Deborah's experience shows that achieving stunning and comfortable spaces is possible without breaking the bank. By being creative, resourceful, and planning carefully, you can spruce up your home without spending a fortune. Remember to start with a budget, determine the functionality of the space, choose colours that appeal to most people, and use texture to bring character into the space. Layering and using texture

and colour in cushions and curtains can help make the space feel like your own. Ultimately, repurposing furniture and using local artisans can also go a long way to staying within your budget while supporting your community. 🌱

by *janna strang*
/photography by *lalela estate*

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UNA PASSIONE PER I VIAGGI

A Karoo Tour with Classic Italian Supercars

Just imagine you can combine your passione per i viaggi (passion for travel) and exploration with a bespoke, specially curated tour for a select few owners of classic Italian supercars.

Did you know there is a Ferrari Museum in Montagu in the Western Cape? Or an old-fashioned handloom works and a bouquet brandy distillery in Barrydale? Or have you ever had the opportunity to prepare your own bottle of Cap Classique? Neither did I.

Until recently, when photographer Ryan Abbott and I joined the *Giro del Karoo* - a bespoke journey for select owners and aficionados of classic Italian supercars to visit some of the charming towns of the Little Karoo, and experience a few hidden gems located in the region.

Carefully planned and curated

by Sonja-Liezel Theron, otherwise known as Giro Diva, who focuses on creating tailor-made classic car drives, celebrating the romance and charm of yesteryear, the tour (fittingly so, given the sub-theme of 'Ford vs Ferrari') started at the Franschoek Motor Museum (FMM) on the L'Ormarins wine estate - home to some of the most



appealing and rare cars in the country.

Appositely, the selection of delectable Italian beauties parked outside the museum halls represented the best from the Prancing Horse, the Fighting Bull, and the Biscione – celebrating 60 years of the iconic cars from Sant’Agata Bolognese, a century of Quadrifoglio and a decade of the

Alfa Romeo 4C, and yes, with Ferrari this year making a return to La Sarthe, a century of Le Mans.

It was a beautiful sight to behold, with seven red Ferraris – an F8 Spider, a 458 Spider Speciale, an F12 Berlinetta, a 599 HGTE Fiorano, two Californias and a 365 GTB/4 Daytona – as well as a silver 575M Maranello



and a yellow 308 GT4 - joined by two rare Lamborghinis, an Espada and a 400 GT 2+2, and two Alfa Romeos, a 4C Spider and a Brera.

Also parked outside was a lone Shelby Daytona replica - serving as foil to its Ferrari namesake, as former FMM curator Wayne Harley personally demonstrated and explained the history of the Ford Cosworth DFV V8 (still the most successful engine in Formula One) to the Giro guests.

This was followed by a tour of the private cellar for Anthonij Rupert Wines before the guests enjoyed a sumptuous lunch in the Terra del Capo tasting room and young automotive designer Matthew Parsons signed limited edition quality prints of the *Giro del Karoo* artwork for each participant of the tour.

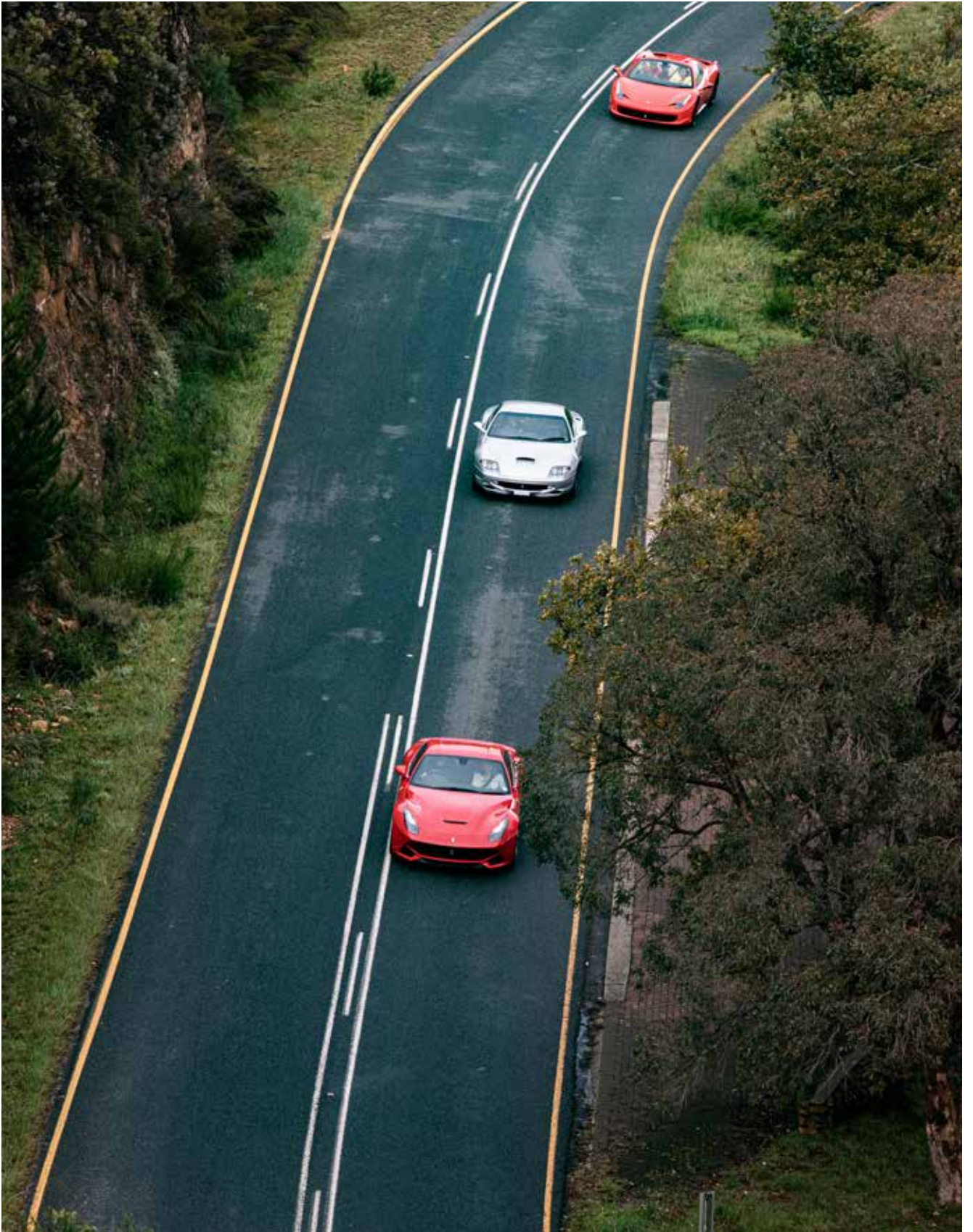
Then, the walls of the hallowed halls reverberated to the sound of



numerous highly tuned Italian V12s as the hugely impressive supercar entourage - sans Shelby, Daytona and 308 GT4 - left the museum for the overnight venue in the nearby hamlet of Franschhoek.

MONTAGU TREASURES

The next day the *cavalcata* - led by the imposing F8 - made its way over the Franschhoek Pass, turned off towards Villiersdorp and skirted Worcester before driving through Robertson and Ashton



towards the R62, Cogmanskloof Pass and Montagu. In the towns, the reaction of onlookers was astounding as the train of cars murmured past, with thumbs-ups and wolf whistles following the noise.

The picturesque town of Montagu served as the tour's base for the next couple of days. Highlights included magnificent accommodation in In Abundance and STIL guest houses and the Montagu Country Hotel, an informative town tour led by Marchelle from Flying Feet, and dinners at In Abundance, hosted by owners Hanno and Martly Calitz.

FROM 'VALE TO 'DALE

The next morning's clear skies and bountiful sunshine meant that after a photo session in front of the archetypical church in town, the Spider crews could enjoy some wind-in-the-hair motoring. Sweeping through Bonnievale, the twisty road led to Weltevrede Wine Estate for wine tasting

and an enlightening session on cultivating Chardonnay and Cap Classique.

From there, the route skirted Barrydale before the participants returned to Montagu for cocktails at Konkkelwyn dressed in 1960s attire, and a movie night to watch *Ford vs Ferrari* (what else?) at the only cinema/art gallery in town. The next day, a blast up and down Tradouw Pass cleared most of the cobwebs left over from dinner the night before and the carburettors on the V12s of the older Lamborghinis.

Scything through the corners of the pass, the spinetingling shrieks of the midengined F8 Spider and 458 echoed down the valley, but the more guttural wail of the older Maranello's V12 set the tone for the day. As did a wine tour by owner Meyer Joubert at the Joubert Tradouw Winery, followed by a long, leisurely lunch.

Back in Montagu, it was a poignant experience to visit the Passion for

Ferrari, a display of over 2,000 model cars and exclusive Ferrari memorabilia, collected over many years by proud owner and lifelong Ferrari *aficionado* Mike Steytler. For him, the Giro group visit (with the 458 parked in front of his little sanctuary) was a dream come true, made even more special when he was taken for a raucous spin in the F12 Berlinetta.

ART DECO FESTIVAL

However, the highlight was that evening with the culmination of the Montagu Art Deco festival: A spirited and soulful performance by celebrated singer, songwriter, and music producer





Anna Davel and the Zolani Youth Choir from Ashton in a production called *Love, Life, and All That Jazz*.

Leaving magical Montagu the next day, the cavalcade drove to Barrydale to tour the local hand weavers and Joseph Barry brandy distillery before lunching at the renowned Karoo Art Hotel. From there, the route followed the R62 over Calitzdorp and the 13.4-kilometre-long Huis River Pass with its 39 bends, corners, and curves.

Here, and on the long, straight stretch between Ladismith and Oudtshoorn, the supercars revelled – the red Ferraris stretching their legs on the good tarmac surfaces, with the older Lambos and the Brera gamely trying to keep up. In Oudtshoorn, the assembly of delectable autos brought the town to a standstill – with the unfamiliar Espada and 400 GT attracting lots of attention.

MEIRINGSPORT

Having regrouped at De Rust, the convoy entered Meiringspoort as the

sun was setting, and just watching the group driving sedately along the river surrounded by scenic, sun-kissed precipices was worth the trip. From here, the Italian thoroughbreds chased the sun, stopping overnight at the Mont d'Or Swartberg Hotel in Prince Albert just before dark.

The next day in Prince Albert was at leisure, and from there, the participants all made their way back to Cape Town – with a treasure trove of memories (and images) from a great, well-organised and unique tour with likeminded individuals and supercar enthusiasts... and yes, journeying through the Little Karoo in a Ferrari or Lamborghini does make the experience even more special.

Our thanks to Giro Diva (Sonja-Liesel Theron) and Dawie Theron for the invitation, and to Mareletta van Zyl and Annamarie Coetzee from Montagu Tourism, Hanno and Martly Calitz, Marchelle van Zyl and all the participants for making the #GiroDelKaroo Classic Italian Supercar Tour a lasting experience. 📷

THE BUSINESS OF SUSTAINABLE DESIGN

Decorex Celebrates How Decor and Design Businesses Approach Sustainability

During its three decades of existence, Decorex has become the most anticipated design, decor and lifestyle show in South Africa, offering a platform for businesses to sell to and connect with the public. Over this period, it has also encouraged creatives to reimagine their effect on the environment and find innovative modes of production that better respect the planet. This year's 30th-anniversary show will shine an even brighter spotlight on sustainability, with plans to create a prototype of a light-footprint exhibition stand and exhibit a medley of chairs made using low-impact methods.

In the State of the Industry report released by Decorex at the end of 2022, for which it interviewed various players in the local decor, design and interiors industry, the message was clear: creative professionals are increasingly being influenced by sustainability in their businesses, with key focus areas being recycled materials, and local production and sourcing to reduce their carbon footprint. Design companies recognise their role in positively shaping people's choices by educating them about conscious consumption. "This is us saying, as an industry, that we're no longer going to let change happen to us," says Bielle Bellingham, Creative Director of Decorex Africa. "We're going to choose the change we'd like to happen."

We've rounded up seven exhibitors who will bring their sustainable vision to Decorex 2023.



Incanda



NO WASTE

Re-Create by Incanda is a range of design-driven products crafted from offcut materials that come from Incanda's furniture-manufacturing factory. Leftover pieces of leather, fabric, wood, and steel are developed into functional items such as tissue box covers, placemats, laptop stands and more, reducing the waste that would typically go to landfill.

NATURAL MATERIALS

LTT Fragrances was started by three friends who began experimenting with budget-friendly scents for the home. By creating hand-poured scented candles from pure soy wax, they discovered that nature is the greatest purveyor of materials. Using natural soybeans and only the finest fragrance oils, they manufacture candles that burn clearer, last longer and hold more fragrance than those containing chemicals.

HANDCRAFTED

A far cry from mass-produced surface coverings, Akashic Tiles' modern and vintage-style ceramic tiles are individually crafted by hand in its Knysna studio. Whether glazed in colour or left as raw terracotta clay, each statement-making tile has the personal imprint of an artisan.





CHEMICAL-FREE

Staying abreast with the times, Plascon's range of eco-conscious paints includes Africa's first roof paints that are entirely free of APEO chemicals, Velvagro water-based paints that reduce the negative impact on human and environmental well-being, and paint with air-purifying technology. Look out for Plascon's black buckets - made from up to 70% upcycled material.

LONG-LASTING

Bloom Space has dedicated its business to the floral artform of 'forever flowers', aka preserved flora. Where fresh cuts require constant watering and sometimes only last a few days,

dried blooms and foliage require no maintenance, offering a colourful sustainable alternative that includes everything from pampas to hydrangeas.

LOCALLY SOURCED

"How we create matters" is one of Entrawood's business slogans. That's why the office-furniture company ensures that at least 90% of the raw materials used to produce its desks, chairs, storage, screen dividers, and more come from South Africa, with everything manufactured locally at its factory in Harrismith.

ENVIRONMENTALLY CONSCIOUS

Producing some of the world's

leading surface solutions, Spanish company Cosentino maintains a strong philosophy around sustainability. The Cosentino Industrial Park, where its factories are situated, has a water-recovery plant, uses solar energy, and has developed a greenbelt around the property to protect the surrounding natural environment.

Decorex Joburg will take place from 3 to 6 August 2023 at the Sandton Convention Centre. For more information and ticket sales, visit www.decorex.co.za. 

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TO ENTERTAIN



THE GRAND TOUR: EUROCRASH

Making its grand entrance onto local screens this month, *The Grand Tour: Eurocrash* is the latest *The Grand Tour* special episode where motoring legends Jeremy Clarkson, Richard Hammond, and James May head to Central Europe on a road trip nobody has ever thought of, in cars nobody would ever dream of using. This epic 2,250-kilometre journey takes them from Gdansk in Poland through Slovakia, Hungary, and Slovenia. They sample some Soviet-style Formula 1, are attacked by deadly archers, recruit a famous racing driver, and participate in a spectacular *Fast and Furious* climax. *The Grand Tour: Eurocrash* is available on Amazon Prime Video from 16 June 2023.



SA WINS AT WORLD COOKBOOK AWARDS

The 2023 JHP *Gourmet Guide* won the Best in the World in the digital category at the *Gourmand World Cookbook Awards*, in Umeå Food Symposium in Sweden on 28 May. Handley accepted the award on behalf of the plated restaurants in South Africa, their chefs, photographers and teams, and her team. The award stated: 'a very special, caring and curious guide, whose selection allows gourmets and travellers around the globe to appreciate the immense culinary diversity of South Africa'. "It is a privilege to tell the stories of our top restaurants and chefs, and expose the world to the culture of South African food. In a country with 12 different languages, there is no definitive cuisine but a melting pot of tastes and traditions that illustrate our rainbow nation. I would like to extend my profound gratitude to the chefs, their teams, the professionals who created the guide, and our partners like Wesgro for their input. It's their stories, not mine. It's yours too, free to enjoy - visit www.gourmetguide.co.za," says Handley.



TAF 23 - THE ENGAGING ART EXPERIENCE

The Turbine Art Fair is headed into its second decade and celebrating this milestone at Hyde Park Corner from 27 to 30 July 2023. TAF has become the epicentre of emerging art in South Africa, bringing together galleries, artists, and curators from around the country to present and sell contemporary art. "TAF has always been a sensorial Fair, where the art experience becomes an event, not just a passive viewing, or a simple 'fair'. We believe we have curated an innovative and exciting art experience that will take art fairs in South Africa to the next level," says Founder Glynis Hyslop. TAF 23 - The Engaging Art Experience will showcase 30 exhibitors and ten special projects, including a range of galleries from across South Africa, secondary market dealers, print studios, artist organisations, collectives, and project spaces with the aim of exhibiting emerging artists and mid-career artists to collectors and audiences. www.webtickets.co.za



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OF SOUL AND JOY

A Platform for Learning Photography

Since 2012, Rubis Mécénat has been supporting the practice of photography as a tool for emancipation through its ongoing programme Of Soul and Joy, initiated in the heart of the township of Thokoza, southeast of Johannesburg.

Of Soul and Joy is an ongoing social art initiative undertaken in 2012 by Rubis Mécénat and Easigas (Rubis Group's South African subsidiary) in Thokoza to provide the township's youth and its surroundings with professional skills in the field of photography. Its goal is to develop artistic skills in photography among the township's vulnerable youth by providing an understanding of photography as a means of expression, and opening new personal and professional horizons.

As a creative platform, Of Soul and Joy offers weekly workshops led by renowned photographers, encounters with art professionals, collaborations with cultural institutions and organizes art events in Africa and abroad.

Over the past 11 years, the programme has awarded some 50 scholarships to its most promising young photographers to access higher education in photography at a university of their choice, including the Market Photo Workshop in Johannesburg.

Of Soul and Joy extends its support by providing young photographers access to a network of key cultural players on the local and international scene - tailor-made support for the emergence of a new generation of South African photographers.

In its 11 years of existence, the programme has helped reveal young photographers who are now making a living from their work and building an international career.

Their work is exhibited in numerous festivals and fairs (Bamako Encounters, Addis Foto Fest, PhotoSaintGermain, Paris Photo, Cape Town Art Fair), awarded prestigious prizes (CAP Prize, Prince Claus Fund), and represented by agencies and galleries (Magnum Photos, Afronova).

The project is led by South African photographer Jabulani Dhlamini, the Of Soul and Joy project manager since 2015 and is represented by the Goodman Gallery.

For more information, visit www.ofsoulandjoy.com.





Sibusiso Bheka

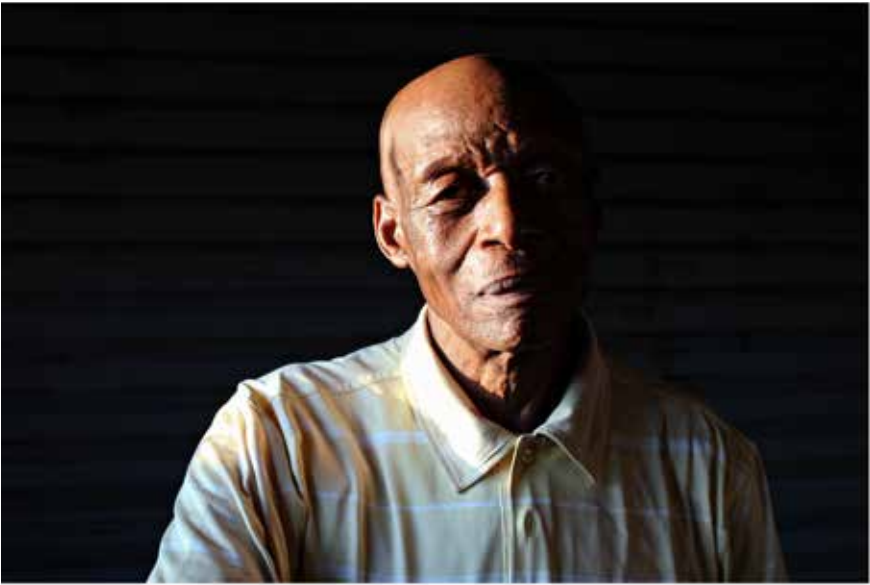


Lunathi Mngxuma



Siphive Vilakazi



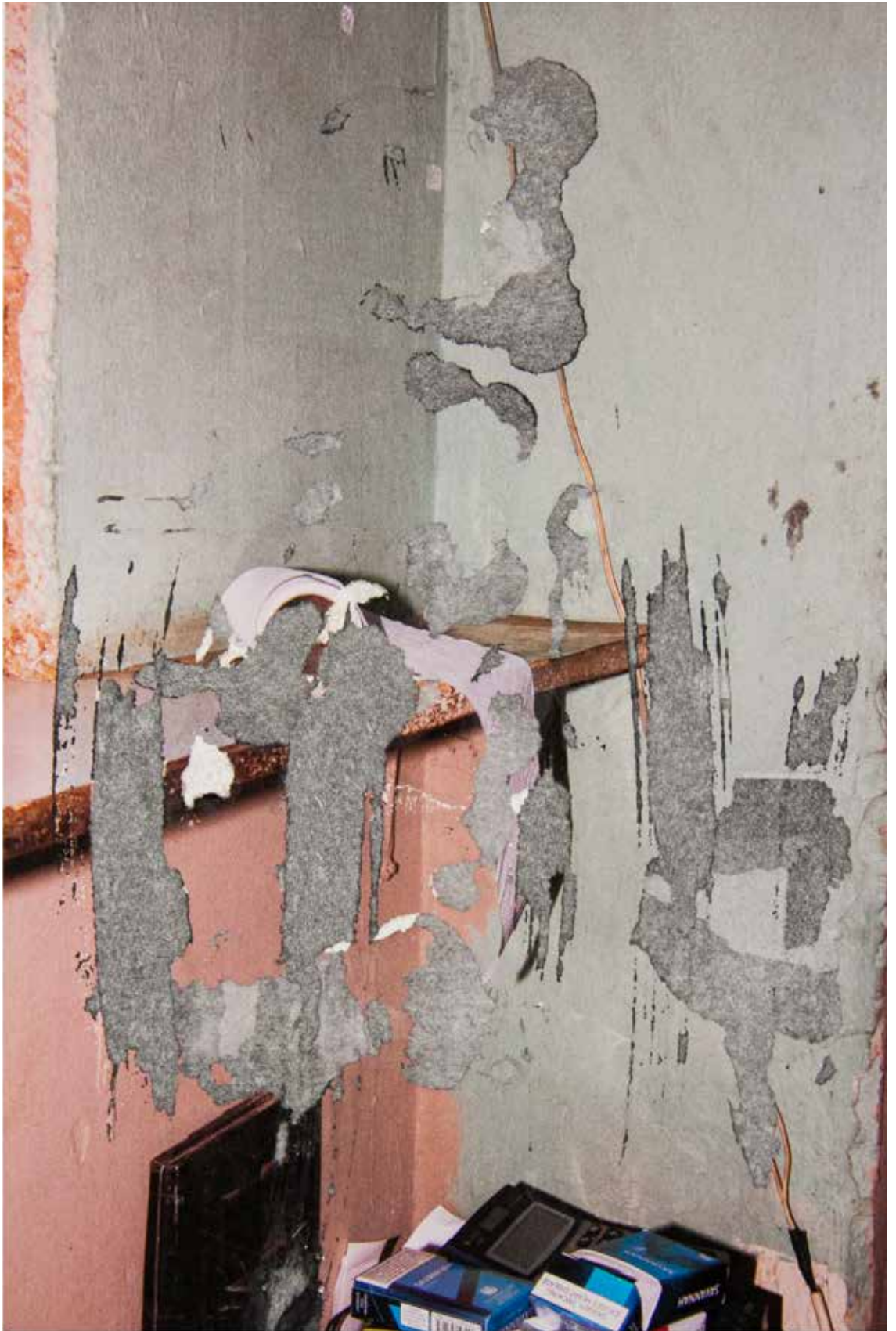


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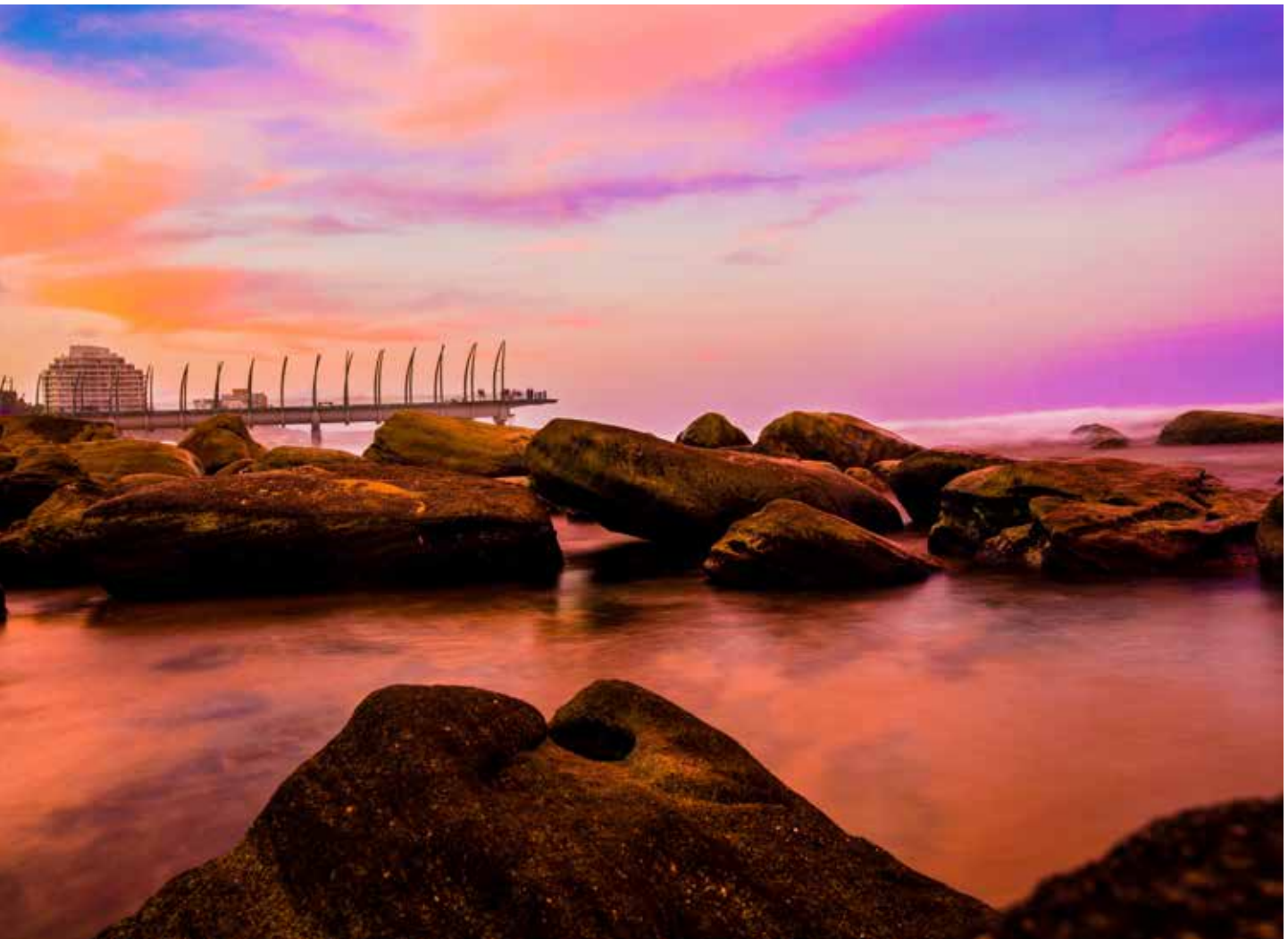
Sikelela Mditikwana



HOLIDAYS THAT HEAL

Give Yourself a Break with These Holiday Wellness Tips

Numerous studies have shown immense benefits to your health if you travel. It can improve your mood and give you a 'natural high' due to the release of dopamine associated with movement and enjoying new, fun, and stimulating experiences.



Travel encourages us to experience new things, learn about different foods, explore new places, and get insights into other cultures. So, it makes sense to look beyond your usual holiday haunts and include different destinations in your travel itinerary. Here are a few of our favourites – and they'll improve your wellness at the same time.

SEA, SUN, SAND & SHOPPING

If you're a beach babe (or man), Durban is where it's at. The warm Indian Ocean gives you kilometres of sun-soaked beachfront to catch a tan or enjoy a multitude of beach activities like exploring Durban Harbour, catching a rickshaw ride along the beachfront, or hopping on a city tour to learn more about this Golden Mile of East Africa.

"Visit uShaka Marine World to see Africa's largest aquarium, the largest collection of the world's most venomous snakes, or tackle Africa's highest slide waterpark," says Marius Earle, General Manager of Radisson Blu Hotel, Durban Umhlanga. "Or take a walk through the Durban Botanic Garden."

Durban is also one of the shopping meccas of South Africa, with seven major shopping malls and numerous smaller spots

to drop in and shop. "From Gateway and the Southcoast Casino and Entertainment Centre to more eclectic shopping spots like The Spice Emporium, 1000 Hills Village, The Kingfisher, and Eye4Art, you only need to be open to experiencing different types of shopping destinations to find a whole new world of culture, design, and innovation," suggests Earle.

Wellness tip: Fresh air is a powerful anti-stress tool. The extra oxygen helps your white blood cells (which support your immune system) to function more efficiently. And spending time in the sun helps your body to generate more vitamin D, which supports mental health, and bone health, and strengthens the body to fight disease.

MARCH INTO THE MOUNTAINS

For four years running, Table Mountain has been voted Africa's Leading Tourist Destination. And if you look at what the attraction offers, you'll understand why.

"Taking the Table Mountain Aerial Cableway offers some of the most spectacular views over the city and harbour," says Dominique van Wezop, Head of Operations at Radisson Blu Hotel Waterfront. "Or take one of the many hiking trails up some or all of the mountain, then enjoy and enjoy a 360° view of most of the Cape Peninsula."

The Cape's other mountains are also amazing to experience. "The regal beauty of Lions Head, Signal Hill, Sir Lowry's Pass, Twelve Apostles, Chapman's Peak, Fish Hoek Mountain, and Devil's Peak add to the powerful charisma of the southern edge of Africa," says Van Wezop. "Take a motorbike 'safari' through the curving mountain roads, or expand your views with a helicopter tour. And remember to stop on the way to experience Afrofunk craft beer at Devil's Peak Brewery."

Wellness tip: Health experts say that walking can help improve cardiac fitness and blood circulation, lower cholesterol, and decrease the risk of heart disease. Psychologists also say walking can help improve memory while relieving anxiety and depression.

EXPLORE THE CITYSCAPE

If you prefer the buzz of the city, Johannesburg is your destination for all things cityscape.

"Joburg has incredibly intriguing experiences all over this interesting city," says Carly de Jong, Curator, Radisson RED Hotel Johannesburg Rosebank. "Dance with the locals while on a Soweto Tour, or walk with a Soweto tour guide through the suburb, visiting Nelson Mandela's home in Vilakazi Street, and enjoying a local lunch of *kota*."



Alternatively, take to the streets by bicycle, and do a fascinating bike tour through the historical township.”

The City of Gold also offers some diverse gastronomic experiences. “Take a food tour through some of the food markets, like Neighbourgoods, Fourways Farmers’ Market, Joburg Market, TheSheds@1Fox, Market On Main, and Yeoville Food Market,” suggests de Jong, “and you’ll get a broad taste of Africa’s food scene”.

Other spots to consider adding to your itinerary include the Wits Art Museum or exploring the Maboneng Precinct. The Cradle of Humankind is home to some of the most well-fossilized human remains ever discovered. Or see more of the city on a hop-on hop-off bus tour.

Wellness tip: Exploring new and intriguing places and experiences is a great way to improve your creative and logical thinking.

IMMERSE YOURSELF IN THE BUSHVELD

The Kruger National Park is known for being one of the world’s most iconic wildlife safari destinations. It offers an excellent escape from the hustle and bustle of everyday life and is where you can find

some of the best wildlife on the continent.

“The Kruger National Park has more large mammal species than any other park in the world,” comments Anton Gillis, CEO of Kruger Gate Hotel. “It is also one of the biggest nature conservation areas in the world, covering almost 20,000km.”

Plus, there’s lots to do. Guided and self-drive game drives and wilderness walks are among the most popular activities, but other ways exist to explore the park and its wildlife diversity.

“Backpacking trails allow you to explore the park in a truly unique way, and there are various rest camps along the way to overnight at. Also, consider doing a birding safari where you can see over 500 species of birds,” says Gillis.

Wellness tip: Scientists have suggested that immersing yourself in nature can help reduce stress and anxiety levels, increase physical health through movement, and improve self-esteem through feeling ‘at one’ and congruent with your environment.

GETTING DOWN TO EARTH WITH RURAL EXPERIENCES

If you’re looking for an escape that’s more ‘down to earth’, consider taking a trip to Polokwane – the largely-

unexplored capital city of the Limpopo Province. “Adventurers will love the Magoebaskloof Canopy Tour,” suggests Tshepo Matlou, Head of Marketing and Communications for Jurni. “Slide past giant waterfalls, and descend deep into nature, feel the history of ancient mountain cliffs, and allow yourself to be immersed in the natural beauty of the Letaba River Gorge.”

You can also experience the culture of the Northern Sotho people of South Africa at the Bakone Malapa Open-Air Museum. Or experience down-to-earth tourism in and around Polokwane by visiting the Polokwane Bird and Reptile Park, or taking a walk through the Modjadji Cycad Reserve, a prehistoric forest of cycads.

Wellness tip: Learning about other cultures while travelling, seeing, and ‘feeling’ how they experienced life, tends to give one a deep sense of connection with the world and its history. Connection has a powerful resonance with mental and emotional health. 🧘

by *kerry hayes*
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THE NEW FEMININE FRAGRANCE

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