

HAPPY DAYS

Is there a more fun and creative (and beautiful) city than Cape Town? Sue Watt shares some of the most memorable experiences from her first visit

Drawn to Africa's wild places, I rarely spend time in her cities. But Cape Town, well that's different! I spent a few days there recently, and didn't want to leave. Bursting with creativity, energy, natural beauty, passion and fun, it simply blew me away. Here's what I loved about the Mother City – some things you'll know, some may surprise you... but you should try them on your next visit.

A SIDECAR NAMED MAGGIE

Dressed in 1940s leather jacket, helmet, and goggles, I couldn't stop smiling as I was driven around the city and its mesmerising coastline in a vintage sidecar called Maggie. She turned heads wherever we went, whizzing through the streets and along the spectacular Cape Peninsula. We stopped for a welcome glass of bubbly overlooking Hout Bay, with wild

waves crashing onto the beach below, then traversed twisting roads around the imposing rock cliffs of Chapman's Peak Drive, curving around mountains to one side and the turquoise Atlantic Ocean to the other. A thoroughly exhilarating ride, Maggie is one of 30 vintage sidecars belonging to Cape Sidecars Adventures. WWW.SIDECARS.CO.ZA



CAPE SIDECARS ADVENTURES



Soak it up.
Make an early start climbing Lion's Head to catch the sunrise



UTHANDO SOUTH AFRICA

UPLIFTING TOWNSHIP TOURS

Community tours can often feel intrusive, but the award-winning Uthando ('Love') South Africa does them with dignity, offering a respectful and uplifting experience for all concerned. Their Philanthropic Educational Experiences are tailored to guests' interests: myriad projects include arts and crafts, music, sport, urban agriculture, protection for women and children, education and animal welfare. We visited the Isibane Se Afrika ("The Light of Africa") Choir, revelling in their spine-tingling singing as we danced (badly!) to their beat. And at the fabulous Ulwazi Educare preschool — made of tyres, rubbish-filled plastic bottles and filmset waste — the brightly-coloured classrooms were full of joy. Check out Uthando's latest project, raising US\$700,000 for their innovative Goal50 Edu Hub preschool. UTHANDOSA.ORG

CONSTANTIA: CAPE TOWN'S VERY OWN WINELANDS

The Mother City is renowned for its buzzing food and drink vibe, with world-class cuisine, craft beers and exquisite wines. Most visitors travel out to Paarl, Franschhoek or Stellenbosch for vineyard tours, but you don't need to leave Cape Town for superb wine experiences: the beautiful suburb of Constantia is home to South Africa's oldest wine estates.

I stayed at The Last Word Constantia, a gorgeous, friendly boutique hotel away from the city centre, in a suite with my own pool and vineyards virtually on the doorstep. Their guide Pierre Meintjes, Constantia born and bred, has a deep love for this region and their Constantia Wine Route tours take in the Groot Constantia estate, Steenberg, Constantia Glen, Klein Constantia and Buitenverwachting, exploring the history of the area, with lunch and wine tastings. THELASTWORD.CO.ZA

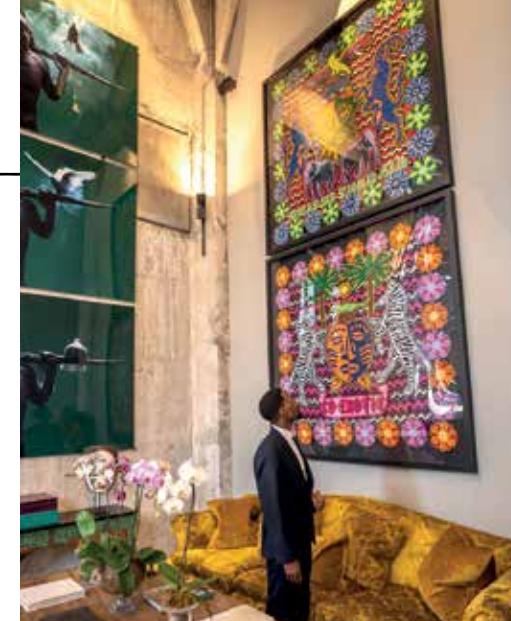


THE LAST WORD

CAPE TOWN'S ECLECTIC ART SCENE

The city is fizzing with creative talent, seen in everything from world-class galleries to street art. On a fascinating tour led by the Silo Hotel's Art Concierge, the charming Michael Jacobs, I visited the Stevenson Gallery in the bohemian suburb of Woodstock, with exhibitions of thought-provoking paintings and installations. Then on to the Zeitz MOCAA gallery in the Grain Silo building on V&A Waterfront that houses the world's largest collection of African art. The tour aptly finished back at the Silo Hotel with a viewing of The Royal Portfolio owner Liz Biden's intriguing private collection by aspiring African artists.

BIT.LY/ARTSILO; STEVENSON.INFO; ZEITZMOCAA.MUSEUM



THE SILO HOTEL / THE ROYAL PORTFOLIO

FUN WAYS TO KEEP FIT

Most people hike Lion's Head mountain at sunset, but instead, I climbed it just before sunrise, watching the city wake up below me and the new day gradually emerge over the Atlantic seaboard. With superb views of Table Mountain, the walk is definitely worth the deathly early start — but make sure you take a head torch. At sunset, I would run along the 3.5-mile Sea Point Promenade, getting a peek into everyday life for Capetonians. From the V&A Waterfront, past the red-and-white-striped Green Point Lighthouse, outdoor gyms and kids' parks, to the huge outdoor swimming pool, I had the rolling waves of the Atlantic Ocean for company, along with other runners, dog-walkers, families, couples, skaters, cyclists, or people just ambling around watching the sunset turn the sea gold. A truly invigorating end to another day in Cape Town...

