

REVIEW



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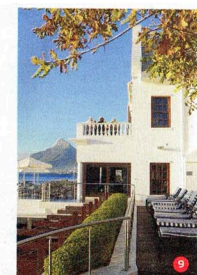
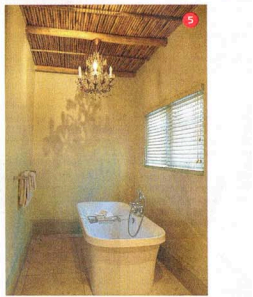
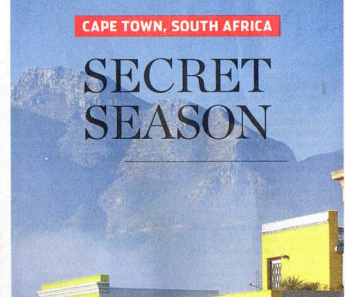
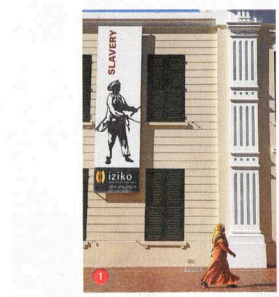
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ADVENTURE & TRAVEL

JOURNAL CONCIERGE: AN INSIDER'S GUIDE

CAPE TOWN, SOUTH AFRICA

SECRET SEASON



JOHANNESBURG MAY BE SOUTH AFRICA'S economic engine, but Cape Town is where the nation goes to play. Dangling like a raindrop from Africa's rock bottom, the city is all beach, barbecue and beautiful people. Much like Sydney or Rio de Janeiro, Cape Town is a chic retreat bathed in sun much of the year.

But while it remains as glamorous as ever, the picturesque 1652-founded city has recently taken on a dose of gravitas. Since apartheid's end in 1994, Cape Town has visibly benefited from the influx of cash and culture spawned from South Africa's shift to democratic rule. Today, glass-and-steel commercial towers fill the city's thriving Central Business District. New luxury resorts (such as One&Only and the Mobet Clifton) dot its shorefront hamlets. And its gargantuan, luminous soccer stadium stands like an otherworldly souvenir from last year's World Cup bonanza.

Still, unlike new-money "do-burg"—now a maze of upscale shopping malls and McMansions—Cape Town has retained its charm and authenticity. In place of flashy condos and ostentatious estates, colorful row houses and cozy bungalows set the tone. And while townships like Khayelitsha and Gugulethu remain a stark testament to the lasting impact of institutionalized inequality, Cape Town's distinct amalgam of Africans, Afrikaners, Anglophones and Cape Malays has produced what may be the continent's most vibrant ethnic melting pot.

That multicultural mix is evident citywide, but nowhere more so than in Woodstock, where Victorian-era warehouses have been transformed into photo studios and fashion ateliers, contemporary art galleries and sustainable fine-dining canteens. One of the Cape Town quarters to never fully experience segregation, Woodstock is a living example of Nelson Mandela's "new" South Africa: open, inventive, aspirational. A Saturday stroll through its bustling Neighbourgoods Market reveals a sophisticated locavore food scene that could easily rival Sydney's or San Francisco's. And as in the latter, Cape Town's greatest allure is its sheer geography.

Lorded over by Table Bay and fronting the azure Atlantic on its Riviera-likened west, Cape Town is merely the entry point to the entire Western Cape. Winelands towns like Franschhoek and Stellenbosch are south-of-the-equator slices of Southern France and 17th-century Holland, with dozens of wineries offering estate tours, tastings and field-to-table cafes. Head past the posh cliff-top homes of Clifton and Camps Bay, meanwhile, for surfing hamlets such as Muizenberg, shark-diving spots like Gansbaai and—ultimately—the rocky headlands of Cape Agulhas, where the Atlantic and Indian oceans become one. June marks the start of winter in Cape Town, with daytime temperatures in the balmy mid-60s. There's reason it's called "Secret Season." —David Kaufman



PLUS, DON'T MISS...

- **Cape Grace Hotel:** The grand waterfront dame has had a major makeover. *West Quay Rd., Victoria & Alfred Waterfront, capegrace.com*
- **The Tea Kitchen:** New pasti-molecular digs is seasonal, and a scene. *Shop 104-A, The Old Biscuit Mill, 375 Albert Rd., theteakitchen.co.za*
- **What!TheWorld:** Woodstock pioneers are one of the country's top galleries. *208 Albert Rd., first floor, what!theworld.com*
- **LIM:** Minimalism rules this home accessories store. *86 Kloof St., lim.co.za*
- **GLIMMER:** Small-batch brewery is inside an ex-church's basement. *110 Bree St., andunion.com*
- **Robben Island:** Mandela spent 18 years... imprisoned there; do a day in its history museum. *Nelson Mandela Gateway, V&A Waterfront, robben-island.com.za*



The Designer
Colin Cowie
South African-raised interior and event designer; author of eight lifestyle-advice books

Old Spice: Pigalle. South African cuisine is heavily influenced by Mozambique. My favorite import is a *peri peri*, a sauce made from a fiery chili pepper. It's with shellfish, particularly the prawns and langoustines at the *peri peri* at a former ice hockey rink. *57A Somerset Rd., pigalleresources.com*

Tranquil Shores: Clifton Beach. Cape Town can be windy; Clifton's shielded from gusts. Its four beaches attract a cosmopolitan crowd, and its bungalows are some of the priciest. I stay at the new Moloi Clifton villas. *moloi.co.za/clifton*

Local Vintages: Vaughan Johnson's Wine & Cigar Shop. The best selection of premium vintages from most top estates. I pick up a bottle of the Vin de Constance, a favorite of Napoleon's. *Dock Road, V&A Waterfront, 27-21-419-2127*

Jaw-Dropper: White Shark Diving Company. This amazing experience puts you in a cage surrounded by 16-footers. I did it in the morning, and by afternoon, I was in the bush, tracking lions. Call it the ultimate surf-and-turf. *9 Kusweg, Kleinbaai Harbour, sharkgogdiving.co.za*

Estate of Grace: Vergelegen. My favorite of the wine country estates, open since 1685. I eat at the restaurant, set in the original homestead of the Western Cape's second governor. Head back to town along Chapman's Peak Drive, an Atlantic-view route. *Somerset West, vergelegen.co.za*



The Cook
Reuben Riffel
Chef of Reuben's at the One&Only resort; author of "Reuben Cooks: Food is Time Travel"

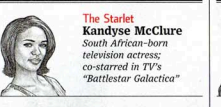
Green Grocer: Neighbourgoods Market. Set in Woodstock's old biscuit mill, the market has over 100 vendors, from fromageries to a charcuterie that must make at least 20 types of cured sausages. Have lunch at the nearby Superette, which gets most of its fare from the market. *375-375 Albert Rd., neighbourgoodsmarket.co.za*

Found Horizons: Table Mountain. There's nothing "undiscovered" about this Cape Town must-visit. The trick is to arrive an hour before sunset. From the top of the mountain you see this amazing orange glow spread across the horizon. *tablemountain.net*

Cocktail Break: Rafiki's. This casual café and bar is popular with local chefs. There's a balcony overlooking the scene. I order Black Label beer, ice-cold and by the bucket. *13 Kloof Neck Rd., rafikis.co.za*

Chill Grill: Mzoli's Place. Located in Gugulethu, this is an upscale version of a shebeen, a traditional outdoor African bar-restaurant that serves beers and grilled meat. The portions are huge, cooked on open flames. *NY 115, Shop 3, 27-21-638-1310*

Wine Dining: La Petite Ferme. I come from Franschhoek, in the Cape Winelands. When I go home I eat at this family-run winery's restaurant. The lunch-only menu is simple, fresh and delicious. Sit on the veranda and order the kudu fillet medallions—a local version—with zucchini-wrapped couscous. *Franschhoek Pass Road, lapetiteferme.co.za*



The Starlet
Kandysse McClure
South African-born television actress; co-starred in TV's "Battlestar Galactica"

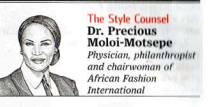
Asia Major: Bo-Kaap District (and Portobello Café). Pastel-painted row houses typify this compact quarter, home of the city's Cape Malay community. I love walking the cobblestone streets, passing the tiny mosques calling to prayer. Of the many spots, I like the Portobello Café best. I get the vegetarian moussaka. *Portobello Café: 111 Lang St., 27-21-426-1418*

Bean There: The Field Office. The Gardens District is Cape Town's version of LA's Silver Lake. It's full of creative types. I make my coffee-and-laptop base at this café that's also a design showroom. *37 Barrack St., fieldoffice.co.za*

Intimate History: Iziko Museums of Cape Town. This enclave of museums showcases every facet of South African history, from Black to Boer. One of them is Slave Lodge, built in 1679 to house actual slaves. *Iziko Museums: iziko.org.za, Slave Lodge: corner of Adderley and Wile Streets*

Local Living: Accommodation. I prefer to live like a local when I'm away from home. This online service arranges short-term apartment and beach-house rentals. *accommodation.co.za*

In the Swim: Sea Point Pavilion. Between Cape Town's townships, Waterfront and push-Bantry Bay, Sea Point's a multi-cultural neighborhood. The Pavilion has all shapes and sizes of pools, for athletes and kids. *Beach Road, Sea Point, 27-21-434-3341*



The Style Counsel
Dr. Precious Moloi-Motsepe
Physician, philanthropist and chairwoman of African Fashion International

Family Fare: Victoria & Alfred Waterfront. A complex built on the site of the first harbor, dating back to 1652. It has the city's most exclusive boutiques and a quality crafts market. My boys eat fish and chips, while my husband and I dine at a Portuguese seafood restaurant. *waterfront.co.za*

Cuddle Spots: Sanctuary Spa (at The Twelve Apostles Hotel and Spa) and One&Only. The best facials and Swedish massage in Cape Town. The Spa is built into the cliff-side and has pools set in rocky grottoes. For eyebrow touch-ups, I head for the One&Only resort. *Sanctuary: Victoria Road, Camps Bay, Zappos@hotel.com, One&Only: Deck Road, V&A Waterfront, capetown.oneandonlyresorts.com*

Pages Out of History: Exclusive Books. It may be a chain, but it's Cape Town's best bookshop. They have an unmatched South Africa section. *Victoria Wharf, V&A Waterfront, exclusives.co.za*

Earthy Delights: Kirstenbosch National Botanical Gardens. This 90-acre oasis is one of the largest and oldest botanical gardens in the world. I go with my boys, stopping for breakfast at the Tea Room, then letting them explore. *Rhodes Drive, sanbi.org*

Glamour Go-To: Errol Arendz. A regular at Johannesburg Fashion Week, Errol's flagship store is the gamut of his designs: work-suit basics, cocktail dresses, ball gowns. *66 Hout St., errolarendz.co.za*