

What I love to do in my city!

With the help of some of our favourite celebs, we've got the insider's scoop on the best places to go in and around Durban, Johannesburg and Cape Town this holiday.

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Compiled by **L'Andre Venter**

## 1. Wine farms

If Tuscan villas surrounded by miles of grapevines are out of reach, don't despair! Tracey's favourite wine farms are Haute Cabrière, in Franschhoek, Steenberg and Lourensford in her home town. Plus Beau Constantia for its great sushi!



LEFT AND BELOW: STEENBERG ESTATE AND ITS WINE.



RIGHT AND FAR RIGHT: ELEGANT HAUTE CABRIERE IN FRANSCHHOEK IS ONE OF TRACEY'S FAVOURITE WINE FARMS.



## CAPE TOWN

*Tracey Lange's bubbly personality and infectious laugh keep us tuned into Heart FM and glued to kyk-NET. We had to find the reasons for that constant smile... Tracey narrows down the options Cape Town has to offer.*

## FROM FARM TO MARKET



### 2. Bay Harbour Market, Hout Bay

Where do you find the true Cape Town vibe? 'There's something really easy and unpretentious about the Hout Bay market, and it's as Cape Town as it comes.'

### 3. Pick strawberries

'Family-friendly fun! I love picking strawberries with my niece. Try Polkadraai or Mooiberge strawberry farms near Stellenbosch. But get there quickly: strawberry season is between October and December.'



CAPE TOWN  
*continued ...*

TRACEY LOVES NOTHING MORE THAN WATCHING THE SUNSET WITH HER FRIENDS.

GET IN TOUCH WITH YOUR ENVIRONMENT

1. Explore the CBD

'Contrary to popular belief, radio and TV presenters tend to use their feet to get around! The reason I love using mine is because there's so much going on in the CBD. I love walking around St George's Mall, seeing what all the different stalls have to offer.'

2. Walkabout in the Helderberg Nature Reserve

'Helderberg allows me to get back to my roots in Somerset West. I love it! I spend a lot of time there.'

3. Watch the sunset at Beta Beach

We might not be brave enough to face the icy water, but Tracey says this is the perfect place to enjoy the sunset with your girlfriends. 'It's quite rocky but it's enclosed, so there's little chance of wind.' Perfect sunset selfies with your besties!

4. Kitima at the Kronendal

If you love beautiful views (and Thai food and sushi), this is Tracey's pick of Hout Bay.

TREAT YOURSELF!

1. Sevruga restaurant at the V&A Waterfront

No adventure in the city would be complete without strolling around the Waterfront. And when you've worked up an appetite? 'Sevruga's sushi specials are top notch! For pizzas, Bellini in the CBD is the place to go.'

2. Spa days

After all the 'lights, camera, action', Tracey makes time to recover. 'I love having spa treatments with my girlfriends. We're all very busy but we make a point of going for at least one treatment every couple of months. Life Day Spa at Century City does the trick.'

3. Stay home!

Sometimes all you need is a staycation. 'It might seem odd, but it's true. I spend a lot of time travelling for work, so when I do get to be at home, lying on my couch with a view of Table Mountain is pretty fantastic. A glass of wine or hot chocolate, and I'm good to take on whatever the day has in store for me.'

THAI RESTAURANT KITIMA IN HOUT BAY IS SITUATED IN A CAPE-DUTCH HOME-STEAD.

DURBAN

*Amanda Laird Cherry* has kept us looking chic for years. But it isn't all couture and catwalks for this designer. She makes time to enrich her mind, keep her finger on the cultural pulse of KZN and rejuvenate her creative spirit in nature.



DURBAN'S GOLDEN MILE IS A WIDE STRETCH OF SOME OF THE MOST BEAUTIFUL BEACHES IN SOUTH AFRICA.



GET IN TOUCH WITH NATURE

1. Take a walk on the wild side

Amanda loves to escape the hustle of the city to visit game reserves up the KZN coast. 'I've been to wonderful ones over the years and each time, I'm struck by what a grounding experience it is. I have fantastic memories of camping in Imfolozi Park, then walking for hours with trackers and rangers.' She's had a few once-in-a-lifetime experiences. 'Being chased by a rhino, and getting into a precarious situation when we inadvertently separated a lion cub from its mother!' Her favourite spot is Phinda Forest Lodge.

2. Walk along the Golden Mile

'I love walking on the sand to the sound of the waves, especially early morning or late afternoon – it's relaxing and invigorating all at once. When we had Irish Wolfhounds we'd look for places we could take the dogs. Those were just the best times.'

3. Visit the Durban Botanic Gardens

'Take a relaxing stroll or even bring a picnic. My favourite plants are the cycads, palms and bromeliads, but especially the big old trees with roots rising way above the ground. This is the oldest surviving botanic garden on the African continent.'

4. Hike in the Drakensberg

'Every South African needs to see these views at least once! The 'berg is majestic and restorative. Even if you aren't a born hiker, the serenity of the Central Berg is second to none.'



CULTURAL VIBES

1. I Heart Market

'Held at Moses Mabhida Stadium, this market is not to be missed! I love that they showcase locally made products and have great local food vendors.'

2. KwaZulu-Natal Society of the Arts (KZNSA)

Amanda's garments are masterpieces, so if she recommends a gallery, you know it's got to be amazing! 'I love the combination they offer of gallery, café and shop.'

3. Durban International Film Festival

Slot this into the 2017 calendar: it's held during the second week of July every year. 'The films are alternative, impactful and thought-provoking.'

TREAT YOURSELF!

1. Bellevue Campus, Kloof

'They have so many things going for them: a market on the last Friday of every month, superb food at the Bellevue Café and an awesome new store called Adele Catherine, with a selection of superbly curated products including décor, gifting and clothing.'

2. Good food!

Amanda loves going to Daruma for

teppanyaki (a style of Japanese cuisine where food is cooked on hot steel plates). 'It makes me happy because it reminds me of Japan.'

3. Coffee, coffee and more coffee!

'Durban has some great spots. I mostly go to Saviour Coffee, Love Coffee and Lineage Coffee, where the brews are always excellent. Gets me set for the day!'



THE SERENE PHINDA FOREST LODGE PROVIDES THE PERFECT ESCAPE FROM THE CITY.



LEFT: I HEART MARKET IS HELD AT MOSES MABHIDA. THIS PIC: ONE OF AMANDA'S TOP COFFEE SPOTS.

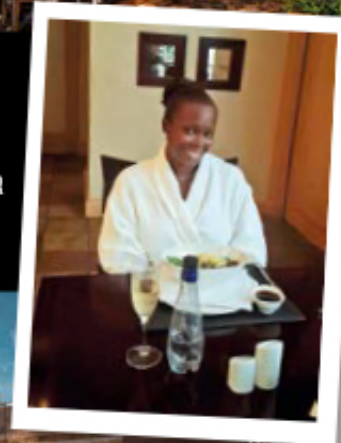
# JOBURG

*Sonia Booth has been inspiring women across the country to reinvent themselves and take charge of their lives. A hardworking businesswoman (and dedicated wife and mother) in a fast-paced city, this is her scoop on how to make the best of the bustle.*

SONIA AND FAMILY ENJOYING PEACEFUL NIROX PARK.



ABOVE: WINING AND DINING AT JENDA IS A MUST, AS IS A PAMPER SESSION AT SAXON SPA (RIGHT).



SAXON SPA'S GORGEOUS COUPLES TREATMENT ROOM.



**TREAT YOURSELF!**

## GET IN TOUCH WITH NATURE

### 1. Nirox Sculpture Park, Kromdraai

'This is one of my favourite getaways. It's so peaceful just to admire the exquisite art in their beautiful, lush gardens.'

### 2. Ama Zwing Zwing cable tours and zip lines

Sonia likes to get her adrenaline pumping too! 'It's near Hartbeespoort Dam and is great fun for the entire family. And the views of the Magaliesberg are breathtaking!'



AMA ZWING ZWING CABLE TOURS AND ZIP LINES.

## CULTURAL & EDUCATIONAL

### 1. The Lion Park

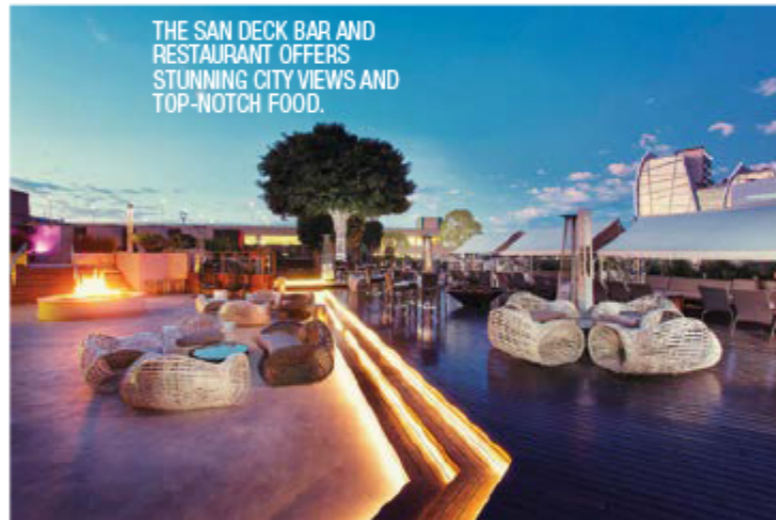
'Ever since *The Lion King*, we've all dreamt of having our very own Simba moment. At the Lion Park near Lanseria Airport, you can drive into the lion enclosures – scary but super fun. No soft-cloth convertibles allowed, though, *obviously!*'

### 2. Sci-Bono Discovery Centre

'I'm all about having fun but, as a mother, the fun sometimes needs to be educational. This centre in Newtown allows you to be a kid. And you're never too old to learn...'

PHOTOGRAPHS: LIZA VAN DEVENTER, E.L.S.K.E PHOTOGRAPHY, ANDREYOND.COM, GALLO IMAGES/ GARETH WILLIAMS, SUPPLIED, STYLING AND MAKEUP: TRACEY LANGLEY, KIRA LOUISER

THE SAN DECK BAR AND RESTAURANT OFFERS STUNNING CITY VIEWS AND TOP-NOTCH FOOD.



### 1. Saxon Spa

A good pampering session is never out of the question! 'And this is one of my favourites. It feels like home; they remember your name. Five-star-plus facilities and highly trained, professional staff.'

### 2. The San Deck bar and restaurant, Sandton Sun

Joburg has an astonishing cityscape. 'Soak in the view of the city from here. World-class food and a great champagne selection.'

### 3. Yswara

'You've got to have time with the girls, and an exclusive high tea is perfect. I love their extensive selection of teas.'

### 4. Jenda

Looking for a festive vibe, but also like your privacy? 'Jenda in Montecasino has scrumptious

tapas and refreshing cocktails, the bonus being their wine cellar upstairs – a perfect way to round off your night.'

### 5. The Whippet, Linden

'For a breakfast spot, look no further. The staff are friendly and you can sit on the pavement and "people watch".'

### 6. Back of the Moon, Gold Reef City

'This is great for date night. Good soul food and live jazz bands.'



BACK OF THE MOON

# FAIRLADY

DEC 2016

**I DID A SEX COURSE & I LIKED IT!**

**THE BEST CHRISTMAS BUYS**

-LIGHTS, CRACKERS, GAMMON, CHOCOLATES, PUDS... ALL TESTED BY US!

**IT'S PARTY TIME!**

**HITLER, VERWOERD, MANDELA & ME**  
Marianne Thamm chats about her fascinating memoir

**2016 IN REVIEW**  
THE GOOD THE BAD & THE DONALD

**WHEN ANXIETY BECOMES DEBILITATING**

• BEAUTIFUL DRESSES  
• 165 GREAT GIFT IDEAS  
• A GORGEOUS CHRISTMAS FEAST:  
gammon in ginger beer & citrus, salmon & salsa verde, frozen trifle, chocolate pavlova & more

**THE INSIDER'S GUIDE TO... CAPE TOWN, JOZI AND DURBAN**

SONIA BOOTH, TRACEY LANGE & AMANDA LAIRD CHERRY SHOW US AROUND THE CITIES THEY LOVE

**Melissa McCarthy on...**  
Feeling sexy & getting healthy!

