

ILLUSTRATIONS: KATHRYN RATHKE

Preferred TRAVEL

WHAT'S YOUR FAVORITE CITY AND WHY?



Sarah Notton

EUROPEAN EDITOR

Melbourne is amazing - I lived there for two years and fell in love with its great work-life balance and beach culture, exceptional dining scene, and the best coffee ever!



Sarah Gamboni

ASIA-PACIFIC EDITOR

With its inimitable blend of old-world serenity and futuristic flair, pocket-sized bars, and Michelin-starred dining, Tokyo is my top pick for a city getaway.



Anja Mutić AMERICAS EDITOR

I absolutely adore Lisbon: its magical light, the crooked streets rising up its hillsides, the pastelcolored rooftops, and the feeling of saudade (longing) that seeps through the city's pores.



Sarah Khan

Sarah is a travel writer who's lived in five countries on three continents most recently

in Cape Town, South Africa. You can follow her on Twitter or Instagram @BySarahKhan.



Lola Akinmade Åkerström

Stockholm-based Lola is a regular contributor about the Nordics and

the Baltics. She is also editor-inchief of Slow Travel Stockholm. Follow her @LolaAkinmade.



Simon de Burton

Simon is a freelance journalist specializing in luxury cars,

motorcycles, boats, and watches. He is also a fan of classic bicycles, of which he has a small collection.



Marianna Cerini

Born in Rome, Marianna landed in China seven years ago, where she

reports on fashion, culture, and art. She's freelanced for CNN Style, Vogue Italia, WWD, Forbes, and Refinery 29.

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THINK

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LEGEND LVX LIFESTYLE & CONNECT



>→ DID YOU KNOW?

The Cape Peninsula used to be known as the "Cape of Storms," but later changed to Cape of Good Hope, as it became the sea route to the East used by Colonial powers

cape town



Paris has the Eiffel Tower; Rio de Janeiro has Christ the Redeemer; Cape Town has Table Mountain. the signature feature that defines its distinctive skyline. The difference? This iconic masterpiece is entirely the doing of Mother Nature. There's hardly a spot in Cape Town from which you can't spy at least a sliver of this imposing flat-topped behemoth, but just gazing upon it isn't enough. Join the crowds to ride a quick cable car to the top - if you have more time, climb one of the many routes to the top instead.

During the summer months (November through February), take advantage of the half-price Sunset Special fares after 6 p.m. Once you're at the summit, take in all of Cape Town's other signature features: the sinuous Atlantic coastline, the densely packed central business district (CBD). and the conical Lion's Head peak Do a full circuit of the plateau, then drop in for a coffee at the Table Mountain Café before your descent.



MORNING

On Saturdays, it's market day for Capetonians, and there are quite a few to choose from. Head to the popular V&A Waterfront City Farm Market, where fresh produce is definitely on offer, as also plenty of stalls selling freshly made sweets and savories. The creative set might prefer the vibe at Neighbourgoods Market in

grounds of a converted biscuit factory explode with crowds eager to browse local food, design, and art. Families love the atmosphere at the **Bay Harbour Market** in seaside Hout Bay, where live bands often entertain the masses.

If you're not around on a Saturday, don't worry: you can still experience the city's market vibe at the new Mojo Market in Sea Point.

AFTERNOON

Advance bookings are essential for a visit to **Robben Island**, the notorious prison 4.3 miles off the coast where Nelson Mandela spent much of his 27-year sentence. Plan to dedicate an afternoon for the return ferry ride and guided tour.

Inventive techniques married with distinctive South African ingredients make for a memorable meal

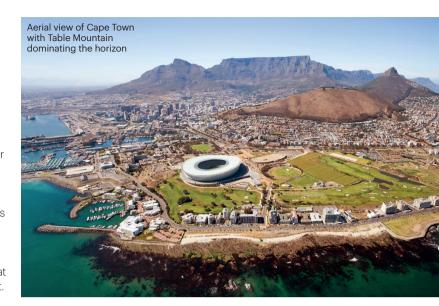


EVENING

If there's one South African chef you should know about, it's Luke Dale-Roberts, known for his inventive techniques married with distinctive South African ingredients like springbok and buchu. His **Test Kitchen** is regularly featured in the World's Best 100 restaurants, while you'll find The Pot Luck Club in the Woodstock neighborhood and The Shortmarket Club in the CBD. Make your dining plans around whichever of the three has an opening - if you land at The Shortmarket Club, be sure to pop by the hard-to-find Outrage of Modesty next door for a creative cocktail in an atmospheric den.



Dale-Roberts' The Pot



DAY 1: Sea, sun, and scenery

No visit to Cape Town is complete without a trip tracing the coastline of the Cape Peninsula, so start your holiday with the iconic drive. Hire a car and drive out of the city toward Muizenberg, a laid-back surfing town where you can grab coffee and a chocolate brownie at the cute Blonde & Beard café. Make your way down the False Bay coast to Kalk Bay - the Quagga bookstore, set in an old building and brimming with quirky antiques and rare books, is worth a stop. There are many quaint shops along the seaside promenade worth a visit. Then head over to Simon's Town, which counts the colony of penguins on **Boulders Beach** as its most famous residents.

Enter Cape Point National Park to visit the Cape of Good **Hope**, the southwesternmost point of the African continent, before heading back to Cape Town along the western Atlantic Seaboard coast. Your car will hug the cliffs around the stunning stretch of Chapman's Peak, and the views over the ocean are breathtaking. Stop for fish and chips at **Fish on**



district to graze at the Oranjezicht the name might suggest. There are the artsy Woodstock district - the

Left and above: Luke

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One hour, one day,

one week...

Cape Town

Former Cape Town resident

Sarah Khan shares her top

tips on making the most of

a visit to the Mother City

NEIGHBOUR GOODS

Dramatic mountains, beguiling beaches,

colorful architecture - you're never quite

in a city as stunning as Cape Town. But

scratch beneath the shiny surface and

culinary scene, craft gin industry, and

you'll discover a complex history, dynamic

creativity galore. While timeless icons like

new museum for the continent, the Zeitz

Museum of Contemporary Art Africa, and

Table Mountain remain a big draw, this

year also sees the opening of a major

the city is ready for its new turn in the

global art spotlight. Whether you're into

something for everyone in Cape Town.

hikes or canvases, wine or design, there's

the city's beauty is hardly skin-deep:

sure exactly where to focus your attention

cape town

Simon's Town counts the colony of penguins on Boulders Beach as its most famous residents

the Rocks in Hout Bay. Make stops at Camps Bay and Clifton, some of the city's most popular beaches, before returning to the city in time for a sushi dinner at Willoughby's. a V&A Waterfront institution.

DAY 2: City streets

Cape Town's CBD is in the midst of constant evolution these days. with stylish establishments taking over leases in historic buildings and reviving them back to their former glory. Dedicate a full day to exploring the pedestrian-friendly streets. Start your morning at **Hemelhuijs**, a popular bistro serving refined, artfully presented takes on traditional South African fare. Work it off with a walk up Bree Street, which is lined with cafés and boutiques, then hop over to Yours Truly on Loop Street for a coffee break. Nearby, the sleek-designed emporium Stable showcases the best of South African design, and is a great place to stock up on locally produced housewares and accessories.

For couture souvenirs, there's the elegant Merchants on Long concept shop in a gorgeous





Victorian-era building on Long Street; for more low-brow finds, haggle over beaded jewelry and painted ostrich eggs at **Greenmarket Square**. Have lunch at Mariam's Kitchen on St. George's Mall, serving fast-food dishes popular among the region's Cape Malay community. Afterward, walk up to the **Bo-Kaap** district, a hilly neighborhood known for its signature rainbow-bright houses. End your circuit of the CBD with dinner at the Peruvian-inspired Charango - if the weather is nice, ask for a table on the sidewalk so

DAY 3: Neighborhood hopping

you can watch Bree Street go by.

Capetonians love nothing more than spending time outside; join them with a brisk early-morning jog, stroll, or bicycle ride along the



Sea Point Promenade. Then head

to nearby De Waterkant for brunch

continuing on to Buitenkant Street

at the hip **Loading Bay** before

to pay a visit to the **District Six**

Museum – a poignant collection

of narratives and mementos from

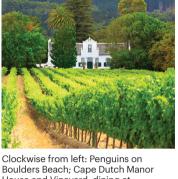
a mixed-race community forcibly

removed from its neighborhood

during apartheid. Stroll down the

street afterward for coffee at the

funky steampunk-themed **Truth**



Boulders Beach; Cape Dutch Manor House and Vineyard; dining at Delaire Graff wine estate; a picture of Nelson Mandela and Walter Sisulu at Robben Island; beach huts at Muizenberg surfing town

Cape Town is also at the epicenter of a booming gin scene, incorporating local fynbos plants like buchu and kapokbos. Stop by at the **Hopkins on Hope** distillery in nearby Salt River for a tasting. and check out popular gin-focused bars in the CBD like Mother's Ruin and the secret gin bar behind

Honest Chocolate

For dinner, head toward vibev Kloof Street. On a blue-painted house on a quiet side street, local star Chef Liam Tomlin recently opened Thali, which features a set menu of Indian shared plates in an atmospheric interior. Then walk down the street to the eclectically decorated Kloof Street House for cocktails and dessert

DAY 4: Wine and dine

One of the best things about Cape Town is its proximity to beautiful areas that make for scenic road trips. The easiest and most popular jaunt is a night or





two in the Winelands, a postcardworthy region about an hour east of the city. Spend at least one day exploring Franschhoek on the Franschhoek Wine Tram, a hop-on, hop-off train that lets you pop into wine farms like Babylonstoren, Boschendal, Chamonix, and Grande **Provence**, without having to worry about driving. At night, make a reservation at Chef Chris Erasmus's Foliage, in the heart of the village.

DAY 5: Around Stellenbosch

Spend the next day exploring the historic burg of Stellenbosch with its whitewashed Cape Dutch cottages. Have breakfast at Schoon de Companie, a bakery set in an erstwhile bank, before exploring nearby wine estates.



DON'T MISS

As the long-awaited **Zeitz Museum of Contemporary Art** Africa opens its doors this September, it's bringing with it a new wave of attention on this already welcoming city. The Thomas Heatherwick-designed space, set in a converted grain silo at the V&A Waterfront, promises to crown Cape Town as one of the world's foremost art capitals.

Tokara and Delaire Graff are two of the country's most iconic, and they also have some of the area's best views, thanks to their scenic settings on the Helshoogte Pass.

DAY 6: On the Waterfront

Worried about not getting your souvenir shopping done in time? No sweat - return to Cape Town and head to the **Watershed**. a craft and design market at the V&A Waterfront. Afterward, book a quirky, off-the-beaten-path tour of Cape Town's less-obvious gems with Coffeebeans Routes: itineraries include a Beer Route, Fashion Route, and Revolution Route. End your day by feasting on peri-peri prawns at **Baia**, a popular seafood restaurant at the Waterfront.

DAY 7: Gorgeous vistas

Time for one last scenic workout:

Head, Table Mountain's conical neighbor, which has a circular route that means you'll enjoy constantly changing views on your way up and down. The restaurant at the Company's Garden makes for a lovely setting for a post-hike brunch. Afterward, you can pop in and out of the museums that are in and around the stretch: the **South African Museum**, the South African National Gallery and the **Jewish Museum**. End your visit with a picnic at **Kirstenbosch** National Botanical Garden a scenic park in the suburb of Newlands. In the summertime, enjoy open-air concerts and movie screenings set against the slopes

of Table Mountain.

Where to stay



Cape Royale Luxury Hotel & Residence

This all-suite resort offers magnificent views of the rugged Atlantic coast and the legendary Table Mountain. The spacious guestrooms have cozy eating areas and separate living spaces, and the 1800 restaurant is renowned for the quality of its steaks. The resort's soothing Equinox Spa is the perfect place to pamper and unwind.



Boschendal Farm Luxury Accommodation

Enjoy a taste of the good life with a stay in a beautifully restored farm cottage on South Africa's oldest wine estate. Accommodations range from idyllic one-bedrooms to the sumptuous Rhodes Cottage. so there's something to suit every quest. Dining on-site is the epitome of farm-to-table cuisine



Erinvale Estate Hotel & Spa

From its humble beginnings as a farmstead in the 1700s, the historic Erinvale Estate Hotel & Spa is now an elegant boutique hotel. Its stateof-the-art spa offers pampering treatments, and the Gary Playerrestaurant pays homage to the Cape's culinary heritage.



The Last Word Constantia

Idyllic boutique accommodation in a Cape Dutch style, this luxury hotel is located in the heart of the peaceful and beautiful wine-making region of the Cape Peninsula, yet is just a short hop from the bustling shops and restaurants of Constantia Village Mall. This delightful hotel has just nine exclusive guestrooms, making it a haven of welcome seclusion



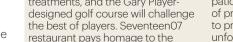
The Devon Valley Hotel

This exquisite hotel, tucked away in the Stellenbosch region, offers tranquility and sanctuary amid stunning views. The tastefully furnished questrooms are contemporary Colonial in style, with private decks or courtvards, some a private pool. Flavours restaurant delivers elegant Cape cuisine in the most picturesque of settings.



The Last Word Long Beach

With just six stunning rooms, this iewel of a hotel takes boutique luxury to a new level. Elaborate bespoke breakfasts, in-house chauffeurs, fresh flowers, private patios, and stunning sea views of pristine white sands combine to provide guests with an unforgettable experience in this unspoiled, tranquil paradise.



For information and reservations, please visit PreferredHotels.com