

TRAVEL BOARD

YOUR PASSPORT TO HOLIDAY NIRVANA FROM OUR EXPERTS

Q I'm going on safari in South Africa, and staying in Cape Town before I hit the bush. What should I see?



TAKE TO THE AIR

by Lauren Jarvis

The scenery is breathtaking on the ground – and amazing from the air. My tandem paragliding flight saw me harnessed to a pilot and cruising, birdlike, over the forest, hotels and high-rises before busting some swooping, acrobatic moves over the Atlantic then landing safely on the beach below – all against the backdrop of Table Mountain (from £62pp; flycapetown.co.za). Not that keen on wind power? Take an early-morning helicopter ride from the V&A Waterfront for an incredible 15-minute aerial view of the city, Robben Island and the stunning sandstone peaks of the Twelve Apostles, stretching out along the Cape (from £60pp; nachelicopterscapetown.com).



OUR EXPERTS



The writer
Freelance editor and travel writer, Lauren Jarvis. Follow her @laurenjarvisrtravels



The local
Capetonian George Gawie is a guide for The Constantia Wine Tour; thecapetownwinetour.co.za



The holiday guru
Ash Jarvis is a director of tour operator Best of South Africa Travel; bestofsouthafricatour.com



GET TIPSY IN THE VINES

by Lauren Jarvis

The Cape produces some world-class wines and one of my favourite memories of Cape Town – albeit slightly on the fuzzy side – is being chauffeured through sun-drenched vineyards, tasting delicious wine and food. I visited three stylish estates, Eagles' Nest, Groot Constantia and Klein Constantia, sampling red, white and sparkling wines along the way. A lazy three-course lunch (think porcini consommé, warm halloumi salad and chocolate torte) on the terrace at Buitenverwachting estate (buitenverwachting.com) came with views of the rolling hills, ripening vines and Constantiaberg mountain beyond (from £90pp for a half-day tour; thecapetownwinetour.co.za). If you want to stay among the vines, choose the understated and elegant cottage suites at the Steenberg Hotel & Spa – located on the Cape's oldest farm, established in 1682 (from £185 per night; steenbergfarm.com).



DINE DELICIOUSLY

by Lauren Jarvis & Ash Jarvis

LAUREN SAYS: Start your evening with poolside cocktails at the Rooftop, a stunning bar at the super-exclusive Silo Hotel, with amazing 360-degree views of the city, before heading to the sixth-floor Granary Café for comfort food infused with a contemporary twist (£30pp; theroyalportfolio.com/the-silo/overview).

ASH SAYS: Inside the Grand Africa Cafe & Beach in Granger Bay, set in a restored warehouse, it's all sandy-floor-meets-candelabra chic, with large tables groaning with seafood. Outside, against the backdrop of Table Mountain, enjoy smaller bites and excellent pizza on couches on the sand (from £15pp; grandafrica.com).



SHOP LIKE A LOCAL

by George Gawie

Don't miss the excellent weekend markets. Bay Harbour Market at Hout Bay is home to over 100 art, craft and fashion traders every Saturday and Sunday, plus music and an eclectic mix of food stalls at the Friday Night Live (bayharbour.co.za). Also on Saturdays, head to Root 44 Market in Stellenbosch for live music, jewellery, antiques and clothes stalls in rain-or-shine marquees (root44.co.za) or Neighbourgoods Market in the historic, sky-lit warehouse and courtyard of The Old Biscuit Mill in Woodstock for locally produced organic foods (neighbourgoodsmarket.co.za).



REMEMBER NELSON MANDELA

by George Gawie

The Robben Island Museum is an essential stop-off on any trip to South Africa, as it symbolises not just a turning point in the nation's history, but the triumph of the human spirit over injustice and adversity. Guided by ex-political prisoners, visitors see the cell where former South African President, Nelson Mandela, was held for 18 years, and hear the stories of many others imprisoned for opposing colonial and apartheid rule. Tours depart from the V&A Waterfront three times a day and take around four hours, including the return boat trip (£18.30pp; robben-island.org.za).



STAY IN STYLE

by Ash Jarvis & Lauren Jarvis

ASH SAYS: The Grand Daddy Boutique is my favourite city centre choice, with funky guest rooms and suites, a great restaurant (Thirty Ate Eatery) for cocktails and live music, a hip little food truck, plus seven uniquely decorated Airstream campers for rent in the world's only Rooftop Trailer Park. The hotel's Pink Flamingo Rooftop Cinema offers retro movie nights (*from £107 per night; granddaddy.co.za*).

LAUREN SAYS: For an ocean retreat, check in to Tintswalo Atlantic at the base of Table Mountain National Park, around 40 minutes outside the city. The vibe is cool and beachy, with 11 Island Suites offering panoramic views of the crashing Atlantic. After a dip in the pool, head for the restaurant under the stars. Then fall asleep to the sound of the ocean and, if you're lucky, wake up to wild dolphins outside your door (*from £520 per night; tintswalo.com/atlantic/*).



HOW TO GET THERE

A five-night package, including return flights on South African Airlines (SAA) from London Heathrow, three nights' B&B at the Grand Daddy Boutique Hotel, two nights' B&B at Tintswalo Atlantic, plus car hire and VIP meet and greet, costs from £1,526pp (bestofsouthafricatavel.com). Quote GRAZIA when booking to receive a £150 discount per adult (valid for new bookings of five nights or more, including international flights, accommodation and car hire. Offer ends 31 December 2017).