



ONE *life*

VOLUME SIX • CAPE TOWN

for
THE
CAPTIVATED

TIME FOR TURTLES & FROGS - SNACK LIKE A LOCAL - WHERE TO GO & WHAT TO DO - COFFEE WITH COKO COLLECTIVE - TIME TO WINE - AFFAIR OF THE ART - COMPOSERS OF THE CREATIVE - CHARISMATIC COLLEAGUES

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Volume Six • Cape Town

ONE LIFE.

As both a Cape Town resident and General Manager of One&Only Cape Town, I have had the privilege of getting to know our fascinating city very well.

I have found Capetonians (and South Africans in general) hold a deep appreciation for the simple joys of life - the laughter of loved ones shared over a delicious meal accompanied by a great bottle of wine comes to mind. As General Manager, I have the privilege of extending this same joy to our beloved guests by recommending the best places to explore, new dishes to savour and winelands to visit. Our love for wine can be traced back throughout the Cape's history (more on pg 16), all the way to today, incorporated in the form of bespoke wine experiences offered exclusively on property and soon, our very own wine collection. Being Capetonian has also made me attuned to the wonders of our natural world - from the graceful movements of fish and otters to the spirited hops of frogs. It has been an honour to incorporate these creatures symbolically in the design of our Signature Suites and actively participate in their conservation (read on p4-6).

With the help of our charismatic colleagues and this enthralling city, we hope to make your stay with us unforgettable and to truly make this a place, for the captivated.

Kind regards,

Anne Scott, General Manager



Creatures of the ocean, Turtles have been around for millennia - ancient travelers of the tides. Playing an important role in the marine life ecosystem, these aquatic animals are necessary to the balance of life below the sea surface and are now facing their greatest challenge yet; going extinct. One&Only Cape Town has partnered with Two Oceans Aquarium and their turtle rescue centre to play our part in the conservation of these beautiful creatures. Read more on pg 5-6.

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WHEN THE MUSIC CHANGES, SO DOES THE DANCE
West African proverb

One&Only
CAPE TOWN

Art Direction Karmen van Rensburg Copywriting Michelle Monk
Cover Painting: Paula Dubois, 'Silence'

Summit & Sea...

A room by any other name would not be as 'suite'...with apologies to Shakespeare.

A walk along the Summit

The journey of the Table Mountain Suite begins as you enter through large lightwood oak double doors, into the marbled foyer within. Immediately you are greeted by a wonderfully open, free-flowing space including an airy lounge, a quietly staggering dining room and an earthy-toned open-planned kitchen, each room uniquely different yet seamlessly blended alongside one another. Each room allows for ease of

movement between the spaces as well as immediate access to the wrap-around balcony, for all to enjoy the spectacular African sunsets. The reimagined refurbishment across the resort and all the interior design was done in collaboration with Muza Lab, breathing life and storytelling elements into the space. The simple elegance of this Signature Suite can be seen through the 'design golden thread' from whence it got its name; nuances of Table Mountain, in the form

of colours, shapes and art all come together throughout the suite and are integrated from the chandeliers to the rugs and everything in-between. Otherwise included in the suite is a king-sized master bedroom, a magnificent private study and gym (including top-of-the-range equipment), a walk-in wardrobe (encouraging every guest to unpack and feel at home) and a relaxing bathroom, finished in white marble and soft touches, complete with the large, oversized tub in the center of the room – perfectly positioned to unwind at the end of the day, enjoying a direct view onto the mountain. There is another unusual element in the lounge area; a talking point that is charmingly different from the other art and is eye-catching to all. This is Prince, the suite's resident frog and an unusual yet beautiful emissary to the partnership between One&Only Cape Town and the Endangered Wildlife Trust.

The Endangered Wildlife Trust is an NGO, founded in 1973, that works toward the conservation and protection of many endangered species. They currently run the only NGO-based programme in South Africa, the Threatened Amphibian Programme, which works tirelessly towards the conservation of amphibians and reptiles across the country. From helping frogs safely cross the road (we're not joking) to working alongside several organisations to ensure habitat protection and restoration, the EWT use this programme and its educational tools to shed light on the plight of these often-forgotten animals and educate the public as to just why it is so important to protect them.

"The Threatened Amphibian Programme comprises of 13 staff members - the highest number of people directly employed in frog conservation by any one organisation in South Africa," says Dr. Jeanne Tarrant, Manager of the Threatened Amphibian Programme. "Nine are based in KwaZulu-Natal and the rest of the team are in the Western

"Many local amphibian species are classified as threatened, with almost 30% of the 134 becoming more extinct each year."

Cape." Known as the "Frog Lady" for her efforts in the field, Dr. Jeanne is responsible for project design and coordination, specialist knowledge, partner and donor relations, fundraising and project management. Amphibians have been around for over 350 million years and appear on almost every continent. "Amphibians are THE most threatened group of vertebrates on Earth, with almost half of the 8000 species globally experiencing declines and over 200 species lost to extinction in the last few decades alone" explains Dr. Jeanne. "The need for amphibian conservation is urgent."

Dr. Jeanne points out that 85% of South Africa's frogs are considered 'poorly protected' – meaning that they are not well-represented in the country's protected area network. According to the ICUN Red List, amphibians remain one of the most threatened species with many dying due to alien vegetation, wildfires, habitat loss, pollution, an influx of human activity in their natural environments and global warming. With more than 20% of their habitat having been lost in the last 30 years, many South African species are classified as threatened, with almost 30% of the 134 species becoming more and more extinct each year. One of the amphibians under EWT protection is the Table



Mountain Frog. The Table Mountain Frog or 'Ghost Frog' was chosen not only to its pertinence to the suite but also because of its endangered status. Being critically endangered, this species faces a high threat of extinction as their natural habitat can only be found on Table Mountain, in a very small radius (around 7-8 km sq.). The Ghost Frog lives in free-flowing mountain streams, having adapted through evolution to become critical to the stream's ecosystem. These wondrous creatures have unusual anatomy, with sucker-like pads on their feet to allow for ease of grip around slip-

pery rocks, streamlined bodies for ease of movement in the water and developed strong legs for swimming. Even the tadpoles have evolved to have sucker-like mouthparts that allow them to move with ease when they swim around the rocky pools. One&Only Cape Town has pledged a portion of the revenue from every stay in the Table Mountain Suite to be donated to the EWT, to support their tremendous efforts in the conservation and protection of the Ghost Frog. The EWT continues to be the only NGO operating in South Africa to include frogs as a conservation focus. Through

its amphibian work, they and their supporters are hoping to change the endangered status of these animals.

Tangling with the Turtles

The Presidential Suite. The name itself inspires thoughts of grandeur and luxury, of opulence and desire – a wish that is granted from the moment you enter. The deep love for and inspiration from the ocean is imminent through the suite decor, with running blue or oceanic elements throughout. The Presidential Suite boasts two luxury bedrooms, each with a king-sized

Left page: 'Prince' a decorative, frog-feature side table; top: The Table Mountain Suite Living Room; below left: 'Direct us aright' by Heidi Fourie, an acrylic artwork in Table Mountain Suite

FROGGY FUN FACTS

- The name, 'Ghost Frog' originates from these frogs being first found in Skeleton Gorge on the eastern slopes of Table Mountain, a treacherous ghostly ravine.
- It is also known as the 'Rose Ghost Frog' named after the famous herpetologist and naturalist, Walter Rose (1884-1964).
- The species is also known to visit and stay in caves for parts of its life cycle.
- They only grow to 50-60mm in length.
- They belong to the Heleophrynidae family and the name comes from the Greek words 'hélos' meaning 'marsh' and 'phrynes' meaning toad. However, this name is not relevant as the Ghost Frog is neither a toad nor lives in a marsh.
- The species is also known to visit and stay in caves for parts of its life cycle.





adult and adult turtles of the Green, Hawksbill and Olive Ridley species and these come throughout the year with an array of different injuries, again including plastic congestion, entanglement and lots of different other kinds of infections." These aforementioned species of sea turtles, make up four of the five species that visit South African waters, with the exception being the Flatback Turtle and Kemp's Ridley Turtle. These turtles are an essential part of the country's marine ecosystem and play a crucial role in maintaining the balance in the ocean's food chain. However, sea turtles are facing numerous threats, including habitat loss, pollution, and climate change which affects not only their lives but many others as well. As part of the partnership, the resort has committed

Left: The Presidential Suite Dining Room; top: 'At Rest IV' by Kristin Ng Yang, a charcoal painting in Presidential Suite; below: a rescued sea turtle at the Two Oceans Aquarium Foundation's Turtle Conservation Centre

to donating a portion of the revenue per stay in the Presidential Suite to the foundation, supporting their important work in protecting South Africa's marine turtles. Guests of the Presidential Suite will also "Adopt a Turtle", being afforded the opportunity to name a turtle hatchling, receiving monthly updates on the life and health of the turtle as it is nursed back to health before being released once deemed fit by the team.

"The team releases turtles back into the wild, with a current rate of 85%."

bed, adjoining bathrooms and a walk-in wardrobe. Each bedroom is fitted with every conceivable luxury and amenity to make your stay as enjoyable as possible, with the bathrooms providing a space for restorative relaxation, complete with an oversized oval tub, a steam shower and a private water closet. The dining room stands at the ready, to be the epicenter of entertainment, framed by a large, floor-to-ceiling blue-marble fireplace on the left and sea-themed art by local artists on the right.

The cosy media room is complete with a creamy boucle couch, a multicolored corkboard wallpaper, an understated marble desk and a collection of stunning African artistry hanging on the walls, each a mirage of colour and reflection of the culture of the land outside. Within the spacious living room, atop the bronzed-and-blue rust-inspired coffee table lies a turtle. Paused in a gliding pose, Tina the Turtle's flippers are frozen in place, seemingly swimming into the open air. Tina is a décor depiction of a Green Turtle, one of the five species of turtles native to Southern Africa and is a physical representation of the ongoing partnership between One&Only Cape Town and the Two Oceans Aquarium Foundation.

A non-profit organisation, The Two Oceans Aquarium Foundation is dedicated to the protection and conservation of marine life in South Africa. The Foundation facilitates the rescue and rehabilitation of injured and sick turtles, including operating a turtle rehabili-

tation center, where turtles are cared for until they are healthy enough to be released back into the wild. The Turtle Conservation Centre is run by a team of passionate individuals, each of whom has made ocean conservation a part of their life mission. From extraordinary veterinary teams to selfless daily caregivers, from dedicated analysts to the experienced team members who aid in the release of a healthy turtle back into the wild, each member is highly valued and needed, explains Talitha Noble, Conservation Manager at The Turtle Conservation Centre. The turtle team gets up close and personal with these mystical creatures of the ocean, conducting research to better understand the behavior and ecology of these wondrous creatures. Using the wealth of knowledge gained from every turtle - hatching to adult - to inform and develop effective conservation efforts, ensures marine turtles and their habitats are protected and managed effectively. The team also actively works towards releasing as many turtles back into the wild as possible, with a current release rate of 85%.

"We receive most of our turtles between the months of March and July - these are primarily Loggerhead hatchlings that have come down the coast of South Africa," says Talitha. "They've hatched on the border of Mozambique, drifted down the continent in the warm Agulhas Current and the shock of our cold waters sometimes leaves them stranded, dehydrated with injuries and commonly with plastic ingestion. We also see sub-

TOP SEA TURTLE FACTS

- One or two out of every 1 000 hatchlings survive to adulthood in the wild.
- Every species is classified as either 'Endangered' or 'Threatened'.
- Females will nest and lay eggs on the sands of the beaches where they were born, using the Earth's magnetic fields to guide them.
- The temperature of the sand dictates the sex of the hatchlings. The warmer the sand, the more females and the colder, the more males. Because of Global Warming, there are far more females being born, creating a natural imbalance between the sexes of turtle hatchlings.



Painting with Pio

Self-expression and identity declared through craft and skill - a notion that Kurt Pio has never embodied more.



also to do with the idea of a child looking at these small stones on an adult's finger." Alas, the stone in question went missing before Pio could inherit this family piece of history but in creating this range, he found a way to explore and commiserate the love he held for both the diamond and his grandmother. His Diamond gallery eventually became the inspiration behind the design of the Shattered Gemstone shields now hanging in every Marina Rise room, with replications of the up-close-and-personal viewpoint of these beautiful natural stones being carefully painted by a community upliftment project.

Pio has a way of making his art look effortlessly beautiful; a simple expression of his mind played out on canvas. Don't be fooled, however, these pieces take an enormous amount of work, sometimes years to complete. "I've destroyed a lot of pieces," says Pio. "It's rare where you actually get something that you love. There are bits and pieces in my studio that will never see the light of day". Despite this, Pio continues to gain international recognition for his work and has been featured in numerous exhibitions and publications around the world, including Conde Nast House & Garden, Elle Decoration, Shimansky and closer to home, Visi and House & Leisure. Through hard work and commitment to his craft, Pio has established himself as one of South Africa's most exciting and innovative artists. A testament to the power of his passion and dedication, he continues to explore new techniques and styles, pushing the boundaries of what is possible with art. "It's just something that I do every day", says Pio. "I love it, I enjoy it, I have a purpose in what I do."

Known for its vivid colors, striking imagery and unique style, local artist Kurt Pio's work is instantly recognisable. An aesthete from a young age, Pio developed an early love for art in primary school, crediting his school art teacher as being one of his greatest inspirations for his lifelong passion. "She inspired me and encouraged me to continue doing what I was and it felt good, it felt like a nice light - bright and positive - and whenever I practiced any form of drawing or painting that light kind of started to glow", explains Pio. His journey as an artist began, as many great stories do, from a small studio, an innovative cocoon of individualism and happiness. It didn't take long before he spread his creative wings internationally, garnering local attention and catching the eye of art studios, media and artists alike from Berlin to the USA.

Pio's art ranges from the abstract to the contemporary, with many of his most popular collections including aspects of luxury such as the Champagne Bottle series, the Dollar Bills collection and of course, his Diamond gallery. His Diamond gallery, in particular, has a strong emotional tie for Pio. He explains how growing up, his grandmother bequeathed him an heirloom diamond ring, a piece of jewelry that drew Pio's attention and love from a young age. "In my eyes, it was this massive, big, glittery, sparkly jewel and I was told that this would belong to me one day", Pio explains with laughter in his voice. "So the scale of the paintings that I chose to make was



Photos: coffee workers in Rwanda

TO BEAN, OR

NOT TO BEAN?

Women empowerment, skill development & coffee; it's time to spill the beans on this inspiring coffee collective.

Legend has it, coffee was first discovered by a simple goat herder. As the story goes, this unsung hero noticed how energetic his goats became after eating a certain berry, how they danced and ran around more and seemed to sleep less. He took these berries to the local monastery, who used them to make a drink. This resulting drink allowed the monks ease of conduct through the long hours of evening prayer and the drink grew in popularity from there. Local coffee culture can be traced back as early as the 15th century around the Arabian Peninsula before spreading to Persia, Turkey and Egypt by the turn of the century.

As of 2022, 30-40% of the worldwide population drink a cup-of-joe to start their morning. To many, coffee is a form of comfort, a routine and, to some, a source of income. The coffee industry is worth over \$495 bn worldwide and R13.06bn in South Africa in 2023. Brazil remains the world's number one producer of coffee, holding a 37% market share and Finland surprisingly, has the highest number of coffee drinkers in the world with the average citizen drinking almost 4 cups a day. Its popularity has given rise to a booming coffee industry both locally and internationally and many countries have established coffee plantations to meet the increasing demand.

An example of such a country is Rwanda, located in East Africa, where One&Only Resorts has not one but two award winning Resorts – One&Only

Nyungwe House and One&Only Gorilla's Nest. Known not only for their luxurious accommodation but also for their dedication to sustainability and philanthropy, both resorts priding themselves on their commitment to the Rwandan community. A source of great joy for the resort is the partnership between Gorilla's Nest and Twongere Kawa Coko Cooperative, a female-run coffee cooperative. The direct translation of 'Twongere Kawa' is 'Grow More Coffee', an apt if on-the-nose name that is perfectly befitting of the organization. The partnership began in 2020 and is a continued success, with guests able to explore the plantation, experience the process of creating the beans and most importantly, enjoy the divine coffee. The cooperative is located in the neighbouring district of Gakenke and covers an area of over 30 acres. Being 1,850 meters above sea level gives the

coffee beans grown there a distinct and unique floral aroma, creating an award-winning brew as well as a source of income for the community.

From Crop to Cup

The coffee aficionados amongst us may know the ins and outs of the java world but for those who don't, this is how it works. In its simplest form, the coffee making process consists of coffee beans being grown, picked, roasted and ground before being used to make the perfect brew (machine or instant coffee are the two most well-known and employed methods). Whilst this is fairly self-explanatory, there are a number of ways to conduct each of these steps which allows for each coffee company to explore their own unique taste and method. For the Coko Cooperative, workers take delight in ensuring the best care for

their coffee plantation, as explained by Therese Nyirangwabije, President of the Twongere Kawa Coko Cooperative.

"We begin by preparing a nursery for seedlings, water them regularly and shade them from the bright Rwandan sun until they are ready to be planted," says Therese. "We use organic fertilizers to give the seedlings an extra kick to grow into the coffee trees". Despite being referred to as 'beans', coffee actually begins its journey as berries. For most, it takes around 3-4 years before coffee trees reach the point of harvest, their ripeness being determined by the berries' varying green-to-red colour (the darker the red, the more mature the berry as seen in the photograph).

Regular maintenance and skillful harvesting by cooperative members contribute significantly to the coffee's quality and taste, the coffee bean trees having been primed for premium coffee creation. The trees grow for a maximum of two years before the berries are harvested in the third year. The harvesting is done with dedicated workers looking at each berry individually, skillfully analysing each one to ensure the best of quality. These are then washed and sun dried for two days before being polished and packaged, ready for sale. A little closer to home, One&Only Gorilla's Nest has a coffee garden on the resort, with Coko workers managing the plantation. Clarisse Mukatetero, a Twongere Kawa Coko member and garden farmer at One&Only Gorilla's Nest says, "I take care of the coffee trees here in the garden by applying the knowledge I gained from my fellow farmers in the cooperative. I'm proud to plant and grow great coffee here."

Women in coffee

Rwanda has a long history of gender inequality, and women have traditionally been excluded from participating in making economic decisions, both in their country and home. However, the Coko coffee plantation has challenged this status quo by contributing to the local community through the employment and empowerment of women. The plantation employs over 150 women, who work in various roles, including coffee picking, sorting, and processing. The women are paid a fair wage, (above the national average) and they are also provided with health insurance and other benefits. The plantation also has a dedicated training center that provides women with the skills and knowledge needed to work on the plantation. The

coffee plantation has become a lifeline to many women, who are often the breadwinners of their families. Women who have worked on the plantation are more likely to become successful entrepreneurs and participate in community development activities. The income earned from the plantation has helped to improve their standard of living, and many have been able to send their children to school and provide them with a better future.

"I enjoy growing and drinking coffee" says Francine Mukantwali, a Coko plantation worker. "The crop has provided me with a regular income and improved my life. I now own a small farm I bought with the money I earned from the cooperative." The Coko coffee plantation has also helped to promote gender equality in Rwanda. The plantation has challenged the traditional gender roles and has shown that women can be successful in the coffee industry. The plantation's success has inspired other coffee producers in Rwanda to prioritise the employment and empowerment of women.

Cape Town Coffee Culture

The success of the Coko coffee plantation is not limited to Rwanda. The plantation's coffee beans are exported to various countries, including South Africa and more specifically, to One&Only Cape Town. In fact, One&Only Cape Town has such a passion not only for the Coko beans but for the local coffee culture in general, that a Barista Masterclass is on offer as a curated experience, exclusively available to guests of the resort. This one-hour curated experience is conducted by one of the resort's skilled baristas, guiding guests step-by-step to produce the perfect 'cup of joe', all whilst explaining the different blends, types of coffees, history of the drink and exploration of the machinery. From frothing the milk to brewing the perfect cup, every step is demonstrated and perfected in this fun and interactive masterclass designed to take coffee making skills to the next level.

BEAN THERE, DRANK THAT

The 'coffee capital' of South Africa, Cape Town has had a coffee culture explosion in the last ten years and remains one of the most sought after locations for coffee enthusiasts worldwide. We have cultivated the perfect list of spots that we love a 'latte'!

- 1 TRUTH COFFEE**
With a steampunk inspired décor and carefully cultivated coffee beans, Truth Coffee is a must-see spot in the CBD for locals and tourists alike – if only for the cool hats.
- 2 ROSETTA ROASTERY**
If you're looking for a cup of coffee with a personal touch, this is the spot for you. On the corner of Bree Street & Shortmarket Street, this aesthetic spot is perfect for all in the mood for a perfect cuppa, a chat with the knowledgeable baristas and enjoying the ambiance of this beautiful area.
- 3 BOOTLEGGERS COFFEE**
What would this list be without a Cape Town classic? Bootlegger is a staple for Capetonians everywhere with their beans being locally roasted and 100% sustainably sourced. Bootlegger Coffee also happens to be the provider for the coffee beans responsible for One&Only Cape Town's signature house blend.
- 4 ORIGIN COFFEE**
The patrons of the coffee movement, this brand really lives up to its name. Established in 2005, they pride themselves on their ethically-sourced, premium quality coffee. Laid-back, artisanal and completely unique, this is a specialty roastery also known for training masterful roasters and providing some great meals too.
- 5 ESPRESSO LAB MICROROASTERS**
Expect the unexpected with this roastery. With coffee served in beakers and a periodic table of options, this lab-style café stands out in the crowd, not only for their unconventional brand but also for their progressive style and passion for the art of roasting.

"The most dangerous coffee game is seeing how long I can go without it."

Unknown





From left: Sneak back in time with Art of Duplicity. Taste the variety of flavours at Gin Bar, Quad bike the Atlantis Dunes; Cape Town by night; Embrace your inner daredevil; Enjoy live jazz at Kloof Street House

FOR THE *Cape Explorer*

Navigate your way around the city, along the sea and through hidden gems like a true Cape-tonian, thanks to these 'must-dos' from the One&Only Cape Town team. Created for those wishing to explore the thrilling landscapes and vibrant city-life like a local.

FOR THE COSMOPOLITAN

THE ART OF DUPLICITY

The sound of bluesy jazz fills the room, the space alights with music and laughter as you pick your way across the glamorous set up - it feels as though you've taken a step back in time. Mirrored around the concept of speak-easies during the Prohibition Period, this undercover bar has a charm and design like no other. Rich, plush velvet couches and dark wooden accents lay scattered around the room with low hanging chandeliers adding to the mysterious ambience. That is, if you gain access in the first place. The bar is stationed in a secret location, known to only a few and requires a password for entry to be granted. In the fashion of a quintessential speak-easy, it is small, cozy and fabulous. So once it's full, that's it. Lesson learnt - don't plan a visit at the last minute.

(SECRET) GIN BAR

Gin Bar is a well-known secret, a paradox of a location. Hidden through the back entrance of Honest Chocolate in the CBD, you emerge into a small Mediterranean-styled courtyard that instantly transports you across the world. Cobble walls and a tiled floor make for an enchanting dining area with the inner bar interior more reminiscent of the Cape-Dutch aesthetic famously seen throughout the Cape. The lure of this hole-in-the-wall spot is in their namesake however - the Gin. Boasting over 100 different types of gin, majority of which are locally produced, their specialty gin cocktails are created to cure any ailment of the drinker, cleverly styled as targeting The Head, The Heart, The Hope, The Soul and The Ambition. Coupled with their wide wine, beer and bubbly selections (thanks to the newly launched bubbly bar) this is a spot not to be missed if you want to see what the locals are up to.

CAUSE&EFFECT, CAMPS BAY

There are few places that can offer more in mixology mastery than Cause & Effect in Camps Bay. An experiential cocktail bar accompanied by magnificent seaside views, this is a place where creative concoctions come to life. From flames sparking, smoke swirling and perhaps even a Lego building or two, this is a cocktail connoisseur's dream. In addition to the spectacular cocktails, this bar is also a lover of Cape Brandy, an under-appreciated gem of South Africans that is shown its full potential in this phenomenal spot. Don't feel like heading all the way to Camps Bay? Visit their sister site at the V&A Waterfront, the perfect spot to end the day and begin the night.

KLOOF STREET HOUSE

Named after the street on which it resides, this trendy and unassuming spot holds a dining oasis. Set in a twentieth century Victorian house (and with much of the décor still being used as inspiration for the stylish interiors), it is a feast for both the creative and the hungry. Sectioned into areas that are perfect for any occasion - outdoor, balmy evening drinks, light lunches with live jazz bands or intimate, sexy hidden spots for date night - each room holds undeniable character and charm. With a brassiere-style menu and a renowned cocktail list to boot, Kloof Street House is a local and visitor favourite, so be sure to book in advance to avoid disappointment.

FOR THE COURAGEOUS

SKYDIVE IN MELKBOSSTRAND

For many, the idea of skydiving brings on shivers and a vehement shake of the head but for others, it can mean the experience of a lifetime. An exhilarating, adrenaline-pumping, bucket list item, this is not an activity for the faint-hearted but well worth it! Join in and see Cape Town from an entirely new perspective.

QUADBIKE IN ATLANTIS

'Extreme' just got a new set of wheels. It's time to take things off-road and straight to the Atlantis Dunes where you weave, swerve and ride your way around the pale, white sand on quadbikes, wearing a matching grin that doesn't leave your face. Don't be nervous if you've never done it before as there are trained professionals around at all times. A guided tour of this conservation area is not to be missed.

PARAGLIDE OFF SIGNAL HILL

This is easily considered one of the most popular activities during the summertime - and we understand why! The idea of running (and jumping) from a mountain does give way to an exhilarating start but thereafter, the journey back to the ground is one of pure enjoyment. Imagine gently floating down to the lawns of Sea Point promenade, a cool breeze blowing around you and the sun shining behind you - what's not to love?

ABSEIL OFF TABLE MOUNTAIN

There are those who love rock climbing and those who... don't. But in this case, it doesn't matter if you're either! Take 'hanging out' to the next level and descend one of the Natural Wonders of the World and the world's highest commercial abseiling point. See Table Mountain up close, conquer your fears and have a great story to tell friends and family. This unique opportunity only comes around once, so strap up, put on some (closed) shoes and we'll see you at the bottom of the Mountain.



FOR THE CHILDREN

SCRATCH PATCH

Did you know that Cape Town is one of the gemstone capitals of the world? And now, kids have the opportunity to take home a piece of South Africa in the form of a special, unique stone. The Scratch Patch is located a stone's throw away from the resort and a popular activity for all ages. Allow your kids to explore the wide variety of polished gemstones, in a cave-like environment that adds to the excitement of the adventure. While you're there, see if you can spot a Tiger's Eye, one of South Africa's most popular gemstones that also adorns multiple touchpoints in the rooms and suites of One&Only Cape Town.

TWO OCEANS AQUARIUM

An underwater kingdom and a peaceful paradise. Watch as stingrays glide through the water, the penguins cuddle together and the schools of fish glitter and glisten in synchronicity as they move through the reef jungle or even see one of the marvels of the ocean, the Ragged Tooth Shark up close and personal, their beady eyes and smooth body soundlessly swimming past. A not-to-be-missed experience, the Two Oceans Aquarium is one of the largest aquariums in the Southern Hemisphere and works tirelessly in their nature conservation and rehabilitation efforts. Treat both you and your family to a day of wonder and amazement in this aqua heaven.

TOTAL NINJA

Ever seen the show 'Wipeout' and thought you could do better? Now's your chance - the largest inflatable obstacle course in Africa awaits. This playground is the ultimate challenge for every member of the family, with a mixture of courses ranging from as simple as monkey bars to the infamous red balls of Wipeout, you are guaranteed to be left breathless from both the workout and the laughter! Families and friends alike can climb, jump, swing and conquer different obstacles as well as getting exercise in the most unique and entertaining way. Located just outside of the CBD, this is the perfect family excursion - if for no other reason but to get rid of too much energy!

PENGUINS OF BOULDERS BEACH

South Africa is the home to some incredible animals, many of whom are endemic to the country and this includes the African Penguin. A 'suited' penguin subspecies who can be found all along the west coast of Africa, these flightless birds flock together in large colonies ranging in numbers from hundreds to thousands. At Boulder's Beach in Simon's Town, a colony of over 200 penguins have made these white sandy beaches their home, allowing for this to be the only place in the world where you can get up close and personal with these magnificent creatures in their natural habitat. A unique experience that is never to be repeated or forgotten.

Left, from top: Indulge in African art at Zeitz Mocca; Family fun at Two Oceans Aquarium; Graffiti in Salt River

FOR THE CULTURE

ZEITZ MOCCA

An institution in and of itself, the biggest art museum in Africa celebrates local contemporary art through rotating exhibits. A patron to the arts, Zeitz Mocca also supports educational and enriching programmes to help guide and aid emerging artists. Located in the old grain silo at the V&A Waterfront (originally one of the tallest buildings in Africa), it is a heritage site that intertwines perfectly with the uniqueness of African art and emerges as a monument to African heritage and culture.

CAPE MALAY COOKING CLASS

Learning to cook is a skill that many wish to explore further, a passion for learning new techniques, cultures and flavour combinations. But how many can say that they've learnt to cook traditional Cape Malay food, from the home of an 'auntie'? Join in a hands-on cooking class in one of the iconic colourful homes in Bo-Kaap and learn how to make traditional meals such as rotis, samoosas, Cape Malay curry and koesters. If you're looking to learn a little closer to home, One&Only Cape Town's pastry team is here to whip up a storm and teach you how to make both koesters & koeksisters from scratch - a recipe and technique that you can take home with you to make whenever you miss the Cape.

GRAFFITI TOUR

The city bowl is filled with architecture and unique elements that are creative, clever and very colourful! Explore the local neighborhoods, guided by a local artist as you navigate the alleys and streets that showcase the extraordinary street art from renowned local and international artists. Depicting moments from history, the famous or just an incredible piece of art, this is one of the most unique experiences to enjoy & elevate your South African stay.

LABIA THEATRE

One of the oldest independent cinemas in Cape Town, it was once a ballroom for the Italian Embassy before becoming a live performance theatre by Princess Labia in 1949. Now, the Labia Theatre is revered for its old-school charm, unique showings and warm ambience. Rich both in history and the smell of buttery popcorn, there are few locations as unique and as beautiful as this one. It's time to grab a drink, watch a movie and turn back the clock!



IT'S NOT A SECRET THAT

South Africans love their food. Or their drink, as a matter of fact. But whilst this is a nation where more-than-most can easily brag about their 'braaiing' abilities, their to-die-for bunny chow or bobotie, there are some snacks that even South Africans cannot recreate. These are but a few of the local favourites that should make their way onto your 'must try' list before you leave. Be warned however, once you try them, eish, you won't be able to stop...

1 Rooibos Tea (directly translated from Afrikaans to mean 'red bush') is the most popular local tea variant in South Africa; made from the leaves of the bush where it gets its name and known for its 'healing' abilities. With an earthy, full-bodied taste, this herbal tea is endemic to South Africa and can be served with milk, sugar or honey, as a latte or even as a black tea!

2 Mrs H.S. Balls Chutney Celebrated for its unique taste and for bringing flavour to any dish, this chutney was created in 1870 by Elizabeth Sarah Adkins. Her daughter and son-in-law, Amelia and Herbert Saddleton Ball, took the recipe to Fishhoek, Cape Town, rebranded as 'Mrs H.S. Balls Chutney' and began producing the locally revered sauce.

3 Steri-stumpies These colourful milk beverages can be enjoyed any season, are low in fat and the perfect 'sweet' drink that isn't overwhelmingly so, making them a South African go-to. Fun fact, the bottle shape, size and flavours have not changed in over 50 years!

4 NikNaks If South Africa could be summed up in a chip, this would be it. These maize chips are very similar to cheese puffs, but come in a variety of native flavours. Their history began in 1972 in SA, to now when they've grown to be found in just about every shop.

5 Zoo Biscuits Think Pop-Tart but without the toaster. They are covered in sugary sweet icing, complete with an animal depiction on top (brownie points if you get a springbok!), with a vanilla biscuit base. Found in everyone's lunchboxes growing up, they now find themselves as a shameless staple in the kitchen pantry.

6 Milk Tart For an authentic South African dessert, look no further. 'Melktert' ('milk tart' in Afrikaans) is a light, milky dessert commonly enjoyed at every (and any) get-together - and for good reason. Light yet creamy, the crumbly texture of the base pays homage to that of cheesecake and the filling to that of vanilla pudding.



SA MUST TRIES
Local favourites for your 'must try' list before you leave.

9 Amarula Drunk as a drink or used in desserts, this creamy liquor has a fruity caramel taste that is beloved by locals and animals alike - specifically the African elephant. The Marula Tree flowers for only three months a year but during these times, these glorious creatures travel far and wide to enjoy the fruits of their labour (literally). In fact, it was nicknamed 'the elephant tree' due to the animal's strong affinity for it, leading to all Amarula branding being elephant-related as a form of homage and conservation awareness.

10 Klipdrift Brandy A largely undiscovered gem that is beloved by locals for its sweet taste and accompanying 2-for-1 specials, brandy is a must-try of the local culture. Mix with coke for a refreshing end-of-day beverage or request a 'Cape Nectar' cocktail at Vista Bar & Lounge to try it blended alongside other local favourites, Rooibos and Pinotage.

11 Fizzers The 'candy' of the nation, these sweets are chewy, fizzy and fruity, coming in a range of flavours including classics such as Cream Soda, bubblegum and the most-loved, strawberry.

7



But it's the love and labour going into these desserts that set them apart. That and the cinnamon sprinkling to finish it off.

7 Chappies South Africa's go-to bubblegum, these iconic, yellow-striped wrappers hold multiple wonders within, including a flavour-filled piece of gum and a fun 'did you know' fact on the inside of the wrapper.

8 Peppermint Crisp Tart A rich, luxurious and oh so heavenly dessert. An unlikely yet perfect mixture of minty freshness with creamy sweet. The key ingredient, peppermint chocolate is coupled with the softest coconut Tennis biscuit base, the most decadent of whipped cream and finished off with the sweet, sweet taste of caramel treat. And there's only one place in the world you're going to get it.



12 Appletiser As aromatic and golden as the valley from which it came Appletiser has long held a special place in South African hearts. Created in 1966 in Elgin Valley, Western Cape and with a crisp, clean taste that sparkles on the tongue, this apple-flavoured drink is beloved by many and often used as a 'classy' alternative to alcoholic drinks.

13 Ouma Rusks A classic SA snack, these dunking biscuits come in a variety of forms & flavours but the fan-favourite undoubtedly remains the original buttermilk rusk. Created in 1939 by Elizabeth Ann Greyvensteyn in the Eastern Cape, they were made as an entrepreneurial effort during the Great Depression and sweetly named 'Ouma' meaning 'Granny' in Afrikaans. Now, almost 100 years later, this simple biscuit continues to shape South African's morning coffee & tea rituals and are in fact, still manufactured in the same town they were first produced.

14 Biltong is South Africa's (far better) answer to jerky. These cuts of dried, seasoned meat come in every shape and size, from dried sticks to fat, moist chunks, there's something for everyone.

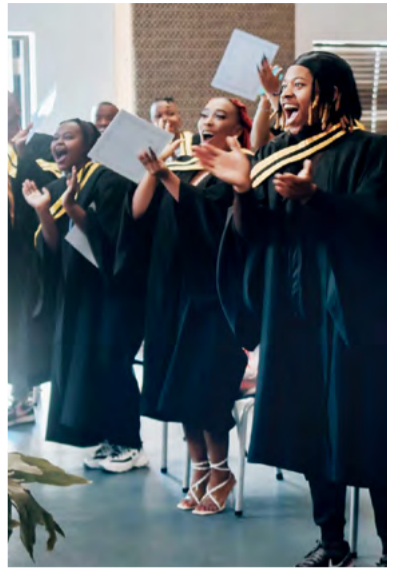
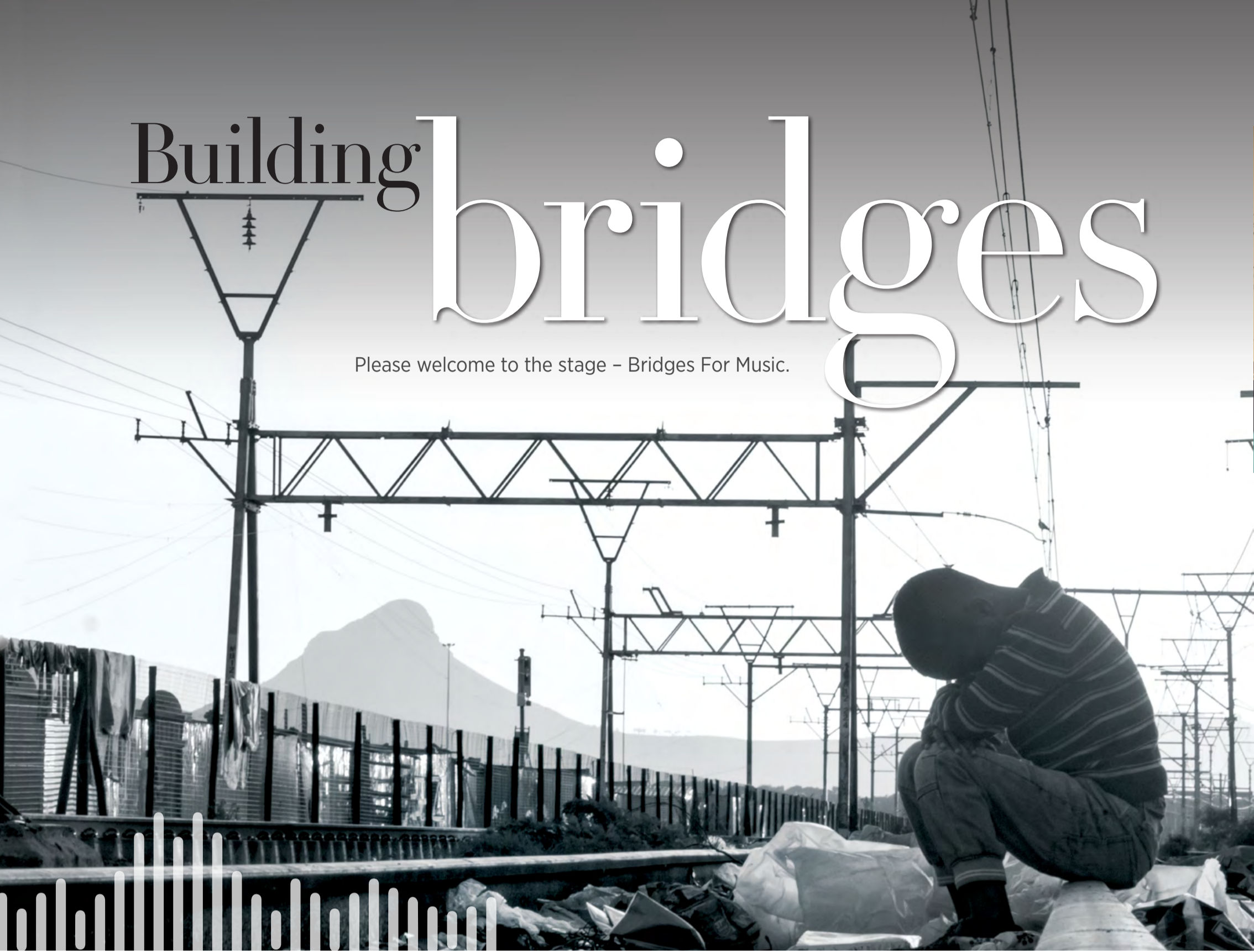
15 Malva Pudding Commonly served at braais, this dessert's simplicity allows for even the most culinary-challenged amongst us to bring something to the table - literally. Malva pudding's closest relative would be sticky toffee pudding but imagine a bit more bread-y consistency and a lot more sugar. Serve warm with custard or ice cream and you'll have grown men begging for more. Best eaten in South Africa, surrounded by laughing Saffas, preferably near a fire.



12

Building bridges

Please welcome to the stage - Bridges For Music.



S

South Africa is the land of milk and honey for the creative soul. For singers, musicians, artists, creators and everything in-between, this great land provides a diverse and colourful playground to express oneself; a land of opportunity to showcase the feeling, emotions, trials and triumphs of her people. And its organisations such as Bridges For Music working to put South African artists on the map. A non-profit organisation, Bridges For Music began in 2013 as a way of bridging the gap between the elusive and starlit music industry and the underprivileged communities of South Africa. Founded and headed up by Valentino Barrioseta, a music industry veteran, Bridges For Music actively works not only to provide a

platform to the local youths and creatives but also as a safe space for all to express themselves through various forms of music. Their mission is simple; to provide a stage to any who wish to express themselves and their passions as well as using these occasions and talented people as a tool to educate the masses in the 21st century. A few years prior to Bridges For Music's creation, Barrioseta paid a visit to the township of Langa in Cape Town. Known for its violence and rampant poverty, Langa is not a place many venture too frequently.

However, Barrioseta was inspired by the diverse and vibrant music scene within the township, with many members of the community having a natural talent and love for music, using it as a release and form of happiness. However, many of these talented individuals were unable to access the opportunities and resources needed to succeed in the music industry, due to a lack of infrastructure, education, and support.

"You'd be surprised how many young kids out there are ready to record songs, but they don't do it because they don't have the resources" says Athie Umgido, Bridges For Music's A&R and Content Manager. "We like to watch out for these people and invite them into this space". Spotting an opportunity for growth and development of un-tapped talent as well

as a way to give back to the community, Barrioseta vowed to bring a powerful infrastructure to Langa and support these up-and-coming artists.

Since its founding, Bridges For Music has grown significantly, expanding its reach and impact across South Africa and beyond. Their first few collaborations in the infancy of the organization proved to be very successful, pairing well-known local idols such as Black Coffee, Zolani or Zakes Bantwini alongside international superstars such as Ed Sheeran, Bonobo and Skrillex, to name but a few. Many of the local artists Bridges For Music had previously partnered with, have gone on to have wonderful careers with the likes of Zolani and Zakes Bantwini being internationally renowned and even, in the case of Black Coffee, playing on the same stages alongside similar titans of industry.

All this exposure and development has led to Bridges For Music growing to the point of having its own label. Lead by Athie as the Lead Producer, the label was created to help further develop and expose the music of the students. Athie explains, "There's a lot of talent and craft being done [at Bridges For Music] but you know, where's that music going? If we want to do any justice to these artists, then we need to tell the stories for the people that we know. So that's how we came about. And it's been doing quite

well!". Bridges For Music has a range of notable partners, both international and local, including iconic names in the industry such as Ultra and Wolfkop to other powerhouses as Nandos.

One of the key initiatives of Bridges For Music is their workshops and masterclasses, which bring together renowned musicians, DJs, and industry professionals to provide educational and networking opportunities for aspiring artists. The organisation has hosted a number of high-profile events, including the Bridges Academy, which features workshops and masterclasses on music production, DJing, and music business.

Bridges For Music's mission to empower youth in underprivileged communities through music education, entrepreneurial training and community building has only just begun. The organisation has high, hefty goals, setting their sights on the US. Having previously worked alongside teams involved at events such as Tomorrowland as platforms to showcase the many talents of these South African DJs and musicians, this seems like an obvious next step. Covid slowed down this process, explains Athie, as it did the world over but now is the time to show the world what Bridges For Music has to offer again. Opportunities such as these are a rarity in a competitive industry as this one but whilst this is a large part of



Left page: The railway-view of Langa Township. This page above: Bridges For Music students on campus; Below: Catherine 'Dope Saint Jude' Pretorius, a BFM Advisory Board member & musician

their goals, Bridges For Music remains focused on their main purpose; creating a positive impact in the lives of young people.

In addition to its educational initiatives, Bridges For Music is equipped with state-of-the-art equipment and resources and has become a hub for creative expression and community building. "We also have something called an after-school program", says Athie. "We teach young kids life skills that they might need growing up. It doesn't have to be technical skills, but just knowing how to meditate or practice mindfulness. I grew up without even knowing what that was and if I knew then what I know now, oh my goodness...so we introduce them to the mindfulness, so they can see a different side of life than they usually wouldn't growing up in the townships."

Bridges For Music continues to make a significant impact on the music industry and on the lives of countless young people in this underprivileged community. Through its innovative approach to music education and advocacy, the organisation has helped to create new opportunities for aspiring musicians and artists and fostered a greater understanding and collaboration between the music industry and local communities. They prepare now to take their organisation inland to Johannesburg, to build alongside even

more talented local musicians whilst constantly working to spread their wings internationally.

In 2023, One&Only Cape Town and Bridges For Music have come together to provide another platform for the talented individuals at this organisation. Aligning with the iconic brand that is One&Only, the lyrical genius of Qaqamba Ntshinka currently graces our holding call lines. When asked about the opportunity, Qaqamba gushed, "It's my first track to be licensed. I'm so proud to know that one-of-a-kind track I recorded at the Academy is now being listened to."

Guests of the resort can enjoy specially curated playlists to hear more from Qaqamba and other artists, available poolside or within the privacy of their own rooms in the near future. The foodies amongst us looking to join at one of the monthly wine events, will enjoy many a live performance of Bridges For Music students showcasing their impressive skills. These performances will further be enjoyed in Vista where wondrous evenings of live music awaits, a cocktail creation in-hand and an iconic view of one of the Natural Wonders of the world before you - why would you ever want to leave?

For more information on Bridges For Music, visit their website



PARTNERS IN WINE

“This, we created exclusively for our guests. It is the One&Only wine” – Luvo Ntezo

WINE CULTURE IN SOUTH AFRICA IS as deeply engrained as braaiing on a Sunday, as cheering on the national rugby teams or as taking a morning cold-water plunge (the last one is more for a selective brave few...). The Western Cape in particular is spoilt for choice in ways to enjoy wine – there are wine farms at your beck and call, wine bars standing at the ready and if all else fails, a guaranteed beautiful, varied selection of wines at nearly every restaurant. This grape elixir’s rich history is deeply entrenched within the country’s growth and development over the centuries and remains one of the major sources of tourism in the Western Cape.

In the 17th century, the Cape was used as a ‘refreshment stop’ en route to Asia, providing food and water to the sea-hardened sailors that crossed her shores. By the 1650s Jan van Riebeeck, the first commander of the Cape, quickly recognised the potential for the land to become a wine-producing region and worked to establish the first vineyards in the area. By 1659, on 2 February, he diarised the following entry, stating “Today, praise be to God, wine was pressed for the first time from Cape grapes...” This quote now stands on the doors to the Wine Studio at One&Only Cape Town. By the end of the 17th century, South Africa’s wine production had significantly expanded, producing on a larger scale to export to multiple European countries and cover the growing demand for the beverage.

During the apartheid era, the wine industry faced many challenges, including international boycotts and sanctions due to the country’s policy of racial segregation. However, the industry continued to grow and innovate during this time, producing new varietals and investing in modern technology. Winemakers began experimenting with new grape varietals and production techniques, and South African wines quickly gained international recognition for their quality and value.

Today, the wine industry is a significant part of South Africa’s economy, with more than 100,000 hectares of vineyards and over 3,000 wine producers. South African wines are known for their unique flavor profiles, influenced by each region’s varied climate and soil conditions. South Africa’s signature varietal is Pinotage, a red grape grown as a cross between Pinot Noir and Cinsaut and found only in a handful of other vineyards outside of South Africa.

Within One&Only Cape Town’s Wine Studio, waiting with a wide smile is Resort Sommelier Luvo Ntezo. Known for his extensive knowledge of both the industry and the craft, Luvo shares his love and passion for wine in many different forms. From in-house wine tastings and creating your own wine blend, to walking alongside you amidst the magnificent vineyards, he is here to ensure your rendezvous in enology is one to remember.

This page: The Simonsig vineyards; right: Luvo Ntezo at Simonsig Wine Estate



WADE BALES WINE FARM

Wade Bales Wines are amongst the most unique wine estates in South Africa. Primarily existing as an online wine retailer, owner Wade Bales began the business in 2007, with over 25 years of experience in the wine industry. His passion for the craft has resulted in not only a successful online business but also in bountiful wine harvests and some of the most unique and wonderful wines in the region. Wade Bales Wine has won numerous awards and accolades for its innovative approach to wine retail and its commitment to quality and affordability.

Another unique aspect of Wade Bales Wines lies in their collaborative efforts, having worked alongside a number of top wine sommeliers, experts and winemakers for years to create numerous premium wines, a list that now includes One&Only Cape Town’s Luvo. Together, Luvo and Wade have created a wonderful Sauvignon Blanc that sings with grassy, green flavours and includes notes of guava, asparagus, passion fruit and kiwi. The Sauvignon Blanc grape varietal also happens to be the 3rd most produced (and enjoyed) varietal in South African wines.

“I think most of the time when people are looking for a Sauvignon Blanc, they’re looking for something quite bright, fresh, elegant and very honest at the same time,” says Luvo, admiring the white-gold colour of the wine before him. “This wine is it”, he declares with a smile. Wade is seemingly in agreement, stating, “It kind of jumps out the glass – the romantics are very prominent. [The wine] has got that crisp acidity, that freshness that one expects from Sauvignon Blanc and a clean finish. I think this is going to be absolutely loved by the guests of One&Only.”



MISHA ESTATE

Recognised for its quality and stellar reputation, Misha Estate is one of the Western Cape’s youngest wine farms, having been founded in 2004. Located in a prime location in the foothills of the Slanghoek Mountains, this region has the perfect climate to pay host to the incredible vineyards surrounding it. Having gained international and national acclaim, Misha Estate continues to grow year after year, expanding both its vineyards and facilities to offer in-depth wine tastings and tours providing visitors with the complete wine experience.

Luvo worked alongside Misha Head Winemaker Johan Calitz to create a Bordeaux-style blend, dominated by Cabernet Sauvignon with a subtle undercurrent of Merlot. Distinct black fruit flavours including blackberries, black current and sweet spices add to this multi-layered, bold wine, ensuring its complex flavour and allowing for ease of drinking. Created with longevity in mind, Luvo and Johan worked to ensure this wine would only grow to be better and bolder as time goes on.

“Each varietal, each wine, each barrel has a different character and a different personality” explains Johan. “The different personalities don’t always play well together and you have to find the right ones. I believe we did just that. And we have made a beautiful wine.”

The beauty of such a delicious red is two-fold, its unique flavour profiling and its drinkability. The Rouge, as it is called, is not only to be enjoyed on a cold winter’s night alongside the fire but also on a breezy summer afternoon, with a light lunch amongst friends. This is a wine created to be enjoyed, proving itself intoxicating to all who have tried it.



SIMONSIG WINE ESTATE

Simonsig Wine Estate is one of South Africa’s most well-known and highly regarded wine estates, located in the Stellenbosch wine region. Established in 1688, the estate has been producing award-winning wines for over three centuries and continues to produce some of the finest wines in the world. It was also the first South African wine farm that produced ‘MCC’ or ‘Method Cap Classique’ (now referred to as ‘CC’) a manner of classifying sparkling wine that has been created in the same method as Champagne from the Champagne Valley, France.

One&Only Cape Town and Simonsig have partnered together to create a one-of-a-kind Cap Classique, titled ‘The One&Only Cape Classique Brut’ which is only available on the resort. Working alongside one another throughout the journey, was One&Only Cape Town’s Head Sommelier, Luvo and Simonsig Cellar master Johan Malan – a man who needs no introduction in the wine world, having won The Diners Club Wine Maker of the Year in 2020, for his 2015 Kaapse Vonkel Brut.

When asked about his impression of the Brut, Luvo stated, “It’s a beautiful wine. It is fresh, clean, bright, elegant with a lovely rich mouthful and has beautiful citrus flavours emerging from start to finish”. This unique Cap Classique is made from three classical varietals, namely the Chardonnay, Pinot and Pinot Meunier grapes, producing a CC that is blissfully biscuity, toasty, fresh and clean.



Get to know the friendly faces of One&Only Cape Town's team, committed to make your time with us one to remember.

THE INSIDE TRACK



MOLLINE

KidsOnly Agent

Fun fact
Molline has two boys, one toddler and one teenager making her a champion of handling children of all ages!

What was a once-in-a-lifetime experience you've had?
I once modeled for the One&Only Spa whilst I was pregnant and it was a day of complete relaxation and enjoyment. I could feel the tension rolling off me and thoroughly enjoyed myself.

What is something on your bucket list?
I've always wanted to visit Mauritius. I would love to lie on the beach, enjoy the sea, sand and sun or even swim with turtles!

What is something about you that would surprise people?
I'm a big shopping fan. I love treating my boys and always buy them a little something when I'm out, no matter what.

Do you have any secret talents?
I can sew pretty well! My mother taught me and now I use the skill for both fun and necessity in my household (which is often with two boys!)

If you could visit any OO property, which would it be?
One&Only Le Saint Géran in Mauritius, for sure! To go with my family would be a dream come true.

STEFAN

Sales Manager

Fun Fact
Stefan has been on a number of local TV shows including an episode of Kyknet Kwela, a dating show 'Finding The One' and 'Laat Die Potte Prut', a cooking show.

What was a once-in-a-lifetime experience you've had?
Getting the opportunity to shark cage dive comes to mind; it was really something I enjoyed a lot.

What is something on your bucket list?
I would love to go to Tomorrowland, as well as to enjoy the Full Moon Festival in Thailand and possibly to go shark cage diving again!

What is something about you that would surprise people?
I still get a hard copy of the newspaper delivered to me every morning and every evening, I read it start-to-finish.

Any pop culture obsessions?
I've got a huge obsession with sport – any sport! Cricket, soccer, rugby, basketball, WWE, football, ice hockey...I read up on every player and team that I can. I'll even stay up all weekend to watch any matches necessary – I'm obsessed.

If you could visit any OO property, which would it be?
One of our Rwandan properties, most likely Gorilla's Nest, without a doubt.

CAELIN

Spa Team Leader

Fun fact
Caelin is a fantastic singer but don't get excited, she only sings for her nearest and dearest!

What was a once-in-a-lifetime experience you've had?
I once went hot air ballooning - it was so incredibly beautiful and surprisingly, such a smooth ride! Highly recommend.

What is something on your bucket list?
Definitely sky diving – I have a fear of heights so this may be something I need to build towards but is also something I need to do before I get too old!

What is something about you that would surprise people?
I'm actually a real softie! My face just betrays me and makes me look angrier than I am...

Any pop culture obsessions?
The Kardashians – specifically Kim & Khloe! They're fun to watch and I enjoy the family dynamics.

If you could visit any OO property, which would it be?
Our Maldives property, Reethi Rah - I'm a big island fan! What a dream it would be to have a cocktail on the beach there...

CRAIG

Guest Services Manager

Fun fact
Craig & his brother Carl competed on 'The Ultimate Braai-master', a local cooking show in 2015.

What was a once-in-a-lifetime experience you've had?
I used to work on the ships, so I've been lucky enough to travel the world. I've visited over 20 countries but my favourites included Barcelona, Venice, Croatia, the Canary Islands and Amsterdam...wow, too many to choose.

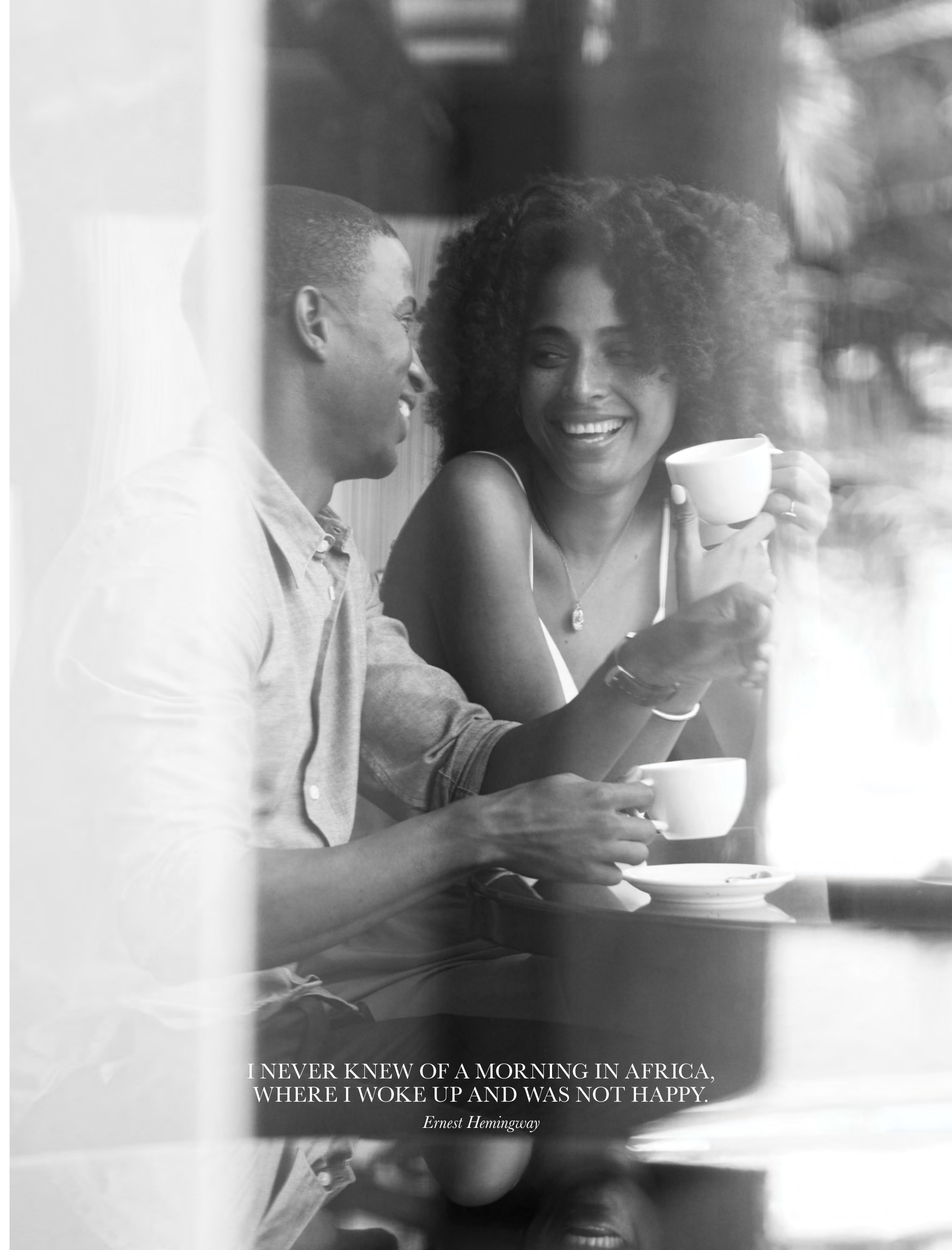
What is something on your bucket list?
I've always wanted to go bungee-jumping although, I am actually terrified of heights. Ironically, we just missed the episode [on Braaimaster] where we would have gone bungee-jumping, so I still need to do it.

What is something about you that would surprise people?
I was part of the first all-male plus sized model campaign in South Africa called Plus is Equal.

Do you have any secret talents?
I am a serious baker. I make incredible chilli & dark chocolate cupcakes.

If you could visit any OO property, which would it be?
Atlantis, The Royal in Dubai. After its grand opening recently, everyone was talking about it and I think it would be amazing to experience, both as a guest and colleague.

From left: Molline Sithole, Stefan Hugget, Caelin Titus, Craig Isaacs



I NEVER KNEW OF A MORNING IN AFRICA,
WHERE I WOKE UP AND WAS NOT HAPPY.

Ernest Hemingway

One&Only

WELCOME TO A WORLD OF EXCEPTIONAL ONE-OFF RESORTS,
AS MARA HOFFMAN SHARES HER ONE&ONLY STORY.
@OORESORTS

JUST VS
BENEATH THE CANOPY.
MARA X