

ONE *life*

VOLUME FIVE • CAPE TOWN

for the
CURIOUS



WHAT A VISTA - MOUNTAIN'S MYTHOLOGY - A CELEBRATION OF WINE - GOOD VIBES
GREAT SOUTH AFRICAN SEA FORESTS - AS A MATTER OF FACT - CURIOS FOR THE CURIOUS - LOCAL IS LEKKER

CONTENTS

Volume Five • Cape Town

ONE LIFE.

To some degree, I still feel like a tourist myself in this city. Hailing from Scotland, and landing on these sublime shores two years ago, I ascended Table Mountain and was never quite the same again, hypnotised by the energy - and the view, geography, flora and fauna - of one of the great Wonders Of The World. It was in these first weeks that I was first told the story of The Watchers we now celebrate in Vista Bar & Lounge and share in "The Table's Tales" (Page 15).

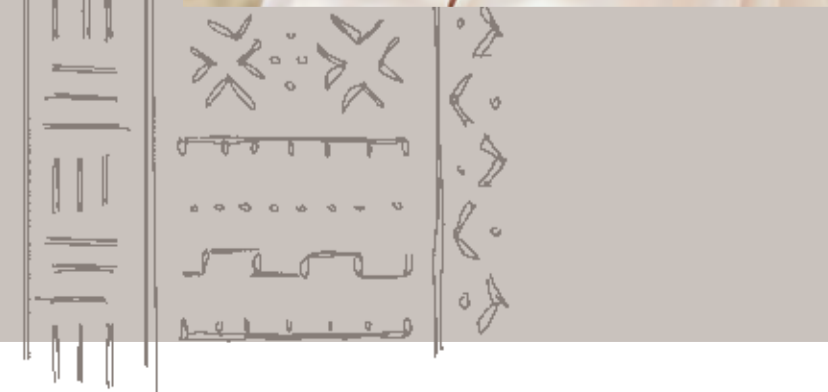
After these last few tempestuous years for tourism, I am glad to say we are seeing the light as visitors flood back in once again. During that difficult time, we seized the days to re-vitalise and re-imagine much of what you see across the resort, and, most notably, what you experience in your room (Page 9).

This has been an incredibly exciting project for our team and a testament to our confidence in the positive future direction of South African tourism. We've proudly incorporated local suppliers and artisans to create something magical - paying homage to African culture while retaining our innate One&Only ultra-luxury ethos.

I hope you savour your time with us. This city and One&Only Cape Town is overflowing with wonder. Especially For The Curious among you.



Anne Scott, General Manager



- 04 **POINT OF VIEW**
"That's my style. Rich, crunchy, fresh, well-dressed. Done." South African food writer, chef and restaurateur Karen Dudley shares her perspective on the culinary journey ahead.
- 07 **SALIENT FACTS**
We share 30 fascinating South African facts from wine and Great White sharks to bungee jumping and beer brewing. How many did you already know?
- 09 **DESIGN CURIOSITIES**
There is no question that our home in the Cape's beauty, diverse culture and history provided the perfect inspiration for our recent re-imagination of our interiors. What's the story behind the eclectic mix of objects that surround you?
- 12 **WINE DIVINE**
We are Blending the Rules and celebrating a unique Birthday. With one of South Africa's most celebrated sommeliers, Luvo Ntezo as your host, we take you on a historical journey of South African wines.
- 14 **NATURES RESONANCE**
When we say you'll be engulfed in 'good vibes' during your stay at One&Only Cape Town, we mean it. Prepare for a profound sensory experience at our spa.
- 15 **THE TABLE'S TALES**
Capetonians adore the mountain that beams through the glass spanning Vista Lounge. But there's more depth to one of the 'New Seven Wonders of the World' than its beauty. What mythology does it hold?
- 16 **BELOW THE SURFACE**
You may well know Table Mountain or Kirstenbosch National Botanical Garden, but do you know The Great African Sea Forest and the vitally important role kelp plays in our lives?
- 18 **THE INSIDE TRACK**
In South Africa, we love to say 'local is lekker' - which can loosely be translated into 'What we have here is simply wonderful!' We rounded up four members of our team to impart their local insights and insider tips.



Right: The Table's tales, p 15

One&Only
CAPE TOWN

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OUR CHILDREN ARE OUR GREATEST TREASURE.
THEY ARE OUR FUTURE.

Nelson Mandela

Point of view

Karen Dudley

If the kitchen is the heart of the home, then Vista Bar & Lounge is the very heartbeat of this resort. Thrumming with energy and with an ever-present hum of excitement, this Cape Town hot spot has now not only been refreshed in design but in 'deliciousness' too.



This page: Karen plating the Lamb Croutons dish, Mushroom Toast
Right hand page: Karen in her home, Papaya Salad

Q: What inspired the Vista menu?

A: We wanted a vegetable-led fresh menu that has flavour, one that speaks to what Capetonians are eating and to get a feeling of what Cape Town is like. We want to really showcase fresh produce and ingredients that are available right here, right now. For many years now we've been trying to find out what South African food is - is it pap and vleis? Is it babotie? One thing or another. I realised that we are just such a great combination of flavours - we are all of those things. We don't have to be one thing and, especially in the Cape, we really love when all of those flavours sit beside each other and play together.

I think that was part of the inspiration of the flavours. I really wanted to do something that was simple and true and fresh and delicious. I think often what happens when you're travelling is that you get to eat at many, very fancy restaurants and eat very rich food. But, after a while you start longing for something fresh; something that feels like a salad. For a resort like One&Only Cape Town, you want that balance of having something that's familiar and comforting. Yeah, you want something that feels like home, but you also want something that's fresh and vegetable-y and nutritious.

Q: What kind of food trends are you experiencing?

A: I'm finding that the whole current style of small plates - having a few delicious flavours to choose from - that's where we're still going. We want a few plates of delicious things that you can play with. That's where it is. When I go out to eat, I tend to order all of the sides. I tend to order all the starters too, which gives me a good indication of what the restaurant is doing. Whether they're playing in the game or whether they're giving you some very tired spinach and overcooked butternut and that's not what we want. So, the new menu at Vista actually starts with the sides. It starts with the roasted potatoes and a very delicious sunflower broccoli. It starts with Gochujang cauliflower and with well-dressed leaves. And then you have the mains that are very dependable and delicious. I thought if you are travelling

and see something on the menu that referred to a 'very mushroom-y' toast, like a pile of buttery mushrooms on a slice of toast - wouldn't that make you very happy? It's the simplicity of something really, truly delicious and full of flavour.

Q: What made you decide to partner with One&Only Cape Town?

A: I come from the background of a restaurant, full of people. Very simple, very buzzy queues of people. I come from a restaurant centred around the

community and so have been very curious about a resort setting which is an entirely different challenge - how to create an excitement, a vibe and an inspiration in a resort where it is a little bit more formal. I suppose that is what really intrigued me. I thought if I could bring a little bit of magic to this jewel at the V&A Waterfront, how crazy would that be? How wonderful! One of my little mottos is, "delicious will always win." When you apply attention, craft and some consideration to who is eating



your food, you will create something delicious. In a hotel setting this will always be a huge challenge. You have chefs in the bowels of the bull, not seeing the guests face-to-face, so they really must feel the flavour. I think the challenge has been what has intrigued me, and the possibility. I have been learning so much too. I have been learning about the world of hotels and how they operate. They do so much, so quickly! I do so have a heart for the industry, and I do so have a heart for young people, young chefs who want to learn and to make

something truly delicious. I'm very keen on nurturing them too. So yeah, it's a personal kind of relationships here. I have loved working with the chefs here. It's an energetic, inspiring and great environment and it really has been a collaboration. I'm very excited about the fact that we share this menu together.

Q: Your creative process for new dishes?

A: Right from the start, I talk to the chefs. It's no good if I come with some great ideas that aren't going to work in this setting.



"I have a heart for the industry and for young chefs, I'm very keen on nurturing them, so yeah, it's personal kind of relationships here."



A chef, a mother, an author and... a rum connoisseur? We get to know Karen Dudley like never before!

What book are you currently reading?

I'm reading a great book called A Gentleman in Moscow, by Amor Towles. It's a story told during the Soviet era, where a man is placed under house arrest in a distinguished hotel in Moscow. He spends around thirty or more years in the hotel and it is the most glorious story about food, etiquette, wine and about having that perseverance and determination to fight for what you want.

Favourite childhood book?

It was Harriet the Spy! Loved her.

Go-to happy meal?

Toast, toast any day. It's just my go-to thing, but it shouldn't be!

Go-to cocktail?

I am very much enjoying a Whiskey Sour at the moment. There are also some absolutely wonderful new South African rums that are coming out and I want to explore more of them.

Are you more of an early bird or night owl?

Hmm, I'm not sure... when I wake up, I'm awake. I don't linger in bed but I don't like getting up at the crack of dawn, either.

Tell us more about your new book?

So, I have a new book coming out early 2023 called Onwards. It tells the story from of the close of my restaurant, The Kitchen, until now. I feel like I know what I'm doing now (after the pandemic) and I want to share that.

Growing up, what was your favourite dish your mother made?

My mum used to make a very delicious tomato bredie and I loved that.

What's the song you sing out loud in the car?

At home I listen to Jazz, Classical and then I don't mind a bit of musicals, you know, Hamilton or Les Misérables. But Herschel Girls School have these wonderful young women who sing acapella in a group called Fusion. These young women have incredible voices - so powerful. So, that CD never leaves my car - I cannot have another CD!

Your favourite place in Cape Town?

I think being on the slopes of Table Mountain with my dogs. Either looking up to the mountain or over the city. It never gets old. My sweetheart recently built a very beautiful study for me, like a little glass capsule that has all my books in there and I end up spending quite a lot of time just looking at recipes... it's very much my happy place.

Sweet or savoury kind of palette?

I'd say crispy and savoury. I do like chocolate, but only certain chocolate! Oh, and Barrett's wine gums. No other.

So, I learn about what is great here, what works here, and what is possible. We then shape things around that. It's kind of starting with the end in sight, and there're some things that are working terrifically well and we will continue to do those. When you find something within any relationship where you can work with creators, it's a wonderful, wonderful thing. Because often people just want to do their own thing and are not willing to work with other people. So here it really has been something special. Out of our working together we take and pick so much from each other. It's a little bit of pulling in everyone with their different backgrounds and pulling in all those flavours and it's just wonderful.

Q: Your favourite dish on this new menu?

A: I have a few favourites. The brisket is amazing. Absolutely incredible. As is the Lamb Croutons dish; the slow, slow-roasted lamb shoulder, which is slightly pulled and then completely sozzled so that you get crispy bits of the lamb - which is what everybody wants, right? That's drizzled with lemon & tahini dressing, topped with garlicky croutons and then adding a whole lot of beautiful, fresh, well-dressed leaves. That's my style. Rich, crunchy, fresh. Well-dressed. Done.

Q: What are you still looking forward to in this next year?

A: My quest is for us to be constantly attentive to what we do, to new ideas. And my quest is to always be hungry - hungry for new ideas, hungry for ways that we can make our industry work better, hungry for ways in which we can be kind, kinder in the world. Hungry for ways in which we can have less waste and more generosity. People who are bringing something. A game, a story, not just showing up. People who have got something that they're working for, that have the fire!

Q: Advice for an up-and-coming chef?

A: I would say read, read, and read. Read novels, read books. Understand how people work. And then be constantly curious about the flavours. I mean, the Internet is fantastic, you can learn stuff on YouTube that you would never have had access to in the past. You can learn from Instagram! Great ideas. So, stay curious. Use every resource that's available to you. Understand different flavours, that certain flavours belong in Thailand, these are English flavours, these are French flavours, so you get the idea even though you haven't travelled. Read, learn, understand, and understand what it is that people are wanting.

“It’s a little bit of pulling in everyone with their different backgrounds and pulling in all those flavours is just wonderful.”

Q: What is your meal of the moment?

A: I've had some very delicious things lately. I go between two things. I'm either looking for a flavour that I haven't had before - that just kind of excites me - or texture. And you know, Asian food, of course, is doing a lot of rivetingly fresh things and that's why we like it so much. Then, on the other side, I had this amazing gnocchi on Bree Street the other day. The most melty, creamy, insane gnocchi! Then the 'very mushroom toast' is a winner on this new menu. It just has the simplicity of very buttery mushrooms. Oh, it's just simple!

So, you must listen. So, stay curious.



A COUNTRY STEEPED

in beauty and rich in heritage, South Africa has always played a celebrated part of history, both of its own and in the world. Many do not realise the extent to which this rainbow nation has influenced the trajectory of historical events nor the immense amount of milestones that it has achieved. Be it from the animals, people, land or flora that call it home, this is a country that is as abundant in its diversity as its minerals and from making medical and natural history, to monarchies and diamonds, there is far more than meets the eye of this rainbow nation.

1

The only manufacturer of the Mercedes Benz C Class right hand drive cars is none other than South Africa. 2 Two Nobel prize winners, namely Nelson Mandela and Archbishop Desmond Tutu, both lived on Vilakazi Street in Soweto. 3 South Africa is home to the largest land mammal (Elephant), one of the smallest mammals (Dwarf Shrew), the tallest animal (Giraffe), one of the largest sea reptiles (Leatherback Turtle), the fastest land animal (Cheetah), the largest and slowest antelope (Eland) & largest non-flight bird (Ostrich). 4 South Africa is home to over 500 registered wineries. 5 Route 62 (The Wine Route) in SA is considered the longest wine route in the world. It is the historic inland route between Cape Town and Port Elizabeth, connecting the East and West coasts of the country. 6 South Africa is the only country in the world with three capital cities; Pretoria is the Administrative Capital, Cape Town the Legislative Capital and Bloemfontein the Judicial Capital. 7 South Africa has the world's highest bungee jump - Bloukrans Bridge at 216 metres high. 8 South Africa hosts the largest timed cycle race in the world (Cape Town Cycle Tour), the world's oldest and largest ultra-marathon (Comrades Marathon) and the world's largest

8

open water swimming event (Midmar Mile). 9 With more than 10 million trees in Johannesburg, it is believed to be the site of the largest man-made forest on earth. 10 The first heart transplant in the world took place in 1967. It was performed by Dr Christiaan Barnard at Groote Schuur Hospital in Cape Town. 11 Rooibos/Redbush tea is naturally caffeine-free and is only found in the Cederberg, Western Cape. 12 South Africa has the third-highest number of official languages in the world (eleven) - after Zimbabwe with sixteen and India which has twenty-two. 13 No other country in the world abandoned its nuclear arms program voluntarily like South Africa did. 14 SABMiller is considered to be the largest beer brewing company by volume, in the world. 15 Some of the oldest human remains, more than 160,000 years old, have been discovered in South Africa. 16 The world's largest diamond, the Cullinan Diamond, was found in South Africa in 1905.



third oldest surviving son of the late king Goodwill kaZwelithini, is married to his long-term partner Ntokozo Mayisela with two children and also has a child with Princess Wezizwe Sigcau of the amaMpondo royalty clan. 25 In 2006, South Africa became the 1st African country & the 5th country in the world to recognise same-sex marriage. 26 South Africa has hosted the soccer (2010), cricket (2003) and rugby (1995) world cups. It is the only country in the world other than England to have done so. 27 Famous celebrities born in South Africa include the world's richest man Elon Musk, movie stars Charlize Theron, Sid James and Basil Rathbone, astronaut Mark Shuttleworth and US TV host Trevor Noah. 28 There are a whopping 8,200 species of flowers found on Table Mountain in Cape Town. 29 There are more than 2000 shipwrecks in and around the South Africa coast. 30 South Africa is the largest producer of macadamia nuts in the world.

Salient FACTS

Some fun South African trivia to pack in your suitcase



3



Image top right: Tobias Gmsberg

It weighed in at an impressive 3 106.75 carats! 17 Afrikaans, which is one of South Africa's eleven official languages, is the youngest official language in the world. 18 The dolos, which is a reinforced concrete block used for protection against the erosive force of waves from a body of water, was invented by a South African draughtsman in 1963. 19 The Kreepy Krauly was the world's first automatic pool cleaning product, invented in 1974 by a South African called Ferdinand Chauvier. 20 South Africa was the first country in the world to provide full protection for the Great White shark in 1991. 21 South Africa is extremely rich in mining and minerals and considered the world's leader with nearly 90% of all the platinum metals on earth and around 41% of all the world's Gold. 22 The oldest remains of modern humans were found in South Africa and are well over 160,000 years old. 23 The Atlantic and Indian Oceans meet at Cape Agulhas, the southernmost point of South Africa. 24 Despite the country's status as a democratic republic, there is a monarchy in KZN (KwaZulu-Natal) Province specially provided for by the Constitution. Misuzulu Sinqobile kaZwelithini is the reigning King of the Zulu nation, having been elected in 2022. He is the

15



design

CURIOSITIES



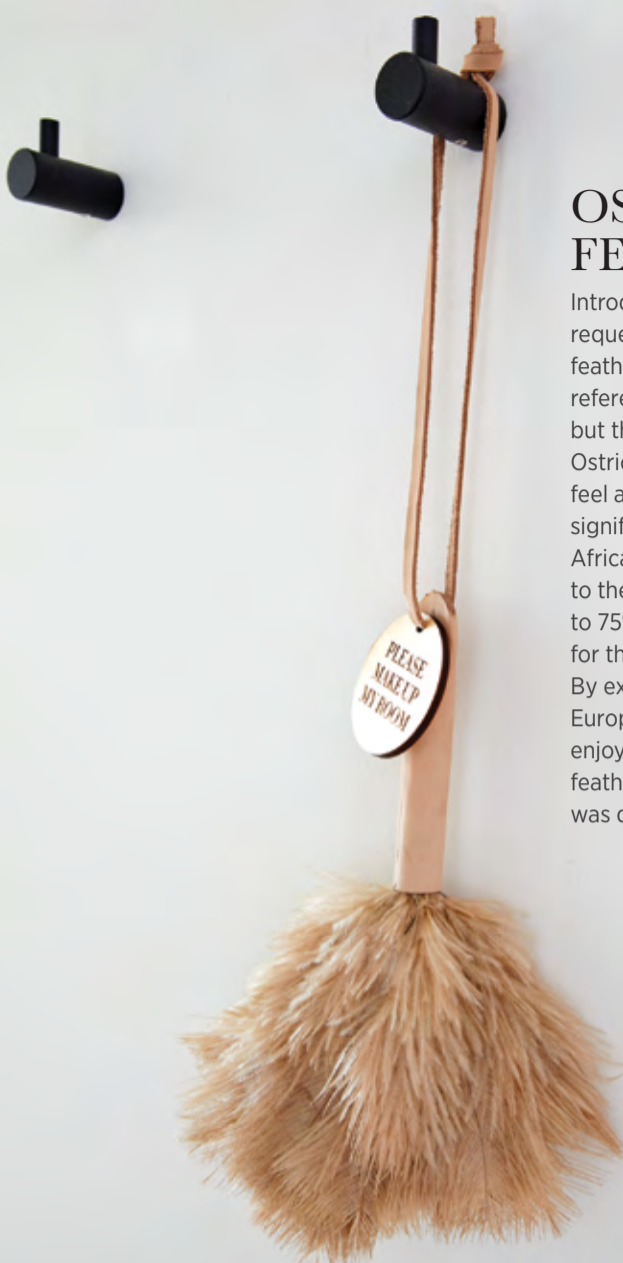
A CULTURAL
EXPRESSION OF
MODERN AND
MYTHICAL
AFRICA



Cape Town's enticing aesthetic draws on striking juxtapositions: the astounding natural beauty; the varied cultural heritage; a kaleidoscope of people, trade, minerals, and craft. A fusion of nature, culture, creativity, history and modernity, this vibrant hub is made of dynamic, multicultural people and styles that inspire all in its presence. The interior designs for One&Only CapeTown have been largely informed by the location - the shapes, textures, and colours found in the surrounding natural environment, the topography of the majestic mountains, and the thousands of indigenous plant species.

^ GEMSTONES

Apart from diamonds, gold, and platinum - the obvious big three - South Africa has many gemstones found only here. Centred above the beds is a convex, delicately painted ornament depicting a shattered Tiger's Eye gemstone - the most prominent feature of the Marina Rise rooms. Created by the Shattered Gem Artworks Project in the Eastern Cape, these shields are symbolic of the Sun and Moon in their shape. A community upliftment project, the artists hired to create these works of art came directly from the local community, providing an opportunity for skills development and local upliftment. Throughout the suites, Tiger's Eye can be found incorporated into draw pulls and handles, representing prosperity, strength and courage.



OSTRICH FEATHERS

Introduced in the form of a service request item for the rooms, an Ostrich feather duster may appear a charming reference to our Housekeeping Services but they are immersed in history. Ostrich feathers, revered for their soft feel and beautiful appearance, have a significant place in the history of South Africa. With ostriches being endemic to the country, South Africa contributed to 75% of the world's ostrich products for the majority of the 19th century. By exporting to fashion houses in Europe during the 1800s, South Africa enjoyed great prosperity with the feathers becoming of such worth, it was dubbed "white gold".



CERAMICS

One of One&Only Cape Town's community upliftment projects, the colourful ceramic vases located throughout the rooms and suites come from the keel of Meshack's Ceramics in Kenton-On-Sea. Helping create employment for a small team of ceramic artists, owner and founder, Meshack Mauku creates these pottery vases as a form of cultural celebration, drawing inspiration from unique shaping and colours seen from Table Mountain; the golden yellow of the setting sun, the moss green of the flora and fauna, the sapphire of the ocean and the black/brown texture of the Cape Pine Trees.

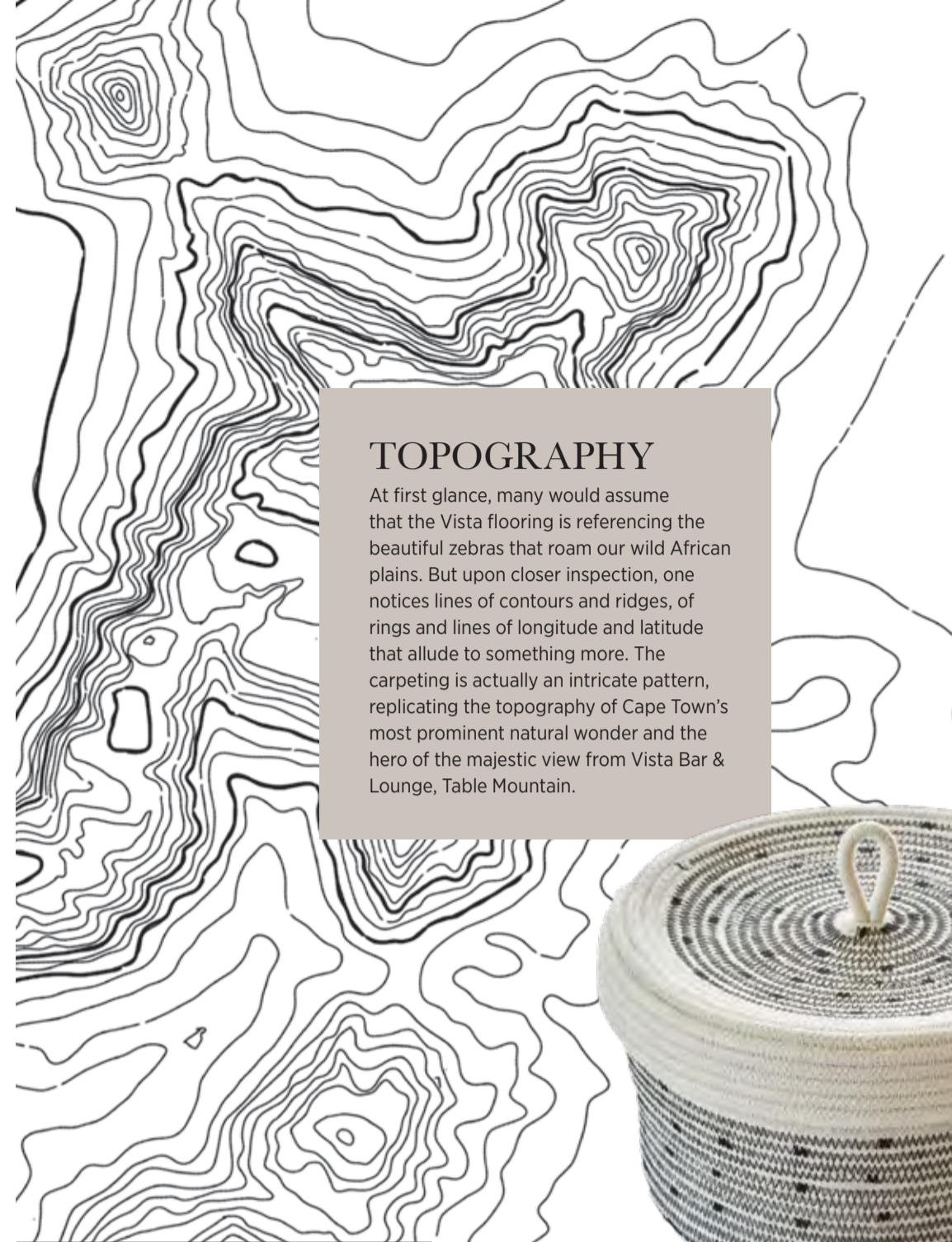
THE CAPE FLORAL KINGDOM

The Western Cape is blessed with an abundance of incredible flora and fauna but none so unique as the Cape Floral Kingdom. Synonymous with the Cape Mountains, the smallest of the planet's six plant kingdoms, this natural paradise is ironically the most diverse with the number of plants species on Table Mountain matching that of the entire New Zealand or Canada. Most of the mountain range is adorned with 'Fynbos', including the Protea flower species. The King Protea is South Africa's national flower, chosen as a symbol of beauty and resilience.



KELP FOREST

As you walk along the passageways of the Marina Rise, you are walking over the leaves of a kelp forest. A visit to the Kelp Forest Exhibit at our neighboring aquarium will show you an underwater forest where giant sea bamboo grows like tall trees, fish swimming through the algae fronds like birds and abalone, sea urchins and rock lobsters feeding among the root-like holdfasts. The oceans and specifically this beautiful underwater forest has inspired artworks, ceramics, and cushion details throughout the resort.



TOPOGRAPHY

At first glance, many would assume that the Vista flooring is referencing the beautiful zebras that roam our wild African plains. But upon closer inspection, one notices lines of contours and ridges, of rings and lines of longitude and latitude that allude to something more. The carpeting is actually an intricate pattern, replicating the topography of Cape Town's most prominent natural wonder and the hero of the majestic view from Vista Bar & Lounge, Table Mountain.



THE "MUDCLOTH"

Mudcloths are created, as the name indicates, through the use of fermented mud, collected from riverbeds and expertly painted on sun-bleached material. Originally hailing from Northern Africa, specifically from the nation of Mali, mudcloths are traditionally used as either décor or clothing, often in the form of a blanket, to be worn on days of significance. The patterns hold deep cultural significance and are used to communicate status, events and proverbs. Today, we pay homage with a modern interpretation.

BEADED VASES

African artists have for many centuries created intricate, beautiful works of art and jewelry from beads, integral to social and spiritual life. Created by renowned artist and expert craftsmen, Richard Madongwe, these beaded works of art were designed to mirror the shape of the pots tribal women would have carried back and forth daily to ensure their families survival. These water vessels is a symbol of "possibilities" for African women and their families and a symbol of "life".



BASKET WEAVING

From baskets and bags to fishing nets and furniture, the art of weaving has transformed communities. Using available local resources, African tribes have been developing this art form with styles, patterns, and shapes unique to each community's location, culture, and needs. Coiled baskets with distinctive designs are synonymous with many regions of Africa, from Rwanda, to Xhosa baskets in South Africa. Using a textile cotton rope and the coiling method, our beach bags, room coasters and amenity holders pay homage to this form of traditional art, seamlessly blending practicality and beauty into one.

NAMJI DOLLS

The 'Do Not Disturb' figurines in each suite are as unique as the people visiting our resort. Namji dolls, also known as Dowayo Dolls, are native to the Namji tribe of North Cameroon. Dating back to 1940 and made from carved African Rosewood, they serve many functions, such as good luck charms and amulets, decorations, gifts, playthings, ritual practices, and family heirlooms. The uniqueness of the doll lies in their changing shape, design, and detail - handmade, no two dolls are alike, leading to rare antiques being coveted by auction houses and collectors for their value and antiquity.



WINE

divine

Celebrating South African Wine's 364th birthday, we indulge in a little history lesson, and share what to know and where to go for a blend of the very best.

and religions like little else could, with many established countries branching into viticulture and enology (the study of grape cultivation and study of wine-making respectively) as time went on. The West was no exception either, with wine comically being referenced as forming 'the basis of Western society'. This trail of wine lies splattered from the pyramids of the Egyptians, who were particularly fond of taking the drink with them to the afterlife, to the Greeks, who described it as 'the drinks of the Gods'.

The Greeks even went so far as to recognize a god of wine, Dionysus, a nature god of fruitfulness and vegetation (otherwise known as the God of Wine and Ecstasy), son of the infamous Zeus and one of the most celebrated of the Greek Gods. A tip of the hat must be made to the Romans, who amongst their many accomplishments and contributions to society, also developed the wine barrel, still prominently used in wine production today. Even the Monks got behind the wine trade, transporting a water-downed version (as the Church did not look too kindly upon drunkenness) across Europe for Holy Communion.

All in all, the effect and long arm of wine can be seen through every phase of history and has played a big role in civilization as we know it. On African shores, the first vineyards were planted near Cape Town in 1655 by Governor Jan van Riebeeck. By 2nd February 1659, the very first wine created from South African soil and vineyards was produced. By the 18th century, both wine and brandy were extremely popular, across all classes of society based on their price and ready availability. The British invasion in the early 19th century saw a large increase in wine production and sales as the immigrating European population brought with them additional knowledge of wine-making and vineyards that were flourishing in Europe. By the end of the 20th century however, the industry had a seemingly 'glass half empty' bleak

scenario, with Apartheid causing international sanctions, heavy wine tax and cooperatives being imposed, leading to a sharp decline in wine production. During the difficult days of Apartheid however, new improvements were made to viticulture, the knowledge growth, and enhancements of the industry. So much so that when Apartheid ended, many wine farms had a firm placement of quality-over-quantity mindset and there was no looking back from there. In 2023 South African wine will celebrate its 364th birthday and at One&Only Cape Town, we are ready to celebrate in style, what has grown to become a firm part of our culture and South African heritage!

Blending the Rules

The art of wine blending, of conjuring up an entirely new creation, is an activity that could be likened with skydiving - an exhilarating experience but not something you feel you could ever do yourself. Or could you? Blending wine is a longstanding technique in which

different grape varieties are brought together to improve the individual profile of each, culminating in a completely unique blend. Many such blends have gone on to become some of the most incredible, award-winning wine creations in the world. Many winemakers see blends as a fingerprint of sorts; a distinctive creation that only their farm and their own expertise could create and is as unique as the very vines on which these grapes once grew.

There are plenty of different methods when blending wines, incorporating a variety of different elements from duration of on-vine growth, when to harvest, the barrels in which they'll ferment, the amount of time spent in said barrels, all have a massive impact on the wine created. Such a delicate process requires a practiced hand and careful experimentation with small variations between each component that to the layman would mean very little but to any wine enthusiast could make the world of difference.

heat and sun exposure than that of the Cabernet Sauvignon varieties, which value a slightly warmer climate. Blending allows for each type of grape to have heightened the individual nuances for which it is known and accordingly allowed farmers to ensure that no grapes go to waste - win-win!

Don't be fooled, wine blending is a complicated process that takes time and skill to perfect. But what if you could try your hand at it anyway? Would you favour the fruitiness of the Merlot more than the sweeter, berry-based palette of a Pinotage? Would you be edgy and add a Sauvignon Blanc to mellow the flavours of a Cabernet? Just what would your perfect blend taste like? Now is your chance to find out.

For all the wine-lovers and connoisseurs within our midst, One&Only Cape Town offers wine blending as a unique curated experience right here on the resort. Get your hands

The trail of wine lies splattered from the Egyptians, fond of taking the drink with them to the afterlife

Interestingly, the creation of wine blending originally came as a form of insurance against unpredictability of the seasons, primarily in the 19th and 20th centuries. Unusual rainfall, scorching temperatures and howling winds all played a role in the creation of the winemaking technique. This 'insurance' was useful for primarily the red varieties as growing and harvesting certain blends of red grapes can be tricky at the best of times. For example, Merlot grapes may need less

dirty with resort sommelier Luvo Ntezo as he guides you through the different flavours of each of the wines that you will taste, savour and blend. As you experiment, you inadvertently get a peek into the thinking and mind of a winemaker as you perfect your very own personal creation. Enjoy immediately with some snacks or take home with you as a memento of your time at One&Only Cape Town, a souvenir that no one will ever be able to replace.



WHERE TO WINE

TOP 5 WINE BARS IN THE CITY

- BOUCHON WINE BAR**
 If you enjoy fabulous finger foods, delectable wine pairings and desserts to die for, this is the place for you. Created with community at heart, this city centre hot spot holds its own in terms of charm, flavoursome food and knowledge of the world of wine. Winemaker Christopher Durand takes you on a journey of the senses whilst restaurateur Faisal Khakoo "wows" you with out-of-this-world dishes, together creating a picture-perfect evening to be enjoyed alongside your loved ones in your new favourite spot.
- AUBERGINE**
 How do you create the perfect laidback environment yet have sophistication draped throughout? Look no further than Aubergine, one of Cape Town's top dining spots. Not only are the dishes reason enough to make this establishment a must-try, but the wine-pairing alone is worth it. Chef Harald hails from Germany, having trained as a chef around the world at several Michelin-starred restaurants before settling in South Africa and opening Aubergine's doors in 1996. Expect an exotic fusion of cuisine as well as rare and award-winning wines from around the world.
- PUBLIK WINE BAR**
 If you're a local, you know about Publik Wine Bar. And if you're not, well now you know! An intimate setting, Publik is known for showcasing unique boutique wine farms - a selection of wines that you'd be hard-pressed to find elsewhere. Ranging from local favourites to organic showstoppers and international selections, there's something for everyone. Publik ensures that their menu always showcases some new wines to try and blow you away. The perfect spot after sight-seeing all day!
- CELLAR CLUB**
 Fairly new to the world of wine bars, Cellar Club has entered the scene in a big way. With wines from all over, this extraordinary space regularly holds wine exhibitions and classes from farms around the Cape, allowing for afternoons and evenings to be filled with cool breeze, laughter, learning and good wine. What makes this such an unmissable 'place to visit' is its unique location. Set in a 160-year-old historic tunnel at the heart of the V&A Waterfront, from the moment you step inside you'll find yourself whisked off to a time of sophistication, intrigue and most importantly, delicious wine.
- CULTURE WINE BAR**
 You'll find a cosy atmosphere with plush leather seating and eclectic art scattered across the walls of this hidden gem and half expect to find a literary character such as the likes of Sherlock Holmes to be lurking. Rustic yet rich in detail, Culture Wine Bar is ideal in every way - from a pristine menu and exquisite South African wines to the very people that frequent this establishment. You know you won't be leaving anytime soon.

Nature's resonance

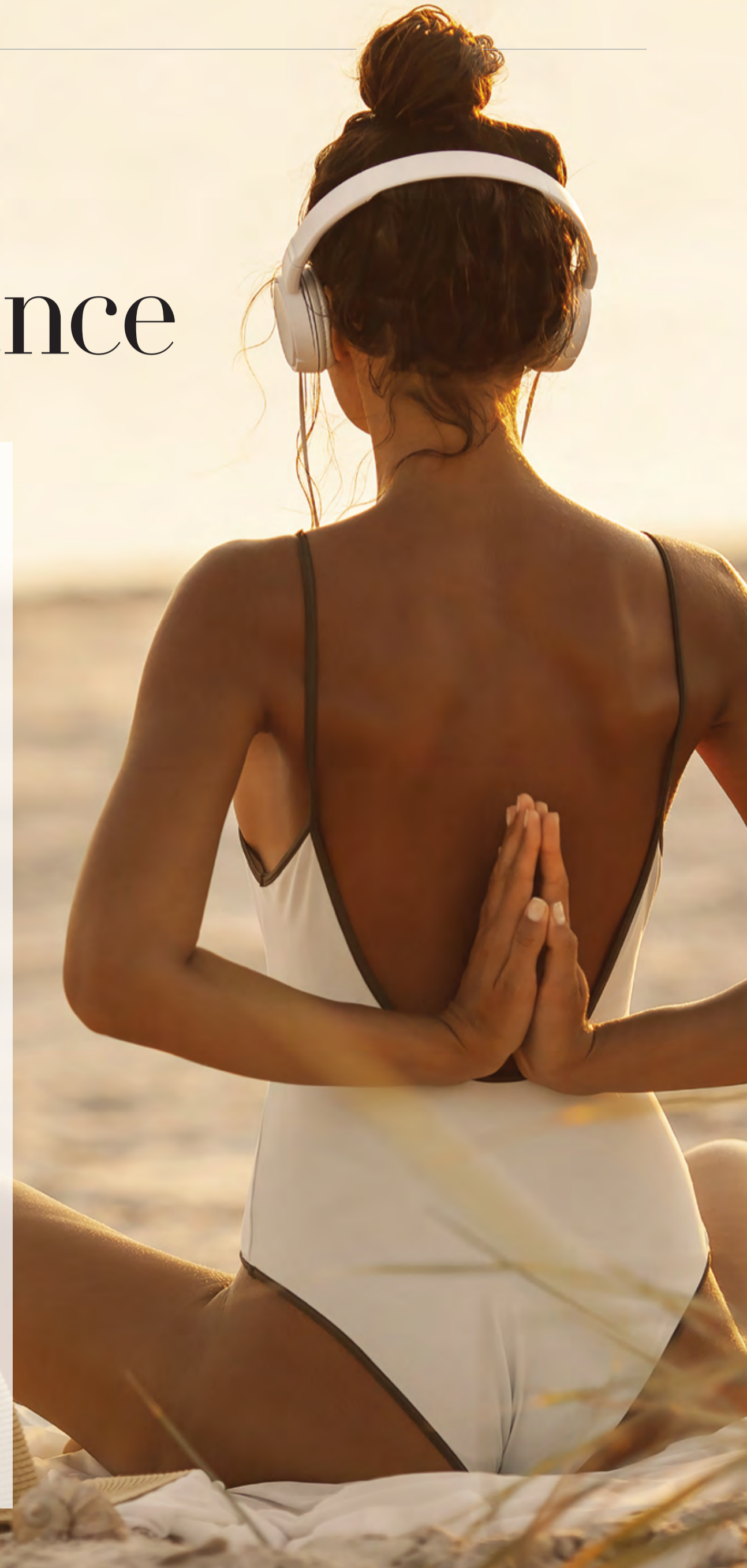
A journey of mind, body and sound.

VIBRATIONS MOVE IN VARIOUS FORMS AND THROUGHOUT OUR LIVES. FROM THE BEATING OF HEART TO THE MOVEMENT OF THE SUN, FROM WIND GUSTING THROUGH A FIELD OF FLOWERS TO THE CYCLE OF THE SEASONS, NATURE'S DANCE CAN BE EXPERIENCED ENDLESSLY. AT ITS CORE, NATURE IS THE VIBRATION THAT GUIDES US – A FREQUENCY THAT DEFINITELY AND POWERFULLY INFLUENCES OUR EVERYDAY LIVES.

The buzz of modern-day life, however, tends to drown out natural wonder, and as we lose ourselves in the everyday hustle and bustle, it becomes easy to forget about connecting with the nature. Nature's Resonance was created by ESPA with all of this in mind; a holistic series of treatments offered at naught but a few One&Only resorts, including One&Only Cape Town. The restorative treatments seek to draw guests back to nature, to create a harmonious blend of sound for the mind and body. As with everything at One&Only Spa, this is more than just a treatment. It is a transformative experience. Nowhere else can you harness both Ecotherapy and vibrational techniques to combat issues of the mind and body simultaneously, releasing tension both emotionally and physically.

What makes the treatments so unique to One&Only Cape Town is the seamless integration of the Spa experience with its surroundings. Combining the iconic location and the gorgeous mountain backdrop with the lagoon, this is a soothing environment that you would be hard-pressed to find elsewhere. The entire treatment is built around the essence and vibration of nature and is achieved with a grounding experience, aromas and oils, natural affirmation crystals of the treatment's unique chakra, local musical influence, speed, and massage techniques - all performed by highly-trained therapists. Each of the Nature's Resonance packages are designed to target different elements of vibrations. Every treatment is rooted within a Sound Experience, with additional elements layered as necessary to address specific focus points. A Sound Experience is an immersive event that harnesses the power of sound wave therapy to aid your meditative state and energise your mind, body and spirit.

The Sound Treatment alone moves through a musical journey. Using binaural beats, played through headphones, guests will connect to the natural surroundings and be drawn into a deep state of relaxation, whilst simultaneously balancing their natural energies. The Sound & Body Treatment pushes the boundaries of a purely sound experience by incorporating massage movements that flow along the body in time with the rhythmic music. Finally, a full Sound, Face & Body experience is created as the ultimate source of relaxation with acoustic therapy while bathing in cleansing vibrations, and the restorative power of touch which now includes your face as well as the body. Beyond these incredible treatments, Nature's Resonance by ESPA also works in partnership with eco-tech platform more:rees to support their commitment to sustainability. For every Nature's Resonance treatment that is booked globally, trees will be planted according to the length of treatment; 1 tree for the 30-minute sound experience, 3 trees for the 60-minute sound & body experience and 5 trees for the 90-minute sound, face & body experience.



The Table's Tales

Curious travellers inhale the ancient stories of the wonders they explore. Let us share the mythology of The Watchers. (And the majestic carpet beneath your feet...)

In the art of Cape storytelling, local tradition holds undeniable weight, with Table Mountain centrefold in the rich, historic tapestry of tales that continue to be told across fires and wine to this day. The Table continues to watch over our city and is nothing short of magic, with The Watchers, Van Hunks and all the ghosts in between speaking to how the exquisite mountain came to be. Whether it be the cloth that cascades over its summit through summer or its incomparable beauty that watches down on the Mother City day in and out, nuances of mythology are traced back to Xhosa and Cape Malay tradition. And while it seems that this famous mountain could be just another wonder of the world, the stories give to it depth unlike any other piece of land in Africa.

Story of the Watchers

When the planet was once covered entirely by ocean, the god Qamata, most prominent God among the Xhosa-speaking people of south-eastern Africa, and



son of Tixo, God of the Sun, wanted to create dry land, against the will of the sea dragon Nkanyamba who despised this idea. Despite this, Qamata persevered and began to form land by creating volcanic eruptions under the sea. A huge fight ensued between them, leaving Qamata crippled and unable to continue his fight. Qamata's mother Djobela, the Goddess of the Earth, came to his aid and created four giant beings to guard and protect all four corners of the land – North, South, East and West. These guardians were known as 'The Watchers'. The Watchers together fought many fierce battles with the sea dragon, and were all eventually killed. They asked Djobela in their final moments that she transform them into stone so that they could continue to watch over the land, even in death. She transformed each of the watchers, and as the Watchers of the South pulled back the land to protect it from the ocean, he became stone – creating an expansive ridge along the coastline, the glorious Table Mountain that continues to watch over the Mother City to this day.

Van Hunks and the Devil

Widely accepted as a tale borne out of Cape Malay folklore, this story brings

wonder to the cloth that peaks over the mountain's summit. Geographically attributed to a southern easterly wind it holds a deeper story, one that involves a fight between retired Dutch pirate Van Hunks and the Devil. While smoking his pipe, a favourite pastime of our protagonist Van Hunks, in his favourite spot on the glorious Devil's Peak, a stranger approaches and coaxes him into a pipe smoking duel. Van Hunks soon realizes that he is in contest with the Devil, and proceeds to win despite the Devil's strong fight. The Devil was not impressed at the loss. Suddenly, the two men vanish in a bright flash of lightning and turn to smoke, covering the entire Table Mountain with its eerie smog that can only have been the work of the Devil. The smog today is known as Table Mountain's table cloth, a strong reminder of the duel of Van Hunks and his opponent all those years ago.

And now...

The story of the Watchers lives on in Vista Bar & Lounge, where four sculptures stand tall atop the bar area in full view of Table Mountain. These Watchers not only pay homage to this famous Xhosa tale, but also serve as a reminder of the depth of tradition rooted in

African heritage – a kaleidoscope of culture amalgamated into one electric and eclectic Mother City. Not only the Watchers but also the carpets give a nod to our much-loved natural wonder. The seemingly haphazard lines that adorn Vista's carpets are the topography of Table Mountain adding to the depth of Vista's storytelling. Moreover, Vista's team has been joined by Bryan Pieterse, a South African born but internationally raised mixologist – the owner of Purl London, Marylebone – in the creation of the venue's new Watcher cocktails. Taking key elements out of the Xhosa myth, Bryan has put together four cocktails that represent a multi-sensory experience of the story in taste, smell and sight, adding theatre to the Vista cocktail menu. "The cocktails we have created satisfy the guests on a multi-sensory level by adding in a salty air, chocolate soil & a flammable meringue" says Bryan.

The Watcher cocktails – Earth, Sea, Fire and Sun – are dappled with nuances of The Watchers Story. Whether it be the touch of an indigenous herb or the addition of a local spirit, each cocktail has been carefully created to reflect an age-old myth that lives on today.

below the surface

Above the surface, the blue waters of the Cape Coast are a stunning temperamental wonder to behold.

SHIFTING FROM VOLENTLY flinging against the rocks of the Peninsula, to gliding gently onto white pristine beaches, from bubbling beach foam breaking in front of sand-covered toes to waves that leave surfers tumbling towards the shores of South Africa, the oceans are indeed one of the most fascinating and magnificent aspects of this great country. Included in this mental picture, often seen floating on the surface are seaweed clumps; large, brown and green, slick with algae and in seemingly randomly patches floating innocently. Usually a source of annoyance or disgust, these aquatic plants are now having their turn in the limelight.

The kelp forests that line the edge of Southern Africa remain one of the most bio-diverse and incredible habitats in the world. Spanning over 1000km along the rocky Namibian coastline and home to a range of fascinating creatures such as glittering schools of fish, shy sharks, sleek Cape Fur Seals, and many more, these underwater forests have enthralled the world over for centuries. "Many animals use the kelp as a form of refuge. It's a form of protection, a home base, a food source" explains Mark Fitzgibbon, Senior Guide and Diver at Two Oceans Aquarium. From the surface of the Kelp Forest Exhibit merely the tip of the underwater forest can be seen, glistening brown leaves that flow gracefully down to the artificial sea floor, creating 'trees' of up to thirty meters tall that band together to make up an eerily beautiful underwater forestry.

These trees can grow anywhere from 2cm to 10cm daily if the conditions are right, Mark informs us, and are very similar in nature to bamboo. Mark also points out the similarities between a land-based forest versus an aquatic forest. "The two forests can be very similar" he says with a smile. "The kelp forests are also made up of tree-like structures [like that of a land forest] and you have plants at the base, which form shrub-like structure. When you're diving in a kelp forest, it's almost as though you're flying through an actual forest. The fish gliding around you are similar to birds and the lobsters and crabs on the bottom can be compared to insects and small animals on land. The whole forest is a magical ecosystem." In 2020, at the height of the pandemic, the Academy Award-winning documen-

tary 'My Octopus Teacher' was released, having been filmed in the surreal kelp forests along the shores of False Bay. Enchantingly haunting, audiences watched as free-diving enthusiast and filmmaker Craig Foster dove into the icy waters to document and bond with a wild Common Octopus, cultivating an unlikely friendship with a creature that captured the hearts of many. Not only was this one of the few times that the entire lifecycle of an underwater creature was documented on camera, but it also drew a global eye to the Great African Sea Forests. Suddenly, the urge to pull on a wetsuit and goggles grew enormously worldwide, and Cape Town's Kelp Forest became more prominent than ever before.

Particular to the cold waters along the Cape Peninsula, these reefs hold significant importance for their fascinating ecological diversity, but also for the many roles played in the ecosystem both above and below the water. To the animals that call it home, kelp forests provide protection from weather and predators, allowing them to take shelter amongst the 'trees'. This safe space is for all to hunt, mate and live in, as much a wonderful underwater paradise as a warzone. The ecological effect the Great African Sea Forest has on the world is not something to be underestimated. "People harvest kelp regularly all over the world as we use it for alginate" Mark explains. "This is the binding agent that we use in multiple products such as toothpaste, make-up, medicine and so many others. So, both commercially and economically, these kelp forests are very important for society." He goes on, "Not only that but like land plants, all sea plants photosynthesize. So just like land plants, they'll actually use sunlight and produce oxygen that has an effect on us as humans as well. They also clean the water around them, making it a habitable place for all. One of my favourite quotes is by Sylvia Earle, who said, "No water, no life. No blue, no green".

It means that without the oceans, we won't have anything else because 50% of all the world's oxygen comes from the ocean. It's a very humbling fact and one that often gets overlooked".

However, the Great African Sea Forest and many like it are under threat. A lack of awareness and natural ignorance coupled with overfishing, plastic pollution and ocean mining has led to a heavy toll on this spectacular environment, an increase in invasive species, a decrease in the number of fish and other species that occupy the area and a knock-on effect on the underwater ecosystem and subsequently the coastlines too.

In the fight against Global Warming, typically, environmental scientists have focused on areas such as mangroves, salt marshes and seagrass meadows as alternatives to fight the excess carbon dioxide in the atmosphere. It now transpires that the kelp forests along the South African coast may have the capacity to outperform all three other avenues together in terms of Carbon Dioxide absorption, leading to further research as to what the next steps could be in tackling climate change, armed

with these incredible algae forests. When asked what the public can do to assist in fight and keep the kelp forests healthy, Mark's answer is simple. "Just being environmentally conscious. Try to decrease your carbon footprint as much as possible. The biggest concern for the kelp forests is overfishing; many of the fish that make the kelp forests their home are the type of seafood people like to eat. People need to put in a bit more research as to which species is on the green list and which are not."

The 'green list' refers to fish that are sustainably sourced, have a large enough population to keep up with demand and still not be harmful to their numbers. The red list dictates the opposite. Both lists come from the South African Sustainable Seafood Initiative (SASSI), who work to address problem areas of the food chain process within the seafood industry and working on creating a sustainable and environmentally friendly fishing system for both the public and the industry. The SASSI app allows for consumers to consult these lists whilst in stores or when making purchase decisions. This research and subsequent data are constantly being updated by

scientists countrywide in connection with rising or decreasing population numbers, allowing for only the most up-to-date information to reach the consumer and guide them in their purchase choices. Sadly, this is not the only fight the kelp forests are facing. Changes in weather due to Global Warming are changing the sea currents, making their natural habit, well, uninhabitable. Kelp forests thrive in cooler waters, deriving nutrients the upwelling system of the West Coast provide, aiding in their growth and allowing in return a strong aquatic population to grow. However, these water systems are moving further away and leaving the kelp forests behind to adapt or die. Many marine protected areas have been set up to help aid fish populations in the coming years but they will be rendered redundant if the flora and fauna they're meant to protect are being forced to move as a result of climate change.

Fear not, despite all the doom and gloom - all is not yet lost. There are many organisations and people around the world that have heard the cry for help and are rallying to the call. In April 2022, De Beers Group pledged to invest US\$2 million in Kelp Blue, a start-up organisation focused on growing and managing large scale giant kelp forests off the Namibian Coast and has led to several more copy-cat organisations to pop up as well, looking for the opportunity to help save our coastlines. Whilst The Great African Sea Forests is still under threat, unlike many of its family across the globe, it is still expanding, aided by the melting ice of the Antarctic and the subsequent currents known as

the 'Benguela upwelling' that stream from this. Finally, in this past month, founder and CEO of billion-dollar company Patagonia, Yvon Chouinard has donated entire company to help fight the global crisis, including ocean restoration projects that center around kelp forest growth and repair around the world. The kelp forests are a source of food, a home to marine life, a protector at times against a roaring sea and vast underwater world we need to learn more about. Only then can we work towards helping our Great African Sea Forest and fight the good fight against Global Warming.

GREENSCENE

'Sustainability' is on the tip of everyone's tongue nowadays. It's no longer an option not to recycle, to conserve water or even to investigate ways in which you can reduce your everyday carbon footprint. Even dining out experiences look very different now, with vegan and vegetarian options being a firm staple on many menus as well as locally and sustainably sourced ingredients becoming less of a selling point and more of a requirement. Every change made by people and businesses alike, have a ripple effect that inspires the actions of others, which in turn inspires more and more, leading to a tidal wave of movement of sustainability practices.

With the harsh realities of climate change and global warming taking ahold across the globe, One&Only Cape Town recognises the growing urgency with which key players in the tourism industry need to play their part to affect real change and reduce their environmental footprint. We are committed to making this resort as green as possible in every way, both for our guests and colleagues which includes being plastic free, water conscious and implementing sustainable practices within the resort wherever possible. Around your suite, you may notice small services and products implemented to ensure that we continue to uphold our sustainability promises and work to ensure that although our level of luxury is never compromised, we proactively work to reduce our environmental footprint.

Earthcheck is a world leading scientific benchmarking, certification and advisory group for travel and tourism. One&Only Cape Town is proud to have achieved Earthcheck Silver status for 2021, with key areas of acknowledgement including water saving and total waste systematic organization.

HOW WE ARE BEING GREEN & CLEAN

- * Use & installation of **wastewater treatment plant**
- * All used water is **recycled** into grey water and used for watering the gardens
- * **Waterwise plants** are planted throughout the resort in order to conserve more water
- * **Condiment pots** are returned to the supplier and **reused**
- * All **glass** is **recycled** when it is not able to be reused
- * All **straws** are made of cornstarch and are biodegradable
- * Take-away **coffee cups** are made from paper and have biodegradable lids
- * All plastic used in the hotel is either recycled or made from a biodegradable material and are **never single use**
- * Takeaway containers, earbuds and other everyday items are made from **bamboo**
- * Woven reusable linen **laundry bags** are placed in rooms to be used for dirty laundry as opposed to single-use plastic
- * All **Charlotte Rhys** amenity bottles are made from 100% waste and recycled PETG [r-PETG] material
- * **Food recycling** is an active part of the kitchen

"The truth is, the natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it."

David Attenborough

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



MARGARET

Assistant Housekeeping Manager

Born and raised in Harare, Zimbabwe, Margaret relocated to Cape Town in 2006, and worked in various hospitality positions until she got a position as a Butler and Housekeeping Supervisor at One&Only Cape Town in 2009. She has been a firm fixture of the team ever since.

What is your favourite thing about working at One&Only Cape Town?

The opportunity to look after (and meet) great people such as Madiba, David Beckham and Mariah Carey. I love people so it has been an honour working for the brand and meeting so many different people!

What is a Cape Town must-see?

The Chapman's Peak drive. Watching a sunset at one of the picnic spots is amazing and the drive itself is magical.

What's your happiest memory working on the One&Only Cape Town Team?

We once had a prominent musician staying with us and had to set up his bedroom so that there was no light at all. No sunshine, no television or monitor lights, nothing. It had to be pitch black when he went to sleep. It was a fun challenge making sure there was no light in that room at all!

GIANLUCA

Executive Sous Chef

Gianluca began his culinary career at One&Only Cape Town as a student in 2011 in the newly established Reuben's Restaurant. After completing his studies, he worked his way up to acquired the title of Chef de Cuisine but left in November 2017 to pursue other ventures. He returned to his One&Only Cape Town family a few months ago and has been cooking up a storm ever since!

What is your favourite thing about working at One&Only Cape Town?

A little bit of everything... the people (some of the old family I had back in the day are still here!), the opportunities and finally, the views - who doesn't love seeing Table Mountain every day?

What is a Cape Town must-see?

Being on top of Table Mountain and looking down onto the Mother City... there's no better feeling than seeing the true beauty of nature from that viewpoint.

What is your go-to favourite ingredient?

Gochujang (a kind of red chilli paste) is a favourite. Not so much an ingredient but a combination of ingredients creating one master ingredient used in so many ways. Its versatility and pure UMAMI goodness brings all kinds of pleasurable feelings to mind!

JUSTIN

Head Mixologist

Justin is a Joburg born, Namibian raised mixologist, who finished his university career in Stellenbosch, Western Cape. Discovering his love for mixology during his student days, his passion for the craft took him overseas to study and train further in Amsterdam before returning to South Africa once more to join One&Only Cape Town and showcase his art.

What is your favourite thing about working at One&Only Cape Town?

The generosity and kindness from the staff. As well as getting a chance to interact with many different people and cultures.

What is a Cape Town must-see?

All the hiking trails. Still being new to Cape Town, I find that there are so many great spots for me to explore!

What is your go-to cocktail?

This one is a tough one. I would say it is between a Classic Daquiri or a Mai Tai.

TAMMY

Front Desk Team Leader

Tammy is our Front Desk Team Leader and has been with One&Only Cape Town for many years. Bitten by the One&Only luxury bug back when her parents were part of the construction of Royal Mirage, Tammy immediately applied to be a part of the One&Only Cape Town the minute her feet touched South African shores and has been here ever since.

What is your favourite thing about working at One&Only Cape Town?

My favourite thing about working for One&Only Cape Town is that it's a doorway to endless opportunity.

What is a Cape Town must-see for you?

The Ocean. We have the most incredible beaches and oceans at our fingertips - it never gets old.

What is your happiest memory working on the One&Only Team?

My happiest memories at One&Only Cape Town have been due to all the relationships I've been lucky enough to have here over the years as well as the opportunity to engage and share with all the different people who have entered our doors.



ALL JOURNEYS DISCOVER SECRETS –
NEVER LOSE YOUR SENSE OF WONDER.

From left Margaret Zvomeyi, Chef Gianluca, Justin Fortune, Tammy Playdon



DISCOVER OUR COLLECTION OF RESORTS AND PRIVATE HOMES

EMIRATES ONE&ONLY WOLGAN VALLEY, AUSTRALIA
ONE&ONLY ROYAL MIRAGE, DUBAI
ONE&ONLY THE PALM, DUBAI
ONE&ONLY DESARU COAST, MALAYSIA
ONE&ONLY REETHI RAH, MALDIVES
ONE&ONLY LE SAINT GÉRAN, MAURITIUS

ONE&ONLY MANDARINA, MEXICO
ONE&ONLY PALMILLA, LOS CABOS
ONE&ONLY PORTONОВI, MONTENEGRO
ONE&ONLY GORILLA'S NEST, RWANDA
ONE&ONLY NYUNGWE HOUSE, RWANDA
ONE&ONLY CAPE TOWN, SOUTH AFRICA

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