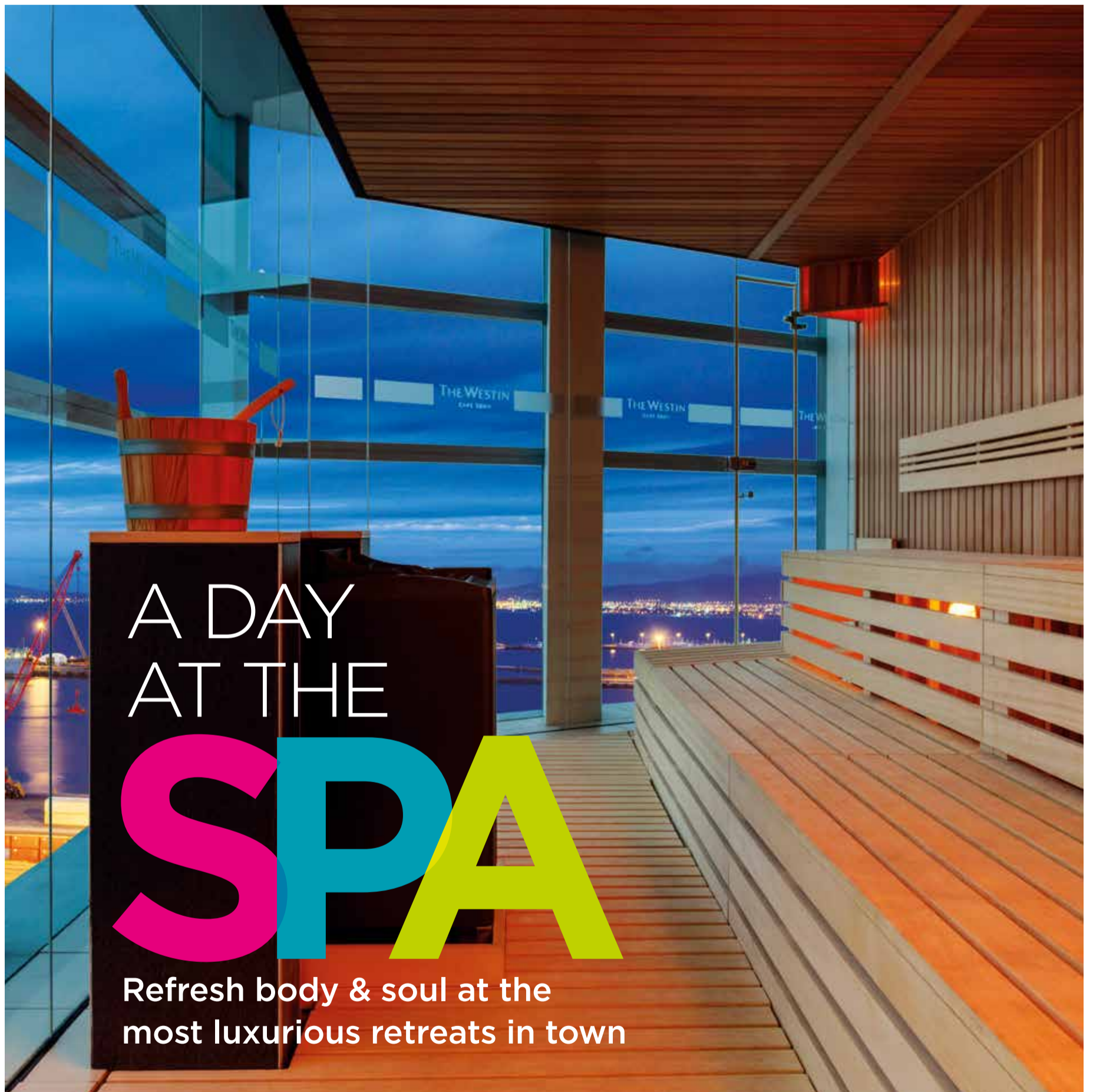


# City Views

Spring 2024

YOUR FREE CAPE TOWN CBD NEWSPAPER



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behind three  
cool eateries

**06** The chic  
new bar  
for foodies

**08** What's on  
in the Cape  
Town CBD



Published by the Cape Town Central City Improvement District (CCID)



## FROM THE CEO

Spring has finally sprung, and things are hotting up in the Cape Town CBD.

While our retail business owners have had a testing winter, they continue to hold their own. Our latest Business Confidence Index showed that, in Q1 and Q2 of 2024, most business owners were “satisfied” with trading conditions. We survey 200 business owners every quarter. In the latest survey, 90 % of respondents were content with conditions and anticipated that things would improve as the final months of the year unfold.

In this issue we profile three entrepreneurs (pp. 4-5) who’ve been there, done that and worn the “I’m a success story ...” T-shirt when it comes to running a tried-and-tested eatery. These stalwart stakeholders are part and parcel of the CBD’s own success. So, join me in saluting Jacqui Biess from Charly’s Bakery, Lyndall Maunder from Clarke’s Bar & Dining Room, and Zanné de Villiers from Zanne’s Fare, who own and run stellar establishments known for consistency and innovation.

Another beacon of excellence is the new offering at 91 Bree Street. We’ve chosen Merchant Bar & Grill, a bar “for grown-ups” where the food is exceptional (p. 6), to profile. It’s set to become a hot favourite with visitors.

Please support these niche establishments in town. We are so proud of them.

**TASSO EVANGELINOS**  
CEO of the CCID

# LAUNCH OF ECONOMIC REPORT

**It’s out! The CCID’s flagship publication, *State of Cape Town Central City Report 2023 - A year in review*, was launched in August.**

The award-winning annual report reflects on the state of the Cape Town CBD economy during the previous year, highlighting the property investment sector and other key inner-city sectors such as

business tourism, hospitality, events and retail that contribute to the ongoing success of the CBD.

The 12<sup>th</sup> edition found that confidence in the inner city’s investment potential was at a high with the total value of property development in 2023 exceeding R7.285 bn – an increase of over R3.730 bn compared with 2022.

Data in the 80-page report, which is indispensable to investors, developers and business owners seeking to invest in South Africa’s most economically successful city centre, showed that 2023 was the year the Cape Town CBD “decisively” turned the post-Covid corner.

To obtain a copy, email [aziza@capetownccid.org](mailto:aziza@capetownccid.org).



## Numbers THE CCID AT WORK FROM MAY 2024 – JULY 2024

### SAFETY & SECURITY

Made **200** arrests with law enforcement agencies

Responded to **5** alarm activations and secured **20** premises and vehicles

**486** CCID-funded Law Enforcement Officers issued **486** fines for non-moving traffic violations and bylaw and moving traffic violations to the value of **R540 700**

Responded to **91** medical & rescue callouts

**13** Dealt with **13** illegal trading offences



CCID-funded Traffic Wardens issued **4 870** fines to a total of **R3 164 300**

Rendered public assistance **204** times

Conducted **1 080** crime-prevention initiatives

Assisted at the scene of **252** motor vehicle accidents

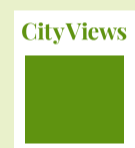
### COMMUNICATIONS

Generated **32** media clips to an advertising value equivalent (AVE) of **R1 269 469** with a potential reach of **40 453 231** people



Wrote **300** Facebook posts on the CCID’s **3** Facebook pages

**7 127** Produced **1** e-Newsletter, reaching **7 127** subscribers



Produced, published, and distributed **City Views Winter 2024**

Boosted **2** Facebook posts which reached **41 100** people

Produced **30 000** copies of the new Bree Street Map

### URBAN MANAGEMENT

**291** Removed **291** tonnes of litter and illegally dumped waste to landfill

Cleaned municipal drains **2 634** times & cleaned **696** storm water drains

Maintained **370** tree wells and removed a total of **309.75 kg** of debris

**795.25 kg**

Removed **795.25 kg** of cigarette butts from ciggie bins

Serviced **3 266** bins in the Long and Loop Sts Bin Project



Cleared **8 620.5 kg** of waste from municipal and storm water drains

Undertook **375** road maintenance repairs



Removed **474** incidents of graffiti

Cleaned **334** channels and removed **1 622.25 kg** of waste

Painted **9** road markings  
Removed **1 096** strings & stickers



Collected **8 737** litter bags during the night for the City’s waste truck to pick up

### SOCIAL DEVELOPMENT

Interacted with **498** homeless people

Referred **18** people for counselling and support

**5** Assisted **5** adults to healthcare facilities

**14** Conducted **14** stakeholder visits

**35** Placed **35** adults in shelters in the CBD

**7** Assisted **7** adults to get back home



Assisted **3** clients with ID applications



Received donations from **7** stakeholders

Conducted **45** night-time visits to engage with the homeless

## CityViews

is a free Cape Town Central City community newspaper published by the Cape Town Central City Improvement District (CCID), a non-profit company. It is the CCID’s vision to ensure that the Central City is safe, clean, caring and open for business for all who use it, whether they live, work, play or invest here.

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For more Central City news, subscribe to the CCID newsletter.  
Go to [www.capetownccid.org](http://www.capetownccid.org)



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# OPEN FOR BUSINESS

The CCID welcomes these new business owners to town.



## Q&A WITH NATHI & NKGADI NGULUBE OWNERS OF THOMARTS GALLERY

### Thomarts is an intriguing name. Tell us more ...

My middle name is Thomas. I started the business in 2010 with my wife, Nkgadi Sheena-Leigh, to showcase my own artworks, as well as my personality, lifestyle and interests. The gallery's identity encompassed my skills, such as sculpting, painting and printmaking. As the brand grew, we invited other artists to share the space. Today it is a hub for artists whose DNA matches the gallery's.

### What is your vision?

The gallery is a space where we promote investment art and aim to grow the local art sector. We hold exhibitions, do art talks and walk-about, and provide an art advisory

service for first-time and seasoned collectors. Framing is an added extra. We have run workshops for rural creatives in Limpopo and Mpumalanga for years and the gallery enables them to access markets and earn income. We want it to be a destination for artists and collectors and supply unique art to our audience.

### There's a great art vibe in town. How will you add to it?

The CBD art scene is very invigorating! We work with artists whose works are unique. While we stay in our lane, we hope to add value in an "art-tastic manner". As an artist-owned gallery, we don't follow the norm. Our approach is eccentric ... watch this space!

### Any interesting future plans?

We are busy collaborating with blind women weavers in Limpopo and disabled youth in Mpumalanga. It's our way of giving back to our communities.

We are also involved in a job-creation project with rural creatives, and we plan to expand it and take it to other provinces, including Limpopo and Mpumalanga.

With spring in the air, we will be creating outside seating space for our coffee shop, Yay! We are looking forward to serving beverages, and bites, to our customers.

**35 Lower Long St**  
**083 897 7802**  
[www.thomartsgallery.com](http://www.thomartsgallery.com)

For more Central City news and views, subscribe to the CCID's e-Newsletter. Go to [www.capetownccid.org](http://www.capetownccid.org) and fill in your details in the pop-up window.

### NEW VENUES

#### EAT

**Shelflife Café**  
Situated inside the new Shelflife sneaker store, this small, cool café has an extensive beverage menu and tasty sandwiches. Come and enjoy the vibe. The coffee is pretty good.  
**50 Bree St**  
[@shelflifecafe](https://www.instagram.com/shelflifecafe)

#### SHOP

**Alta.Africa Store**  
Thembisile Mashinini's Alta.Africa Store sells science-backed African ingredients for the sustainable production of applications and skincare. The store's focus is on personal self-care, with beauty and cosmetic products including serum concentrates, botanical oils, perfumes and more.  
**101 Harrington St**  
**071 883 1843**  
[@alta.africa](https://www.instagram.com/alta.africa)

#### DRINK

**10 on Loop**  
Buy exclusive wine and a selection of spirits to take away or enjoy *in situ* at this chic wine bar and bottle shop. Nibbles are available until a new menu comes on stream.  
**10 Loop St**  
**060 318 2707**  
[@10\\_onloop\\_](https://www.instagram.com/10_onloop)

### USEFUL CONTACTS

#### EMERGENCY

#### CCID 24-HOUR EMERGENCY

(Available via cell phone or WhatsApp)

**082 415 7127**

(Cape Town CBD only)

#### AMBULANCE, HEALTH, NOISE & FIRE

**107 / 021 480 7700**

(24 hours)

**107** from landlines only

#### SAPS CENTRAL CITY

**021 467 8001/2**

(24 hours)

#### CITY OF CAPE TOWN SERVICES

#### INCIDENT REPORTING & ENQUIRIES

Refuse collection, water issues, street lights and electricity faults  
**0860 103 089**

Traffic signal faults

**0800 656 463**

Reporting illegal dumping

**021 444 6223/4**

**021 480 7700 (a/h)**

Cable theft

**0800 222 771**

Disaster Risk Management

**080 911 4357**

**021 597 6000 (24 hours)**

#### SOCIAL CONCERNS

CT Drug Counselling Centre

**021 447 8026**

**073 755 1913 (WhatsApp)**

Childline Western Cape

**021 762 8198**

WC Social Development

**0800 220 250**

CCID Social Development

**021 286 0836**

#### BYLAW & TRAFFIC INFRINGEMENTS

Law Enforcement

**021 596 1999 (24 hours)**

Traffic Police

**0860 765 423**

Metro Police

**0860 765 423**

## THE COOLEST MAP OF BREE STREET

With Bree Street rated as one of "The 30 Coolest Streets in the World" by TimeOut, the CCID has produced a map to highlight the coolest retail venues to visit when you're in this buzzy boulevard.

Something of a work of art, the map was designed by Cape Town CBD architect

Brian Paul. It features 50 must-visit retailers, accompanied by Paul's beautiful hand-drawn illustrations.

Designed as a keepsake, the map lists a plethora of places, from the trendiest restaurants to the chicest cocktail lounges, and everything in-between (including niche clothing

stores), making it the ultimate guide to this ever-popular destination. We also list the not-to-be-missed venues in nearby Heritage Square and in Buiten Street.

Download the map at [www.capetownccid.org/ccid-maps](http://www.capetownccid.org/ccid-maps) or email [aziza@capetownccid.org](mailto:aziza@capetownccid.org).



# TRIED & TA

They're at the helm of three popular Cape Town CBD eateries. And they all just happen to be women entrepreneurs. We ask them what it takes to become, and remain, a success story.

By Kim Maxwell

High standards, food continuity and something special. Qualities these owner-run establishments all have in common, keeping their customers returning over the years.

## CHARLY'S BAKERY

There really was a *Charlie and the Chocolate Factory* central character of whimsical wonderment for Jacqui Biess, when she fell in love with Charly, the young German master baker, and moved to Namibia to be with him in 1982. Decades later in Cape Town, Biess runs the Canterbury Street Charly's Bakery business named in her late husband's honour, in partnership with daughters Alexandra and Daniella. Their original café bakery started in Thibault Square in 1989, then moved to the V&A Waterfront, all the while tweaking its food offerings.

The first Charly's Bakery opened in Roeland Street in 2000. The current pink-and-white Canterbury Street Charly's building still sells pies and crustless quiche. But it is the delightfully decorated cookies, *petits fours* and colourful cupcakes that are the drawcard. Nostalgia draws people

of all ages into this cake shop. "The best part for me is when kids come in and just shriek with delight. That just fills my soul with joy," says Biess. Her own grandkids are often in the bakery or coffee area after school.

"Nobody was making cupcakes commercially in Cape Town when we started doing them." Thanks to her clever piping technique, Charly's cupcakes became legendary for catchy piped messages such as "Eat me", "Bite me" or "RIP diet".

They're easily personalised. "We've used them for humour, for cheering on South Africa, and for political effect." The bakery has made cakes for the likes of Oprah, Nelson Mandela, Archbishop Desmond Tutu and Elton John. When British royals Prince Harry and Meghan were hosted by the Desmond & Leah Tutu Foundation in Cape Town, cookies using words around gender violence issues were created.

Biess describes herself as an "absolutely hands-on" business owner. "I'm here every day for part of the day. I'm 63 and can't imagine retiring. It's usually all three of us."

Some staff have also been part of the family-owned business forever and a day. Head icer Molife, for example, started in deliveries 23 years ago.

"Our slogan has become, 'Say it with cupcakes'." Charly's will make an "I love you" box, an "I'm sorry box", or a "Happy divorce, you're free!" box. Biess continues: "Charly's will pipe a custom message on your cupcakes while you wait." Or personalise your cake or cookies.

Biess pulls up an image. "This was an order. The Mount Nelson Hotel concierge came in one Saturday morning and said: 'Help, a client needs a birthday cake'. It probably took us 15 minutes to personalise the cake." Saving the day. Biess smiles: "I always say to people that we're the capital of lastminute.com."

**Charly's must-haves:** Chocolate fudge brownies, in a pool of sauce; hummingbird cake with cream cheese icing; wicked chocolate loaves. Cookie Monster cupcakes. Don't forget Charly's signature "Mucking Afazing" bespoke cakes, or DIY cupcake kits to take home.

**CHARLY'S BAKERY** 38 Canterbury St  
Tues-Fri 08h00 to 17h00; Sat 08h30 to 14h00 | Tel 021 461 5181  
www.charlysbakery.co.za

## ZANNE'S FARE

Chef Zanné de Villiers has operated a few inner-city restaurants over the years. The legal community may remember her 2002 Café Zanne in Loop Street, near the Supreme Court. She also ran Zanne's Fare, on the corner of Loop and Longmarket streets, from 2019.

Food tourism fans were the common denominator that nudged De Villiers to reopen Zanne's Fare inside Heritage Square in January 2024. "My tour groups kept contacting me," she explains. The menu offers the sort of tasty food you'd usually find only in local homes. "I love the courtyard and the old vine. We focus on traditional South African cuisine, serving breakfast and lunch. On rainy days, the upstairs area inside the building is really packed," she says.

Foodie Pamela Onie of Cape Fusion Tours calls De Villiers an "amazing cook who celebrates our local cuisine" and "does comfort food like no-one else". Bringing numerous groups hankering for authentic cuisine to her table over the years, Onie (who is also the brainchild behind Cape Town Eats on Facebook) says De Villiers makes "the best malva pudding and bobotie" she's ever tasted. I am in hearty agreement.

Individual diners can always find a seat at Zanne's for à-la-carte options. "Tourists love the cheese and pâté boards, our Stilbaai *boerewors* and *chakalaka*. Locals love our *roosterkoek* (there's even a vegan version with aubergine, hummus, sundried tomato pesto and avo smash)," she says.

"It's a passion, if I can't be involved and cook myself, then I may as well close my kitchen," says De Villiers. "I maintain my standards: nothing leaves the kitchen unless I've tasted it." Her bobotie, with its unique spices, is taste-tested before being assembled.



**ABOVE:** Capetonians of all ages pop in to buy Charly's Bakery cupcakes.

**LEFT:** Jacqui Biess owns Charly's in partnership with her daughters, Alexandra and Daniella.

# ASTED



**ABOVE:** Chef Zanné de Villiers in the courtyard of Zanne's Fare.


**RIGHT:** Cape Malay bobotie, yellow rice and sambals is a signature dish.



"I love to create, and play around with different flavours and textures," says De Villiers. "You'll always find me in the kitchen. But it's important to interact with my clients, too." A keen baker, she's a fan of old-world furniture and antiques, anything that tells a story. "And I love heritage. Recipes the way my grandmother would make them, like the *melkert*. That's why I like traditional food."

A funny moment? The Zanne's Fare traditional platter is a taster board of bobotie, chicken curry, lamb *potjie*, Stilbaai *boerewors* and *skilpadjies*. On the menu, De Villiers lists its direct translation: "little tortoises". "When foreign tourists see the menu, their expressions change, and they ask if I really serve tortoises ... I always have to explain that it is ground lamb's liver and spices, wrapped in sheep's kidney *netvet*. To very relieved smiles."

**Zanne's must-haves:** Fragrant Cape Malay bobotie, yellow rice and sambals. Lamb *potjie*. Legendary malva pudding. Locals love the *roosterkoek* and the breakfasts. The carrot cake, *melkert* miniatures, scones. Pumpkin fritters, *mosbolletjies* ... the list is long.

**ZANNE'S FARE** Heritage Square, 90 Bree St | **Summer (1 November) Mon-Fri 09h00 to 19h00; Sat 09h30 to 15h30 | Tel 083 745 4815**  
 @zannesfare

## CLARKE'S BAR & DINING ROOM

Lyndall Maunder opened Clarke's Bar & Dining Room in Bree Street in December 2011. She'd trained as a chef with David Higgs at Meerendal Wine Estate, and with George Jardine at Jardine in Bree Street. She later moved to Superette for a couple of years. "It was a great starting point to figure out how to open my own business," she says. Clarke's opened about 40 days after Maunder signed the lease, the interior dreamed up with help from her good friend, designer Liam Mooney.

"It was about having this New York-style deli sandwich, this incredible burger, a Bloody Mary ... So, diner-style, with this big bar where you can see everybody, where you're happy to eat solo. Newspapers in the morning, magazines. Using my chef background, so the best quality: Mysthill Farm for our dairy, and our burger buns, white breads and croissants baked in-house.

"I imagined that I'd start this restaurant and be in the kitchen, exploring producers. But the restaurant just exploded from day one. So quite early on I had to step out of the kitchen and run everything. I needed to systemise, so that called for a menu which wasn't seasonal."

Maunder is now tweaking her management style. "In the beginning with Clarke's, I was high-energy, very passionate. I'd walk into a space and say, 'That's wrong, fix that ...'! I have definitely softened. What I'm trying now is not to tell my team how to do something, but to let them find their own way. I love owner-run establishments. But I want to build a team and grow the business." She is keen to open another branch.

The Clarke's secret? "Well-made quality; a lot of people miss that. They think it's just a burger. They don't know it's a croissant-type bun made with layers of Mysthill Farm butter and bio-wheat stoneground flour. With a grassfed beef patty, melted Klein River Havarti cheese. A pickle of red onion and cucumber on the side. Fries or salad extra." She's on a roll. "But really the joy and the pleasure of Clarke's is the people. People are happy to be here."

"The team is happy to be here. As a customer, you're part of the party when you arrive."

Maunder wants her eatery to be a place patrons will return to 20 years down the line and the core will be the same. The flavours, portion sizes. She wants it to be a place people can visit twice a day if they want to. "There's nothing worse than returning to a place you loved, to find that your favourite dish isn't the same anymore. It's about the energy of the space and the quality of the food. If I've done that, then I've won."

**Clarke's must-haves:** Definitely the omelettes; all-day breakfasts. "People love our French toast croissants stuffed with Nutella, soaked in egg, cream and vanilla, then baked." Huevos Rancheros beans and eggs on toast. Pulled pork sandwich (the meat is smoked in-house). The Reuben with braised brisket. And, of course, the epic Clarke's burger.

**CLARKE'S BAR & DINING ROOM** 133 Bree St | **Summer (1 November) Mon 07h30 to 23h00; Tues-Fri 7h00 to 23h00; Sat 08h00 to 23h00; Sun 08h00 to 15h00 | Tel 087 470 0165**  
 [www.clarkesdining.co.za](http://www.clarkesdining.co.za)

**BELOW:** Lyndall Maunder opened Clarke's, a stalwart on Bree, in 2011.  
**RIGHT:** Ever popular, the eatery has an attractive vibe and draws the crowds.



# COOL & COSMOPOLITAN

Merchant Bar & Grill is a new grown-up restaurant where you're just as comfortable ordering a glass of wine and a plate of charcuterie at the bar as a five-course tasting menu. But this charcuterie plate, it is one you won't find anywhere else in the world.

By Ilana Sharlin Stone

Over the past decade, Cape Town has emerged as a serious restaurant city, and this is in part due to Liam Tomlin, whose Chefs Warehouse group of restaurants has set the standard for fun and exceptional dining without the fuss and formality. His latest restaurant and bar, in partnership with David Schneider of Chefs Warehouse MAISON and The Red Room, is Merchant Bar & Grill.

Why call it Merchant? "A merchant to me is someone who goes out of their way to find the best, most unique products available," explains Schneider. "We want to put the focus on the producers who grow, farm, catch and supply us with exceptional products."

Sourcing products from small producers like Bertie Coetzee (Lowerland Organic Farm), Giselle Courtney (The South African Fynbos), Andrew Nel (Frankie Fenner), Koot Prinsloo (Langside Meats in Komani, Eastern Cape), and Ryan Boon is the important starting point for Tomlin, Schneider and young chef Adrian Hadlow, who make up the trio of chefs overseeing Merchant Bar & Grill. It's what happens next that gets even more interesting.

## REVIVING THE LARDER

It's good old-school butchery and fishmongery, the full usage of every product and the extensive use of preservation that really distinguish this restaurant. At the heart of Merchant Bar & Grill is The Larder. This is Schneider's baby: a glassed-in temperature-controlled room which holds the huge array of preserved treasures of the kitchen, from house-made charcuterie to jars of kombucha, olives, piccalilli and other pickles and preserves.

When you order a charcuterie plate here, every single item has been made in-house: from the cured meats to the condiments to the sourdough bread (made with an *umqombothi* starter). "This is the only place in the world where you will get this charcuterie plate," says Schneider.

This plate in itself is worth a visit, but there are so many other next-level



**CLOCKWISE, FROM TOP:** A commanding, suspended chandelier by Ceramic Matters has pride of place in the sophisticated venue; the charcuterie plate is unique, with every item made in-house; The Larder, a glassed-in room, holds an array of preserved treasures.

snacks to try. There's a Scotched egg wrapped in house-made fennel sausage, pork crackling with addictive smoked mayonnaise, a bowl of lamb sausages, and olives with crispy shards of garlic, amongst others. It's easy to make a meal out of these – but there are also numerous mains that feature whatever is seasonally best, whether it's charred tuna belly, a simple yet spectacular beetroot tarte tatin with house-made ricotta, or a show-stopper of a bone-in beef ribeye that serves two.

Alternatively, there's the curated route of a five-course set menu, which always begins with a charcuterie course. It's a surefire way to try the very best of what's in the kitchen and The Larder.

## RAISING THE BAR

The word "Bar" in the name is no token mention; this bar is a destination on its own. Yes, it's cool and cosmopolitan, with a great wine selection, classic and signature cocktails, and all kinds of comfortable seating.

But what really sets it apart from other classy city bars is that you can order anything off the food menu and have a full-on gastronomic experience. Great food is hard to come by in a bar; here it's the standard.

## CITY LOOKER

Cape Town is filled with characterful old buildings and 91 Bree Street is a prime example: a 19<sup>th</sup> century beauty that is at the epicentre of Cape Town's foodie and cultural neighbourhood. A massive renovation of this space has created a modern industrial feel with classical bones; exposed brick walls and steel girders with soft pendant lighting and sculptural wall sconces.

The entrance to Merchant Bar & Grill is through Chefs Warehouse & Canteen on the ground floor, and up a dramatic central staircase with a spectacular chandelier suspended from above. A series of butchery inspired ceramic works created by Ceramic Matters has been refashioned into an illuminated double-volume chandelier with hanging cleaver, leg of lamb, tube of tomato paste, garlic and chicken feet – as well as comical items like a paintbrush and a rat.

The convivial dining room features a stunning stretch of ocean liner-inspired banquette, along with leather seating; there is also a quieter corner overlooking the staircase and a warming fireplace.

Tomlin is an enthusiastic collector of modern art, and on the walls are works by Jero Revett, known as the Wildwanderer. Revett makes Gyotaku artworks of fish and sea animals with the ink of the octopus and cuttlefish he catches.

While on the surface there's nothing basic about Merchant Bar & Grill, this restaurant is all about going back to basics, especially when it comes to food, provenance and seasonality – and Cape Town is all the better for it.

**Merchant Bar & Grill, 91 Bree St**  
 @merchant\_on\_bree

# BIG SKY THERAPY

If you've realised that health, self-care, and a positive mindset are the real wealth in life, then you'll understand why these top-notch CBD spas are the real deal.

By Vanessa Rogers



## MANGWANANI SPA

**Stand-out feature:** Operating under a service ethos that highlights the need for guests to restore their best inner selves with much-needed me-time, Mangwanani Spa's team of talented therapists from across the African continent offer their own special healing modalities and professionally honed massage techniques.

**Signature package:** "Our signature package, Royal African Spa Night, offers exceptional pampering for anyone wanting to experience the ultimate relaxing stay in Cape Town," says spa manager Nokuthula Tomose.

**Finer details:** "At an affordable R1 700 per person (which includes a R200 food voucher for dinner or

room service after your treatment), the signature package merges three 60-minute therapies into a major rejuvenation session – a full body massage with hot stones, a Royal African foot massage with a cleansing ritual and exfoliation, and a soothing North African head, neck, and shoulder massage. This is the kind of unapologetic pampering we strive to deliver."

**Southern Sun The Cullinan**  
 1 Cullinan St | Fri-Sat 09h00 to 23h00; Sun-Thurs 09h00 to 21h00  
 021 415 4075/6 | info@mangwanani.co.za  
[www.mangwanani.co.za/the-cullinan/](http://www.mangwanani.co.za/the-cullinan/)  
[@mangwananiafricaspa](https://www.instagram.com/mangwananiafricaspa)

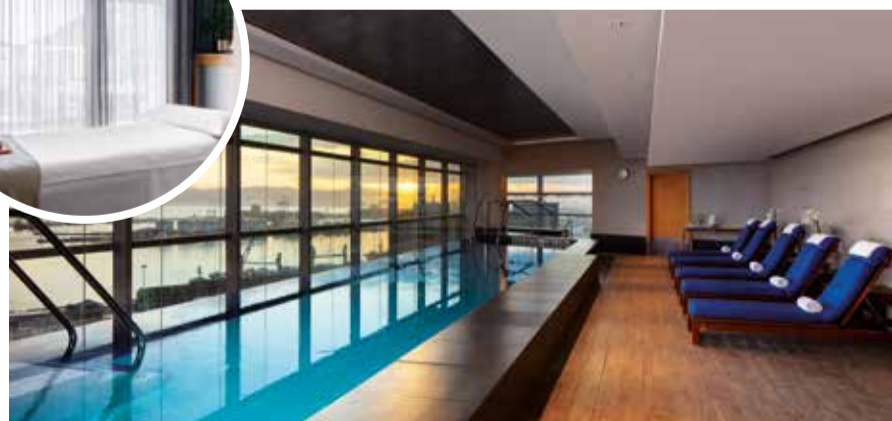


## HEAVENLY SPA BY WESTIN

**Stand-out feature:** Nestled on the 19th floor of The Westin Cape Town, this spa is certainly heavenly, with its mesmerizing view of the ocean as it merges seamlessly with the azure sky. The spa's heated infinity pool is not just for swimming but also for ultimate relaxation. Heavenly Spa's tranquil environment is a sanctuary, allowing visitors to embrace the stillness as they prepare for their chosen treatment.

**Signature package:** "Our signature day packages are indulgent," says spa manager Rochelle Goliath. "The Heavenly Indulgence package is a standout option at R3 950 per

person. It is a journey through six treatments: a 30-minute full body scrub, a 30-minute full body wrap, a 60-minute gentle signature massage, a 60-minute facial, a 45-minute on-the-go manicure, and a 45-minute on-the-go pedicure. It's a divine



## CAYENNE SPA

**Stand-out feature** Cayenne Spa, on the eighth floor of the Pepperclub Hotel, has panoramic views of Table Mountain and the City Bowl and is shielded from the inner-city buzz via soundproofed glazing. This world-class spa uses proudly South African products from Bellabaci and internationally renowned QMS Medicosmetics in its extensive range of treatments and packages.

**Signature package:** "Undoubtedly the best use of four hours of down-time is the Cayenne Half Day Package at R3 300 per person," reveals spa manager Jill Radcliffe. "Alternatively, if you're with your beloved, the Couples Spa Journey at R3 850 per couple provides complete tranquility and togetherness in a romantic two-hour cocoon."

**Finer details:** The package includes four treatments (a full-body massage, cleansing facial, manicure and pedicure) with lunch at the COPA restaurant. The Couples Spa Journey combines three treatments, namely a full-body massage, an express facial, and a scalp or foot massage. "If you're unsure which one to opt for," says Radcliffe, "a scalp massage promotes hair growth, reduces stress, boosts the immune system, and facilitates deeper sleep, while a foot massage improves circulation, reduces tension, and eases pain or tiredness."

**Pepperclub Hotel | 167 Loop St | Mon-Sun 08h00 to 19h00**  
 021 812 8812 | cayennespa@pepperclub.co.za  
[www.pepperclub.co.za/cayenne-spa](http://www.pepperclub.co.za/cayenne-spa)  
[@cayenne\\_spa\\_](https://www.instagram.com/cayenne_spa)



Indulgence package features the spa's signature Swedish-style massage that incorporates a three-stone ritual and the spa's unique massage oil.

"Our massage treatments provide tangible health benefits, including reduced anxiety, deep relaxation, improved circulation, enhanced skin tone, and a boosted immune system, thereby helping our guests navigate the hectic demands of everyday life."

**The Westin Cape Town, Convention Square, Lower Long St**  
 Mon-Sun 09h00 to 19h00  
 021 412 8200 | cptwilheavenlyspa@marriott.com  
[www.heavenlyspa.co.za/](http://www.heavenlyspa.co.za/)  
[@heavenlyspa\\_cpt](https://www.instagram.com/heavenlyspa_cpt)

pampering experience. Non-hotel guests can access our world-class spa facilities for an additional R700, available from Monday to Thursday between 09h00 and 17h00."

**Finer details:** The Heavenly

# WHAT'S ON IN TOWN

Spring has finally sprung, folks! We're celebrating in the Cape Town CBD



For more event info,  
visit *City Views*  
on Facebook at  
[www.facebook.com/  
CityViewsCapeTown](https://www.facebook.com/CityViewsCapeTown).

## CASTLE OF GOOD HOPE HISTORY TOUR

This Culture Connect tour by Jeanne Bonnema covers fascinating stories about the Castle of Good Hope, built between 1666 and 1679. They range from its creation to secret WW2 army activities, bombing during apartheid and Bonnema's slave ancestry. Says Kate Crane Briggs of Culture Connect: "We visit Dutch East India Company buildings, the provost to the newish Camissa Museum and a justice art installation by Haroon Gunn-Salie."

**Where:** Castle of Good Hope, Castle St

**When:** 26 October

**Time:** 10h00-12h00

**Book:** [kate@cultureconnectsa.com](mailto:kate@cultureconnectsa.com)

or WhatsApp **072 377 8014**

📱 [www.cultureconnectsa.com](http://www.cultureconnectsa.com)



## MY FAIR LADY

Book now for Pieter Toerien's production of the Lerner and Loewe musical theatre favourite, *My Fair Lady*, with Cape Town Opera. Brittany Smith and Leah Mari will alternate as Eliza Doolittle, with Craig Urbani in the role of Henry Higgins. Dubbed the world's most loved musical, expect the timeless songs including "I Could Have Danced All Night", "Get Me To The Church On Time", and "The Rain In Spain". Directed by Steven Stead and choreographed by Duane Alexander.

**Where:** Artscape Theatre Centre, D.F. Malan St

**When:** From 12 December 2024 to 12 January 2025

📱 [www.artscape.co.za/event/  
my-fair-lady-cpt/](https://www.artscape.co.za/event/my-fair-lady-cpt/)

## CIRQUE EXTRA VAGANZA THROUGH TIME

Hugely entertaining, this spellbinding circus show is presented by The Silk Workshop. Acrobats will have something for everyone. Expect breathtaking aerialists, jugglers and more to grace the stage.

**Where:** District Six Homecoming Centre Star Theatre, Cnr Buitenkant & Calendon Sts

**When:** 23 November

**Time:** 12h00; 16h00 and 20h00

📱 [www.homecomingcentre.co.za/  
events](http://www.homecomingcentre.co.za/events)



## SANLAM CAPE TOWN MARATHON

The Cape Town Marathon is sold out with a total of 21 000 participants. Now it's time to show the world how we run a marathon in Africa. This is the first Abbot World Marathon Majors Candidate Race. Entries for the 5 km and 10 km runs as well as two trail events are still open. It's one of the most beautiful marathon routes in the world. If you're not taking part, get in the spirit of things and support the runners along the route.

**Where:** Start at Fritz Sonnenberg Rd, Green Point

**When:** 19-20 October

📱 [www.capetownmarathon.co.za](http://www.capetownmarathon.co.za)



## DESIGN WEEK SOUTH AFRICA 2024

Design Week South Africa enables South Africa's creative industries to "showcase, inspire and prosper". Powered by Yoco, it boosts the local creative economy through a curated calendar of events and experiences in Johannesburg and Cape Town that showcase the future of local design. Think product showcases, exhibitions and activations. One of the Cape Town highlights is a photographic installation, "Women of the Water", by Cape Town CBD jeweller Pichulik in collaboration with Mikhailia Petersen and Ben Mall. Guided tours around creative workspaces, including Cape Cobra in Bree St, will take place. Don't miss the guided Cape Town CBD tour by architecture firm dhk on its projects in town.

**Where:** Check the online programme to book and register

**When:** 24-27 October

📱 [www.designweeksouthafrica.com](http://www.designweeksouthafrica.com)

## SCRIBE

This fascinating solo exhibition by Lyndi Sales of large-scale spiral collages and other works is not to be missed. It is the culmination of the three weeks the artist spent taking part in a sacred plant ceremony with the Huni Kuin, an indigenous people of Brazil, in the Amazon rain forest in 2022. The exhibition notes by Georgia Munnik explain that, for centuries, they have practised ancestral plant medicine rituals, which comprise multi-part ceremonies that include prayers, song, dance and the burning of dried medicinal herbs and a bath anointment. "Sales relays some of the Huni Kuin's teachings in her new body of work in the form of large tapestries embroidered with the sonic frequencies of recorded prayer songs from the Huni Kuin plant ceremony." Her drawings comprise organic "maze-like formations", "the design of which she delineates with a specialised glue that is coated with a finely ground pigment made from stones she collects in the Eastern and Western Cape."

**Where:** WHATIFTHEWORLD Gallery, 16 Buitenkant St

**When:** Now until 2 November

📱 [www.whatiftheworld.com/](http://www.whatiftheworld.com/)

## TRUTH TO POWER: DESMOND TUTU AND THE CHURCHES

This is a new and exciting permanent exhibition celebrating key aspects of the legacy of the late Archbishop Emeritus Desmond Tutu, housed at the former Old Granary building, now the Desmond & Leah Tutu Legacy Foundation. The exhibition was curated by the Apartheid Museum. Come and experience the journey of The Arch, one of South Africa's greatest heroes.

**Where:** Desmond & Leah Tutu Legacy Foundation, Buitenkant St

**When:** Ongoing

**Time:** 09h30 - 15h30 (Tuesday to Saturday)

📱 [www.tutu.org.za](http://www.tutu.org.za)



## THE CAPE TOWN BEVERAGE SHOW

Cheers! It's almost time for The Cape Town Beverage Show, a three-day event that showcases "everything the beverage industry has to offer". There will be live demonstrations, cocktail-creation classes to elevate your mixology game, a wine walk featuring 20 top producers, coffee and tea (and other non-alcoholic drinks) from the best of the best and all you need to know about the art of making excellent brandy (and brandy craftsmanship) and craft beverages such as gin. There is also a show dedicated to all things agave, plus a tequila bar. See you at the Neighbourhood Bar, where you can put bartenders through their paces and also empower them. There will be something for everyone.

**Where:** CTICC 1, Lower Long St

**When:** 22-24 November

📱 [www.ctbevshow.co.za](http://www.ctbevshow.co.za)