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ONE&ONLY
VOL 2 CAPE TOWN

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CAPE TOWN'S BEAUTY
LIES NOT ONLY IN ITS LANDSCAPES

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WELCOME

Dear esteemed guest,

The skies have always held a sense of mystery for me. The thought of the mystical cosmos beyond and the expanse of the night sky never fails to amaze - especially when you have the exceptional honour of living under African skies. Thankfully for you and I, we've brought the stars a little closer in the form of our newly reimagined One&Only Spa, and its ode to the Southern skies.

And while you're on the island, why not peek through the trees to see if you can spot any of our feathery friends amongst the branches? One&Only Cape Town is home to many endemic bird species, and we've created the perfect beginner's guide to ensure you learn a little from the natural world that surrounds you . Should you wish to explore a little further afield, our noctourism (night-time tourism) suggestions will show you another side of the Mother City - one filled with late night running, outdoor movies and clinking wine glasses.

It should be of no surprise that our love for wine runs deep, not only at the Resort but all around the city. We are always looking to explore a little more of viticulture, and this time it's with the introduction of orange wine.

Finally, prepare to be inspired by the incredible organisation that is Uthando, who work hand-in-hand with the tourism industry to create a better South Africa. One&Only Resorts are honoured to play our small role in this vision.

May this edition of ROAM provide you with the urge to explore, the excitement to learn, and the yearning to relax. And that you do it all from One&Only Cape Town.

Anne Scott, General Manager

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One&Only

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ONCE UPON A SPA

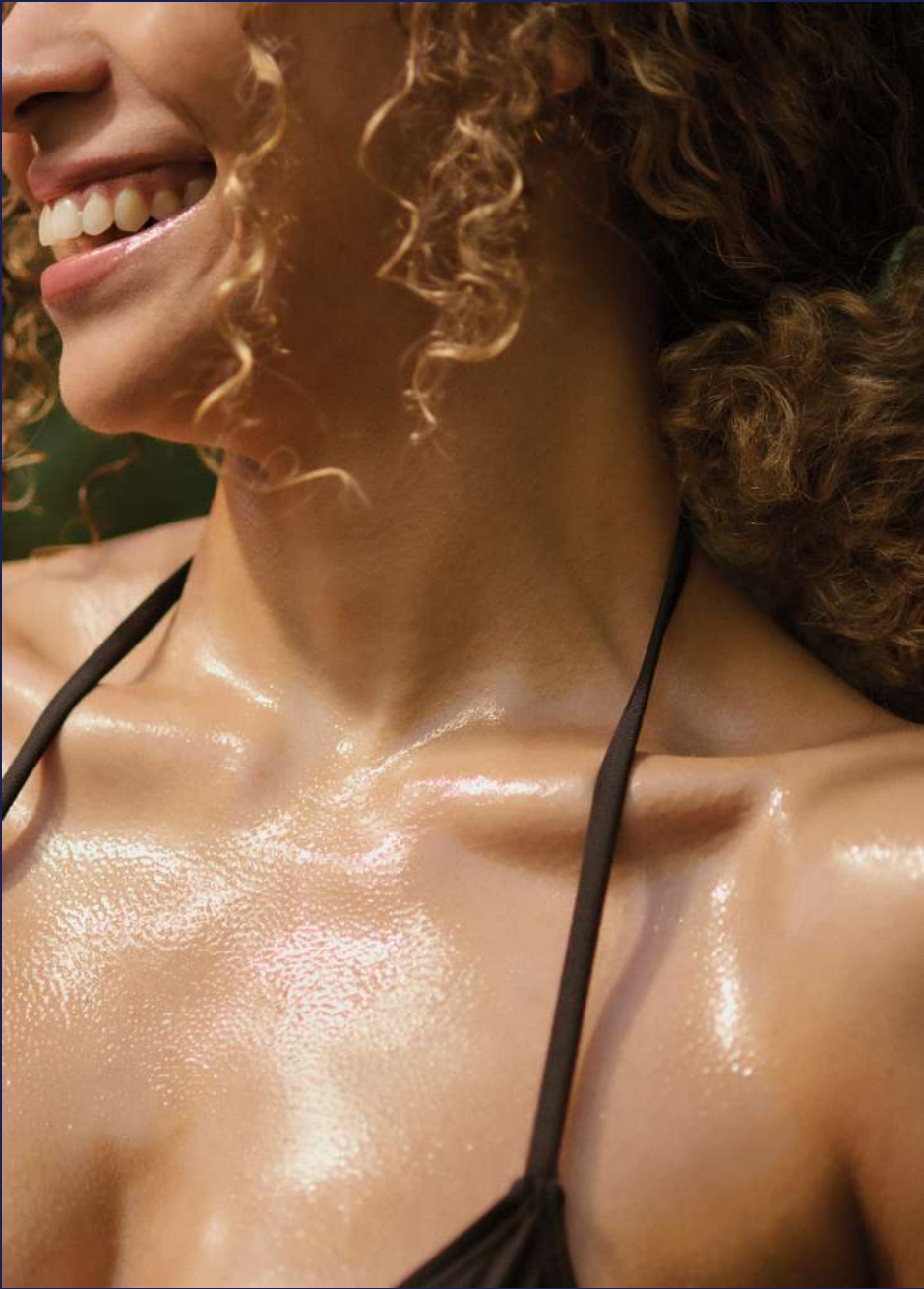
A STAR IS REBORN





SHOOT FOR THE
MOON. EVEN IF YOU
MISS, YOU'LL LAND
AMONG THE STARS.

NORMAN VINCENT PEALE



ONCE A MONTH,
DURING THE FULL
MOON, THE SPA REMAINS
OPEN LATE, OFFERING
A "FULL MOON MENU".

In some African folklore, it is said that the Southern Cross is not merely a constellation of stars, but actually the essence of lions, who were once men. Others say the constellation are the eyes of a great celestial beast, or of two male and two female giraffes chasing each other across the night sky. No matter the tale, the Southern Cross has been shining year-round in the Southern Skies of the Cape for many millennia. It is made up of five distinct star "points" - Acrux, Gacrux, Imai, Mimosa, and Ginan - each of which being amongst the brightest stars in our immediate galaxy. A point of navigation for generations of travellers over the centuries, the Southern Skies served also as a guide for the One&Only Spa, inspiring the design direction for interior architects Muza Lab.

THE DESIGN

This celestial-inspired sanctuary provides an island of calm (quite literally) in the hub of a buzzing city centre and alongside a working harbour, carving a space for all to find peace and tranquillity. "It's more than just a new look," shares Anne Scott, General Manager of One&Only Cape Town. "This is about offering guests a space to reconnect with themselves - a place that honours stillness, beauty, and renewal."

Piece by piece, from within the mythology of the cosmos, the subtle design of One&Only Spa emerged. Muza Lab found themselves drawn to raw materials - clean slabs of marble, the soft wooliness of sherpa cotton, pale ash wood, and the metallic glow of bronze. Smaller touches such as textured paint and custom, star-strewn light fixtures added to the sensory experience, allowing guests to wholly disappear into space and embrace the concept of bodily immersion. The constellation ambiance continues with copper sconces along each wall, bringing the starry night sky to life, their metallic shine glistening softly in the gentle light. Crafted by blacksmiths and design experts, Bronze Age, these lighting features provide a visual reminder of the wonders of the constellations above. Every element has been curated to perfection, including the eye-catching rope chandelier upon arrival. Inspired by organic forms and celestial textures, this soft-tasselled feature is a unique décor piece, created by design connoisseurs John-Henry and Mimi Roberts of Kent and Lane.

Treatment rooms are quiet temples of wellness, odes to rejuvenation, and lessons in relaxation. Finish your treatment and find yourself in the Relax Room, complete with soft flowing linen partitions to provide privacy as you stretch out and relax upon the day bed beneath you, the perfect spot for gentle restoration.

For all guests, wellness begins within, and this concept continuation can be seen in the refreshments offered in the Relax Room. Be it in the form of sleep, gut health, emotional wellbeing or indulgence, each food and drink item has been carefully considered and grouped together to address the need at hand.

THE LORE OF THE MOON

Just as the stars have guided journeys and explorers around the continent, so too has the moon been woven into fables, rituals, and traditional African folklore. For example, the moon was considered the "Lord of light and life" by the Khoikhoi tribe, who would celebrate the arrival of a full and new moon with song and dance. The Nyae Nyae! Kung Bushmen were of the thought that when there was a lunar eclipse, it was caused by the spirit of the lion, placing his paw over the moon for more suitable, darkened hunting grounds. And finally, the Xhosa considered the time of the new moon as a period of reflection, as the comparatively darker new moon was interpreted to be resting too. When the crescent moon appeared in the evening sky thereafter, it was cause for celebration - as the moon had returned, symbolising a fresh start. The Xhosa also scheduled important events and celebrations around the appearance of the Full Moon, and One&Only Spa is no different...

Offered once a month, on the night of the full moon, the Spa remains open until late to offer a unique "Full Moon Menu". Complete with candles and singing bowls, guests are guided through a transformative journey - influenced by the lunar cycle. This experience is a celebration of renewal, growth and re-discovery; as each treatment harnesses the moon's energy and inspires emotional and physical harmony.

UTHANDO

“It’s about giving with love. Creating hope and faith. Hope for a better future, faith in humanity.” - *James Fernie, Founder of Uthando*

PHOTOGRAPHY: BLACK BEAN PRODUCTIONS

IS UBUNTU





UTHANDO SUPPORTS INITIATIVES IN EDUCATION, THE ARTS, AND YOUTH DEVELOPMENT, USING TOURISM FOR SOCIAL UPLIFTMENT.

I t started with a patch of ground. Not the grassy green lawn that you would imagine, but a patch of stubborn earth in the heart of a struggling community. It was here where the soil was broken, the promises of a better future were made, and the Philisa Abafazi Bethu (isiXhosa for “Heal Our Women”) Family Centre came to be.

The Centre opened in 2008 by community leader and activist, Lucinda Evans, as a safe place for gender-based violence victims, and members of the LGBTQIA+ community - as well as a communal space for skills development. It has gone on to become a beautiful haven within the Steenberg community, with several programmes always on the go; including elder enrichment, afterschool activities, community feeding schemes and social work services, amongst others.

Lucinda soon made contact with a social entrepreneur by the name of James Fernie, who too was working towards a vision of a better South Africa. They joined forces, with James incorporating the Centre alongside his organisation, Uthando, and the rest was history...

THE STORY OF UTHANDO

Uthando was established in 2007, with James serving as the founder and conduit for society and tourism to support community development projects. James saw the potential the two sectors could have on one another, and the powerful partnerships that could arise to solve the needs of many. The statistics for gender-based violence, poverty, crime and lack of education were rising daily, and for James these problems were too large to ignore. He began to garner his team, his “Lovenaires” (an enduring term he and his team use to refer to ambassadors of love, unity, and service, as well as individuals and groups within the Uthando community), and began connecting with different organisations - understanding their causes and stories so that he and his team could conduct fundraising for their differing needs. Uthando Project Manager and self-proclaimed Lovenaire, Roshana Naidoo, explains the mission of the organisation further by saying, “Uthando is rooted in the spirit of Ubuntu – ‘I am because we are’. Community is at the heart of everything we do. Uthando supports a wide range of initiatives in education, the arts, youth development, and more, using tourism as a powerful tool for social upliftment.”

Indeed by 2025, James and his team have amassed quite the collection of inspiring, community-driven development projects, charities and entrepreneurs to support. Each of these focus on solving problems the locals are facing, such as lack of education, job loss, health issues, animal welfare, drug and alcohol abuse, childcare, HIV/AIDS, prisoner rehabilitation and plenty more. Uthando offers a powerful avenue for the tourism industry to create a meaningful and lasting impact by connecting with these projects. They do so via experiences and excursions, allowing for a full immersion into the lives of those in need, and a first-person perspective to the efforts going into addressing the issues. Often the subsequent donations – in the form of money, time, equipment or exposure – produce a ripple effect that flows far into the future

of that particular project. These excursions are innovative, meaningful and authentic, with James explaining, “Our philanthropic educational excursions reflect a heartfelt desire to showcase the best of South Africa, the positive, impactful, and very often untold stories of triumph over adversity”.

There have been many stumbling blocks along the way; funding shortages, burnt-out volunteers and too many heart-breaking endings to count. Still, as an organisation they grew, developing schools, clinics, safe houses, sports academies and more, each one motivated by the same relentless hope and love for the community around them.

THE ROAD AHEAD

Today, Uthando looks onto even brighter horizons, with the organisation planning to break ground on a number of different projects in the coming years. “We’re currently working on several impactful projects,” notes James, “[but] all our projects focus on dignity, creativity and long-term impact”.

Two projects looking to make an environmentally positive impact, are Goal50 ECD - a Montessori preschool in Heideveld - and the Moeen Ali Sports Centre, both of which will be built from tyres, plastic bottles and other recycled materials. Roshana explains that the use of recycled items and natural building materials in their designs, comes from a desire to reduce waste, lower environmental footprint, and create sustainable structures and solutions. They also tend to be more durable, provide good insulation and create a unique aesthetic.

“We source the materials locally through partnerships with recycling centres, and collaborations with waste management companies to support circular economy practices,” she states proudly and adds, “This approach not only helps the environment but also empowers communities by employing them in the building process.”

When asked about some of the most inspiring moments in Uthando’s history, James and Roshana agree; “The incredible resilience and creativity of the communities we work with,” James states. “Seeing communities come together to build sustainable buildings from recycled materials, grow their own food through urban gardening projects, and how we support each other through mental health initiatives has been truly powerful.”

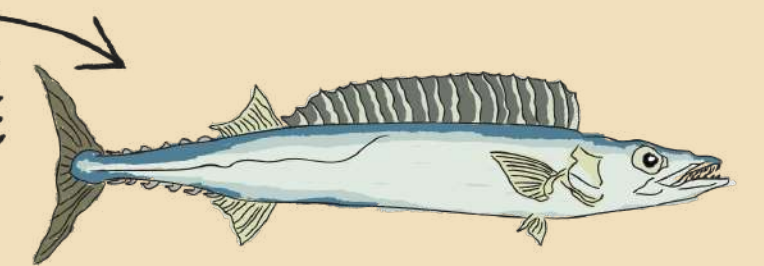
In an effort to aid in the continued upliftment and development of community, One&Only Resorts and The Legacy Untold, an award-winning travel design partner based in New York, initiated fundraising for Uthando. The proceeds went towards providing the installation of solar panels at Philisa Abafazi Bethu Women and Family Center’s Skills Development Centre, ensuring young and old alike could continue their educational enrichment even when plagued with power outages. Further funding was also provided for their ‘Sewing for Sustainability’ programme, which allowed for a small group of vulnerable women from the Northern Cape to be taught valuable sewing skills to lead to economic independence. With support from tourism partners such as One&Only Cape Town and The Legacy Untold, the goal for Uthando is clear: further reach, a larger impact, and a future filled with strong, thriving communities.

A LOCAL OMAKASE



A bold expression of innovation, the South African Omakase menu masterfully explores local ingredients while retaining the signature Nobu style

SMOKED SNOEK PATÉ
WITH A CRISPY RICE CRACKER



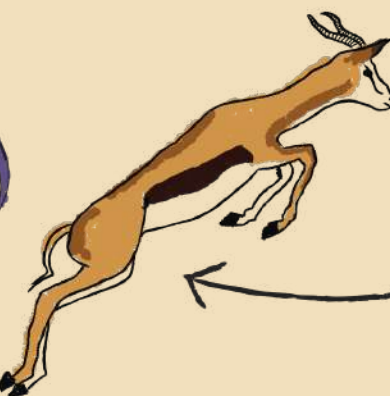
YUZU & ROOIBOS
CURED LOCAL SEABASS
WITH ORANGE AMAZU

CHALMAR BEEF
TATAKI SALAD
WITH GRILLED PEAR & HONEY PONZU



NIGIRI
SUSHI SELECTION

LOCAL WHITEFISH
& MUSSELS
WITH MANGO ANTICUCHO SAUCE

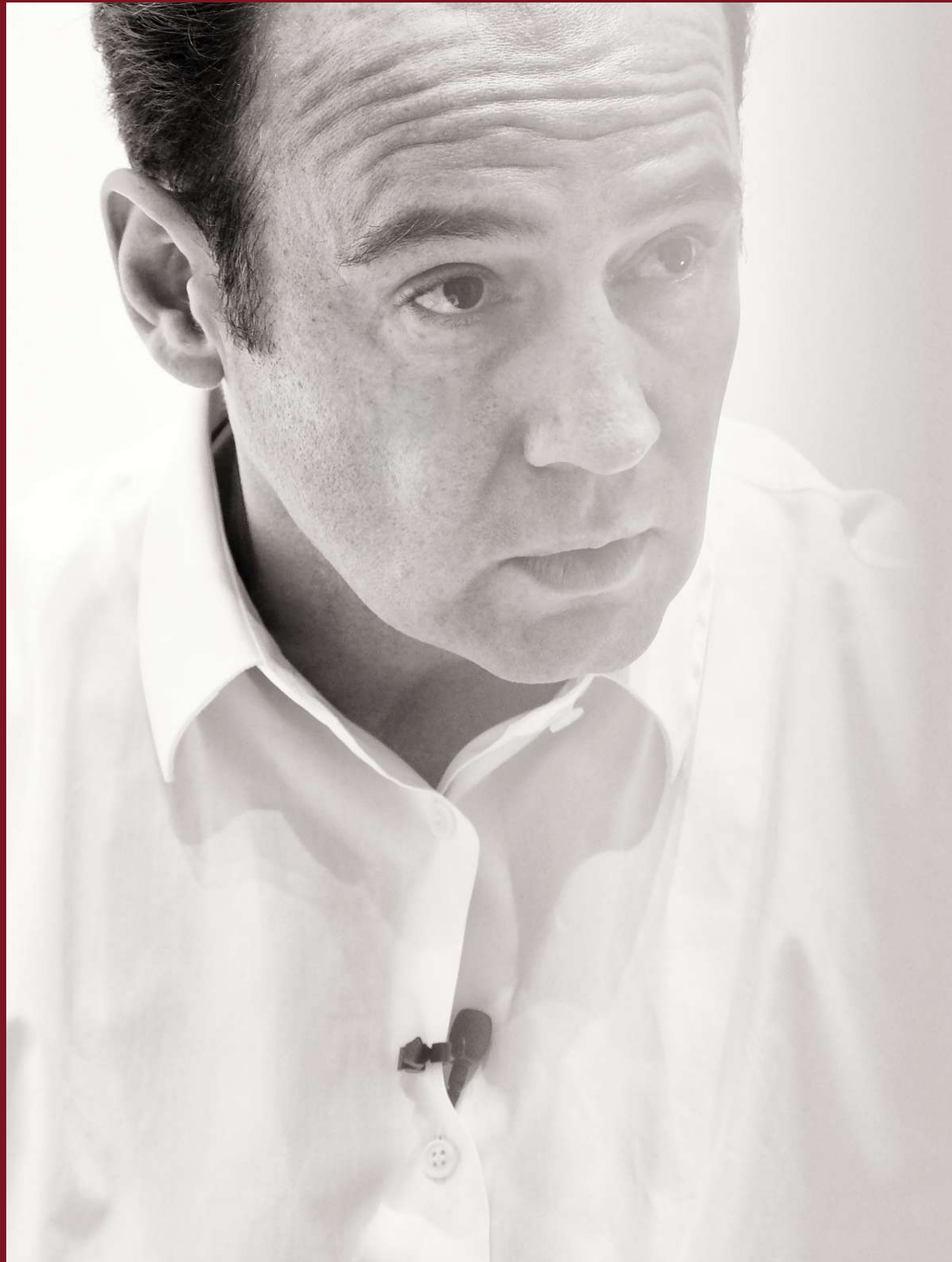


SPRINGBOK LOIN
WITH BUTTER TOSAZU SAUCE
& CONFIT FIGS



PLUM TART
WITH BURNT BUCHU HONEY ICE CREAM





BASTIEN GONZALEZ - FOOT VIRTUOSO

Tailor-made beauty for hands and feet

Revealed in an exclusive, behind-the-scenes conversation, enter the world of Bastien Gonzalez, where beauty meets precision in an intimate encounter. Discover the story behind his coveted treatments and the origins of the iconic Pedi:Mani:Cure Studio at One&Only Spa.

LOOKING BACK, WHAT IMPACT HAS ONE&ONLY CAPE TOWN HAD ON YOUR BRAND'S JOURNEY?

Cape Town was a big milestone in my brand's development. I was lucky to know Sol Kerzner, who was a client of mine in London, and he once said, "I don't know how, Bastien, but I want you in all my Resorts. Because when my guests go to the pool, and they lie down, I want to make sure their feet are perfect."

When we opened in Cape Town, I couldn't bring in a French podiatrist due to visa issues, so I had to train someone locally. It was the first time I had a manager without a medical background - a very interesting moment for me back then. But I found a passionate woman who understood the concept more like a spa director than a therapist. We grew quickly - from one room and two staff to three rooms and seven, within three years, and so Cape Town became my number one operation worldwide.

WHAT MADE SOUTH AFRICA THE RIGHT FIT FOR YOUR BRAND'S EXPANSION INTO AFRICA?

I had previously worked in India and a few other places in Asia, but I had never worked in Africa. I knew it would be successful because pigmented skin tends to build more calluses than white skin, and there was a need and a demand for luxury treatment and care. I knew my brand could meet that need.

CAN YOU SHARE THE STORY BEHIND YOUR JOURNEY?

I was based in Paris, with a medical degree in pedicure pedagogy. I didn't study to learn the art of the pedicure

though; I did it to understand the biometrics of the feet. You see, I was a competitive skier at the time, and I wanted to improve my boots. This was the best way to understand the biomechanics of the foot, and I found that I loved learning about it.

I opened a medical office just after I received my qualifications. One day, about two years in, I went to see my 92-year-old great grandmother, a very elegant woman, and I walked in on her brushing and buffing her fingernails using a buffer that looked like something you would use for shoes or silver. But when I looked at her nails, I was amazed by their appearance and health - they were pink and white, the perfect French nails. When you age, your hair and nails break, so I was naturally curious as to why this 92-year-old woman did not have such problems. I found that when you brush the nail beds, you accelerate the blood circulation and oxygen, making it pinker and then, by contrast, the nail tip looks whiter too.

That moment changed everything. I started to build my pedicures around the concept of buffing nails. Thereafter, I learned the art of massaging, because if the feet were puppets, then the legs would be the strings. I developed a new approach that I called the true "pedi-cure"; a foot and leg treatment first, and then a "cure" for any issues afterwards. You see, for me, it's not about painting the nails - it's about curing the nails and feet and helping you long term.

WHAT DOES WELLNESS LOOK LIKE FOR YOU AT HOME?

I am a very active man; I cannot just sit still. So, over the last 20 years, I created my own methods of wellness. I like to have one or two massages a week, and I do a hike every morning. I tend to walk to the river, dive into the 6° water and swim for a while. After that I have a trainer for half an hour, and then I swim for an hour more. I'm also extremely lucky because

I've built a 7-kilometer butterfly corridor in my forest, which I love to walk in. Butterflies are as powerful for pollinating flowers as bees, so I wanted to help protect them. They've become a big part of my wellness environment.

OF ALL YOUR PRODUCTS, WHICH IS YOUR FAVOURITE?

Oh, all of them. But there are two aspects to my answer. There is "what's the most efficient", and then "what's my favourite emotional product". The Foot Balm is my "everything" product; it's good for the skin, for joint pain, for everything. Emotionally, I would say the buffing tool; it's a reproduction of my great grandmother's. It's the tool that started everything.

WHAT'S NEXT FOR YOUR BRAND?

COVID stopped all my plans, but I said to myself; I can wait, or I can create. And I chose to create. So, I started working on new partnerships, completed my product storage and distribution so my products could be shipped worldwide, and created an academy with the French government - with a whole program study around the pedi-cure. We are trying to elevate the concept of pedicures with science and technique, and to provide new knowledge of podiatry to the world. It's spreading too - I was just in Melbourne, Australia, to sign with a fantastic beauty school. Eventually, I want this training to also roll out in Vietnam.

WHAT MESSAGE DO YOU WANT YOUR BRAND TO BRING TO PEOPLE?

I want people to know there is a solution for foot issues. I want you to love your feet. When you leave my room with a smile, then I've done my job. That's my mission. It's being able to reconnect people with a part of their body they don't know or that they hide. Your feet are the base of your body; it's like a home. If you don't have a good foundation, you will have cracks on the walls. I want to give you that good foundation.

WATER FRONT WINGS

"Everyone likes birds. What wild creature is more accessible to our eyes and ears, as close to us and everyone in the world, as universal as a bird?" - *Sir David Attenborough*

The morning breaks with a golden rush, and sunlight spills over the horizon - the rays seemingly carried further by a gentle, salt-kissed breeze. You take a deep breath as relaxation overcomes you. The lush gardens of the Resort provide the perfect space for birdlife and wildlife to quietly thrive, as well as the ideal setting for anyone wishing to get back in touch with nature. Not only does the tranquil environment of the Island lend itself to this notion, but every room boasts a balcony or patio upon which guests may enjoy the calls of the birds as they dart past, or listen to their singsong tales amongst the trees. Protected environments and a Mediterranean climate year-round position the Cape as an oasis for birdlife.

One who will attest to the wonders of the Cape birdlife, both off and on Resort, is local ecologist and birdwatcher, Nick Fordyce. Having earned his Masters in Environmental Law with a background in zoology, ecology and botany, this man is no stranger to wildlife in any form. He has assisted with creating a beginner's birdwatching guide for One&Only Cape Town, and sat down to tell us a bit more about the birdlife just beyond our leafy green canopies.

Nick's first instinct upon arrival on property was to look for the best spots for birdlife to be found, which he discovered quite effortlessly. "[Your] gardens have provided them with two things; the first is a food source, and the other is habitat," he states matter-of-factly. "There are plenty of palm trees to provide safe, protected nesting options, constant

fresh flowing water and plenty of food sources - so there's a lot of great spots for birdlife here." He remained on the lookout for some native species around the property, namely Hadedas, the Hartlaub Gull (our local seagulls), Starlings (both Common and Redwing), and the Cape White-Eye. "There are a very diverse group of birds around the property," he said after his excursion. "There was even a single Cape robin-chat; I thought this area would be far too urbanized for them. The one bird I didn't see but I maintain you would find on property is the the Cape Cormorant. They are often seen circling the [V&A] harbour, waiting to snap up some small fish."

When asked for any advice to pass along to guests who wished to learn more about the hobby, this is what he had to say: "It may be obvious, but you will need a good pair of binoculars. I also personally love to have a checklist to help guide me. Start small - don't grab a book of 900 different birds just yet. Start with the common birds and build from there. And record as much information as possible. A rule of thumb in the birdwatching community when you see an unknown bird is 'general impression, shape and size' - note all this down to help you identify it later."

For amateur birdwatchers, what are some of the easier birds to identify?

There are a number of easily identifiable species on property, but the gulls would be the easiest. There are really only two gull species they could be - the Kelp Gull or the Hart-

laub's Gull. The Kelp Gulls are found a bit more widespread around South Africa and tend to be bigger in size. They have black backs and yellow beaks. The Hartlaub's Gulls are slenderer in build, have a grey back and tend to be found only around our coastline.

Other birds could be types of Starlings; either the Common Starling or the Redwing Starling. With the latter, as the name suggests, you can see red in their wings whilst in flight and they are considered a local species. They typically nest in a natural rocky terrain setting such as cliff faces, so they've adapted well to buildings and urban areas. The other one is the Common Starling, which is an introduced species from Europe. Both types have dark colouration, but the common Starlings are smaller and don't have any red in their wings.

How can amateurs best identify birds when they don't have a lot of experience?

You can tell a lot about a bird based on their beak and feet. For example, seedeaters tend to have chunky beaks, made for crushing grains. Nectar feeders tend to have longer beaks to help reach into flowers. Insect feeders have sharp yet triangular bills. Ducks have webbed feet to help them swim, and birds of prey have sharp claws. Every part of a bird gives you clues as to what each of them are made for.

What is the best time to go birdwatching?

Mornings are the best, always.



Cape robin-chat

WATERFRONT FIELD GUIDE



1

1 OLIVE THRUSH

Turdus olivaceus
Olive-brown back, orange chest and beak. Its mellow, flute-like song has been compared to classical woodwind music for its tone and sounds. They are also very similar to the American Robin, sharing many physical and behavioural traits.

2

2 HADEDA

Bostrychia hagedash
A dark grey ibis with a pearlescent purple hue. Known for their loud calls, they are locally referred to as “flying vuvuzelas”. The name “ibis” comes from the Greek word “religious bird”. In various African cultures, Hadedas are associated with rain, good harvests, and even thought to be divine messengers.

3

3 CAPE WHITE-EYE

Zosterops virens
Typically green or yellow in colouring with a white ring around their eyes. The Cape-subspecies have a grey belly as opposed to yellow. Their twittering is soft; a skilled mimic and often incorporate other bird calls into their own song. They are very social, active birds and tend to be seen in large groups of various species.

4

4 REDWINGED STARLING

Onychognathus morio
Glossy black with russet red underwings. Has a metallic-like whistle; a known mimic of other birds too. They play an important role in seed dispersal thanks to their fruit-heavy diet, and in some cultures they're thought to be bringers of rain.

6



5 HARTLAUB'S GULL

Chroicocephalus hartlaubii
Clean, white breast with a soft grey back, black legs and beak. They have a loud and raucous call, and are found only along the coastlines of Namibia and South Africa. Despite being so common in Cape Town, they're actually a conservation concern due to their limited global range.

6 SPOTTED EAGLE OWL

Bubo africanus
Medium sized owl with tufted “ear” feathers, yellow eyes, and a speckled pattern of brown, white and grey feathers that gives it its name. It gives a deep, resonant hoot, often heard in duets between a male and female when courting. Known to be fiercely protective parents, they are one of the smallest of the eagle owls, and the most commonly seen owl in suburban Cape Town. Their “ear tufts” are not actually ears, but feathers used for camouflage and communication.

7 EGYPTIAN GOOSE

Alopochen aegyptiaca
Large and colourful with brown eye patches, a chestnut breast, multicoloured wings, and pink legs and bill. It has a loud, honking call. Egyptian Geese were sacred to the Ancient Egyptians, often appearing in hieroglyphics and art. They're not true geese – more closely related to shelducks. They are highly territorial and will fiercely defend nesting spots.



5



7

WINE'S *WILD* CHILD

These are but a few words that describe one of viticulture's lesser known but oldest styles, orange wine. Before we begin, let's get the most obvious question out of the way – No, it is not made from oranges. (You'd be surprised how often that is googled.) Nor is it orange juice mixed with wine (plenty of searches for that too). Orange wine is technically classified as a white wine, but made using red wine methodology which involves extended skin contact during fermentation. This skin contact, called the maceration period, is significantly longer than most white wines and some red wines. It is this that creates the golden amber hue, and so the name “orange”. And the result on the palate is a wilder and more oxidised flavour, a tannin-filled mouthfeel, and a fuller body. Whilst this may seem like yet another in a long line of wine trends, orange wine is a centuries-old practice, dating back over 6000 years and predating many of the current wine styles we enjoy today. One of the oldest indications of such was found in the country of Georgia, in the 15th century, where wine farmers would create the beverage by fermenting the grapes in a clay pot called a qvevri, which they would bury underground. In the centuries to follow, orange wine's popularity would rise and fall, but it has seen a resurgence amongst wine connoisseurs in recent years - allowing for this unique variety to be enjoyed with reverence once more.

“People need to see and treat orange wine as a red,” says Resort Head Sommelier, Luvo Ntezo. “Drink it in the same glass you would a red, and know for some you may even need to decant it to let breathe for a while before you enjoy.” Despite so much similarity to its ruby-coloured cousin, South African orange wine is traditionally made with Semillon or Chenin grapes, which are amongst the most widely planted varietals in the Cape. Because of its traditional, natural roots, this wine tends to be lower in sulphites, and is noted as one of the best wines for aging - with its flavour profile becoming more nuanced and complex with time.

So, what does orange wine taste like? And more importantly, what do you pair it with? “Think tea-like flavours, dried apricots, sweet marmalade or honeyed nuts,” explains Luvo. “This style of white wine is so often disregarded, but it has such versatility – it can be bold like a red wine or as subtle and refreshing as a white. There are plenty of variations to suit the taste buds of any wine lover.” In terms of a pairing, orange wine works best alongside traditional Middle Eastern, Indian or African dishes, with Luvo recommending spicy curries, savoury fish dishes - especially shellfish, or creamy chicken concoctions. The appeal of orange wine lies not only in its fresh, natural taste, but its unexpectedly unique nature. Its trending modernity intertwined with ancient tradition is a combination like no other, and the beauty of its colouring is only offset by its versatility (it's enjoyed by wine connoisseurs and casual drinkers alike). In our opinion, this is definitely a trend ripe for the pour.

REMHOOGTE

'Free to be'
Chenin Blanc

Produced from Honeybunch grapes, this intriguing wine is creamy with a gentle savoury acidity. The grapefruit-like finish is complemented by notes of cinnamon, dried apricots and passion fruit.

TESTALONGA BABY BANDITO

'Stay Brave'
Chenin Blanc

Soft aromas of citrus, potpourri and just a hint of white pepper make for a fruity explosion, a bright acidity, and a gentle savoury finish – very balanced and perfect for a summer sunset!

LUDDITE

'Saboteur White Blend'
2023, Chenin Blanc,
Vioignier & Blanc Fumé

A pronounced floral nose with notes of honey, peach and almonds, it is coupled with a rich mouthfeel and finished off with white peach and a salty /herbaceous note.

ANCIENT. TRENDING. BOLD.

NOCTC DURISM

Noun – the act of exploring the world after dark.

It's 4pm in Cape Town, and the sun has begun its slow descent - a gentle cue that the day is winding down. Your toes sink into the warm sands of Camps Bay beach as you watch beachgoers shake out their towels and drift back to their cars, whilst others are clearly in no rush - settling themselves in to enjoy another of Africa's glorious sunsets. Upon Signal Hill, picnic blankets are unfurling and corks are being popped as many have the same idea, taking in the awe-inspiring golden-hour glow across the city's iconic mountain vistas. You find yourself being swept back toward the main road with one burning question on your mind: so, now what?

Here's the thing - Cape Town is not a city that settles in for the night. Not only is there an abundance of culinary delights awaiting your indulgence around every street corner, but there is an energy after hours that demands to be explored. Introducing, Noctourism. Noctourism is a global trend which has been on the rise for the last few years, a concept wherein tourists explore new places and spaces under the glimmer of the moonlight. The concept has found its way onto the paved streets of the Cape, and now many are looking to keep exploring after hours.

With the end of day comes the city's nightly adventures... Wine bars ease patrons into the evening's activities with the sound of clinking glasses and a low-lit ambience that's hard to beat. Open Wine bar on Wale Street is a local favourite, as is the Piano Bar in De Waterkant, and Tamboerswinkel in Gardens - all of whom pride themselves on their vintages. Art lovers can stroll from gallery to gallery and enjoy the beauty of the work before them on First Thursdays — a monthly city-wide celebration where galleries, cafés, restaurants and retail spots stay open late, flinging open their doors to offer specials and exhibitions whilst creating a buzzing street scene. No matter the day, rooftop bars such as Radisson Red, Gigi's Rooftop, and Silo are all open and best enjoyed with a cocktail in hand as you gaze upon the panoramic views beneath you.

For those who are happiest on the water, night cruises

departing from the V&A Waterfront offer a dreamy way to end the day. Start your journey with a glass of bubbly before gliding into the sunset to watch as the inky night sky comes to life with beautiful stars above you – truly a sight to behold. Closer to home, One&Only Spa has found inspiration amongst the stars of the Southern Skies, and with it has curated a unique "Full Moon Menu". This transformative experience is only available on the night of the full moon. (Read more about it on page 11.) And should you wish to take your starry exploration further, the Iziko Planetarium regularly hosts night sky observation evenings to showcase the stars and the universe in all its majesty.

For the cultural characters among us, a night under the stars is not complete without a movie and a bucket of popcorn. This movie experience is one with a twist, however, as the Galileo Open Air Cinema screens everything from cult classics to family favourites, in various locations for six months of the year. Guests can gaze upon the beauty of Matthew McConaughey on the screen before them, or soak in the natural gardens and stars around them – to each their own. Although, should the evening gardens appeal, look out for the ever-popular night tours of Kirstenbosch - as a guide shows you around the illuminated gardens, showcasing the blooms of the local flora and hidden life that only reveals itself after dark.

For the brave and adventurous, few things compare to a Lion's Head night hike. Many twinkling headlights can be seen making their way along the trail, the cityscape below them aglow with lights of its own. If you'd rather run than climb, then join local running group, Tuesday Trails, who hit the mountain paths weekly all year long – including in the evenings. Bring along your headtorch and enjoy the adrenaline thrill.

Cape Town may be known for its sun, sea and summits, but don't be fooled – it takes on its own exquisite persona in the twilight hours too. Whether you're sipping, sailing or simply stargazing, the Mother City is proof that adventure doesn't end at dusk.

THE NIGHT HIDES
A WORLD, BUT REVEALS
A UNIVERSE.

CHINESE PROVERB



CAPE TOWN’S CLUB SCENE – A CITY OF COMMUNITY AND CREATIVITY

IF YOU’RE LOOKING FOR PEOPLE

- Social clubs are on the rise in the Mother City, and amongst the most popular is the Strangers Into Friends Picnics club. Formed from a desire to meet more people and make more friends, this club creates a safe space for strangers to meet and connect in a relaxed environment. Noticeable from afar with their cheerful yellow balloons and bubbly atmosphere, the community gathers regularly to enjoy each other’s company, feast on local snacks and, of course, turn strangers into friends.
- What’s a weekend without a little dancing? For those looking to show off on the dancefloor, the Salsa Cape Town community offers a weekly free class at Sea Point’s Mojo Market, so that you can learn some new fiery dance moves. Start with a dance class at 8pm and then enjoy the party at 9 - with plenty of snacks and drinks to fuel your fancy footwork. A fun activity for all - the class is inclusive, intergenerational, and a guaranteed good time amongst friends!

IF YOU’RE LOOKING TO STAY INDOORS...

- Booklovers unite! ...in silence? One of Cape Town’s more unique book clubs (amongst the many) is the Silent Book Club, a global community made of booklovers who are looking to meet new people... but who also really need to finish their next chapter. With weekly meetups in rotating venues, these bookworms explore Cape Town’s many different bars, restaurants and outdoor spaces to enjoy their latest read (be it paperback or eBook) in silence - alongside one another for the first hour, and then with the option to mingle thereafter – an introvert’s dream.
- Love a good board game but can’t always convince your friends to play? The answer is Fanaticus Games; a board game store with a community of game lovers waiting at the ready to show you their moves. As a community who loves a themed night and has a range of classic games and new releases ready to be played, this is the perfect space to get your Cluedo and social fix.

If there’s one thing South Africa is known for, it’s community. There is a shared spirit of camaraderie that pulses through the Mother City, spilling into every club, meet-up and gathering. Whether you’re scaling mountains, turning pages or dancing in the dark, there’s a club in Cape Town waiting with open arms to welcome you. So, what are you waiting for? Your people are out there – time to join them.

IF YOU’RE LOOKING FOR ACTION

- One of Cape Town’s most beloved running groups, The Running Late Club, has been on the move since 2018. Created with the intention of helping those around them to achieve their athletic goals “rather late than never”, they meet on a weekly basis for either 5 or 7km runs. There is also a “before-work” jog on Friday mornings, and many themed evenings centred around local partnerships or causes. Perfect for the everyday runner!
- If Cape Town summer were an activity, then Friends Who Volley would be it. Born on the sandy beaches of Clifton, the volleyball-loving community hosts a free, open-to-all event every Thursday from October to March. Players can be of any skill level and spectators can enjoy the beautiful views and relaxed atmosphere, often accompanied by a local DJ. A perfect end to a summer day if there ever was one.

IF YOU’RE LOOKING FOR ADVENTURE

- Cold water immersion is well-known (and popular) amongst Capetonians. On any given day there are groups and individuals to be seen swimming amongst the fresh white-capped ocean waves. One of the more well-known groups is the Cold Water Social Club. Formed in 2021, they encourage the community to join for early morning dips into the chilly Atlantic waters to get the blood pumping and your day started!
- Cape Town is blessed with boundless mountain ranges for all to enjoy, nestled in which are paths ranging from easy trails to rock-clinging adventures and everything in between. The Peninsula Ramblers, a volunteer-based organisation, has a simple mission: to get outdoors as often as possible. Their scheduled hikes suit all fitness levels, complete with detailed descriptions to prepare potential hikers for the trails and views to come.

Clockwise from top left: Join a weekly free salsa class at Sea Point’s Mojo Market; an autumn morning swim with the Cold Water Social Club; visit Fanaticus Games—a board game store with game lovers ready to play; the Running Late Club on the move.



RISING STAR

Meet Shibe Mathatho, Assistant Restaurant Manager at Nobu Cape Town. Shibe's remarkable journey with Nobu started in 2017 when she joined the team as a runner.



Over the years, her dedication, versatility, and passion for hospitality have seen her grow through a variety of roles, including server, hostess, and restaurant captain. In March 2025, she proudly stepped into her current role as Assistant Restaurant Manager, continuing to bring excellence and warmth to every guest experience.

HOW DID YOUR JOURNEY IN HOSPITALITY START?

My journey in hospitality began at home, where I was inspired by my mom, who owns a catering company. That early exposure sparked a genuine interest in the industry. In high school, I solidified that passion by choosing hospitality management as one of my focus subjects. I attended Pro Arte Alphen Park in Pretoria, where our practical exams took the form of mock restaurant services. We rotated through various roles each term, giving us hands-on experience. I was even awarded Maitre D' of the Year, a moment that confirmed I was on the right path. After high school, I went on to complete a diploma in hospitality management, which helped build a strong foundation for my career.

WHAT IS YOUR FAVORITE THING ABOUT NOBU CAPE TOWN?

My favourite thing about Nobu Cape Town is the energy, it's such a unique blend of Cape Town's warmth and Nobu's global elegance. There's something special about working in a space where high standards meet heartfelt hospitality. The ambience is incredible; it sets the perfect tone for both guests and the team every service.

Left: Shibe Mathatho, Assistant Restaurant Manager at Nobu Cape Town

WHAT ARE YOU LOOKING FORWARD TO WITH THE UPCOMING REFURBISHMENT OF NOBU CAPE TOWN?

I'm really looking forward to seeing the space evolve into something even more elevated and modern, while still honouring Nobu's signature aesthetic. It's exciting to imagine how the refurb will enhance the guest experience and give us as a team a refreshed platform to showcase what we do best.

WHAT HAS BEEN YOUR BIGGEST TAKEAWAY FROM VISITING NOBU LOCATIONS AROUND THE GLOBE?

I've recently come back from Nobu Doha, and the experience was incredibly enriching. One of the biggest takeaways for me has been the consistency and excellence across all locations. No matter where you are in the world, there's a shared culture of precision, passion, and pride. I am also inspired by how each team brings their own flavour to the same global brand.

WHAT IS YOUR FAVORITE THING TO DO ON YOUR DAY OFF?

On my off days, I enjoy walking on the promenade or hiking - Cape Town has so many incredible spots to do this. I also love exploring and discovering new restaurants in the city. There's always something fresh and exciting happening in the food scene. Otherwise, I'm just as happy relaxing at home with music and catching up on a good series or book.



One&Only

A tropical beach scene featuring a dense grove of palm trees. In the foreground, two women are positioned on a low stone wall or pier extending into the water. One woman stands, looking towards the camera, while the other sits on the edge, looking out at the sea. The background shows a calm body of water and distant, hazy hills under a cloudy sky.

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