



ISSUE 1

Lifestyle

HEART DEFENCE

HERE'S HOW TO PROTECT
YOUR TICKER

WHY HIKING IS GOOD FOR THE SOUL

TOP HIKING
SPOTS IN SA



Namibia Calling!

4X4 IN THE LAND
OF MANY FACES

THE NEW NISSAN X-TRAIL IS HERE | 5 SECRETS OF BLISSFUL SLEEP

THE ALL-NEW TOYOTA URBAN CRUISER



Model Shown: **Urban Cruiser 1.5 Xr Automatic**

GO FIND YOUR FUN

Turn those Insta Story Dreams into reality with the all-new Toyota Urban Cruiser.

Bigger, bolder and boasting 353ℓ of boot space, its ultra-instagrammable design sports a slatted, bi-tone black and chrome grille, with striking 17" alloys* to round off the look. Powering your fun is an efficient, up-sized, 1.5ℓ, four-cylinder petrol engine. Never miss a beat inside, with the latest in smartphone connectivity all neatly integrated within the touchscreen infotainment system with reverse camera.

Promising a lifetime of adventure-filled stories, it's time to Go Find Your Fun in the all-new Toyota Urban Cruiser.

*Available on selected models.



Just WOW



It's not just about the Nürburgring lap record. The Type R is equipped with a powerful 2.0L VTEC Turbocharged engine, producing an impressive 235kW of power and a peak torque of 420Nm. With a 6-speed manual transmission and four drive modes, you can customise your driving experience to suit every mood. Its sleek design and advanced features make it a standout vehicle in its class, and the perfect tool for those who love driving.

**2.0L VTEC
TURBOCHARGED ENGINE**

**235KW
OF POWER**

**6-SPEED MANUAL
TRANSMISSION**

**PEAK TORQUE
OF 420NM**



Welcome to your new AA lifestyle

Welcome to the new digital AA lifestyle magazine, an improved and enhanced version of the printed version we previously published. Our move to a digital format has been in the offing for some time and was necessitated by a variety of factors. Among these were the unreliable post office and the incredibly high costs of print publishing and distribution. Our move to a wholly digital publication is also in line with international trends and provides proliferated opportunities to engage with our readers. It's a new and fresh approach and, I believe, an important one that will also make your experience with the magazine more interactive. We hope you enjoy the interaction with content videos that lead into our social media pages for a far more immersive experience.



We are excited to share the new format of our magazine with you, we hope that you find much value in the revised content. It's also our showcase to display the incredible range of products and services we have available for you, all geared to making your life simpler, easier and safer, while we also celebrate the heroes in our business who bring you these solutions. You will find more information on these products and services on our dedicated product pages.

No magazine would be complete without reflecting on travel and in time the AA will be communicating with you about our bespoke travel solution that offers you amazing deals on local and international travel. The AA is renowned for being the authority on all matters motoring and we will be sharing with you more insight into this environment to educate and inform our reader base and share information on financial wellness.

Often life brings to bear much pressure. Living is an art, and I would like to share with you a few thoughts about creating a better life for you and your family. In the daily rush of surviving, take time to savour special moments, whether watching a sunrise or sunset, or enjoying your favourite cup of tea or coffee in the morning. Choose to live a life of design where you become clear about the things that are good for you whether that be nutrition, a work environment, friends, the content you consume, and the thoughts you programme that in time become your reality. More importantly, be crystal clear about those things that diminish your quality of life. Make time to exercise, as well as time for reflection to be still and simply appreciate the life in our veins and the oxygen we breathe.

When was the last time you did something for the first time? Try something new, even if it is a morning stroll, Pilates or yoga. Small positive habits go a long way to provide a beautiful, healthy life. Until our next edition, I wish you are surrounded by kindness, tolerance, and appreciation for things money can't buy. Enjoy this edition of the new AA lifestyle which we have taken great care to put together for you.

Yours

Willem Groenewald
Chief Executive Officer



Timberland



Hello

Winter is here, and you may not be surrounded by snow-dusted mountains, but winter nonetheless has something whimsical to offer no matter where you are. This season is a time for comfort, good food and family. The cold weather brings us together, it's a time for warmth, love and connection, it's a time for home. With the change of season comes new beginnings, be open and accepting, learn to love more and allow time to slow down so you can appreciate every moment.

Travel feeds our souls and helps connect us to people and places. It's also a great way to beat the winter blues and the perfect opportunity to support local businesses and be a tourist in your own country. Whether you choose to stay in your province or venture a bit further, there are always new gems waiting to be discovered like the unspoiled De Hoop Nature Reserve on page 14.



Happy travels and welcome to the first issue of the brand-new AA lifestyle Magazine.

Anje

Have something to share, we'd love to hear from you! aa@fhanetwork.co.za

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HEROES TO THE RESCUE

It's only when you need to start your car to go somewhere urgently and it does not start, or when you get stuck on the side of the road at night because something is wrong with the car and you have no idea what, that you realise just how much we rely on our cars to get us through the day.

These cars take us to work, take our children to school, or allow us to attend special occasions such as weddings and graduations. Have you ever wondered what would happen if you were stuck and had no-one to call to help you? There is a solution and not only is it reliable, the men and women who work there are heroes. Just ask anyone who they've ever helped.

The Automobile Association (AA) has a team of experts whose job it is to make sure that when that precious member of the family that you rely on so much is not performing at its best, they can step in. At any time, any day, and anywhere you are. They help you when you locked yourself out of your car with your key or your baby inside. They sometimes even risk their lives at night on dangerous roads, and sometimes perform

miracles to keep you going; and, they're not only mechanical. There have been instances where they've assisted members give birth on the side of the road, and even saved lives by arriving in the nick of time when called out.

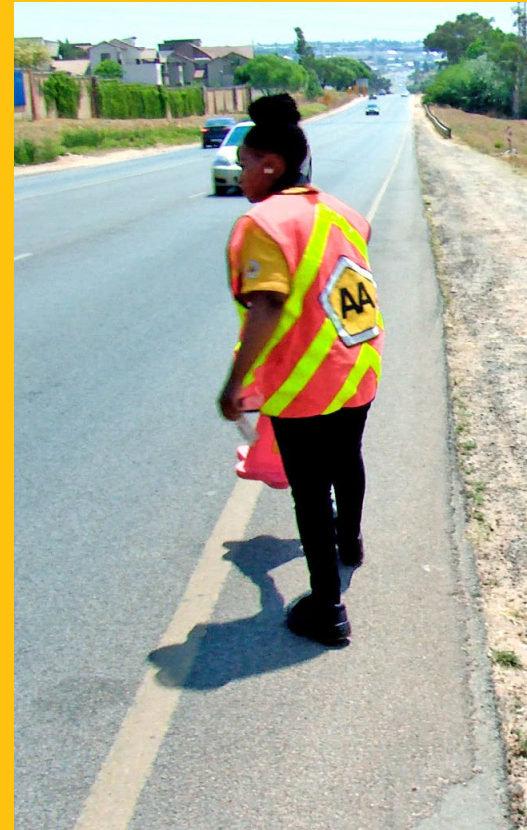
For most, if not all the technicians at the AA, it's about their love for cars and lending a helping hand that keeps them motivated. They love leaving a smile on someone's face after they've assisted them.

Sello Nkadimeng has been a technician at the AA for the past 16 years and he still enjoys being on the road and helping AA members.

"I can't go a day without opening a car's bonnet. For me it would be like not having my breakfast for the day," he told us recently.

"Our job is to get people to move

from their stress mood to their happy mood," explains Jonas Sereko who has been with the



AA HEROES

FOR MOST, IF NOT ALL THE TECHNICIANS AT THE AA, IT'S ABOUT THEIR LOVE FOR CARS AND LENDING A HELPING HAND THAT KEEPS THEM MOTIVATED.



AA Emergency Rescue Department for over 14 years.

"I don't remember leaving anyone stranded without helping them. When I get called out to assist a member, I go all out to make sure I offer a solution and assistance," he says.

One would be forgiven to think that an Emergency Rescue Services

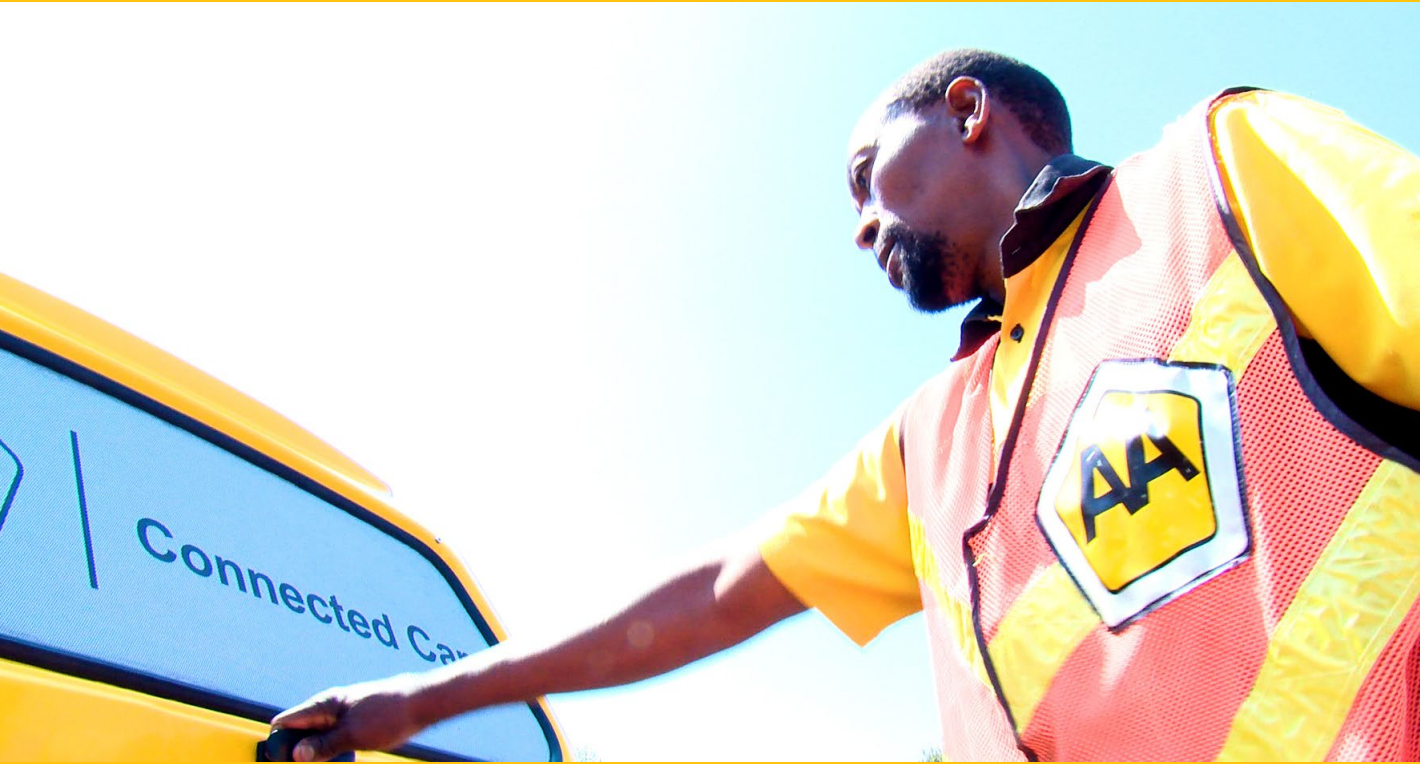
unit (ERS) offering roadside assistance would be an all-male affair; but the beautiful softly-spoken, pint-sized, and only female at the AA ERS Department, Charity Malapane, is a pleasant surprise for most AA Members.

"Our customers react differently depending on the situation when they see me. Most are quite surprised. They will tell you that

they have never been assisted by a female technician ever since they joined the AA over 50 years ago,” says Charity, who has been at the AA for the past seven years.

“Growing up, my father had a workshop and I used to assist with cleaning car parts and handing him the tools he needed to do repairs. Being in a male-dominated industry is challenging but I enjoy it.”

Moving from Durban to Johannesburg ten years ago to further his career as a technician is a decision Mervyn Naidoo does not regret, and he regards it as the best decision he has made in his life.



“AA IS THE BEST OF THE BEST, WE HAVE TRAINED MECHANICS, ELECTRICIANS, AND LOCKSMITHS. WE CAN DIAGNOSE ANY CAR WITH ANY PROBLEM, AND WE WILL ALWAYS DO OUR BEST TO KEEP YOU MOVING AND ON THE ROAD,”

A self-confessed petrolhead by nature, who loves older and more vintage cars, he beams with pride as he talks about the love of his life Sheila, a 1971 Ford F100 that is still in its original condition. While his job allows him to do what he loves best, he acknowledges that it's not without its challenges.

“South African roads have become quite unpredictable. Whenever we get called out, we never know what we will encounter. That is

the scariest part for me, especially highways at night,” says Mervyn.

Jacob Legodi agrees.

“I was once called out to help a Member on the N1. He and his family were parked in a dangerous position, and I parked behind them. I got out of my truck to alert them to get out of the car as they were parked in a dangerous spot and a moments after warning them, a car crashed into my truck. The AA Member was so thankful



that by parking behind them with my truck and warning them I had saved his life and that of his family,” says Jacob.

Besides having to risk their lives on dangerous roads, ERS team members sometimes have to be



creative and think out of the box to keep members moving.


“I was still new at the AA and I was driving to KwaZulu-Natal when I came across a car that was stuck on the side of the road. It was in the middle of nowhere and the car was

overheating and needed water. We did not have water in our car and the nearest petrol station was too far for us to drive and get water.

So, we came up with an idea to use the water that is used to clean the windscreen and we were able

to get the car to move,” says Robin Pebane who has been with the AA for almost 15 years.

One of the longest serving members of the AA ERS unit is Fanie Le Roux who has been with the company for 17 years. He does not believe that there could be a company that offers a better service than the AA.

“AA is the best of the best, we have trained mechanics, electricians, and locksmiths. We can diagnose any car with any problem, and we will always do our best to keep you moving and on the road,” he says. 



You can watch the full stories of these heroes on the AA Youtube channel @AASouthAfrica.

What's on

Fun-willed events and activities not to be missed

DURBAN DESSERT FESTIVAL

Saxony Westwood Mall, Durban
16-18 June

Durban's sweetest food and music festival returns. Welcome to the #MUSEUMOFDESSERT, make sure to bring not just an empty stomach but a camera too! With dessert and food stands, a mocktail bar, craft beer, wine, G&T cocktail bar accompanied by live music and DJs. There will also be a kid's play zone and the best photograph opportunities with their Instagram walls and interactive areas. Don't miss out on the sweetest treats in KZN!

[BOOK TICKETS HERE](#)



OPPI-PLAAS FESTIVAL

Dullstroom, Mpumalanga
17 June

The Oppi-Plaas Festival kicks off at 9 am and promises to be a fun-filled day for the whole family, with a variety of stalls to visit and performances by Liezel Pieters, Droomsindroom, Moonshine Country Blues Band, Tiffany Steyb, Steam and Dullstroom's own the Dullybuggers. The cowboys can look forward to "bull rodeo" and Dientjie and Doedels will keep the kids entertained. Show off your cooking skills at the Potjiekos competition. All proceeds go to the Dullstroom Farmers Association.

[BOOK TICKETS HERE](#)



Outpost Dullstroom Triathlon

Dullstroom, Mpumalanga
17 June

The 2023 Outpost Triathlon will take place at the Oppi-Plaas Festival and consists of a 5km run, 10km cycling, and 15km horseback riding. Take on the challenge of a triathlon while having fun with friends. Enter as an individual or as a team of two or three. The day will be filled with food, drinks, markets, games, children's playing area, and live music to keep everyone entertained.

[ENTER HERE](#)



CATCH LEWENSLUS - KUIERS MET BERNÉ ON #VIADSTV147 TUESDAYS AT 18:30



AA CEO Willem Groenewald was recently interviewed on Lewenslus, sharing ways of living a healthier and more balanced life.



via.
DStv-kanaal 147



DECOREX CAPE TOWN

CTICC, Cape Town
22-25 June

Decorex has been at the forefront of décor and lifestyle trends for almost three decades. Decorex Africa has joined forces with 100% Design and Design Cape Town to bring you a host of special features including curated exhibitions, eateries, a bar, Samsung Bespoke Cooking Theatre and exciting product launches. One of the event's main drawcards, Future of Design Studio, has a stellar line-up of SA's most respected design authorities who will deliver talks and participate in panel discussions on some of the most compelling issues currently facing the design industry. Another highlight is the Sustainability Feature, which will explore responsible and sustainable design.

[PURCHASE TICKETS HERE](#)

TOTALSPORTS WOMEN'S RACE

Cape Town, Durban & Johannesburg
9 August

Pink is the colour of the day at the Totalsports Women's Race on National Women's Day. The streets of Cape Town, Johannesburg and Durban will resemble a "Sea of Pink" when thousands of women from all walks of life unite to take on South Africa's largest Women's Day Celebration. The Totalsports Women's Race supports the PinkDrive in support of breast cancer. This iconic event celebrates women, mothers, daughters, sisters and aunts. Runners and walkers can enjoy a memorable 5km or 10km journey with family and friends. Each route highlights magnificent city-specific landmarks, and once completed, entrants can look forward to a mesmerising live performance by a well-known South African artist.

[ENTER HERE](#)



EVENTS

SWAN LAKE

Artscape Opera House, CPT & Teatro at Montecasino, JHB
12 July – 13 August

The grand full-length production graces South African theatres for a strictly limited season complete with a full orchestra. From the first immortal bars of Tchaikovsky's score, Swan Lake beckons the audience to another world in this classic tale of good triumphing over evil. Be captivated by Prince Siegfried's love for the Swan Queen Odette, the unforgettable corps de ballet moving in magical unison, glimmering swans, and spectacular ballroom scenes. This glorious tale, performed by elite dancers from around the world, inspires awe and wonder.

[GET YOUR TICKETS HERE](#)

ROMEO AND JULIET

Mandela Theatre, Johannesburg
30 June – 9 July

Joburg Ballet brings the most famous love story of all time to the Joburg Theatre for eight performances. No ballet touches the heart, captures the spirit, and allows the emotions to take flight quite like Romeo and Juliet, an immortal tale of star-crossed love that will move and thrill you with its soaring splendour, riveting drama and unforgettable beauty.

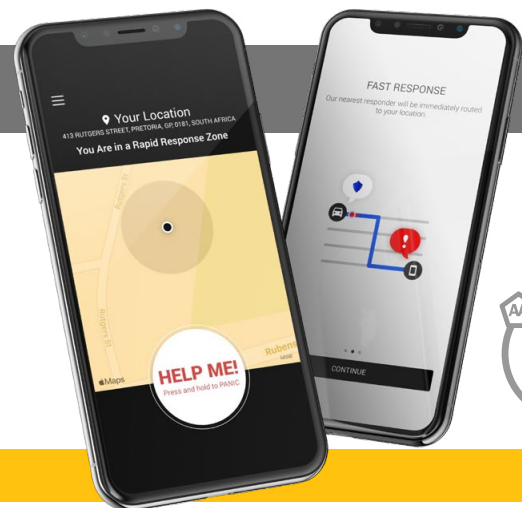
[BOOK TICKETS HERE](#)





THE AA IS WITH YOU EVERY STEP OF THE WAY.

Whether you are just starting out or if you need peace of mind knowing your loved ones are safe - there's an AA product that suits your pocket and lifestyle needs.



AA ARMED RESPONSE APP

AA Armed Response is an **app-based service** that works with an active data signal with location services. You don't need to own a vehicle to subscribe, our service is available to you whether you're home, out shopping, in your car, or commuting.



Cost effective armed response service!

REM-i EMERGENCY BUTTON

The **REM-i stand-alone panic button** has a range of features to ensure you and your loved ones have an **ON-CALL emergency** service at the touch of a button.

Personal tracker activates an **SOS** signal, deploying emergency services such as armed or medical responses.

You get access to a national network of Armed and Medical responders.



AA PRODUCTS

AA ADVANTAGE & ADVANTAGE PLUS MEMBERSHIP



The AA Advantage Membership package gives you exclusive benefits, such as **medical rescue**, **roadside assistance**, and more to make motoring more affordable.

- 24-7 On-call Service, Anywhere, Anytime!
- Range of value-added services like pothole damage assist
- Fine payment assistance
- Accident claim assistance
- Licence renewals Battery services, and more.

AA ASPIRE MEMBERSHIP



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De Hoop

WHERE WHALES BREACH AND PLAY

Escape the hustle and bustle of the big city and travel to the De Hoop Nature Reserve for complete peace and contentment.

BY ANJE HILL

The De Hoop Nature Reserve and its Marine Protected Area, is one of Cape Nature's flagship nature reserves, mostly known for its enormous Southern Right Whale migratory calving population.

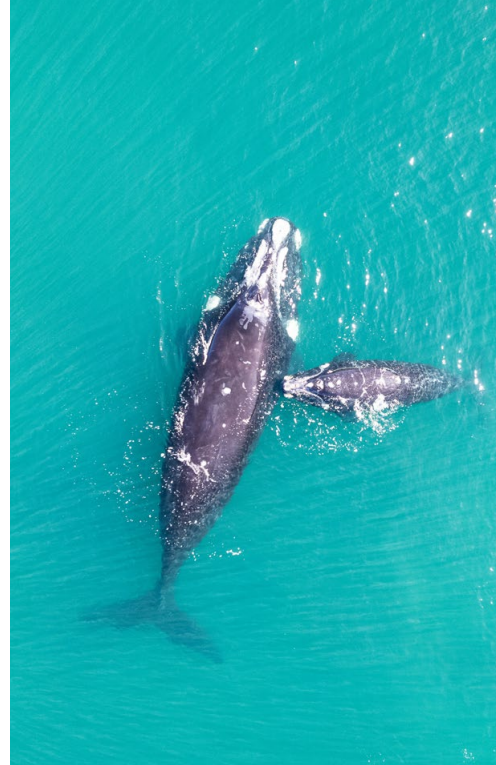
The 36 000-hectare Nature Reserve in the Overberg region, near the Southern Tip of Africa, is a UNESCO World Heritage Site, boasting 70 kilometres of untouched coastline and 19 kilometres of vlei (wetland).

The reserve is situated a scenic three-hour drive

from Cape Town along the world-renowned Garden and Whale routes and is the perfect holiday destination for a family, couple or group getaway, it's a birders paradise! De Hoop is also the ideal stop-over en route from the Cape Winelands to Plettenberg Bay.

A WHALE OF A TIME

The protected waters off De Hoop are a haven for endangered Southern Right Whales and some 40% of the world's population of these gentle giants return to these waters annually to mate, give birth, and rear their calves. The females and their calves swim in the



DID YOU KNOW?
Proteas date back approximately 300 million years and are amongst the oldest families of flowering plants on the planet with over 1500 species ranging in shape and size, from shrubs to tall trees.

clear waters, while the males put on spectacular displays. Relax on the unspoilt dunes and watch in awe as these beautiful creatures calve, blow, breach and bellyflop just offshore. In season (end of May to November), 500-600 whales call De Hoop home and during the height of the season one can spot between 50-75 of these majestic Cetaceans daily.

The Marine Protected Area, which extends three nautical miles out to sea, is one of Africa's largest marine protected areas, providing a sanctuary for a vast and fascinating array of marine life. Aside from the whales, you are likely to spot dolphins and seals, as well as at least 250 species of fish.

BORN TO BE WILD

This area is internationally recognised as an Important bird and biodiversity area with the Ramsar listed wetlands. It supports 260 species, of resident birds and migratory species some of which include Cape griffon vultures, ostriches, African oystercatcher and

many more. The last breeding colony of the rare Cape Vulture in the Western Cape is protected here at the Potberg Mountains.

Over 86 mammal species including Cape Mountain zebras, indigenous buck such as eland, bontebok and grey rhebuck. Caracal, tortoise and the elusive leopard also roam these lands.

FLOWER POWER

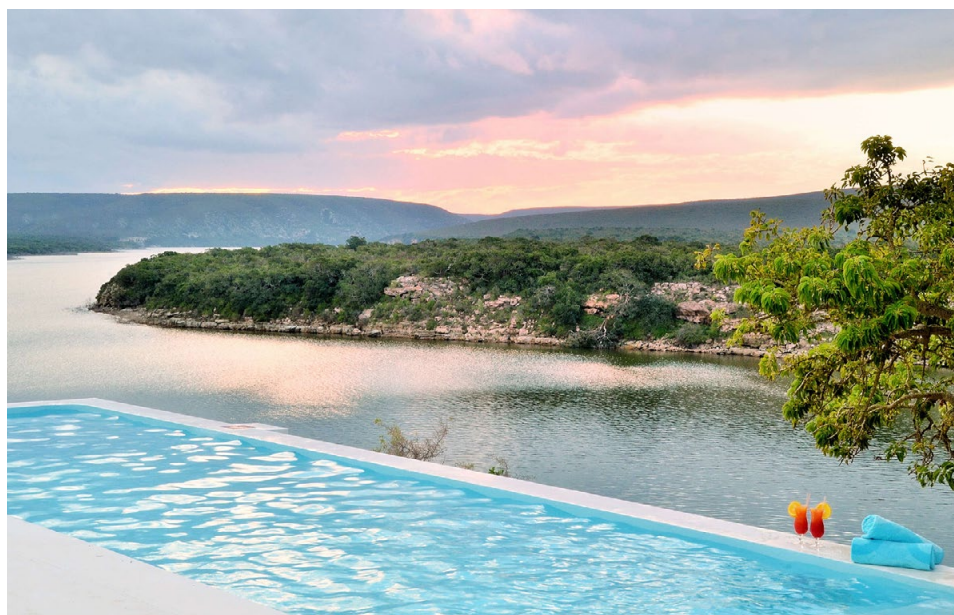
De Hoop Nature Reserve is part of the world's smallest, most threatened plant kingdom, the Cape Floral Kingdom. The reserve has the largest conserved area of lowland fynbos in the Western Cape. Of the 9 000 plant species found in the Cape floral region, the reserve and its surrounds have an estimated 1 500 species of which a large percentage is rare, threatened, and endemic.

Going on a guided hike on one of the inland trails you will find yourself knee-high in fynbos with shades of yellow, coral, pink, purple and green with the most





LOCAL TRAVEL



incredible aromatic scents. You will also come across some beautiful proteas (our national flower since 1976) which flower here in many sizes and colours.

THE SLEEPING ARRANGEMENTS/ HIT THE PILLOW

The De Hoop Collection, a premier Cape Country Routes member, offers a choice of luxury and self-catering accommodation options to suit all budgets ranging from affordable self-catering chalets to more luxurious self-catering cottages and upmarket fully catered lodges.

On a recent visit to the reserve, we stayed in Cloete Suite 1 in the Opstal area which is a great central base from which to explore the reserve, it's close to the offices, restaurant, bar and curio shop.

Cloete Suites 1 and 2 have views of the grasslands where bontebok, eland and mountain zebra graze and the feisty grey mongoose forage for food. Suites 3 and 4 have spectacular views of the majestic old fig trees in the courtyard.

The suites are all beautifully decorated and have a seating area and an en-suite bathroom with a shower and bath. We enjoyed the cosy fireplace in Suite 1. It's perfect for those chilly winter nights!

Catered and self-catered options are available for most accommodation types.

WHEN HUNGER STRIKES

The Fig Tree Restaurant in the Opstal area has come a long way from being used as a shed by the farmer back in the day. It's been beautifully renovated and has stunning views of the De Hoop Vlei and is open daily for breakfast, lunch and dinner with a la carte menus for breakfast & lunch and set dinner menus. You can also order delicious picnic baskets from the reception and enjoy them on the beach, under a fig tree or next to the Vlei.

On our first night, we enjoyed Potjieskos in the Vlei Boma, stargazing and sharing stories around the fire - a magical experience!

The silo behind 'The Shed' was cleverly transformed into 'William's Wine Cellar', a round-shaped space that is home to more than 3000 wines where you are invited to select a cultivar of your choice.

THE EXPERIENCE

De Hoop Collection is the complete outdoor experience - sea, dunes, wetlands, an array of rare plants, diverse animals and incredible birdlife. It also offers a range of outdoor activities.

Get up close and personal with the Cape Vulture

We took a scenic drive to Potberg Mountains to view the Western Cape's last breeding colony of the endangered Cape Vulture. Once we arrived at the mountain, we hiked for approximately an hour and reached the viewing deck to watch the vultures swoop, circle and soar above.

Our guide offered much insight into the vultures, plant life and the surrounding area whilst we enjoyed a delicious picnic lunch provided by the restaurant manager.

Suitable to guests aged 12 and over with a minimum of two guests and a maximum of 10. Prior arrangement and booking are essential. Day visitors are welcome.

Discover the magical rock pools

Explore the coastal rock pools, fossilized dunes, sandy

beaches and rocky shores during low tide for a more immersive experience. Our guide showed us marine life of all shapes and sizes, limpets, barnacles, red/orange starfish and purple sea urchins. We even got to interact with the super-intelligent octopus. Spot some of the many sea birds that call these shores home. You can also grab a snorkel and take a dip in the large, clear rock pools and connect even more with the magical marine world.

Cruising on the De Hoop Vlei

Explore the De Hoop Vlei aboard the eco-boat sunset cruise where you can spot some of the 259 species of birds found there such as flamingos, pelicans, cormorants and perhaps a fish eagle soaring overhead.

Go out in the morning and enjoy a cup of tea or coffee with refreshments, or head out in the afternoon with a glass of wine and some savoury snacks.

While meandering you could also spot smaller, shy animals like the sleek Cape Clawless Otter or the prickly porcupine as well as roaming eland, bontebok, Cape Mountain zebra, grey rhebuck, duiker and perhaps a small steenbok. The boat cruises are vlei level dependant.

De Hoop has everything you need for a truly memorable stay. 🏡

www.dehoopcollection.co.za

DISCOVER THE MAGIC OF THE LADY STANFORD

Enjoy a 2-hour river cruise aboard the Lady Stanford and experience the beauty and splendour of the Klein River in the Overberg.

The quaint and historic village of Stanford set on the banks of the Klein River is a quick, scenic 1.5 hour drive from Cape Town and 20 minutes from the seaside town of Hermanus. The Victorian-influenced village boasts a wide variety of accommodation, award-winning restaurants and bistros, and its own wine route. It also offers unique experiences including a variety of outdoor activities.

The modern and eco-friendly Lady Stanford riverboat is a member of Cape Country Routes and offers magical cruises along the Klein River towards the Hermanus estuary and its famous bird sanctuary. She launches within the village and meanders quietly along the majestic Klein River indulging you in the scenic beauty of the surrounding mountain range, home to a wide variety of bird and animal life.

WHAT TO BRING ALONG

- Swimwear • Hat • Sunblock • Towels • Jacket
- Picnic basket filled with refreshments and snacks
- Camera/binoculars (as you don't want to miss out on the endless photo opportunities)

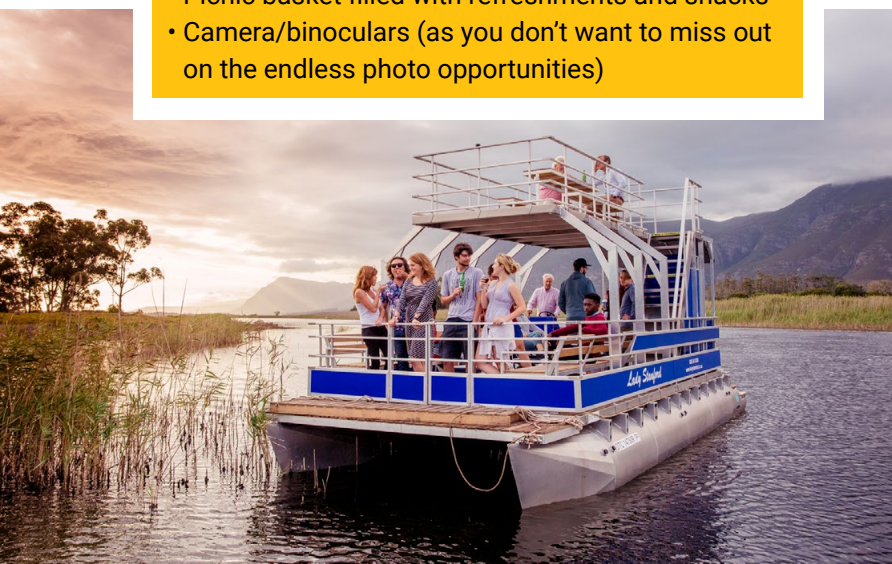
The region has abundant birdlife, allowing you the opportunity to spot any of the more than 250 bird species known in the Stanford area, a true birder's paradise! Other natural wonders to be seen from the observation deck include otters, terrapin and fish. Bontebok, cattle and horses graze on the lush green riverbanks. No expense has been spared with regard to luxury and comfort and she is fully equipped with various birding books and checklists, blankets, glasses and ice, and a private eco-friendly ablution facility.

There are five cruises daily in peak season, including a sunrise and sunset cruise (weather dependent). She easily accommodates 26 people, which makes her a great choice for private boat charters, family reunions, birthday parties, team building gatherings and the most special intimate weddings. The company offers additional services such as catering, and gas braai facilities which are available on request.

If canoeing is your choice, this is also on offer. Double and single canoes including life vests and paddles are available for half-day rentals at reasonable rates.

Sit back, relax and soak up the tranquillity and calmness that nature has to offer from the sheltered lower deck, or the open-top deck whilst young and old can enjoy a refreshing dip in the river.

RATES: R250 per person or book the whole boat for R3800 for a private cruise. Bookings can be made at www.capecountryroutes.com or by mailing bookings@capecountryroutes.com



WIN

SIGN UP FOR ANY **AA PRODUCT**
OR **ADDITIONAL SERVICE** AND
STAND A CHANCE TO WIN YOUR SHARE
OF **R20 000** IN FUEL VOUCHERS.

WITH YOU EVERY
STEP

Click here to ENTER!



AA Members have more fun!

Found a gem on your travels? Share your story and pictures with us - we would love to hear from you. Send your pictures to aa@fhanetwork.co.za



Namibia is a land of vast deserts, rugged coastlines, and diverse wildlife; and what better way to explore this stunning country than with a 4x4 road trip? Our neighbours to the north of us, affectionately dubbed “the land of many faces”, has been a favourite destination for South Africans for decades. Stretching across 824 292 km², it’s the ultimate destination for the adventure seeker in you. From the towering dunes of Sossusvlei to the eerie shipwrecks along the Skeleton Coast, every turn will leave you in awe. You’ll have the chance to spot majestic elephants, lions, wild dogs and puku bucks in their natural habitats; and if like us, you choose to tackle this country by 4x4, you’ll conquer challenging terrains and feel the rush of adrenaline as you cross rivers and climb rocky hills. So pack your bags, buckle up, and get ready to unleash your inner explorer.

PLANNING YOUR ROAD TRIP

Before you set off on your Namibian road trip, there are a few things you’ll need to consider. First and foremost, you’ll need to decide on your route. There are several popular routes in Namibia, each with its own unique attractions and challenges. We spent 2 weeks traveling across Namibia, and here are some of our favourite, must-visit spots.

SKELETON COAST

The Skeleton Coast is a remote and rugged stretch of coastline that’s home to shipwrecks, sand dunes, and diverse wildlife. The route from Torraabai to Terrace Bay is particularly scenic and challenging at times, with river crossings, rocky terrain, and deep sand dunes. Along

THE LAND OF Many Faces

BY VANN VAN STADEN

the way, you'll have the chance to spot desert-adapted elephants, if you are lucky some lions, as well as seals, dolphins, and whales along the coastline.

DAMARALAND

Damaraland is a vast and rugged region located in north-western Namibia. The area is known for its stunning rock formations,



Sossusvlei is a popular route that will take just under an hour to cover. Here you'll have the chance to climb the iconic Dune 45, explore the Deadvlei salt pan and take in stunning views of the Namib-Naukluft Mountains.



ancient rock art, over 2000 rock carvings and diverse wildlife. The route from Twyfelfontein to Palmwag is a popular 4x4 route with challenging terrain and breathtaking scenery. Take in the stunning views of the Brandberg Mountain (the highest mountain in Namibia) and the Ugab River.

SOSSUSVLEI

Sossusvlei is a region located in the heart of the Namib Desert. The area is known for its towering dunes, some of the world's highest. The route from Sesriem to

ETOSHA NATIONAL PARK

Etosha National Park is one of Namibia's most popular tourist destinations, and for good reason. The park is home to a diverse range of wildlife, including elephants, lions, giraffes, and zebras. The park also features stunning

landscapes, including the Etosha Pan, a vast salt pan that's visible from space.

UNIQUE EXPERIENCES TO HAVE ON YOUR ROAD TRIP

You are surrounded by some of the most breathtaking sand dunes known to man, and yes, they are best explored in the comfort of your trusty metal steed; however, they can also be enjoyed while strapped to a sandboard. Namibia's sand dunes offer the perfect playground for sandboarding. Strap on a board and

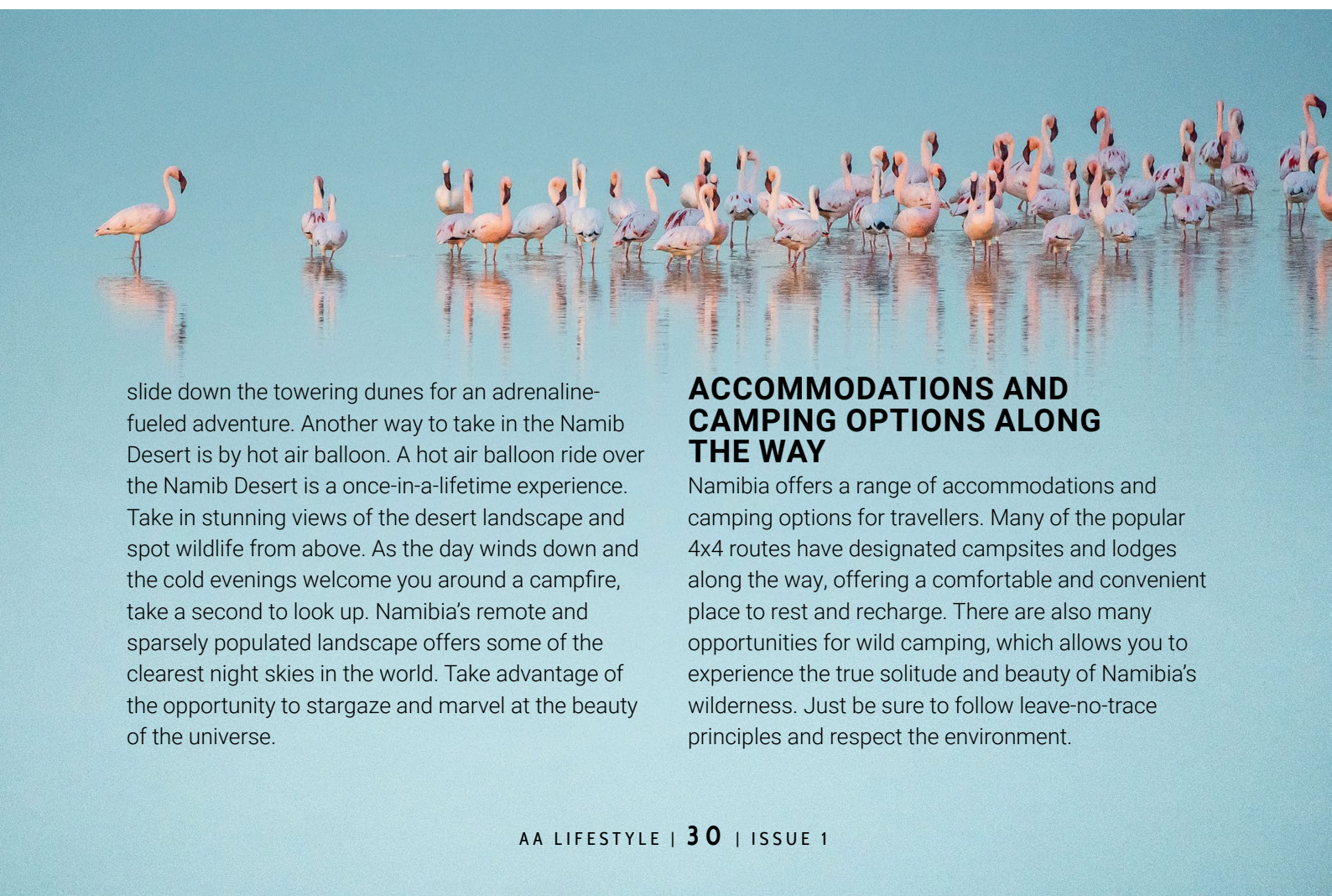


New Thule Caprock - the roof platform designed to support all your adventures

Transform the roof of your vehicle and get ready for everyday work and outback adventures with the Thule Caprock roof platform. With its modular design and endless possibilities for attaching a rooftop tent or accessories, this sleek roof platform will have you sorted for all your gear. It mounts easily to a range of vehicles, with or without crossbars - ideal for every adventure. Thule Caprock will be available in South Africa from July 2023.



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slide down the towering dunes for an adrenaline-fueled adventure. Another way to take in the Namib Desert is by hot air balloon. A hot air balloon ride over the Namib Desert is a once-in-a-lifetime experience. Take in stunning views of the desert landscape and spot wildlife from above. As the day winds down and the cold evenings welcome you around a campfire, take a second to look up. Namibia's remote and sparsely populated landscape offers some of the clearest night skies in the world. Take advantage of the opportunity to stargaze and marvel at the beauty of the universe.

ACCOMMODATIONS AND CAMPING OPTIONS ALONG THE WAY

Namibia offers a range of accommodations and camping options for travellers. Many of the popular 4x4 routes have designated campsites and lodges along the way, offering a comfortable and convenient place to rest and recharge. There are also many opportunities for wild camping, which allows you to experience the true solitude and beauty of Namibia's wilderness. Just be sure to follow leave-no-trace principles and respect the environment.

SADIC TRAVEL

ESSENTIAL GEAR AND SUPPLIES FOR YOUR TRIP

When embarking on a road trip through Namibia, it's important to bring the right gear and supplies to ensure your safety and comfort. Here are a few items that should be at the top of your packing list.

WATER: Namibia is a dry country, and you'll need plenty of water to stay hydrated, especially if you're traveling in the summer months. Plan to bring at least 2-3 litres of water per person per day.

FOOD: Plan to bring non-perishable food items such as canned goods, dried fruit, and nuts. It's also a good idea to get a portable camping stove and cookware as most campsites don't offer these.

FIRST AID KIT: Your first aid kit should include essential items such as bandages, antiseptic, and pain relievers, as well as any

prescription medications you need.


NAVIGATION EQUIPMENT: Make sure you have a good map or GPS device, as well as a compass and a backup battery or charger.

CAMPING GEAR: If you plan to camp along the way, you'll need a good-quality tent and sleeping bags. Don't let the hot daytime temperatures fool you into thinking it will be hot at night as well. Temperatures drop drastically in the evening, so make sure you pack a solid sleeping bag. A portable camping shower can also be helpful in staying clean and comfortable. With all the photo opportunities along the way, it's a good idea to bring a portable power station with you to keep all your gear charged and ready.

COMMUNICATION: Most areas are dead zones when it comes to

reception, and if you are planning on taking the road less traveled, it might be a good idea to rent a satellite phone for emergencies.

RECOVERY GEAR: Off-roading can be unpredictable, and you'll need the right gear to get yourself out of sticky situations. Make sure you have a recovery strap, a shovel, and a tyre repair kits. It's also a good idea to bring a portable air compressor.

A 4x4 road trip through Namibia is the ultimate adventure for those seeking to explore off-the-beaten-path destinations. Namibia offers something for everyone. Just be sure to plan carefully, bring the right gear and supplies, and always prioritize safety and respect for the environment. So pack your bags, buckle up, and get ready to unleash your inner explorer in Namibia. 



ARB Single Portable Air Compressor from 4x4 Mega World @ R8 045.00



Nebo Einstein 1500 Lumen Flex Headlamp from Cape Union Mart @ R999.00



Jackery Explorer 250 Portable Power Station @ R6 950.00



Anorak from Freedom of Movement @ R1 695.00



Garmin eTrex 22x Handheld – Topoactive Africa from Cape Union Mart @ R4 499.00



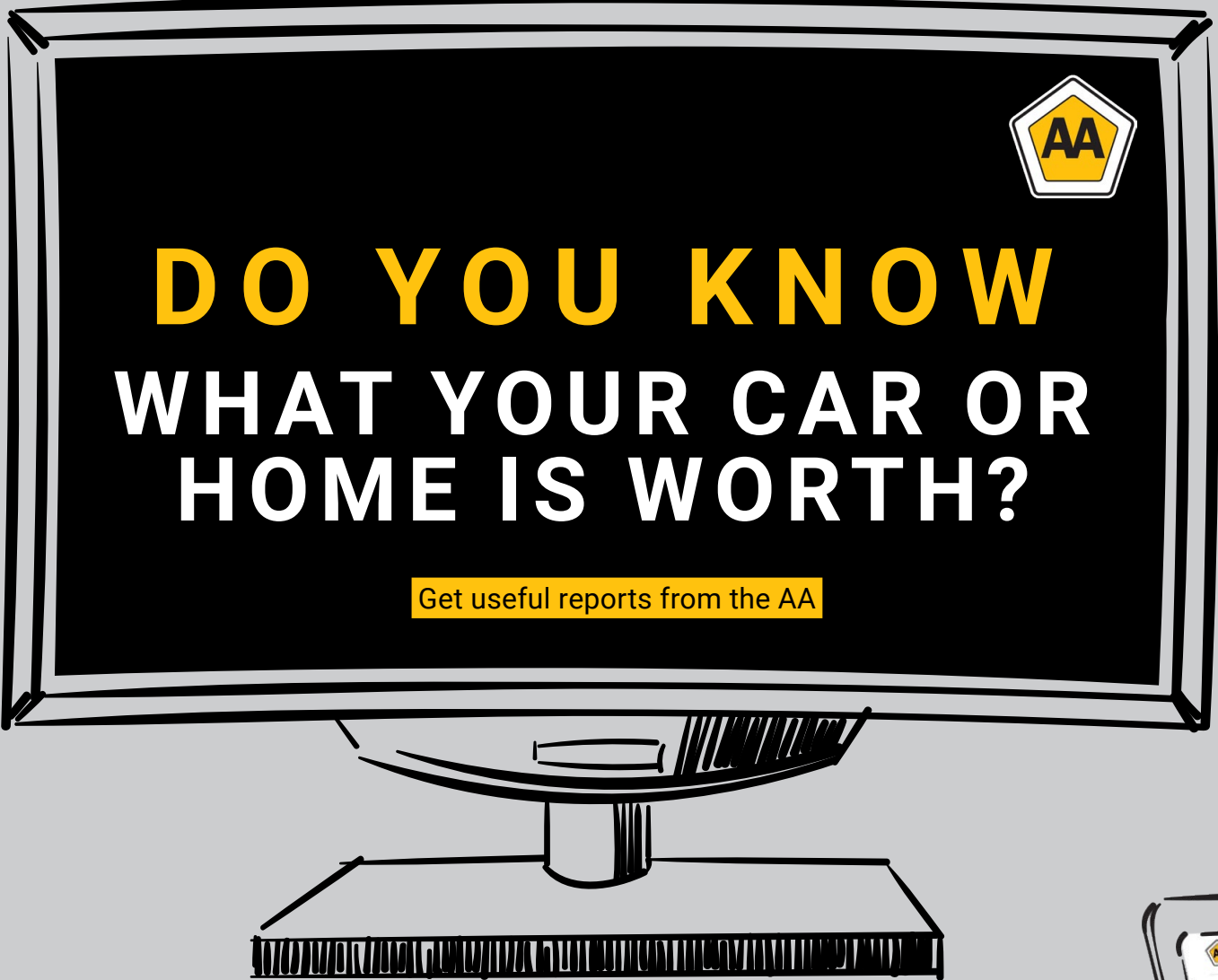
Inmarsat IsatPhone 2 for rent and sale from sat4rent.co.za @ POR



Survival Vehicle First Aid Kit from Cape Union Mart @ R2 999.00



Recovery Traction Tracks from evorevo4x4.com @ R1 999.00



Making informed decisions means that you know what you're getting yourself into, whether it's buying a vehicle, a property, or even taking out a personal loan. But how often are we able to make an informed choice around these important realities of life?

Take a moment to think about whether you know just how much that weekly client trip is costing you; or perhaps you're not sure what your credit score is and you want to apply

for a personal loan. Maybe you're keen to complete a few home renovations but aren't sure of the value of your property and whether this is a good investment or not.

The key to making these kinds of informed decisions is having

access to credible information that you can trust. Thankfully, the newly launched AA Inform website does just that – and it's all conveniently at your fingertips, from any device, anywhere.

Not only is the AA Inform

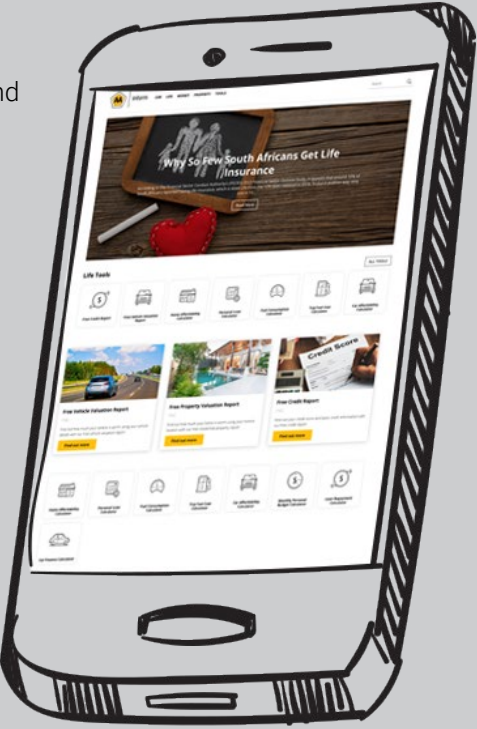
AS A TRUSTED BRAND IN SOUTH AFRICA FOR MORE THAN 90 YEARS, YOU CAN RELY ON THE AA TO GIVE YOU OBJECTIVE AND SOUND ADVICE THAT IS BACKED BY DATA, NOT EMOTION.

website a pleasure to navigate, it contains a range of useful tools and resources. From free vehicle and property valuation reports and cost-saving calculators, to expert guidance and tips on how to use these resources, this site provides you with all the answers you need and more.


PICK ANY STARTING POINT

If you're wondering how it all works, consider the ability to get a free vehicle valuation report in a matter of minutes. This accurate and credible assessment can give you a snapshot into the value of your car, including both the low and high retail estimated values, and the low and high trade estimated values.

But more than simply providing you with the report, there are also short and snappy guides on how you could use this information to your best advantage; for instance, you



could use a vehicle valuation report to figure out whether you are being offered a fair deal on your trade-in and whether you are buying your new pre-owned vehicle at a good price. You may also consider switching your vehicle financing provider to secure a lower interest rate and lower instalments. AA Inform can help you with all these decisions.

As a trusted brand in South Africa for more than 90 years, you can rely on the AA to give you objective and sound advice that is backed by data, not emotion. To help you on your financial journey, we've partnered with industry experts to guide and inform your decisions on one, easy-to-use platform, AA Inform. 



Log onto www.aainform.co.za for your free vehicle valuation and property valuation report

WHY HIKING is good for THE SOUL + TOP HIKING SPOTS IN SA

Hiking is one of the most popular outdoor activities in South Africa, with a growing number of people discovering the beauty and benefits of exploring the country's natural landscapes on foot every day. We look at the many proven physical and mental benefits of hiking and list the top hiking spots in SA.

BY ELANA BOTHA

HIKING

According to a survey conducted by the South African National Parks, hiking is the 2nd most popular outdoor activity in the country and it's not difficult to see why.

Not only is hiking a great way to stay physically active, but it is also an excellent way to improve your mental and emotional well-being. "I love hiking and being outdoors, and I find that nature gives far more than what it takes – the sense of freedom, the beauty, the simplicity of life, the physical challenges and the sense of community," says William Boshoff of **Hiking South Africa**, "Being in nature is also a deeply spiritual experience for me: a place where I can become quiet, reflect, meditate, pray and find peace."

The physical benefits of hiking are well known, but studies published in the **Journal of Environmental Psychology** and **International Journal of Environmental Research and Public Health** show that as little as a 50-minute nature walk can be enough to lower levels of anxiety and increase positive emotions - making it incredibly beneficial for mental health as well.

Some of the many proven benefits of hiking include:

IMPROVED CARDIOVASCULAR HEALTH: Hiking is a form of aerobic exercise that gets the heart pumping, which helps to strengthen the heart and improve circulation.

INCREASED MUSCLE STRENGTH, ENDURANCE AND BALANCE: Walking uphill and over uneven terrain requires balance and coordination and helps to build lower body strength and endurance.

BURNS CALORIES: Hiking is an effective way to burn calories and lose weight, particularly when walking uphill or carrying a backpack.

BOOSTED BONE DENSITY: Hiking is a weight-bearing exercise that helps to increase bone density and reduce the risk of osteoporosis.

REDUCED STRESS AND ANXIETY: Spending time

in nature can help to reduce cortisol levels, which are often elevated in people who experience chronic stress. Hiking can also help to reduce symptoms of anxiety and depression.

ENHANCED CREATIVITY AND COGNITIVE FUNCTION: Spending time in nature has been shown to enhance creativity and cognitive function and hiking provides an opportunity to engage with the natural environment.

BOOSTED SELF-ESTEEM AND CONFIDENCE: Hiking provides a sense of accomplishment. When you reach the top of a mountain or complete a challenging hike, you feel a sense of pride and accomplishment. This can boost your self-esteem and confidence.

PROVISION OF A SENSE OF CONNECTION AND COMMUNITY: Hiking with others can provide a sense of connection and community, which can help to combat feelings of loneliness and isolation.

South Africa is home to some of the most beautiful **hiking trails** in the world and has a well-developed hiking infrastructure, with numerous hiking trails and routes located throughout the country’s national parks, nature reserves and other natural areas.

Top Hiking Spots in South Africa

TABLE MOUNTAIN, CAPE TOWN Table Mountain is one of the most iconic landmarks in South Africa. There are several hiking trails to choose from, with Lion’s Head Summit being a bucket list must-do for Cape Town.



Lion’s Head Summit is dog-friendly provided you have a permit and your dog is kept on a leash



Otter Trail
Duration:
4 Nights, 5 Days
Distance: 45km
Difficulty:
Moderate



BLYDE RIVER CANYON, MPUMALANGA The Blyde River Canyon is one of the largest canyons in the world and is home to some of the most beautiful hiking trails in South Africa. The Tufa, Guinea Fowl and Leopard Trail create a beautiful loop with swimming holes and views of the canyon.



The Whale Trail is very popular, we suggest booking way in advance

DRAKENSBERG MOUNTAINS, KWAZULU-NATAL The Drakensberg Mountains are a UNESCO World Heritage Site and offer some of the most spectacular hiking in South Africa. Rainbow Gorge near Bergville is known as one of the most scenic day hikes in the Cathedral Peak section of the Drakensberg.

TSITSIKAMMA NATIONAL PARK, EASTERN CAPE The Tsitsikamma National Park is a hiker’s paradise, with several trails that wind through lush forests, over suspension bridges and along the rugged coastline. The Otter Trail, a 5-day hike, is one of the most popular hiking trails in South Africa.



HIKING

GOLDEN GATE HIGHLANDS NATIONAL PARK, FREE STATE The Golden Gate Highlands National Park is home to several hiking trails that wind through the stunning landscape of sandstone cliffs, rolling hills and grasslands with trails ranging from easy to difficult. Mushroom Rock is suitable for children and offers lovely views of the Little Berg and Escarpment wall and has attractive bridges to cross and a cave through which to climb.

CEDERBERG WILDERNESS AREA, WESTERN CAPE The Cederberg Wilderness Area is a hiker’s paradise, with several trails that wind through the stunning landscape of sandstone cliffs, rock formations, and waterfalls. Wolfberg Arch and, for the more adventurous, Wolfberg Cracks are a must-see in the Cederberg Wilderness area.

DE HOOP NATURE RESERVE, WESTERN CAPE The De Hoop Nature Reserve offers some of the most popular long trail experiences. The Whale Trail is a 5-day hike that winds through the De Hoop Nature Reserve along the rugged coastline of the Western Cape. The trail offers stunning views of the ocean, fynbos and marine life, including whales and dolphins.

With a rich cultural history and diverse natural landscapes, South Africa is a hiker’s paradise and hiking in South Africa is a truly unique experience.

Whether you’re seeking a challenging trek or a leisurely stroll, there’s a trail out there waiting for you. 🏠



CARLY SWARTZ

THE AA CARES ABOUT YOUR WELLNESS

Join the AA ambassadors for a MORNING WORKOUT:
Full Body Energiser

Who doesn't love starting the day with an extra boost of energy? Exercise has the incredible ability to elevate your physical and mental vitality.

5 Colour Fitness Season 13 was inspired by listening to your body and moving with passion.

SuperSport's premiere fitness lifestyle show is here to help keep you active and healthy! And if that's not enough motivation, join their 5-Week Lifestyle Reset by going following @fha_fitnesshealthactive. There are weekly prizes to be won!

Join the teams every morning and afternoon on SuperSport channel 207 7am and 5pm. If you can't, why not try this morning energiser!

The full-body energiser engages your entire body, waking you up and energising you for the day ahead.

FITNESS

MORNING FULL BODY ENERGISER

DO 3 SETS, 30 SEC FOR EACH EXERCISE WITH 15 SEC REST BETWEEN EACH EXERCISE

✓ Jumping squats ✓ Mountain climbers ✓ Side lunges ✓ Dips ✓ Plank

Remember to focus on your posture and contracting your muscles while completing each exercise. Go at your own pace, remember to breathe, and listen to your body. For more tips follow @fha_fitnesshealthactive.

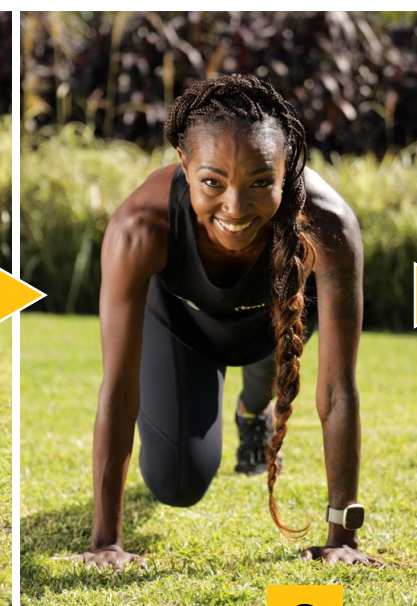


LELANI LOOTS



1

JUMPING SQUATS



MOOKY FRANK

2

MOUNTAIN CLIMBERS



CHRISTY ANN DU PLESSIS

3

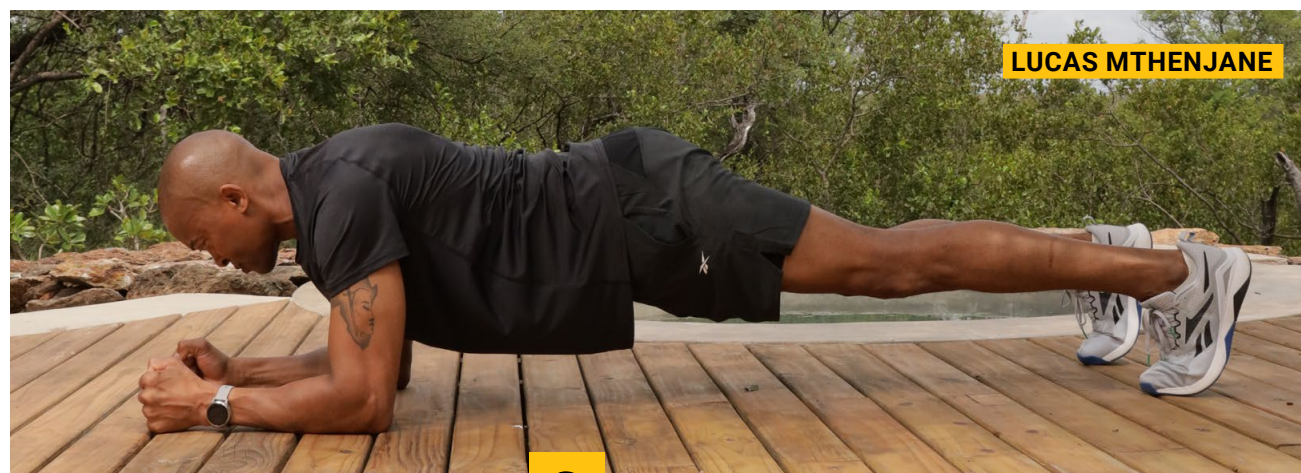
SIDE LUNGES



JP VAN DER SCHYFF

4

DIPS



LUCAS MTHENJANE

3

PLANK

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FOR HIM



GEAR

Enjoy the outdoors this season in this must-have active wear

1. Ombre Slim Fit Active T-Shirt, Edition at Woolworths **R279**
2. Baseball Cap, RE at Woolworths **R179**
3. Zipped Slim Fit Fleece Active Hoodie, Edition at Woolworths **R549**
4. Men's Finn Regular Fit Polo Shirt, Old Khaki **R699**
5. Crosslander 3 Mid Waterproof Hiking Boot, Merrell at Cape Union Mart **R2 199**
6. Sunglasses, Ray-Ban at Sunglass Hut **R2 300**
7. Speedcross 6 Gore-Tex Trail Running Shoe, Salomon **R3 199**
8. Moss Beanie, Salomon at Cape Union Mart **R379**
9. The North Face Men's Bellevue Stretch Down Vest, The North Face at Cape Union Mart **R3 999**
10. Strider 28L Daypack, K-Way **R899**
11. Cloudwander, ON Shoes at Tifosi Sports **R3 599**
12. Men's Declan Utility Pants, Old Khaki **R799**
13. Men's Pulse Speed Stroke Shorts, K-Way at Cape Union Mart **R399**
14. Bear Grylls Survival SEA Series Never Give Up Watch, Luminox at Bella Luna **R7 395**

ACTIVE WEAR FOR HER



1. Kimber Corduroy Quarter Zip-Hoodie, Old Khaki **R699**
2. Stripe Inset Tennis Golfer, Edition **R449**
3. Print Strap Detail Sports Bra, Edition at Woolworths **R399**
4. X Ultra 4 Mid-Gore-Tex W Hiking Boots, Salomon **R3 699**
5. Pulse Women's Printed 7/8 Leggings, K-Way at Cape Union Mart **R799**
6. Melina Reversible Puffer Vest, Old Khaki **R899**
7. Golden Tac Watch, Swatch **R1 670**
8. Iris '17 Fleece Top, K-Way at Cape Union Mart **R399**
9. Romi Pom-Pom Beanie, Old Khaki at Cape Union Mart **R229**
10. Supernova 2 X Marimekko Shoes, Adidas **R1 999**
11. MMXXI Odyssey Insulated Borg Jacket, K-Way at Cape Union Mart **R1 599**
12. Sunglasses, Burberry at Sunglass Hut **R2 950**
13. Kasai Waist Bag, K-Way at Cape Union Mart **R599**
14. Cloud 5 Sneakers, ON Shoes **R 2 699**
15. Active Joggers, Edition **R499**
16. Jacinta Floral Peak Cap, Old Khaki **R249**

HEART DEFENCE



HEART HEALTH

Heart disease and high cholesterol are on the rise.
Here's how to protect your ticker.

BY WANITA NICOL

According to the Heart and Stroke Foundation of South Africa, 225 South Africans die of heart disease every day. Yoh! But 80% of heart disease and strokes can be prevented. These healthy lifestyle habits lower your risk.

1 EXERCISE!

A study in the journal PLOS Medicine found that there's no end to the benefits of exercise. Of the more than 90 000 study participants, those who were more active had a lower risk of heart disease – no surprises there; but here's where it gets interesting. The most active group also had the lowest risk of heart disease – by between 54 and 63%!

That means the benefits are uncapped – the more you exercise, the lower your risk.

MORE GOOD NEWS: Even if you've already been diagnosed with heart disease, it's not too late to start. According to an article in the journal Circulation, people who were newly diagnosed with heart disease and started exercising were able to return to work earlier than those who hadn't exercised and reported better quality of life.

WHAT TO DO: If you're new to exercise, aim for the American College of Sports Medicine (ACSM)'s recommended 30 minutes of moderate-intensity exercise per day.

2 EAT MORE PLANTS

Eating a diet rich in fruit and vegetables has been proven to lower the risk of cardiovascular disease in middle-aged adults. **(FYI: Chicken is not a vegetable.)**

WHAT TO DO: Aim to fill half your plate with veggies. All veggies are good, but a 2018 study in Nutrients found that leafy greens, like spinach and lettuce, and cruciferous veggies – broccoli, cauliflower, cabbage and Brussels sprouts – are your heart's best friends. Also, add more fruit and whole grains to your shopping trolley for extra fibre.

3 EAT LESS MEAT

Cry the beloved braai, the majority of research still shows that diets high in red meat are strongly associated with heart disease. And it's not just polony and wors – a large independent study published last year found that unprocessed red meat was also to blame.

WHAT TO DO: You can still eat meat, but keep it lean. The Heart and Stroke Foundation recommends fish, lean mince, skinless chicken and ostrich. Save tjops and steak for the occasional treat.



4 DRINK LESS ALCOHOL

You may have heard that moderate drinking can be good for your heart. Well, last year, the World Heart Federation published a paper calling BS on that and urged people worldwide to drink less.

WHAT TO DO: The Heart and Stroke Foundation recommends no more than one drink a day for women and no more than two drinks a day for men. "Drink" does not depend on the size of your glass – it's defined as 340ml beer, 120ml wine, 60ml sherry or 25ml spirits. If you've had heart trouble in the past, it's best to steer clear of alcohol altogether.

5 LOWER YOUR STRESS

According to Cleveland Clinic, chronic stress increases the rate at which plaque accumulates in the

arteries, can trigger blood clots and can also cause narrowing of the arteries.

WHAT TO DO: You can't always avoid the source of your stress, but learning to manage it will help. Being more physically active, doing breathing exercises and practising mindfulness have all proven effective.

6 STOP SMOKING


According to the Heart and Stroke Foundation, smoking triples your risk of heart disease.

WHAT TO DO: Stop. When you stop smoking altogether, the benefits are immediate and over time, your risk of heart disease will decrease to that of a non-smoker.

CHOLESTEROL: THE GOOD, THE BAD AND THE UGLY

Cholesterol is a waxy substance that's mostly manufactured by the liver and is transported through your body in your bloodstream. High-density lipoprotein (HDL) removes cholesterol from the blood vessels – that's why it's often referred to as "good" cholesterol. Low-density lipoprotein (LDL) is called "bad" cholesterol because that's the type that attaches to the walls of your arteries.

Over time, that cholesterol build-up mixes with other substances and forms plaque, which hardens the arteries – a condition called atherosclerosis. As the Heart and Stroke Foundation explains, narrowed arteries can't deliver enough blood, which can lead to blood clots, heart attack, stroke and death. To keep your cholesterol levels optimal, the Mayo Clinic recommends you:

- Exercise regularly
- Maintain healthy weight
- Quit smoking
- Drink less alcohol
- Eat less saturated fat (mostly found in animal products)
- Avoid trans fats (look out for "partially hydrogenated vegetable oil" on food labels)
- Eat more fibre-rich food, like beans and cruciferous veggies
- Eat healthy fats, like avo, nuts and olive oil 

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5

SECRETS OF Blissful SLEEP

Which is worse: falling into bed exhausted, only to lie there staring at the ceiling, longing for sleep that never comes or waking up in the morning, feeling like you haven't slept at all? No need to choose they're both hell; but, a good night's rest could be more achievable than you think.

BY WANITA NICOL

What Is A Good Sleep?

You may have heard that there are different stages of sleep (see Anatomy of a Sleep Cycle). “This is all about the brain and different levels of consciousness of the brain,” explains Dr Dale Rae, director of Sleep Science in Cape Town and senior lecturer at UCT, which offers sleep assessment and coaching. She says it takes 90-100 minutes to go through all the stages – a full sleep cycle – and you’ll normally have four or five of those in a night.

But that’s only one part of it. “What’s really important in terms of having good, restorative sleep is that it needs to be of sufficient duration, it needs to be appropriately timed (sleeping when it’s dark), it needs to be consistent from night to night and it needs to be consolidated – so it mustn’t be fragmented,” says Dr Rae. Start here.

1 Find your number

Not everyone needs eight hours of sleep. “The average person may need eight hours, but **you** may not need eight hours,” says Dr Rae. She says adults usually need seven to nine hours – however, some people may need as few as six hours and others as many as 10.

Your move: Next time you’re on leave, wait until your third or fourth day, when you’re feeling rested, then see how you sleep at night with no alarm. “That will almost certainly be your sleep need,” says Dr Rae. Another clue: If you need to power nap during the day or you fall asleep in less than five minutes, you’re sleep deprived. A healthy timeframe for falling asleep is five to 20 minutes.

2 Get the temperature right

“If a body is too hot, it won’t sleep,” says Dr Rae. “Being on the cooler side is better.”

Your move: She recommends breathable bedding and having three options – one for summer, one for winter and one for transitional seasons. If you have aircon, 19-21°C is the sweet spot.

3 Get comfy

No rule dictates the best type of mattress or pillow – the best option is what’s comfortable for you. “You shouldn’t have numbness or backache or any



ANATOMY OF A SLEEP CYCLE

STAGE 1

Very light – you feel like you’re awake but you’re actually asleep and you wake up easily. Accounts for **5%** of healthy sleep.

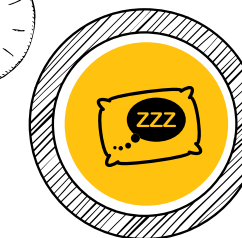
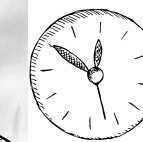
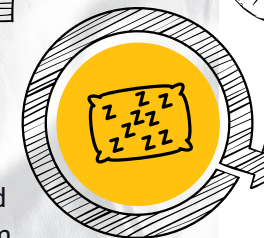
STAGE 2

Slightly deeper. Accounts for **50%** of healthy sleep.



STAGE 3

Deep. Very hard to wake up from. An important stage, where you do repair and recovery work. Accounts for **20%** of healthy sleep.



REM

Your brain is very active but your body is immobilised. This is when experts think most of our dreaming occurs. Accounts for **25%** of healthy sleep.

other discomfort,” says Dr Rae.

Your move: Don’t shop online – go to the store and try before you buy.

4 Set the mood

Humans are wired to sleep better when it’s dark, says Dr Rae. That being said, if you don’t feel safe in the dark, anxiety and alertness will override the benefits of darkness and prevent deep sleep.

Your move: Keep a light on in the passage or another room and leave your door open so the light can softly illuminate your room without being too bright. If you sleep better in darkness, invest in blackout curtains or blinds.

5 Wind down

Separate work time and rest time, says Dr Rae. “You can’t work until 11 pm, put your laptop off and expect to have a good sleep,” she says.

Your move: Allow at least an hour or two between finishing work, exercise or eating and attempting to sleep. This should include decompression time to ponder, process and plan your day, followed by chill time, where you can zone out and not do any heavy thinking, says Dr Rae. And guess what? Watching a series or mindlessly scrolling social media are totally fine – just activate the blue light reduction setting (night mode) on your device. 📱

WEST AFRICAN SOUP

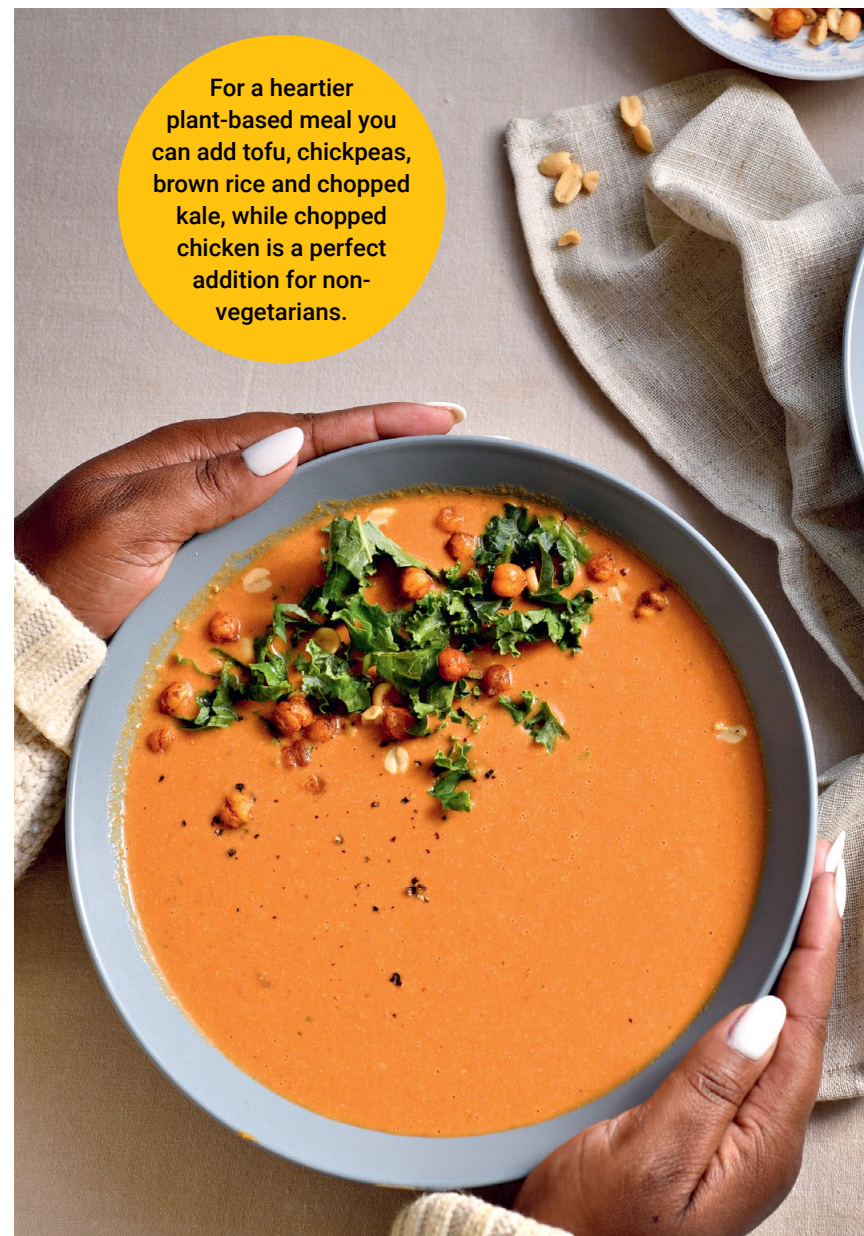
Serves 4-6

INGREDIENTS

- ¼ cup peanut oil or olive oil
- 2 red onions, chopped
- 2 Tbsp minced fresh ginger
- 4 cloves garlic, minced
- 1 jalapeño, deseeded and chopped
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1 tsp ground cumin
- ½ cup tomato paste
- 1 x 410g can crushed tomatoes
- 1 tsp sugar
- 1.25 litres of vegetable stock
- 1 cup natural peanut butter
- Tofu, chopped kale, chickpeas or chopped chicken (all optional, including quantities)
- Chopped raw peanuts, chopped red chilli and fresh coriander leaves for garnishing (your choice)

METHOD

Heat the oil in a large pot, then fry the onions until soft and light brown. Add the ginger, garlic and jalapeño and stir for 3 minutes. Add the salt, pepper, cumin and tomato paste and cook for 5 minutes. Stir in the tomatoes, sugar, stock and peanut butter, bring to a boil and then simmer for 15 minutes, stirring all the while. If you would prefer a very smooth-textured soup, you could blitz it with a stick blender. Taste and adjust the seasoning if necessary. At this stage, you may add any of the optional ingredients. Serve hot and garnish with any or all of the suggested garnishes.



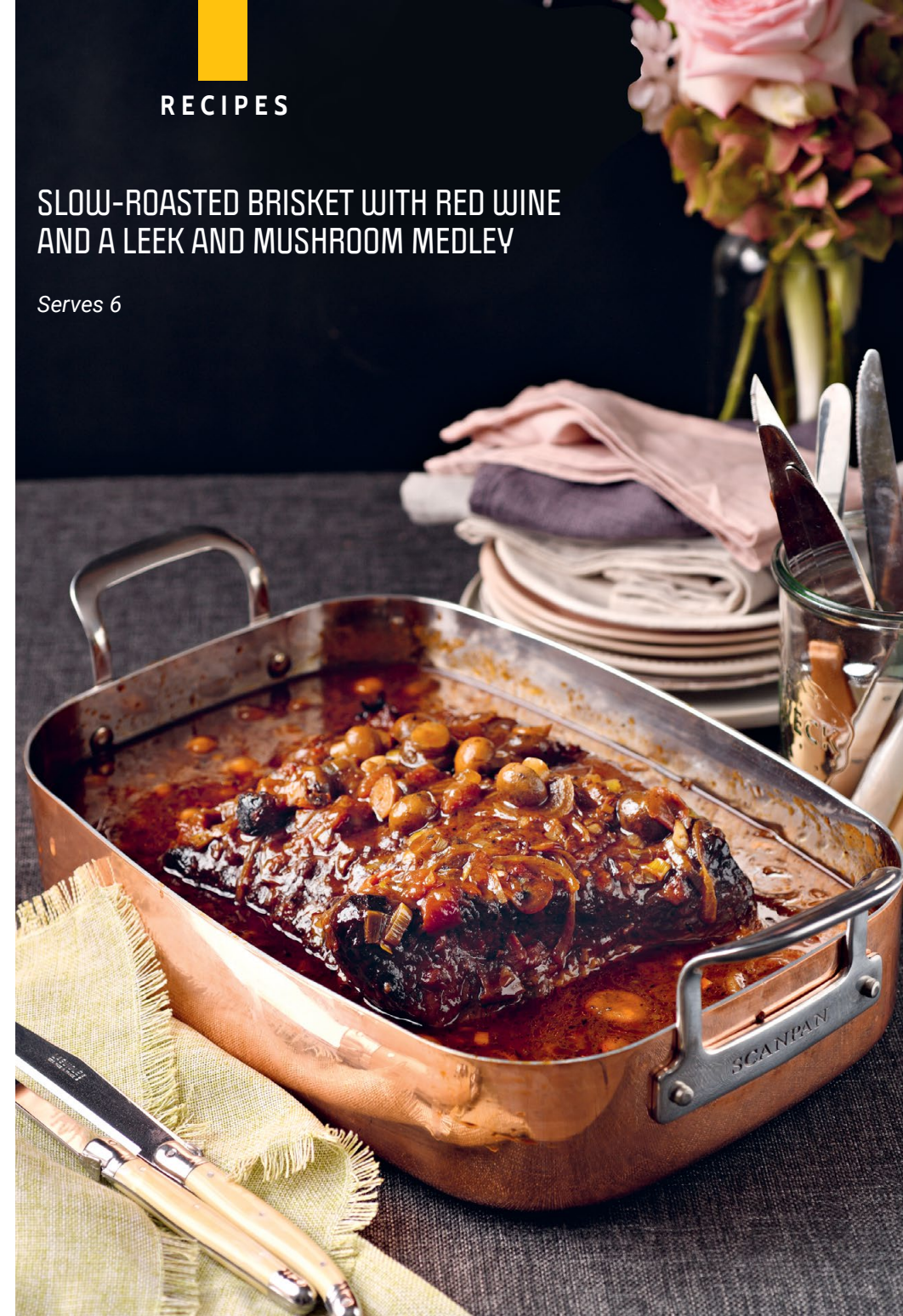
From comforting nourishing soup to slow-roasted brisket in a decadent red wine sauce to moreish carrot cake, your guests won't be able to resist.

INGREDIENTS

- 2.5–3kg raisin rib or brisket
- Salt to taste
- Italian herbs to taste
- Paprika to taste
- 8 leeks, thinly sliced
- 3 cloves garlic, crushed
- ½ cup olive oil
- ½ cup onion stock powder mixed with 3 cups water
- 1 cup red wine
- 2 x 410g cans chopped Italian tomatoes
- 1 tsp sugar
- 1 cup sweet soya sauce
- 1 cup tomato sauce
- 500g button mushrooms, sliced
- 500g brown mushrooms, sliced
- 500g portobello mushrooms, sliced
- Sprigs of fresh rosemary
- Sprigs of fresh thyme

METHOD

Preheat the oven to 200°C. Place the meat in a large roasting dish and rub it with salt, Italian herbs and paprika. Roast in the oven, uncovered, for about 45 minutes, turning occasionally until brown on both sides. In a pan, sauté the leeks and garlic in 2 tablespoons of olive oil until soft, then set aside. In another pan, mix the onion stock, wine, tomatoes, sugar, soya sauce and tomato sauce, then pour



the mixture over the semi-roasted meat along with the leeks. Cover the roasting dish and roast for 2 hours, turning the meat after an hour. Remove the roast from the oven. While the meat is roasting, sauté the mushrooms in a pan in the rest of the olive oil until soft, then add them to the roast when it comes out of the oven, together with a few sprigs of rosemary and thyme. Return the meat to the oven and continue roasting for a further 45 minutes, or until the meat is tender. Allow the meat to cool before removing it from the roasting dish, then slice it. Arrange the slices in a serving dish, pour over the sauce and garnish with more rosemary and thyme, if you like.

PEAR AND GORGONZOLA WITH FENNEL, BERRIES, NUTS AND A BALSAMIC VINAIGRETTE

Serves 1–2

INGREDIENTS

4 cups mixed greens, e.g. rocket, lettuce, baby spinach
8 baby cucumbers, sliced into ribbons
1 fennel bulb, sliced paper thin
1/4 cup chopped pecans
2 Tbsp chopped walnuts
125g blueberries
100g shaved pecorino
50g crumbled gorgonzola
3 firm ripe pears, sliced

Balsamic vinaigrette

100ml balsamic vinegar
1/4 cup brown sugar
1/3 cup olive oil
Salt and freshly ground black pepper to taste

METHOD

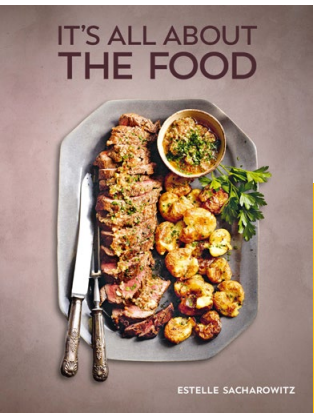
Make the vinaigrette by combining all the ingredients and blending well. It can be prepared ahead of time and chilled in the fridge. Toss the greens together, including the cucumber, and arrange them in bowls or on a platter. Top with the fennel, nuts and berries, followed by both cheeses. Lastly, arrange the pears on top. Serve the dressing on the side or dress the salad just before serving.



IT'S ALL ABOUT THE FOOD BY ESTELLE SACHAROWITZ

As a magician waving a wand, Estelle distils this into an array of dishes that feed both body and soul in the most delightful and tempting manner. From humble but comforting soups, through nourishing bowls and elegant meals to impress, to bountiful platters, you won't be able to resist.

It's All About the Food is published by Penguin Books, an Imprint of Penguin Random House SA and is available at bookstores nationwide at the recommended selling price of **R450**.



RECIPES

CARROT CAKE SLICES WITH TOASTED PECANS

makes 1 large cake

INGREDIENTS

4 eggs
2 cups sugar
2 cups cake wheat flour
1 tsp baking powder
1 tsp salt
1 Tbsp ground cinnamon
1 tsp bicarbonate of soda
1½ cups canola oil
2 tsp vanilla essence
2 cups grated carrots
1 x 800g can crushed pineapple, drained
1 Tbsp poppy seeds
1 cup coarsely chopped pecans, plus ½ cup chopped toasted pecans for decorating
Fresh mint for decorating (optional)

Frosting

250g icing sugar
1 tsp vanilla essence
125g cream cheese
125g butter

METHOD

First, make the frosting so that you can refrigerate it for an hour before icing the cake. Beat the cream cheese and butter gently in a food mixer. Add the icing sugar and beat on a low speed until just combined (do not overbeat), then fold in the vanilla. Refrigerate. For the cake, preheat the oven to 180°C, and grease and line a 24 x 33 x 5cm baking tin. Beat the eggs and sugar together in the bowl of a mixer until well combined. In another bowl, sift together the flour, baking powder, salt, cinnamon and bicarbonate of soda, then add to the egg mixture. Add the oil and vanilla, followed by the carrots, pineapple, poppy seeds and 1 cup of pecans. Beat well then pour the batter into the prepared tin. Bake for 40–45 minutes, or until cooked through. Leave the cake to cool before turning it out from the tin. Spread the frosting over the top of the cake and sprinkle with toasted pecans. Cut into squares and decorate with mint leaves or any other element of your choosing.



Starting at R539 995 for the Kia Sportage 1.6T-GDi LX and going all the way up to R734 995 for the range topping Sportage 1.6T-GDi GT Line S.



Unleash the ADVENTURER in you

BY VANN VAN STADEN




As a leading automaker, Kia has always been known for producing high-quality vehicles that offer superior performance and value for money. With the new Kia Sportage, the company has set its sights on delivering an SUV that combines a sleek, modern design with cutting-edge technology and impressive performance.

One of the most striking features of the new Kia Sportage, now in its 5th generation, is its bold and dynamic exterior design. With a sleek, aerodynamic profile, the Sportage exudes a sense of speed and agility that is sure to turn heads on the road. The Sportage's bold front grille and sharp, angular headlights give it a distinctive look that sets it apart from other SUVs in its class.

Under the hood is where the magic continues. Two powertrains are available, Kia's 1.6-litre T-GDi petrol motor and, recently, the firm added a diesel unit to the local line-up. We sampled the former. This is linked, for the first time, with KIA's 7-speed Dual Clutch Transmission. The engine delivers 132kW and 265Nm of torque. The zero to 100km/h mark gets done in an impressive 8.8sec with a top speed of 201km/h. The beauty of this all is the balance of the

turbocharged engine, giving power when needed, while that impressive DCT gearbox drastically improves its overall fuel consumption. Whether you're looking for a fuel-efficient family SUV or a sporty, high-performance vehicle, the new Kia Sportage delivers.

Inside, the new Kia Sportage is packed with features designed to make driving more comfortable, convenient, and enjoyable. From the advanced infotainment system to the premium audio system, the Sportage is loaded with technology that puts the driver in control. The vehicle's spacious and comfortable interior is designed to accommodate passengers of all sizes, with ample legroom and headroom in both the front and rear seats.

Overall, the new Kia Sportage is an impressive SUV that is sure to make a big impact in the highly competitive SUV market. With its bold design, powerful performance, and advanced features, the Sportage is the perfect choice for drivers who demand the very best in terms of quality, value, and style. Whether you're commuting to work or heading out on a weekend adventure, the new Kia Sportage is the perfect vehicle to take you there. 

EFFORTLESSLY CONFIDENT

The new NISSAN X-TRAIL is here. This highly anticipated launch from Nissan is set to make waves in the local SUV market. Electrified, but not electric, this generously-sized SUV is ticking a lot of our boxes.

BY VANN VAN STADEN



MOTORING

Oozing confidence, the refreshed design of the X-Trail captures both loyal Nissan customers and potential new buyers with its striking new design. It boasts a sleek and modern design with a spacious interior that can comfortably accommodate up to seven passengers. It is the perfect family car for those who need plenty of space and versatility in their vehicle. The new Nissan X-Trail is equipped with a range of advanced features that make driving both safer and more enjoyable. From the latest in entertainment technology to advanced safety features, the X-Trail has it all.

What makes the X-Trail stand out from its fellow competitors in the heavily saturated SUV market is its innovative e-POWER drivetrain; it gives you the best of both worlds, the “EV instant power” when needed and the practicability of not needing to charge. The petrol-electric engine configuration is made up of a 1.5-litre turbo-petrol, power generator, and inverter, and is linked with a front-mounted electric motor. This combined setup delivers 150kW of power. Nissan threw in their e-Pedal Step regenerative braking system, further lending to the automaker’s aim of making it stand out from the crowd.

When it comes to tackling the road less travelled, Nissan’s e-4ORCE all-wheel-drive system is available with the electrified versions. Switching to off-road mode in your drive mode selector, the X-Trail becomes fully engaged and provides exceptional traction and control, even in the most challenging driving conditions. The new Nissan X-Trail is also equipped with a range of advanced safety features, including lane departure warning, blind spot monitoring, and rear cross-traffic alert.

The new Nissan X-Trail is available in a 3-model line-up. There are three trim levels; Visia, Acenta and Acenta Plus. We sampled the Acenta Plus. This model is available in 4-wheel drive and comes standard as a 7-seater, whereas the non-4x4 models have a standard 5-seater configuration.

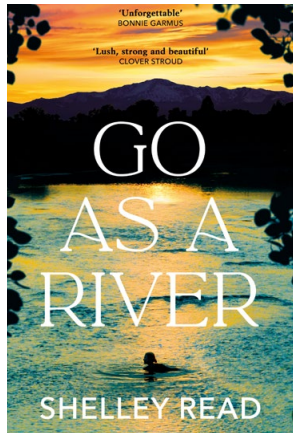
Whether you are looking for a vehicle for daily commutes or weekend getaways, the new Nissan X-Trail is sure to impress. 🏠



The model line-up includes the 2WD Visia CVT at R649 900, the 2WD Acenta at R709 900, and the range-topping 4WD Acenta Plus CVT – R759 900.



On your reading list



GO AS A RIVER Shelley Read

On a cool autumn day in 1948, Victoria Nash delivers late-season peaches from her family's farm set amid the wild beauty of Colorado, then heads into the village. As she nears an intersection, a dishevelled stranger stops to ask her the way. How she chooses to answer will unknowingly alter the course of both of their young lives. So begins the mesmerising story of split-second choices and courageous acts that propel Victoria away from the only home she has ever known and towards a reckoning with loss, hope and her untapped strength. Gathering all the pieces of her small and extraordinary existence, spinning through the eddies of desire, heartbreak and betrayal, she will arrive at a single rocky decision that will change her life forever.

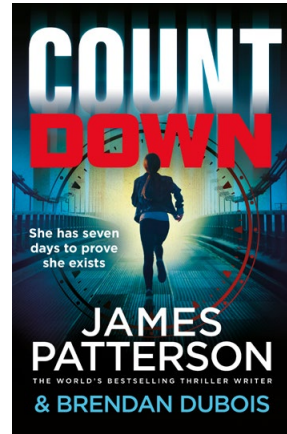
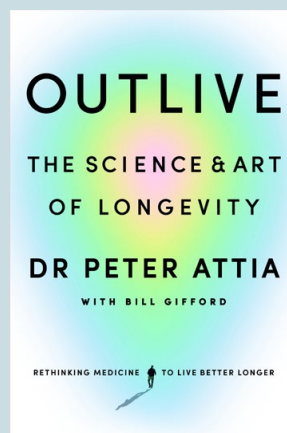
Trade Paperback | R330
Random House UK

OUTLIVE

Dr Peter Attia & Bill Gifford

For all its successes, mainstream medicine has failed to make much progress against the diseases of ageing that kill most people: heart disease, cancer, Alzheimer's disease, and type 2 diabetes. Too often, it intervenes with treatments too late, prolonging lifespan at the expense of quality of life. Dr Peter Attia, the world's top longevity expert, believes we must replace this outdated framework with a personalised, proactive strategy for longevity. With Outlive's practical advice and roadmap, you can plot a different path for your life, one that lets you outlive your genes to make each decade better than the one before.

Trade Paperback | R369 |
Random House



COUNTDOWN James Patterson

An undercover CIA officer has seven days to save her country from the world's most dangerous double agent. The CIA's highly classified Special Activities Division is in the business of tracking people down and keeping secrets hidden. Then a botched field operation reveals some dark dealings between an officer's superiors and an informant, including a plot that could kill thousands of Americans. Knowing that her leadership is corrupt to the core, she is forced to give up her identity and work from the shadows. But it's not easy staying hidden when your enemies are elite intelligence operatives. Will she get the truth out into the light before losing her identity, her history, and her family? The countdown has already begun.

Trade Paperback | R340
Penguin Random House UK



FIELD GUIDE TO SCORPIONS OF SOUTH AFRICA Ian Engelbrecht

Field Guide to Scorpions of South Africa is the first comprehensive guide to describe and illustrate all 108 known species of scorpions in the country. The clear, detailed species accounts cover appearance, habitat and behaviour, and discuss the variation within species according to region. Up-to-date distribution maps are included for all species and exceptional photographs, carefully worked to show astounding detail and vivid colours, bring to life the intricate patterning and colours of different species. Both males and females are presented, as well as a variety of colour forms, facilitating accurate identification in the field. The introduction discusses scorpion classification, anatomy, biology, behaviour and habitat, venomosity, and treatment of stings. Tips on how and where to find scorpions and how to contribute to their conservation as a citizen scientist are also included.

Paperback | R400 | Struik Nature

An invaluable tool for students, researchers, academics, hikers and anyone with an interest in South Africa's rich and fascinating fauna

BOOKS

GOOD + SIMPLE: EASY + DELICIOUS RECIPES FOR THE WHOLE FAMILY Sarah Graham

Building on the success of her previous books, in Good+Simple, Sarah Graham continues to celebrate an abundance of vegetables and natural, whole foods in the same simple and accessible style her loyal army of followers have come to know and love. Good+Simple offers a collection of wholesome and delicious recipes for the whole family, specifically designed to be easy to achieve with simple ingredients. Covering a variety of dietary preferences and needs, simple substitutions for the occasional meat-eater, and including five-ingredient and one-pot dishes, the book makes cooking and meal planning easy, enjoyable and memorable.

Hardcover | R390
Struik Lifestyle



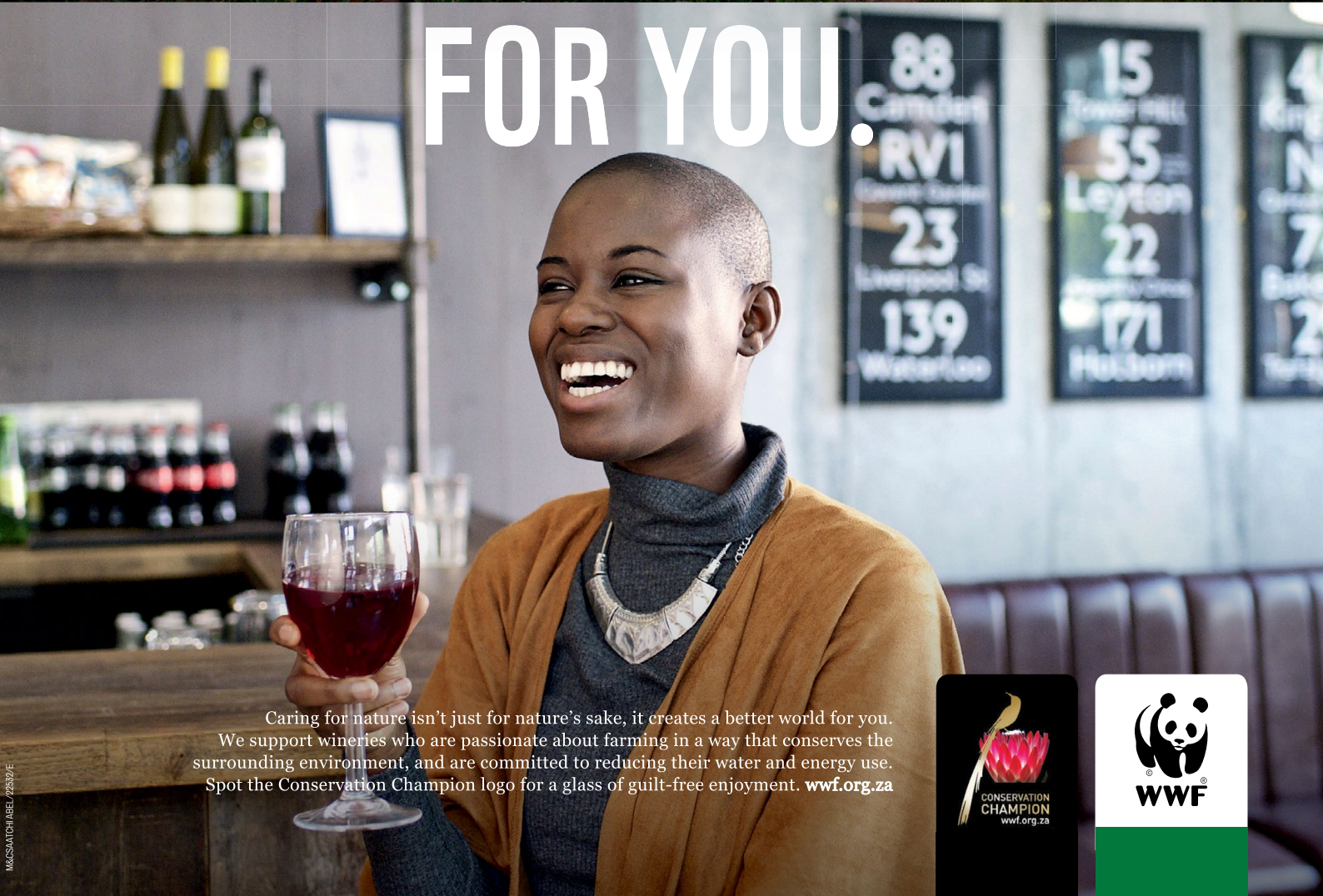
SONS OF MUD Johan Louw

At an army base close to Voortrekkerhoogte in Pretoria, at the height of summer and South Africa's Border War, 18-year-old recruits endure the attitude and behaviour of an appalling drill sergeant bent on turning them into killing machines for the SADF. They are sleep-deprived, and tension mounts in this group of disparate individuals—boys from all walks of life—expected to function as a unit. Andrew Howard Smythe, a surfer from Durban, is the first to notice the giant Afrikaans boy Riejkardt Jurgens. After a gruelling training session on a shooting range, Riejkardt snaps, severely injuring three officers before he is restrained. The investigation that follows is suspicious right from the start. Instead of being prosecuted, Riejkardt will be recruited for a sinister military outfit when his propensity for violence is recognised. This short, hard-hitting novel tracks the making of a henchman. Written in staccato, pointillist prose, Sons of Mud is deeply poetic and original, and a powerful anti-war manifesto.

Soft cover | R290
Umuzi/Trailblazer



FOR NATURE.



FOR YOU.

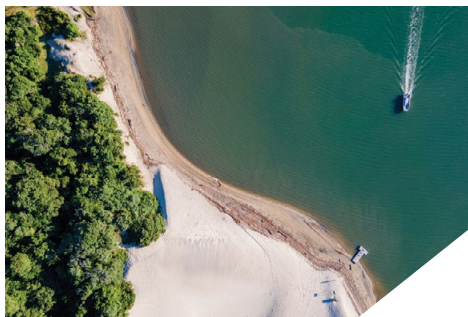
Caring for nature isn't just for nature's sake, it creates a better world for you. We support wineries who are passionate about farming in a way that conserves the surrounding environment, and are committed to reducing their water and energy use. Spot the Conservation Champion logo for a glass of guilt-free enjoyment. wwf.org.za





Chase THE SUN

{ THIS WINTER }



UMNGAZI HOTEL & SPA

WILD COAST | SOUTH AFRICA

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