

# Just a single, please

Sometimes it seems there is only one solution when choosing a place to stay in the Mother City

**Cape Town is often voted** as one of the best cities in the world. And a hotel in more or less the middle of it, such as the One&Only Cape Town, adjacent to the V&A Waterfront, is an excellent base of operations while you're there.

*For more information  
or to book a stay, go  
to [oneandonlyresorts.com](http://oneandonlyresorts.com), call 021 431 5800,  
or email [reservations@oneandonlycapetown.com](mailto:reservations@oneandonlycapetown.com).*

Forty of the resort's rooms are on a secluded, lushly landscaped island. These are surrounded by waterways, feature large outdoor patios or balconies, and provide an enjoyably private escape. In the rooms in the seven-storey Marina Rise, African-design wood screens separate the en-suite bathroom from the bedroom, creating an open yet private space.

Check-in time is, happily, just before afternoon tea at the Vista Bar & Lounge. Situated in the centre of the lobby, this is the heart of the resort. And, as the name suggests, there's a panoramic view of Table Mountain through a floor-to-ceiling wall of glass – 8m high!

Just as appealing is the selection of sweet pleasures, taking classic French patisserie and adding a spoonful of local style. After tea, the space turns into a sophisticated cocktail bar. Besides classic favourites, they serve up a beverage menu that takes inspiration from the ancient spice routes around the Cape of Good Hope for flavour combinations, while also offering a number of rare and vintage spirits.



That means each cocktail is offered in its traditional form as well as with fresh twists, merging the original recipes with modern flavours and local influences. For example, The Sugarbush features protea and hibiscus gin, fresh lemon, muddled blueberries and lemongrass.

## **Sake, sushi, and sorbet**

For spectacular food, head over to Nobu. It's the first African restaurant from Michelin-starred chef Nobuyuki 'Nobu' Matsuhisa, and gives classical Japanese cuisine a contemporary twist, incorporating





South African seafood with indigenous spices and Peruvian influences. The upper-level Nobu Lounge also features a selection of sakes, plum wines, Japanese beers and Shochu-based cocktails. Menu highlights include mesmerising dishes such as Sake Roast Whitefish with Jalapeno or the Chocolate Bento Box: a dark chocolate fondant with green tea ice cream, and a sesame seed *tuile*.

In the morning, breakfast opens quite early, which seems to be a popular option for the families with kids who haven't learnt the art of sleeping in, or for those

who have a long list of tourist activities on their agenda. And even though there are way too many things to do and experience in Cape Town and the surrounds, the hotel can tailor a package to suit your fancy.

Some of the curated options include a scenic tour of Kirstenbosch Botanical Gardens or a hike up Table Mountain; cultural market and township tours; culinary wine tasting and other foodie fun; wildlife whale watching; or an adventurous dive with sharks. Popular options at sea include a cruise along the Atlantic Coast, dropping anchor in the still waters of

*An island idyll  
right in the centre  
of Cape Town.*





*The hotel gardens are a tropical delight.*

#### How to get there



*Cape Town is a major hub for Airlink, connecting travellers to destinations all over South Africa, Namibia, Botswana and Zimbabwe. Go to page 35 for schedules [www.flyairlink.com/flightschedule](http://www.flyairlink.com/flightschedule)*

Clifton Beach; a sunset cruise where you can sip on French champagne; or a trip around Robben Island.

As someone from Cape Town, I chose to take it easy. That meant lingering over a long breakfast and then spending the morning window-shopping at The Waterfront. From there, I spent some time in the resort's fitness centre.

#### Continental contributions

Another wellbeing option is the One&Only Spa. Set on its own private island amid tropical gardens and marina waterways, it's easy to see why it has won awards. The Afro-Zen space, where the extensive use of natural wood creates a distinctly African feel, boasts the highest number of treatment rooms in any spa in the city. African influences are also reflected in spa treatments. For example, the Essence of Africa Signature Journey combines traditional African massage tools, such as African wooden *rungu* (a weapon repurposed for peaceful tasks), and age-old healing ingredients, such as baobab tree oil and rooibos herbs.

After the spa, the Isola restaurant, which is only available for private functions and in-house guests, beckoned. It was one of those scorching summer days that tempted me to take a dive in that infinity pool before relaxing under a shaded pavilion or taking a nap in the private sitting areas with double chaise lounges.



But the weather was also perfect for a poolside lunch. Isola offers a dining experience with a Mediterranean twist. Isola restaurant is only open from October to April, with the other lunch option back at the Vista Bar & Lounge, which has all-day options to suit every taste. Another exciting addition is a new Wine Studio, which hosts a series of Wine Wit and Studio Smarts evenings with sommelier Luvo Ntezo. These events alone are reason enough to try and stay a few nights.

Text | Eugene Yiga Photography | Supplied