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MUNICH
A CITY WITH
ART & SOUL



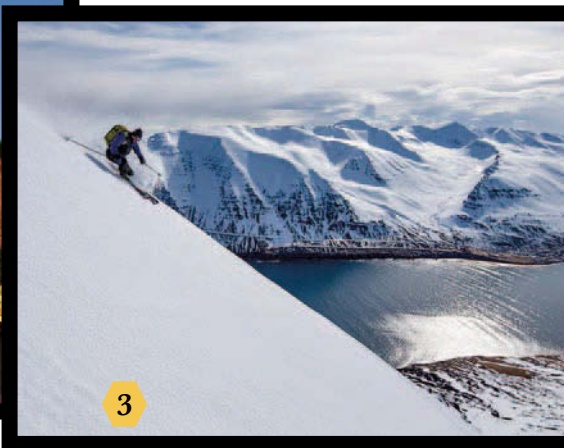
FOR 13
CONSECUTIVE
YEARS



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By Daniel Scheffler

GLOBAL EYE

CAPE TOWN From the “luxury coffee for everyone” team: a café inside a BMW bike shop in the heart of the city. Tribe 112 is perfect for a bite, an Americano from Brazilian beans and, of course, the sound of roaring engines. www.tribecoffee.co.za



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DOHA, QATAR Banana Island Resort Doha by Anantara is scheduled to open its doors on a privately-owned island just 20 minutes away from the capital. From the PADI diving centre to the first overwater villas in the country and the wellness-focused detox programmes, the island offers a great escape from the city and its heat. www.doha.anantara.com



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DEPLAR, ICELAND With a series of new properties launching this year, including in Amsterdam and a fly-fishing one in Colorado, Eleven Experience offers access to the most unique properties in the world – like a working sheep farm in Deplar, north-west Iceland, set in a remote valley surrounded by peaks and salmon beats. www.elevenexperience.com/destinations/deplar-farm



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LONDON The city’s favourite neighbourhood rotisserie restaurant, owned by two sisters, LeCoq now offers a bespoke and unfussy catering service. Besides basic, delicious fare such as free-range chickens, potatoes and green salad, there’s artisanal Gelupo ice cream to finish off with. Patrons can sit down or take out. www.le-coq.co.uk

YANGON, MYANMAR Sanctuary Retreats – which has 17 luxury safari camps and lodges in Africa, as well as six expedition ships in China and Egypt – is now in Myanmar. The Ananda launches as a boutique cruise in Myanmar on the Ayeyarwady River (the longest in the country), or as a lengthier voyage down the Chindwin River to Homalin. www.sanctuaryretreats.com/sanctuary-ananda-myanmar-cruise-ship-burma

ST PETERSBURG After a tremendous revamp, the Belmond Grand Hotel Europe in Russia’s most interesting city will launch its Presidential Suite. With views across both Nevsky Prospekt and Mikhailovskaya

Ulitsa, as well as a personal sauna and a library, it offers compelling reasons to just stay indoors. www.belmond.com/grand-hotel-europe-st-petersburg

LAUCALA ISLAND, FIJI A 1 416ha private island only accessible by private jet sounds idyllic – especially when it comes with 25 private villas and a submarine for guests to use. Laucala covers just a small section of this South Pacific island: the rest of it comprises rainforests, wildlife and tropical bliss. www.laucala.com



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Golf in the winelands

The five-star Pearl Valley Golf & Country Estate is the latest acquisition of the Mantis Collection. Mantis founder and Chairman Adrian Gardiner says that while it's an 80-room hotel, it remains "small enough to provide the quality service and personal attention for which Mantis and Pearl Valley are renowned". The estate currently offers secure living and a wide range of amenities, including an award-winning Jack Nicklaus signature golf course, an equestrian centre, an intimate spa, tennis and boule courts, trails and easy access to Cape Town, Paarl, Stellenbosch and Franschhoek. www.pearlvalleyhotel.com



5 minutes with...

Geoffrey Weill, President of New York's finest travel and tourism PR agency, is mostly on the road – sometimes with clients, friends or by himself, exploring almost all of the globe.

Favourite travel book? London Mayor Boris Johnson's *Life of London* (HarperPress). It's exquisitely written and totally fascinating.

Best advice for long-haul flights? Adjust your watch to the destination. Sleep when it's night-time there and eat/read/watch movies/nap when it's daytime there.

Ideal getaway? Cuba – the most exciting, exotic, sexiest place on earth, despite the tumble-down architecture and 1956 Buicks.

Travel weakness? There's nothing I don't take. I'm the world's worst over-packer! – **Daniel Scheffler**



HOME STYLE

The "queen of paint", Annie Sloan, is no novice to best-selling books – but her latest one, *Room Recipes for Style and Color* (CICO, R499), is the first about interior design (the previous 20 were all focused on decorative painting). Co-authored by her son Felix, Brand Director at Annie Sloan Interiors, the book covers nine popular styles of design and hundreds of images showcasing examples. Sloan offers practical, imaginative tips for incorporating elements of your preferred style into your home.

STAY CONNECTED

A new service called KnowRoaming makes it easier for South Africans to be connected while travelling. The big drawcard is that it offers up to 85% less costs in calls and data in supported countries. Once the KnowRoaming sticker is stuck onto your local SIM (all sizes supported), whether pre-paid or on contract, you get access to the lowest rates on partner networks wherever you are. You'll need to top up your account with credit for connectivity.

With this cost-effective solution, you can make and receive calls on your local number, connect to 3G and send text messages. The sticker's dormant while you're in SA and activates when you land in another country. It works on iPhone, Android and Windows Mobile smartphones, including iPads and Android tablets. You can opt to subscribe to daily, unlimited data packages. Credit loaded expires after 15 months of no activity. R399 (once off) from iStores. Credit is purchased separately. www.knowroaming.com – **Nafisa Akabor**



BIG CITY, BRIGHT LIGHTS

According to the MasterCard GDCI ranking, Jo'burg's expected to be the most popular destination city in Africa again, with 4,3 million international overnight visitors in 2014 – a 4,9% increase on the previous year's 4,1 million visitors. International visitor expenditure in the City of Gold was estimated at \$3,2 billion in 2014, compared with \$3,06 billion in 2013.

Travel



By Daniel Scheffler

MIX ME SOME MUNICH

The Bavarian capital may have played second fiddle to the more famous Berlin in the past, but these days Munich has taken on a much sunnier disposition

munich

BY COMBINING WORLD-CLASS ART, A LOCAVORE SENSIBILITY,
A PLETHORA OF BIKE LANES AND EASY LIVING, THE CITY IS
CHARMING VISITORS. ITS MOTTO, "MÜNCHEN MAG DICH"
("MUNICH LOVES YOU"), FORTIFIES THE ALLURE.

A backlit urban view of Munich.
Opposite: Oktoberfest in Munich.
Previous page: Marienplatz's
new Town Hall.

M

unich, on the banks of the Isar River, was first mentioned in the year 1158 and derives its name from an old High German term, "*munichen*" ("of the monks"). The city's since become synonymous with the "Oktoberfest" – the original and best beer festival in the world. The flamboyant *bierzelte* ("beer tents") are erected every September, complete with traditional oompah music. The event attracts millions of pilgrims keen on Munich's *weissbeer* ("wheat beer") and *weißwurst* ("white sausage"), eaten with dollops of sauerkraut and a hearty smile.

What gives Munich its primacy is that there are no formal tourist areas: the city mingles completely with everyone. Whether you're buying fruit and vegetables, perusing the delis at Viktualienmarkt, walking down the trendy Türkenstrasse, having a beer at the famous Hofbräuhaus am Platzl or lazing in the sun in the Englischer Garten ("English Gardens"), Munichers will be doing it with you. Locals celebrate the Bavarian way of life not only by their irrepressible optimism and commitment to well-being, but by riding around the streets on bicycles, men in the traditional *lederhosen* ("leather trousers"), *haferlschuh* ("brogues"), *wadenstrümpfe* (half stockings) and a *gamsbart* hat, and women wearing *dirndl*.

The city's also recently reawakened its love of culture, as witnessed in the excitement at the discovery of over 1 400 works in a Munich apartment (including some long-lost Picassos and Matisse's) which were stolen by the Nazis. A modern renaissance has been ushered in, with artworks being encouraged across the city's boroughs, avenues, parks and antique squares. Last year, pianos were scattered around the streets as part of the "Play Me, I'm Yours" travelling arts project, while several museums underwent refurbishing.

One of the first inspirations of this cultural celebration came from the artist duo Elmgreen & Dragset, whose *A Space Called Public/Hoffentlich Öffentlich* was funded by the City of Munich. The works this encompassed included an Ed Ruscha billboard, a Fourth Plinth replica and even a shrine to Bubbles the Chimp. The latest initiative from the city's Department of Arts & Culture is the biggest exhibition ever held of British architect David Adjaye at the Haus der Kunst.

If you're planning to explore the city, you can do so on foot, by bike, by bus, on the well-planned Munich U-Bahn (underground railway), the S-Bahn (suburban trains) or tram. Some ideas for spending lovely Munich days include:

PARK-HOPPING

Start off at the Englischer Garten (between Prinzregenten and Freimannstrasse). Bigger than New York's Central Park, it's ideal for nude sunbathing, jogging or enjoying a beer and vantage spot at the Seehaus. On the stretch of the Isar known as the Eisbach – a tributary that runs right through these gardens – surfers can enjoy a permanent wave from the underground tunnels. With typical German correctness, only one surfer at a time catches the surf, while the rest wait patiently in a queue.

Then move on to the Hofgarten (Hofgartenstrasse 1), an Italian-style Renaissance garden with a pavilion built for the goddess Diana in its centre, where you can watch the passers-by with a hot pretzel in hand. Along the riverside, benches wait for pedestrians to sit down and daydream a while, or read a few dog-eared pages of Hermann Hesse or Karl Marx.



VISIT THE BEER GARDENS

The most famous watering hole in the city is the Hofbräuhaus am Platzl (Platzl 9). However, on a summer's evening, the friendly Augustiner Schwalbe (Schwanthalerstrasse 149) or the late-night, open-air-terraced Augustiner-Keller (Arnulfstrasse 52) can satisfy any thirst.

EXPLORE THE ARTS

One of the newer additions to the *kunstareal* ("art zone") of the city is the Brandhorst Museum (Theresienstrasse 35a), which houses a collection of late 20th-century and contemporary art. The Maximilianforum (Maximilianstrasse 38), on the other hand, is run by the city and dedicated to neo-Gothic applied arts (including jewellery, design, fashion, architecture, artistic/cultural projects and anything inter-disciplinary). The non-collecting Haus der Kunst (Prinzregentenstrasse 1) – was opened in 1937 by the Third Reich and originally named Haus der Deutschen Kunst ("House of German Art"), as a homage to Aryan culture. Today it prides itself on its high-calibre travelling shows, like the recent exhibition of eccentric London artistic duo, Gilbert & George. The museum's currently also being refurbished and redesigned by notable British architect David Chipperfield.

The Lenbachhaus (Luisenstrasse 33), designed in Florentine style and completed in 1891 as a villa and studio for artist Franz von Lenbach, was also recently redone by architects Foster & Partners and has begun placing greater emphasis on its contemporary collection, including works by Andy Warhol, Franz Ackermann, Stefan Huber and Sigmar Polke.

CHECK OUT THE NEW MUSEUMS

The recently-opened State Museum of Egyptian Art





(Gabelsbergerstrasse 35) is sunk underground like a pharaonic tomb and designed with the highest level of conservatorial awareness. Look out for the accessories (including jewels, food, clothing and even pets) these great rulers took with them to the afterlife.

Also new in the city is the Nazi Documentation Centre (Briennerstrasse 45), which addresses the city's National Socialist past, its central role in Hitler's rise to power and its position as a stronghold of his regime. The centre's housed in the cube-shaped "Brown House" which was the Nazis' one-time party headquarters.

SHOP TILL YOU DROP

The Maxvorstadt area, just north of the city centre, is known for its classic buildings between Odeonsplatz, Königsplatz, and Ludwigstrasse, commingled with large buildings of the university. Here you'll find little shops selling handcrafted goods that have been made there for centuries, antiques and oddities like a mini-glockenspiel or a bust of a fairytale character.

Manufactory (Dienerstrasse 12) is where Munichers go for top-quality kitchenware, clothing, accessories, furniture and food. The motto is "Trends don't matter" – what counts is durability, solid workmanship, functionality and real value for money. One notable example here is Käfer Feinkost. Started by a German couple in 1930 as a wine and beer store, it's now an upmarket grocery store catering for discerning German palates, with specialities such as *schlachtschüssel* ("butcher's plate"), *leberkäse* (baked liver sausage) and *topfenstrudel* (a regional confection made with sweet, soft cheese).

EAT LIKE A LOCAL

Besides their beloved veal schnitzels, pork roasts and sausages, Munichers have developed a taste for Yankee burgers. With

several outlets around the city, Hans im Glück (Nymphenburger Strasse 69) – named after the German fairytale character who sought true happiness – offers gourmet patties for both carnivores and vegetarians. Although traditional German cuisine is stodgy, carb-laden, steeped in cream and fat and intended to fill empty stomachs quickly, rather than tantalise tastebuds, restaurants like Kochspielhaus (Rumfordstrasse 5) are changing the game with their farm-to-table seasonal offerings, such as pumpkin soups, beef cooked in wine, Bavarian and French pastries – all rounded off with café au lait.

DRINK GOOD COFFEE (NOT FROM A CHAIN)

Wash & Coffee (Klenzestrasse 1) is not only a perfect place to meet people, but offers laundry facilities and truly decent coffee at the same time. Around the corner, the Farmer's Market and Marienplatz shopping centre can also be explored while your T-shirts are spin-drying. However, for the best coffee in town, head to Man Versus Machine (Müllerstrasse 23), an independent roasting company which adds the perfect proportions of beans, wit and TLC to every single cup it makes.

REST YOUR HEAD

Munich has two high-end luxury hotels: the Mandarin Oriental (Neuturmstrasse 1), in the old town, offers the usual brand-appropriate style, finesse, "fan" culture and extras. It also has a world-class spa and dining options. The Charles (Sophienstrasse 28) – although new – has the charm, beauty and old-world elegance of a *grande dame*. The fact that it's near the old botanical gardens and has an ultra-length pool enhances its appeal.

If your taste in accommodation is more quirky and designed, try the Flushing Meadows Hotel (Fraunhoferstrasse 32) at the helm of an industrial building in Munich's most vibrant neighbourhood, the Glockenbach. Here the loft-like rooms and sweeping views captivate any guest. Or there's the Louis Hotel (Viktualienmarkt 6), a perfect symbol of Bavarian beauty, poise and open-hearted hospitality. What's more, the super-comfortable beds offer angelic repose.

If you're interested in living like a real local, visit: www.airbnb.com, which lists a wide array of accommodation options, including rooms for rent in old castles, a trailer parked in a trendy suburb and even a small houseboat.

LEAVE TOWN

If you're planning to explore the lakes and mountains outside Munich, the easiest option in any direction is the train from the main central station (Bayerstrasse 10A). However, renting a car is just as easy.

In summer, options around Munich are plentiful. One highlight is the Miesbach district's Tegernsee, founded in 746 and today a spa town surrounded by alpine landscapes. The former Benedictine Abbey of Tegernsee is open to visitors, but it's the choice of spas that will thrill: Das Tegernsee Spa (Neureuthstrasse 23) offers views of the lake and world-class treatments and detox programmes.

In winter, a few hours in a train will deliver you straight to some of the finest skiing areas in the world. Across the border, Austria's Kitzbühel (a three-hour rail journey from Munich) is one of the best locations for alpine skiing and hiking, and has a selection of brand-new gondolas and chalets. Or opt for the Kempinski Hotel das Tirol, which offers a ski-in, ski-out option, as well as a kids' entertainment programme. And just down the drag, the more affordable and very family-friendly town of Westendorf is ideal for rand-stretched South Africans. 🌈



Castle Neuschwanstein, built in 1869 by Bavaria's King Ludwig II, is the most visited landmark in Germany, located near the city of Füssen on the top of a mountain.

Opposite: A traditional Bavarian plate with a pint of Paulaner beer served on a wooden chopping board.